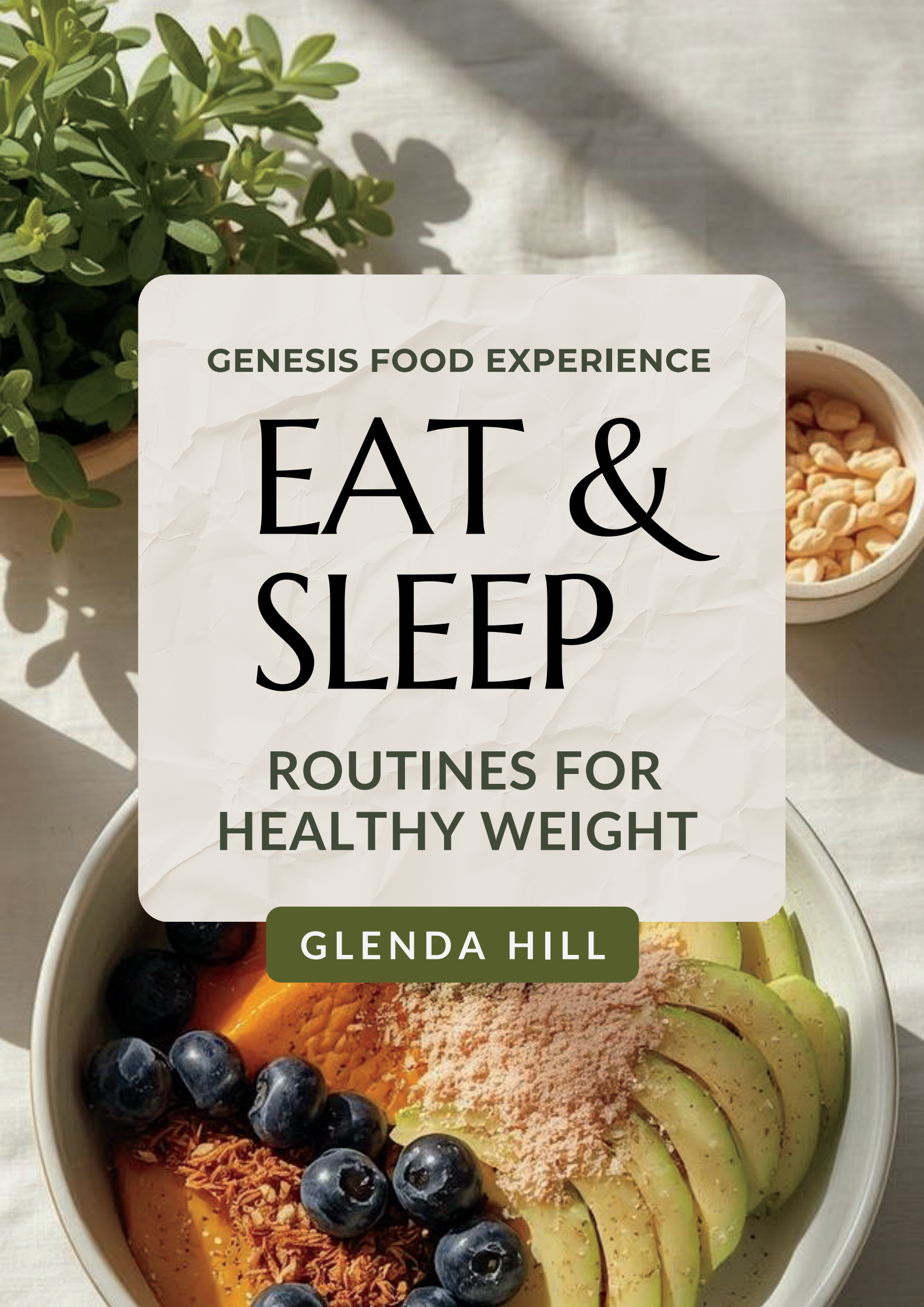


A top-down view of a white bowl filled with a smoothie. The smoothie is topped with fresh blueberries, sliced mango, and sliced avocado. A dusting of brown powder, likely cinnamon, is sprinkled over the fruit. In the background, a small white bowl contains orange-colored snacks, and a green plant is visible in the upper left corner.

GENESIS FOOD EXPERIENCE

EAT & SLEEP

**ROUTINES FOR
HEALTHY WEIGHT**

GLEND A HILL

THE GENESIS FOOD EXPERIENCE

Plant-Based EAT & SLEEP ROUTINES FOR HEALTHY WEIGHT

Hey friend, welcome to a refreshing chapter in your wellness story — one built to nourish, reflect & rest. Imagine beginning your mornings with energy, purpose, and an obedient heart. That's the natural reward of eating and living the way God designed from the very beginning.

Over the next three days, you'll bring your daily routines back into alignment with nourishing, plant-based foods that support deep sleep, balanced weight, and peaceful productivity. Think of it as a joyful rhythm — where each meal renews your body, and each evening restores your spirit.

Let this Genesis Food Experience show you how easy it is to return to what truly satisfies: whole grains, colorful fruits, fresh vegetables, herbs, seeds, and nuts — simple foods that bring calm, energy, and clarity. With small, thoughtful changes, you'll begin to feel lighter, more focused, and more connected to your purpose.

Set aside this time to care for your body as God's temple. This three-day experience is just the beginning — adapt it to suit your needs and lifestyle for lasting benefits. With Christ as your guide, let's embark on this transformative experience together.

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THE GENESIS FOOD EXPERIENCE

Genesis Food List

Simple, Plant-Based Nourishment from God's Design

These are the foods that form the foundation of your three-day experience — the original foods from Genesis 1:29. **Choose from these categories as you plan your meals.** Keep your focus on fresh, whole, and minimally processed ingredients that support light digestion and restful sleep.

FRUITS

Apples · Pears · Berries · Grapes · Melons · Bananas · Citrus · Mango · Papaya · Avocado

VEGETABLES

Leafy greens (spinach, kale, collards) · Cruciferous (broccoli, cauliflower, cabbage) · Root vegetables (carrots, sweet potatoes, beets) · Zucchini · Squash · Peppers

HERBS & SEASONINGS

Basil · Cilantro · Parsley · Dill · Mint · Rosemary · Thyme · Turmeric · Ginger · Garlic

Whole GRAINS

Oats · Quinoa · Brown rice · Millet · Barley · Amaranth · Whole-grain breads or pastas (minimal oil and salt)

NUTS & SEEDS

Almonds · Walnuts · Cashews · Sunflower seeds · Chia · Flax · Pumpkin seeds · Sesame

LEGUMES

Lentils · Chickpeas · Black beans · Split peas · Edamame

BEVERAGES

Pure water · Herbal teas · Homemade nut milk

SIMPLE GUIDELINES

- Reduce or eliminate processed sugar, caffeine, and oils during these three days.
- Drink water between meals.
- Stop eating 3 hours before bedtime.
- Pray before each meal. Gratitude transforms how your body receives nourishment.

THE GENESIS FOOD EXPERIENCE

EASY DIGESTION

(PRINT AND KEEP IN YOUR KITCHEN OR MEAL PLANNER)

Best When Cooked

- Whole grains: oats, quinoa, brown rice (soaked/rinsed)
- Legumes: lentils, beans (soaked overnight, cooked with herbs)
- Root vegetables: carrots, beets, sweet potatoes
- Warming spices: ginger, turmeric, garlic, bay leaf

Best When Fresh

- Leafy greens: spinach, kale, romaine
- Cruciferous vegetables: broccoli, cabbage, cauliflower
- Seeds: chia (soaked), flax (grounded), pumpkin, sesame, sunflower
- Nuts: almonds, walnuts, cashews (soaked if needed)

Seasonal Nourishment

- Fruits: berries, apples, figs, grapes, pears, stone fruits
- Vegetables: cucumbers, zucchini, squash, tomatoes
- Fresh herbs: mint, parsley, basil, dill
- Seasonal variety: rotate produce with the changing seasons

Functional & Restorative Foods

- Fermented foods: sauerkraut, kimchi, non-dairy yogurt
- Adaptogens (optional): ashwagandha, maca, reishi
- Soothing teas: chamomile, holy basil, peppermint

Meal Routine

- Last meal at least 3 hours before bedtime
- Include a balance of protein, fiber, and healthy fats in meals
- Eat mindfully and slowly for the best absorption
- Add at least 1 new food per week to expand variety

DAY 1 : ALIGN YOUR ROUTINES

NOURISH

Begin your day with light, energizing foods from your checklist—warm oats, ripe fruit, leafy greens, or lentil soup. Choose simple, easy-to-digest combinations that bring calm and clarity.

Set your mealtime routine early—breakfast within 1 hour of rising, lunch at midday, and dinner 3 hours before bed.

REFLECT

Midday is your moment to pause.

Step away from screens, sip water or herbal tea, and journal a brief thought:

“How did my morning choices make me feel today?”

REST

End your last meal at least three hours before bedtime — a bowl of soup with whole grain crackers is a light meal. Avoid fruit or sweets right before bed; they keep the digestive fire burning too long.

As the sun sets, dim the lights to signal you are winding down. The day is done.

End your day with Psalm 127:2 as your night blessing.

DAY 2 : REBUILD YOUR ENERGY

NOURISH

Today's focus is gentle rebuilding — restoring strength without strain. Begin with a protein-rich breakfast like quinoa porridge, nut milk, and fruit. Choose meals that combine fiber and minerals to steady your energy: leafy greens, lentils, and root vegetables. Eat mindfully and with gratitude, pausing to breathe before each bite. Your goal is to eat more slowly, savor every bite, foods that energize without exhausting your system.

REFLECT

Midday reflection is your checkpoint. Notice the difference between fullness and satisfaction. Make a mental note—what you've observed in your body since yesterday — lighter digestion, improved focus, steadier mood. End your reflection with gratitude for one small victory. Consider meditating on Psalm 16:11 — “You will show me the path of life; in Your presence is fullness of joy.”

REST

Tonight, begin to transition toward deeper, restorative rest. Enjoy a simple evening cup of herbal tea. As you slow your breathing, review your day with the Lord — no judgment, just awareness. Speak a sentence of praise or release: “Lord, I rest in You.” Let that become your final thought before sleep.

DAY 3 : RESTORE YOUR BALANCE

NOURISH

This is your day of renewal. Drink warm water with a slice of lemon to awaken digestion and pray through your intentions for the day.

Choose foods that feel both cleansing and comforting – soups, fresh salads, and fruit.

Stay hydrated. Drinking water between meals. You may sense greater clarity and emotional stability. These are signs of balance returning.

REFLECT

Today's reflection centers on balance. Your meals are not only food – they are fuel for your purpose. For sustained energy, avoid burdening your body with heavy combinations. Choose foods that digest cleanly: one grain, one legume, and one vegetable is enough.

Whether you eat or drink, do all to the glory of God.”

– 1 Corinthians 10:31

REST

Tonight, protect your evening like sacred space. Don't let noise, news, or screens rush in. These few hours determine the quality of your next morning.

After your final meal (3 hours before bedtime), sip herbal tea like chamomile or lemon balm.

If your mind races, write down what you're grateful for – and what you're releasing. This helps your brain rest as your body prepares for sleep.

“You keep him in perfect peace, whose mind is stayed on Thee.” – Isaiah 26:3