

## [WHAT WOULD JESUS EAT BOOK](#)



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Though there are many diet programs claiming to be "God's way" to healthy living, and while some of them are based on biblical principles, and even have proven effective for weight loss, What Would Jesus Eat? is the first to note the obvious health benefits of what Jesus ate.

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I strongly recommend this book. This book is based on a Mediterranean Diet which is similar to the French Diet. If you visit [realage.com](http://realage.com) you will see that they too encourage foods that are recommended in the What Would Jesus Eat book as well.

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This book presents "the Jesus way of eating." If you truly want to follow Jesus in every area of your life, you cannot ignore your eating habits. It is an area in which you can follow Him daily and reap great rewards for doing so.

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In the What Would Jesus Eat Cookbook, you'll discover an enormously effective and delicious way of eating based on Biblical principles. You'll find that you can lose weight, prevent disease, enjoy more balanced meals, and attain vibrant health by changing the way you eat. Publish your book with B&N. Learn More .

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### **What Would Jesus Eat Jesus' Diet in the Bible ThoughtCo**

As an observant Jew, Jesus would have followed the dietary laws laid down in the 11th chapter of the book of Leviticus. More than anything, he conformed his life to the will of God. Clean animals included cattle, sheep, goats, some fowl, and fish. Unclean or forbidden animals included pigs, camels, birds of prey, shellfish, eels, and reptiles.

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**What Would Jesus Eat Loyola Press**

What Would Jesus Eat? Jim Campbell, DMin, dives into the diet of those living in the Holy Land, and illuminates what it would have been like to dine with Jesus. by James P. Campbell, D.Min.

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