

#### EAT MORE LIVING FOOD

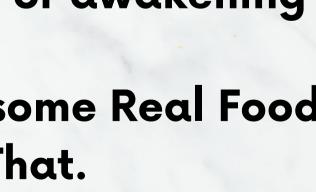
# **3-Step Food Reviva**

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

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

### 2. Partner With God **3. Eating Plan / Routine**



**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** 

**ALMONDS BRAZIL NUTS** CACAO (RAW, 100%) CASHEWS **CHIA SEEDS** COCONUT **FLAX SEEDS HAZELNUTS HEMP SEEDS** MACADAMIA PECANS

### **NUTS & SEEDS**

**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 CADO OIL OLIVES

AVOCADO OIL COCONUT OIL

> USE, BUT I WITH: EX

#### USE, BUT DON'T COOK

#### EXTRA-VIRGIN OLIVE OIL SEED & NUT OILS: FLAX, HEMP, SESAME WALNUT, ALMOND, & MACADEMIA

**AVOCADOS** 

## 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 glenda@glendahill.com

