

DIVINE HEALTH PROGRAM

Daily Activity

- Get some word in you when you first wake up
- Drink your Ningxia Red (ORDER @ WWW.YOUNGLIVING.ORG/LBSUPREME)
- Then eat something
- Keep snacks with you Carrots, nuts, bars, fruits, veggies, ect....
- One banana at least every other day
- Eat an apple everyday (Gala or Fiji taste better) Put them in your salad too.
- After 5pm Eat only Fish or tofu as a Protein with your fruits, vegetables, nuts, Main thing is to not eat CHICKEN, BEEF, and TURKEY after 5.
- Make sure you eat 5 or 6 times a day. This helps your metabolism start working right.
- Drink a lot of Water (for natural electrolytes put a few sea salt crystals in your bottled water at least once a day)



Cut these out of your diet immediately

- Soda
- Coffee
- Hard core energy drinks
- White bread
- Salt
- Bread (For a season) Ezekiel 4:9 bread in moderation is ok
- Potatoes (for a season)



Replace old products with these

- Whole wheat flour
- Whole wheat bread, or Whole wheat tortillas Ezekiel 4:9 is best
- Green Tea in place of Coffee
- Corn chips in place of chips
- Refried black beans
- Sugar in the Raw instead of sugar
- Maple syrup Grade B (for tea and oatmeal ect.)
- Spinach pasta or whole wheat pasta
- Olive oil in place of oil
- Sea Salt



Grocery Store List 4 starters shop (Trader Joes), (Whole Foods) or (Bristol Farms)

- Cayenne Pepper
- Maple syrup Grade B
- Juices with no Fructose (see the label)
- Hummus
- Corn chip
- Corn Tortillas instead of flour or whole wheat



SOUL2
OF NOBLE CHARACTER®



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