

SEXYfit Food List

#tbcsexyfitfoods

Azuki Beans	Ginger	Tomatoes
Apples	Gooseberries	Trout
Artichokes	Hazelnuts	Turmeric
Asparagus	Leeks	Vanilla
Avocados	Licorice Tea	Watercress
Bananas	Mangos	Wild Salmon
Beetroot	Mung Beans	
Black Beans	Nori Seaweed	
Blackberries	Nutmeg	
Blackcurrants	Oats	
Blueberries	Okra	
Brazil Nuts	Onions	
Brown Rice	Parsley	
Cardamom	Pomegranates	
Celery	Pumpkin	
Cherries	Pumpkin seeds	
Chives	Quinoa	
Chlorella	Raspberries	
Cinnamon	Saffron	
Daikon Root	Seaweed	
Dates	Sesame Seeds (Tahini)	
Dulse Seaweed	Soaked Almonds	
Fava Beans	Spinach	
Fennel	Spirulina	
Figs	Steamed Kale	
Flaxseeds	Strawberries	
Garlic	Sunflower Seeds	