

Don't you know that you yourselves are God's temple and that God's Spirit lives in you? If anyone destroys God's temple, God will destroy him; for God's temple is sacred, and you are that temple. NIV

What Would Jesus Eat?

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Introduction: What Would Jesus Eat? The diet plan presented in this book is an approach to food that emphasizes the following:

1. whole foods; 2. fresh foods; 3. pure water and foods without pesticides, fungicides, or any type of additives; 4. and foods that have not been laced with sugar or infused with fat, salt, additives, or chemical preservatives

Chapter 1: Seriously Question What You Eat

1. Two questions we need to ask ourselves before we eat something: a. Why do I choose to eat this? (have I established bad eating habits?) b. Would Jesus eat this?
2. We need to obey the "food laws" of Lev 11 and Deut 14.
3. Man, from the time of his creation, was an omnivore, capable of living on both plant and animal foods. Our physical anatomy has been engineered, however, in such a way that we are better suited for consuming more plant products than animal products.

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.

Chapter 3: A Staple In Jesus' Diet

1. Jesus ate a wide variety of fresh, "clean"- species fish, probably on a daily basis. He most likely ate fish that was grilled, baked, broiled, and poached. We can follow His example by adding more fish to our diet and taking fish oil supplements.

Chapter 4: The Meats Jesus Ate

1. Jesus ate clean, "kosher" meats---free-range animals slaughtered in a Biblical way, drained of blood, and stripped of excess fat. Jesus ate red meat very sparingly. He also ate eggs and clean poultry---again stripped of excess fat and eaten sparingly. We can follow His example in choosing to limit our consumption of red meat, choosing free-range and kosher beef and poultry, removing all fat before cooking, and cooking our meat products by baking, grilling, or roasting and draining all the fat. We should limit our egg consumption and choose to purchase eggs from free-range chickens.

Chapter 5: Other Forms of Protein That Jesus Ate

1. Jesus ate yogurt, and some cheese and butter, generally on special occasions. In His day, dairy products fell mostly into the category of condiments rather than main dishes or beverages. We should limit our consumption of dairy to nonfat and low-fat products, especially yogurt with live cultures. We should eat butter and cheese sparingly and rarely.

Chapter 6: The Vegetables That Jesus Ate

1. Jesus ate a diet loaded with vegetables, especially garlic, onions, leeks, beans, and lentils---these vegetables were often a main dish and were routinely enhance with herbs and spices common to Israel. We can eat as Jesus ate by adding more vegetables to our diet, and by eating these fresh, whole vegetables raw, lightly steamed or lightly fried in olive oil.

Chapter 7: The Fats That Jesus Ate

1. Jesus very likely consumed extra virgin olive oil on a daily basis. We can follow His example by olive oil instead of butter, other oils, and salad dressing. Olive oil is the best choice for both cooking and eating!

Chapter 8: The Beverages That Jesus Drank

1. Jesus certainly drank water and red wine, and may have drunk various juices and herbal teas as well. We can follow Jesus' example by making sure that our water is pure, filtered or distilled (our daily minimum water intake should be in fluid ounces - our weight in pounds divided by 2 - ie. a person who weighs 184 pounds needs at least 92 fluid ounces of pure water per day). We also need 4-8 ounces of red wine, nonalcoholic red wine, or natural purple grape juice per day.

Chapter 9: What Would Jesus Eat for Dessert?

1. Jesus ate a great deal of fruit, some nuts, and some honey. We do well to eat more fresh, whole fruit daily, and occasionally to treat ourselves to nuts and a little honey mixed into yogurt or drizzled on fruit.

Chapter 10: Did Jesus Exercise?

1. In the case of exercise, we need to do what Jesus did: Get ample aerobic (with oxygen), weight bearing exercise daily. For most people, the most beneficial exercise is walking, which is the way Jesus got His exercise on this earth. **Note:** According to Dr. Kenneth Cooper in his book Antioxidant Revolution increasing your heart rate beyond 80 percent of maximum ($220 - \text{your age in years} \times 80\% = \text{your approximate maximum heart rate/minute}$) can increase you're your risk of developing cancer, heart disease, and other degenerative diseases.

Chapters 11 & 12: Using The Foods Jesus Ate To Lose Weight

1. Eat a Mediterranean diet (see the food guide pyramid below)

A BMI (Body Mass Index) of 18.5 to 25 is considered normal weight.