

Jenine Jacobs

Art Direction

View the full portfolio at <http://www.thecreativefinder.com/jeninejacobs>

Professional Experience and Curriculum Vitae

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Previous Clientele

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Awards and Accolades

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6 Foods for Weight Loss



Best **Weight Loss Foods** to
Stay Fit and Healthy

1. Protein Rich Food

Eating protein rich meals leads to less hunger, more satisfaction and more fat burn.



2. Cocoa

Cocoa can help boost your weight loss results in a number of ways, it contains more phenolic antioxidants than other foods.

3. Honey

Honey has a unique combination of natural sugars, this makes it a near-perfect weight-loss food. It works best when consumed with warm water and lemon juice.



4. Apple Cider Vinegar

Apple cider vinegar can reduce your body fat percentage, make you lose belly fat and decrease your blood triglycerides.



5. The Weight Loss Nut

The weight loss nuts help curb your appetite, boost your metabolism, and get rid of your body fat and toxins. It naturally shed the stubborn fat and also helps to quit smoking.



6. Yogurt

Yogurt specifically has been studied as a calcium-rich food that helps burn fat and promotes weight loss.



Nuez dela India will help you achieve your health goals for losing weight, visit <http://www.nuez-dela-india.com>, for more information about the weight loss nut.