

HEART SMART FOODS

Turn your body into a Fat Burning Machine



These Heart Smart Foods will help you turn your body into a fat burning machine, increase your energy level, and help prevent illness. The only side effect is looking really hot in your skinny jeans...ENJOY!

Allium Family (detox)

- Onions
- Garlic
- Chives
- Scallions

Legumes (soluble fiber)

- Beans

Berries (reduce inflammation)

- Raspberries
- Strawberries

Organic Meat and Eggs

(protein & growth hormone)

- Free range eggs
- Wild deep sea fish
- Grass fed beef

Fruits and Veggies (cancer fighting)

- Tomatoes
- Grapes
- Olives



TOP 10 HEART SMART FOODS

Cruciferous Veggies (fight diabetes)

- Cabbage
- Cauliflower
- Broccoli

Dark Green Veggies (Increase Thyroid)

- Swiss chard
- Spinach
- Arugula

Nuts (help prevent heart disease)

- Almonds
- Pecans
- Walnuts

Organic Dairy (suppress appetite)

- Organic skim milk
- Organic plain yogurt

Whole Grains (overall health improvement)

- Quinoa
- Oatmeal
- Wheat germ/bran