

WHAT TO EAT FOR TWO AND THREE MEALS

Website: [Healthy Christian Living - Living by the Blueprint](#)

BREAKFAST:

"IT IS THE CUSTOM AND ORDER OF SOCIETY TO TAKE A SLIGHT BREAKFAST. BUT THIS IS NOT THE BEST WAY TO TREAT THE STOMACH. AT BREAKFAST TIME THE STOMACH IS IN A BETTER CONDITION TO TAKE CARE OF MORE FOOD THAN AT THE SECOND OR THIRD MEAL OF THE DAY. The habit of eating a sparing breakfast and a large dinner is wrong. MAKE YOUR BREAKFAST CORRESPOND MORE NEARLY TO THE HEARTIEST MEAL OF THE DAY." {CD 173.2}

- **3 Fruit**(fresh is best...canned or jarred fruit without sugar is okay)
- **1 Serving of Grain**(1 whole grain Bread AND/OR 1 serving of whole grain(whole grain pancakes, waffles, hot or cold cereal, etc.)
- **2 Tablespoons of Seeds**(RAW/NO SALT)(Pumpkin, Sesame, Flax, Sunflower, Chia, etc.)
OR
- **Closed Fist full of Nuts**(Raw and Unsalted. Don't use mixed variety...can substitute 1 Tbsp. Nut butter instead)
- **EAT ALL RAW FOOD FIRST** (raw fruit first, then your raw nuts, then your cooked food)
- **NO SECONDS**

"MUCH TACT AND DISCRETION SHOULD BE EMPLOYED IN PREPARING NOURISHING FOOD...A DIET LACKING IN THE PROPER ELEMENTS OF NUTRITION, BRINGS REPROACH UPON THE CAUSE OF HEALTH REFORM..." {TSDf 21.6}

"...GRAINS, FRUITS, NUTS,...IN PROPER COMBINATION, CONTAIN ALL THE ELEMENTS OF NUTRITION; AND WHEN PROPERLY PREPARED, THEY CONSTITUTE THE DIET THAT BEST PROMOTES BOTH PHYSICAL AND MENTAL STRENGTH..." {Ed 204.3}

GRAINS USED IN MAKING PORRIDGE OR MUSH SHOULD BE COOKED FOR SEVERAL HOURS:

"GRAINS USED FOR PORRIDGE OR "MUSH" SHOULD HAVE SEVERAL HOURS' COOKING..." {MH 301.4}

DO NOT EAT PORRIDGE EVERY DAY FOR BREAKFAST(Examples: Oatmeal, Wheateena, Cream of Wheat, etc.)

"...SO MUCH PORRIDGE EATING IS A MISTAKE. THE DRY FOOD THAT REQUIRES MASTICATION IS FAR PREFERABLE..." (CD 108.1)

"...But SOFT OR LIQUID FOODS ARE LESS WHOLESOME THAN DRY FOODS, which require thorough mastication..." {MH 301.4}

LUNCH:

1. **Include Cooked until tender the following vegetables** (only 1 of the following per day):

Green and other colored vegetables: (one serving of each of green and 1 other color)

Greens include(eat 1 of these): (Read 1T 680.2 and 'How to Live' pp 45-49 in the book; pp 31-33 on the link)

<http://www.present-truth.org/7-Health-Secrets-Sem/SOP/HOW%20TO%20LIVE.pdf>

- kale
- dandelion greens
- beet greens
- bok choy
- collard greens
- mustard greens
- spinach
- broccoli
- asparagus
- cauliflower
- Brussels sprouts

continue on next page

- etc.
2. **1 Other colored vegetables**(cooked, not raw)(include 1 of these) **that should be included with the green vegetable:**
- beets
 - carrots
 - potatoes (white, red, or purple or any other color)
 - turnips
 - rutabagas
 - parsneps
 - yams
 - sweet potatoes
- NOTE: DO NOT MIX YOUR VEGETABLES WITH ANY FRUIT, INCLUDING TOMATOES, ETC.**

3. **One Serving of Whole Grain:**

- Whole grain bread
- Whole grain pasta (such as brown rice, whole wheat(non-GMO); quinoa, corn(non-GMO)
- Corn (make sure it says non-GMO)
- Millet
- Oat patties
- Rice(green, red, black, wild, brown, basmati, jasmine...NO WHITE RICE not even basmati)
- Barley
- Quinoa
- And more

4. **One Serving of Protein:** (1/2 c. is sufficient)

- Beans
- Peas
- Lentils
- Tofu (3-4 oz)(don't use more than 2 x month b/c it's concentrated BE SURE THE LABEL SAYS "NON-GMO)

"MUCH TACT AND DISCRETION SHOULD BE EMPLOYED IN PREPARING NOURISHING FOOD...A DIET LACKING IN THE PROPER ELEMENTS OF NUTRITION, BRINGS REPROACH UPON THE CAUSE OF HEALTH REFORM. WE ARE MORTAL, AND MUST SUPPLY OURSELVES WITH FOOD THAT WILL GIVE PROPER NOURISHMENT OF THE BODY."{TSDf 21.6}

NOTE: The food God gave to use when we became "mortal" was the "green herb of the field"(vegetables)

See → Genesis 3:17-19

"...GRAINS, FRUITS, NUTS, AND VEGETABLES, IN PROPER COMBINATION, CONTAIN ALL THE ELEMENTS OF NUTRITION; AND WHEN PROPERLY PREPARED, THEY CONSTITUTE THE DIET THAT BEST PROMOTES BOTH PHYSICAL AND MENTAL STRENGTH..."{Ed 204.3}

3RD MEAL:

"...HAVE THE THIRD MEAL, PREPARED WITHOUT VEGETABLES, but WITH SIMPLE, WHOLESOME FOOD, SUCH AS FRUIT AND BREAD..."(CD 178.4)

- The grain can be popcorn, corn, whole grain rice, bread, oats, cereal, etc.
- Any fruit is good to eat

"...if you would give it a trial, you would find that TWO MEALS ARE BETTER THAN THREE..."(CD 173.1)

See → 1 Kings 17:6 and Exodus 16:8

- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4079942/>

NOTE: The above is from the library of medicine regarding diabetics should eat 2 meals a day and not 6 small ones)

- <https://www.nydailynews.com/life-style/health/walter-breuning-world-oldest-man-113-credits-longevity->

[skipping-dinner-article-1.402290](#)