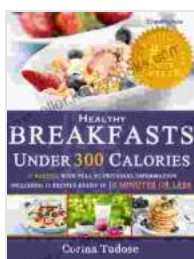


# 10 Superfoods That Keep You Feeling Energized And Help You Lose Weight

Are you looking for ways to boost your energy levels and lose weight? If so, then you need to add these 10 superfoods to your diet. These foods are packed with nutrients that will help you feel full and satisfied, and they can also help you burn fat.



## Quick Fix Healthy Breakfasts Under 300 Calories: That Keep You Feeling Energized and Help You Lose Weight

by Corina Tudose

★★★★☆ 4 out of 5

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### 1. Berries

Berries are a great source of antioxidants, which can help protect your cells from damage. They are also a good source of fiber, which can help you feel full and satisfied. Some studies have shown that eating berries may help you lose weight and improve your overall health.



## **2. Green leafy vegetables**

Green leafy vegetables are packed with nutrients, including vitamins, minerals, and antioxidants. They are also a good source of fiber, which can help you feel full and satisfied. Eating green leafy vegetables may help you lose weight and improve your overall health.



### **3. Whole grains**

Whole grains are a good source of fiber, which can help you feel full and satisfied. They are also a good source of complex carbohydrates, which can provide you with sustained energy throughout the day. Eating whole grains may help you lose weight and improve your overall health.



#### **4. Lean protein**

Lean protein is a good source of amino acids, which are the building blocks of muscle. Eating lean protein can help you build and maintain muscle mass, which can help you burn fat and lose weight. Lean protein can also help you feel full and satisfied.

# LEAN PROTEIN

macros per 4oz



BEEF (CALS 200)  
g: 28g | f: 14g | c: 0g



BISON (CALS 170)  
g: 28g | f: 8g | c: 0g



SEITAN (CALS 120)  
g: 48g | f: 0g | c: 18g



PORK (CALS 125)  
g: 28g | f: 4g | c: 0g



LAMB (CALS 270)  
g: 28g | f: 21g | c: 0g



EDAMAME (CALS 160)  
g: 140g | f: 7g | c: 14g



GREEK  
YOGURT (CALS 70)  
g: 118g | f: 0g | c: 0g



CHICKEN  
THIGH (CALS 150)  
g: 20g | f: 1g | c: 0g



COTTAGE  
CHEESE (CALS 90)  
g: 34g | f: 2g | c: 0g



TOFU (CALS 80)  
g: 96g | f: 0g



TURKEY (CALS 190)  
g: 111g | f: 2g | c: 0g



LOW-FAT  
CHEESE (CALS 200)  
g: 28g | f: 1g | c: 0g

QUINCY

## 5. Healthy fats

Healthy fats are an important part of a healthy diet. They can help you feel full and satisfied, and they can also help you absorb vitamins and minerals. Eating healthy fats may help you lose weight and improve your overall health.





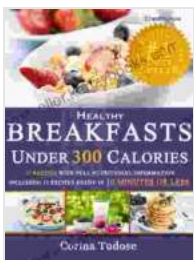
## 6. Water

Water is essential for good health. It can help you stay hydrated, which is important for energy levels and weight loss. Drinking water can also help you feel full and satisfied, which can help you reduce your calorie intake.



## 7. Green tea

Green tea is a powerful antioxidant that has been shown to have a number of health benefits, including weight loss. Green tea can help you boost your metabolism and burn fat. It can also help you feel full and satisfied.



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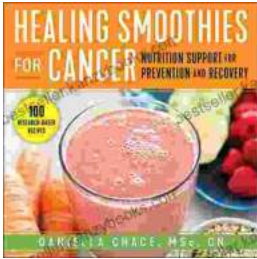
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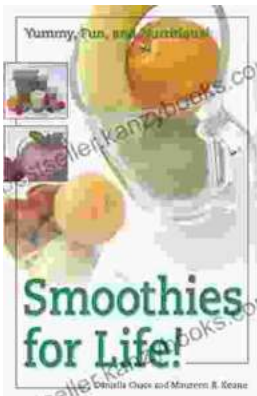
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