

[WHAT WOULD JESUS EAT DIET](#)



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The Jesus Diet What Would Jesus Eat Freedieting

Jesus Diet Basics. Based on his research he concluded that the diet of Jesus would have included fish, whole wheat bread, olives, figs, dates and red wine. Fish was widely available and was probably eaten on a daily basis, while red meat would have been consumed only occasionally, perhaps once a month. Foods that are forbidden in the Bible,

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What Would Jesus Eat The Science Within the Bible The

Based on the Bible and historical records, Jesus most likely ate a diet similar to the Mediterranean diet, which includes foods like kale, pine nuts, dates, olive oil, lentils and soups. They also baked fish.

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What Would Jesus Eat Loyola Press

Each day began with a light breakfast of bread or a piece for fruit. Bread was kneaded and baked every day, one of the mother s main chores. At midday, those in the Holy Land would eat a light lunch of bread, grain, olives, and figs. The main meal was eaten at the end of the day.

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What Would Jesus Eat Jesus' Diet in the Bible ThoughtCo

Jesus Ate Fruit and Vegetables Too. Much of the diet in ancient Palestine consisted of fruit and vegetables. In Matthew 21:18-19, we see Jesus approach a fig tree for a quick snack. Other popular fruits were grapes, raisins, apples, pears, apricots, peaches, melons, pomegranates, dates, and olives.

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The ABC's of the What Would Jesus Eat Diet Fitness

Basically, the "What Would Jesus Eat" diet is based on the Mediterranean Diet. This diet includes a lot of healthy oils including olive and safflower oils, whole grains and fiber, beans, nuts and seeds for protein, and soy.

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The Newest Diet Trend What Would Jesus Eat Alternet

Whether you call it the Hallelujah Diet, the Maker's Diet or the Lord's Diet, the holy spirit is driving one of America's biggest weight-loss fads. God cries when you eat Pop-Tarts.

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Jesus Diet What Would Jesus Eat Find out and get healthy

Jesus ate a lot of fruit, a lot of fish, a whole grains, in addition to vegetables and olive oil. And of course, wine is a main component of many Mediterranean meals. You should always make wine a part of your healthy diet. Whole-grains are the best type of carbohydrates you can eat.

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WWJE What Would Jesus Eat Intersect

Jesus declared all foods clean. (Mark 7:19) Everything God created is good, and no [food] is to be rejected if it is received with thanksgiving. (1 Timothy 4:4) Note that Jesus told his disciples to eat whatever is set before you while the Old Covenant dietary laws were still in effect.

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Whatwouldjesuseat 1 Cor 3 16 17

Chapter 2: The Food That Jesus Ate Most Often. 1. Jesus ate whole grains directly and in the form of whole-grain breads. We can follow His example by choosing to eat whole-grain breads and pasta, and to eat whole grains (wheat, rice, corn, oats, barely, millet, and rye) in cooked and salad dishes.

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