



BEST DIET FOR ENDOMORPH:

What To Eat To Boost Metabolism

MORE

Fish

Olive oil,
avocado oil,
Sesame oil

Broccoli and
cauliflower

Dried beans like
chickpea, lentils

Whole grains

Almonds,
hazelnuts

Low-fat milk,
yogurt,
and cheese

MODERATE

Chicken and
egg whites

Coconut oil,
Sunflower Oil

Carrots

Pasta, white rice,
bagels

Puffed rice

Pretzels, chips

Sweetened
yogurts

AVOID

Red meat

Peanut oil

Sweet Potatoes,
corn

Refined cereals

Instant oatmeal,
White rice

Salted nuts,
Store-bought
nut butter

Full-fat dairy,
whipped cream,
Ice cream

Nutrition Guide For Endomorph

Salar Zarza



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