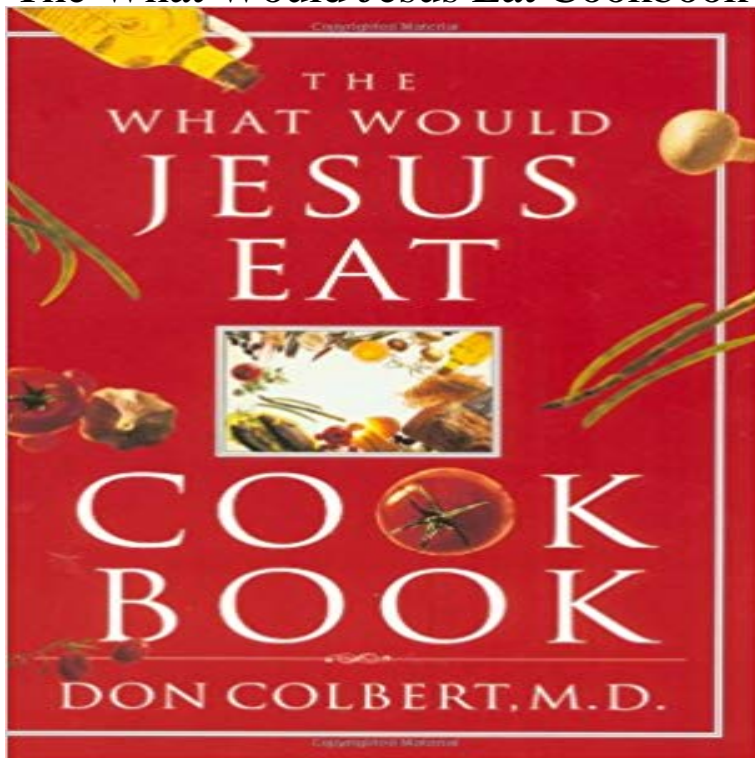


The What Would Jesus Eat Cookbook



Based on a biblical and historical study of what Jesus ate, as well as scientific research on why these particular foods are ideal for healthy living, What Would Jesus Eat? is the ultimate program for eating well in the twenty-first century. Now, this companion cookbook helps readers to creatively and practically incorporate these foods into their own diets. These easy-to-follow recipes are designed to help the reader prepare foods commonly eaten during the time of Christ in a way that will satisfy modern-day palates. Dishes feature fresh fruits and vegetables, whole grains, legumes, fish, olive oil, and more. This unique cookbook is ideal for anyone desiring to safely lose weight or simply eat healthier.

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