

27 TOP TUMMY TIGHTENING FOODS

Best remedy AGAINST chronic fat gain,
unsexy shape & stubborn love-handles



SALMON



TOMATOES



AVOCADO



BLUEBERRIES



CHICKEN



APPLES



CHERRIES



CAULIFLOWER



OLIVES



DARK-CHOCOLATE



ZUCCHINI



SOLID-TOFU



ALMONDS



ASPARAGUS



BISON



CELERY



CRANBERRIES



EGGPLANT



GINGER



GRAPEFRUIT



GRAPES



GREEK-YOGURT



RED-PEPPERS



BOILED-EGGS



LENTILS



PEARS



QUINOA