

## **THE MAKER DIET**



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### **Maker's Diet Wikipedia**

The Maker's Diet (or the Bible Diet) is a food diet promoted on radio and in books by writer and motivational speaker Jordan S. Rubin. Rubin presents the diet as based on teachings from the Book of Leviticus, Deuteronomy, and other books of the Bible. He characterizes certain foods as either forbidden ("unclean") or acceptable ("clean") to God. Rubin also markets supplements associated with the

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