

Download God Given Foods Eating Plan Pdf

Foods are then classified as “God-given foods” and “non-God-given foods.” The main point will be that a healthy diet is one composed of a variety of God-given foods and that avoids non-God-given foods. This will simplify the designing of a healthy eating plan. God truly cares how you treat your body, and He’s given you a free health plan to go by—the Bible! For amazing facts about how you can have abundant health and longer life, look over this Study Guide—but be sure to read it all before jumping to conclusion! Paleo Diet Food List The following is a comprehensive paleo diet food list. In it, you’ll find a list of paleo diet meats, vegetables, fruits, nuts, seeds, oils that are God's Word says that "any person who knows what is right to do but does not do it, to him it is sin" (James 4:17 AMP). Well, now you know what the Bible says about foods. You know that God really does care what you put in your mouth. He cares because the food choices that you make can restore your health or destroy it.