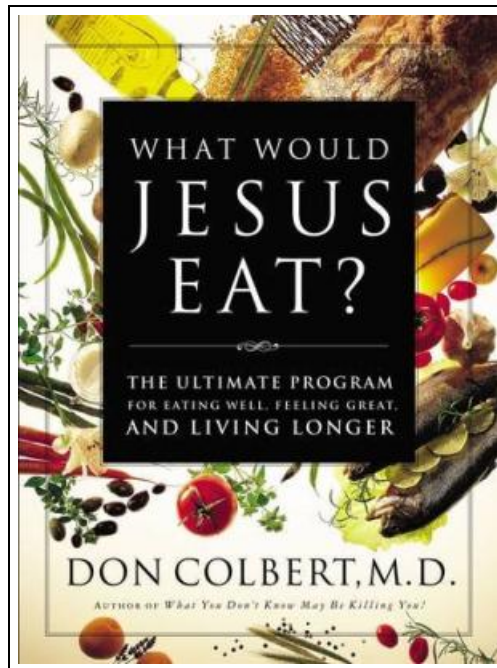


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Thomas Nelson Publishers, United States, 2005. Paperback. Condition: New. Language: English . This book usually ship within 10-15 business days and we will endeavor to dispatch orders quicker than this where possible. Brand New Book. Though there are many diet programs claiming to be God s way to healthy living, and while some of them are based on biblical principles, and even have proven effective for weight loss, What Would Jesus Eat? is the first to note the obvious health benefits of what Jesus ate. In this comprehensive program, Dr. Don Colbert reveals the sensible approach to healthy eating laid out by the ultimate role model. Readers will discover:Why foods forbidden in the Old Testament are unhealthyJesus s favorite foods, including fast foods and dessertThe health benefits of foods Jesus ate, and the health risks of foods He avoidedAlso included are Dr. Colbert s tools to effectively follow the plan: recipes, nutritional information, and practical advice, including how to follow Jesus s model of eating with foods readily available today.



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