

## Foods/Beverages Associated with a Speedy Metabolism

### Foods

Apples	Okra	Lean Meats/Seafood
Artichokes	Onions	Avocado
Asparagus	Papaya	Garlic
Berries	Parsley	Cloves
Broccoli	Pears	Eggs
Brussels Sprouts	Pumpkin	Peanut Butter
Cabbage	Radish	Extra-Virgin Olive Oil
Cantaloupe and other types of Melon	Scallions	Canola Oil
Carrots	Spinach	Oatmeal
Cauliflower	Squash	Curry
Coconut	Nectarines	Whole Wheat
Cranberries	Tomatoes	Black Pepper
Cucumbers	Watermelon	Cayenne Pepper