

Top 10 Negative Calorie Foods

These foods are very low calorie to the point that your body will typically burn more calories during digestion than what you ate. These foods are also high in nutrients. Make these readily available foods, part of your weight loss plan.

- 1) Boiled Eggs
- 2) cucumber
- 3) tomatoes
- 4) celery
- 5) apples
- 6) watermelon
- 7) leafy greens (spinach, kale, callaloo, etc)
- 8) broccoli
- 9) cauliflower
- 10) bell peppers



Need more help losing weight? Checkout the links to the following solutions....

- 1) [Fun Way to Get in Shape](#)
- 2) [Supercharge Your Weight Loss](#)