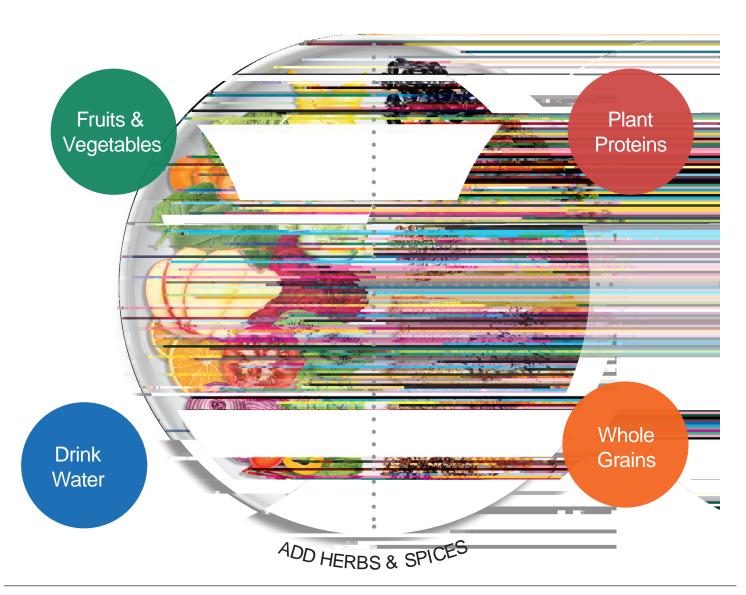


"Natural means, used in accordance with God's will, bring about supernatural results. We ask for a miracle, and the Lord directs the mind to some simple remedy. We ask to be kept from the pestilence that walketin darkness, that is stalking with such power through the world; we are then to cooperate with God, observing the laws of health and life. Having done all that we possibly can, we are to keep asking in faith for health and strength. We are to eat that food which will preserve the health of the body." EGW 7BC 938.8

A WHOLE FOOD, PLANT-BASED PLATE



Include a wide Q X W U L H Q W G H Regetables: Dark Gafy greens (spinach, kale, plant foods at every meal. Use a variety of herbs and spices to

 Focus on whole fruits and vegetables DUUD\ RI À E HU Ànd Catha Gainbow of color.

DQWLR[LGDQW alugular, etc.) Zolloc Bol Ostruash, zucchini, carrots, tomatoes, beets, peppers, mushrooms, onions, celery,

FDXOLÁRZHU FXFXPEHUV ZKLWH

HQKDQFH ÁDYR^{more}/
Fruits: Apples, bananas, grapes, citrus fruit, EHUULHV SHDFKHV SHDUV SLQHES COPPS & WED LE GIRS V

ZDWHUPHORQ VWDUIUXLW PDQJRKFDDVDXQWKWREDDDOPH\DEURZQ ULFH E

Drink water for hydration.

Eat a variety of plant protein.

Legumes: 3 H D V D Q G E H D Q V L Q F O X G L Q EHDQV ZKLWH EHDQV EODFN EHDQ SHDV JDUEDQ]R EHDQV FKLFNSHD HGDPDPH WRIX

NVITE SIND SEE SER SNOPPYRROHOVV JSJEHVHVAD FKLRV Z SHDV FDEEDJH ZKROH SODQW IDWOYX WDYERXFWD WORN VVROSKYPHSWILOD OVOX QÁRZHL more.

> SRSFRUQ U\H TXLQRD ZKROH RDW WRUWLOODV FHUHDOV ÁRXUV WR C