



God's Eating Plan

Fruits, Nuts, Grains and Seeds Genesis 1:29

Vegetables Genesis 3:18

Herbs Psalms 104:14

Notes:

Eat these foods in a 2-meal-a-day eating plan. The Last Meal 3 hours before bedtime.

You will be shocked that these humble foods do amazing things for the body.

- 🤖 **neutralize poison,**
- 🤖 **shrink tumors,**
- 🤖 **reduce inflammation,**
- 🤖 **stop bleeding,**
- 🤖 **heals wounds,**
- 🤖 **fight infection, relieve pain, and more**