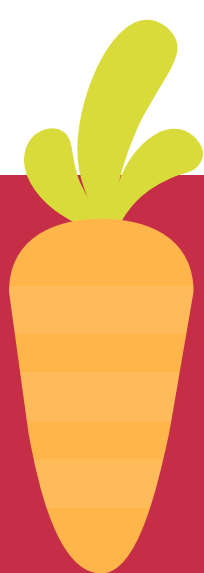


# NEGATIVE CALORIE FOODS

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## Veggies

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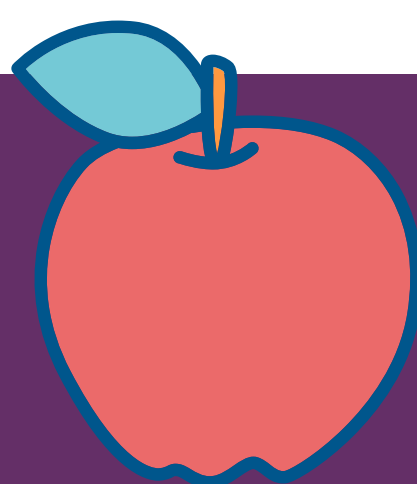
Asparagus  
Broccoli  
Cabbage  
Cauliflower

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Celery  
Cucumber  
Green Beans  
Lettuce  
Onion

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Radish  
Spinach  
Turnip  
Zucchini



## Fruits

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Apples  
Blueberries  
Cantaloupe  
Cranberries

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Grapefruit  
Lemons/Limes  
Mango  
Orange  
Papaya

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Peach  
Pineapple  
Raspberries  
Strawberries  
Watermelon.