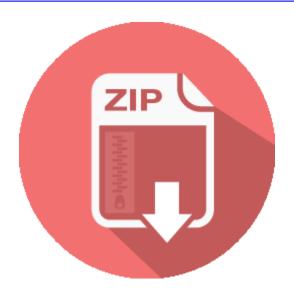
FOODS THAT HELP BURN BODY FAT



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Beans and legumes are a great source of protein (seven grams in half a cup of black beans) to help build muscle, burn fat, and keep you satisfied. A massive dose of both soluble and insoluble fiber (seven grams total) also helps prevent blood sugar spikes for a slower, steadier energy burn.

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