



Healthy Weight Loss Foods

Like promised, when I read a great article I will share some of my findings with you. I am reading [Eternity by Jason Wrobel](#). Very interesting. Based on his list here is my list of healthy weight loss foods, I usually purchase organic:

- Green tea
- Oolong tea
- Almonds
- [Hemp seeds](#)
- [Chia seeds](#)
- [Flax seeds](#)
- Blueberries
- Honeydew melon
- Cantaloupe
- Buckwheat
- [Quinoa](#) (gluten-free link [here](#))
- Kale
- Avocado
- Lentils
- Cayenne pepper
- Red pepper flakes

- Coconut oil

Make sure you are consuming these foods daily.