

Negative Calorie Foods List

- * Apples
- * Asparagus
- * Beets
- * Blueberries
- * Broccoli
- * Cantaloupes
- * Carrot
- * Cauliflower
- * Celery stalk
- * Celery root
- * Cranberries
- * Cucumbers
- * Eggplant
- * Endives
- * Garden cress
- * Garlic
- * Grapefruit
- * Green beans
- * Green cabbage
- * Ice water
- * Lamb's lettuce

- * Lemons
 - * Lettuce
 - * Onions
 - * Papayas
 - * Pineapples
 - * Prunes
 - * Radishes
 - * Raspberries
 - * Spinach
 - * Strawberries
 - * Tangerines
 - * Tomatoes
 - * Turnips
 - * Zucchini
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The Plan

This family needs a place where we can access our recipes. It needed to be organized and easy to use. This blog will be a collection point for the recipes we use daily and the new ones we want to try someday. When possible, we will attribute the recipe to the original source so credit is given where credit is due.