

Food for Life

She extends her life for Him

1

God's intent for food

Food for Life

Rev 22:2

Food for Healing

Psa 103:5

Food for Pleasure

Ecc 8:15

2

The S.A.D. diet

The Standard American Diet

Convenient foods

Interventions

Man made foods

The Effects of the S.A.D Diet

The state of our health

The price we pay

Phi 3:19

3

Food that extends her reach

Biblical Diet

Gen 1:29, Lev 11

Dan 1:8,12, 1 Tim 4:3-5

Food for the Cell

Essentials for healthy cells

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make delicious healthy meals?

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Food for Life

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1 High Protein

Build muscles keep,
you feeling full

Egg/ Seeds/ Salmon



2 Complex Carbs

High fiber & main
source of energy

Sweet Potato/
Brown Rice/ Beans

3 Good Fat

Absorption vitamin

Olive Oil
Avocado / Nuts



4 Natural Vitamin

To keep our body
functioning properly

Vegetables
& Fruits

5 Hydration

Source of life
for our cells

Water



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