

# 15 Foods That Make Your Butt Bigger



Salmon



Chicken Breast



Brown Rice



Oatmeal



Avocado



Peanut Butter



Quinoa



Cottage Cheese



Spinach



Sweet Potatoes



Lentils



Greek Yogurt



Eggs



Almonds



Chia Seeds



# Booty Food Plan

**RJ Shavelson**



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