

EAT MORE LIVING FOOD

3-Step Food Revival

By Glenda Hill





What Is Food Revival?

revival literally means renewal or awakening

**The People Of God Used To Eat Wholesome Real Food
It's Time We Get Back To That.**



Benefits Of Eating As God Intended

Food From The Ground, In As Natural State As Possible

- **Healthy Weight/Prevent Disease**
- **Sound Mind**
- **Energy For Strength & Endurance**
- **Vibrant Skin, and Healthy Body**



What Are The Steps To A Healthy Weight?

- 1. Education**
- 2. Partner With God**
- 3. Eating Plan / Routine**

Food Education and Nutrition. To Properly Nourish The Body We Must Study The Process Of DIGESTION.

Vegetables

ACORN SQUASH
BEETS BROCCOLI
BROCCOLI RABE
BROCCOLI
SPROUTS
BUTTERNUT
SQUASH
ARTICHOKES
ASPARAGUS
BRUSSELS SPROUTS

CABBAGE
CARROTS
CAULIFLOWER
CELERY
CUCUMBER
EGGPLANT
GARLIC
GINGER GREEN
BEANS HERBS

LEEKs MUSHROOMS
ONIONS PARSNIPS
PEPPERS
RADICCHIO
RADISHES RUTABAGA
SEA VEGETABLES
SHALLOTS
SNOW/SNAP PEAS
SPAGHETTI SQUASH
SWEET POTATO
TURNIPS WINTER
SQUASH YELLOW
SQUASH ZUCCHINI





HERBAL FRUITS

- **TOMATO**
- WINTER SQUASH**
- YELLOW SQUASH**
- ZUCCHINI**

GREENS

- MUSTARD TURNIP**
- COLLARDS BEET**
- DANDELION KALE**
- WATERCRESS**
- BOK CHOY**
- SWISS CHARD**
- ARUGULA**
- ROMAINE**
- SPINACH MIXED**
- SALAD**

GLUTEN-FREE GRAINS:

- AMARANTH**
- BUCKWHEAT**
- MILLET**
- OATS, OLD FASHIONED**
- OATS, STEEL CUT**
- QUINOA**
- BROWN RICE,**
- WILD SORGHUM**
- TEFF**

FRUITS

APPLES

AVOCADOS

BERRIES*

CHERRIES*

ORANGES

GRAPEFRUIT

KIWI LEMON

LIME

MANGOES

 PAPAYA*

PEAR

APRICOTS

DRIED FRUITS

BANANA

GRAPES

MELONS

PEACHES

PINNAPPLE

PLUMS

NECTARINES

NUTS & SEEDS

ALMONDS

BRAZIL NUTS

CACAO (RAW,
100%)

CASHEWS

CHIA SEEDS

COCONUT

FLAX SEEDS

HAZELNUTS

HEMP SEEDS

MACADAMIA

PECANS

PISTACHIOS

PUMPKIN

SESAME

SEEDS

SUNFLOWER

SEEDS

WALNUTS



NATURAL SWEETENERS

RAW HONEY

100% MAPLE SYRUP

STEVIA

MOLASSES SUCANAT

COCONUT SUGAR

DATES / DATE SUGAR

MONK FRUIT

OILS & HEALTHY FATS

AVOCADO OIL

COCONUT OIL

OLIVES

AVOCADOS

**USE, BUT DON'T COOK
WITH:**

EXTRA-VIRGIN OLIVE OIL

SEED & NUT OILS:

FLAX, HEMP, SESAME

WALNUT, ALMOND, &

MACADEMIA





Learn How To Eat Well For Whole Health, Not Just Weight Loss

What else?

A HEALTHY LIFESTYLE ALSO INCLUDES

- **HEALTHY HABITS / ROUTINES**
- **DEVOTIONAL SPIRITUAL PRACTICE**

Are You Ready?

**LEARN HOW TO NOURISH YOUR BODY,
GAIN ENERGY, FEEL AMAZING AND
GLORIFY GOD IN ALL YOU DO!**



GET STARTED

Please send your email to
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