

NEGATIVE CALORIE FOODS

VEGGIES

ASPARAGUS
BEET ROOT
BROCCOLI
CABBAGE
CAULIFLOWER
CELERY
CHICORY
HOT CHILI
CUCUMBER
GARDEN CRESS
GARLIC
GREEN BEANS
LETTUCE
ONION
RADISH
SPINACH
TURNIP
ZUCCHINI

FRUIT

APPLE
BLUEBERRIES
CANTALOUPE
CRANBERRY
GRAPEFRUIT
HONEYDEW
LEMON
LIME
MANGO
ORANGE
PAPAYA
PEACH
PINEAPPLE
RASPBERRY
STRAWBERRY
TOMATO
TANGERINE
TURNIP
WATERMELON