Give your metabolism a boost with fat-burning (thermogenic) foods! While working out will help you burn fat, consuming these delicious fruits, vegetables, liquids and spices will also enhance your weight loss efforts! Try these 15 fat-burning foods and burn off that belly fat faster!

You can find these thermogenic foods at most supermarkets. You probably even have a few of these foods in your kitchen right now! Take advantage of these fat-burning foods and increase your weight loss results!