

Live-Food Whole-Food  
Plant-Food Recipes

# GetWell Recipes from The Garden of Eden

BOOK IV in A Four-Book Series

...From...

Victoria Bidwell

...In Cooperation With...

Candice Chambers



*This is a...*

*GetWell ★ StayWell, America!*

*...offering...*

Live-Food Whole-Food

Plant-Food Recipes

**GetWell Recipes**  
from  
**The Garden of Eden**

**BOOK IV in A Four-Book Series**

*But seek ye first the kingdom of God,*

*And His righteousness.*

*And all these things shall be added unto you.*

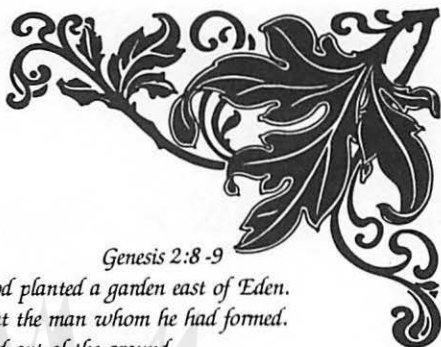
*Matthew 6:33*



**From**  
**Victoria Bidwell**  
**In Consultation With**  
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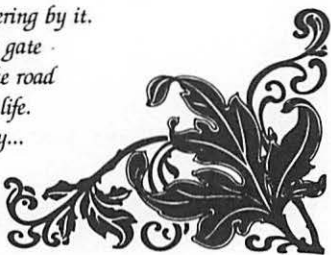
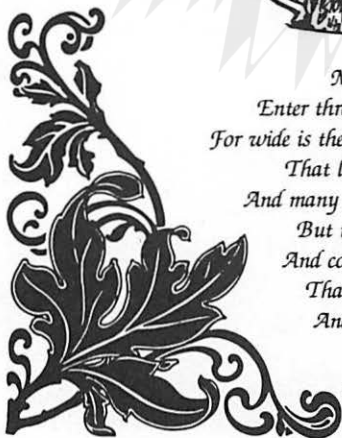
*Genesis 2:8 -9*

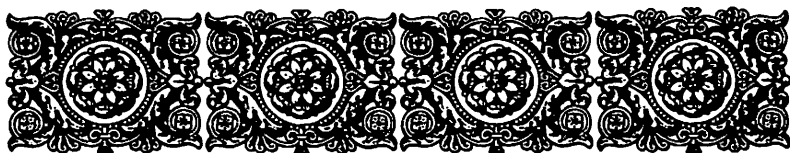
*And the Lord God planted a garden east of Eden.  
And there He put the man whom he had formed.  
And out of the ground  
Made the Lord God to grow every tree  
That is pleasant to the sight and good for food.*



*Matthew 7:14*

*Enter through the narrow gate.  
For wide is the gate and spacious the road  
That leads to destruction.  
And many are those entering by it.  
But narrow is the gate  
And contracted is the road  
That leads on to life.  
And few are they...  
...Who...  
...Discover...  
...It...*





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*Let them give thanks to the Lord...  
For He satisfies the thirsty soul  
And provides the hungry with good.  
from Psalm 107*





## Dedication

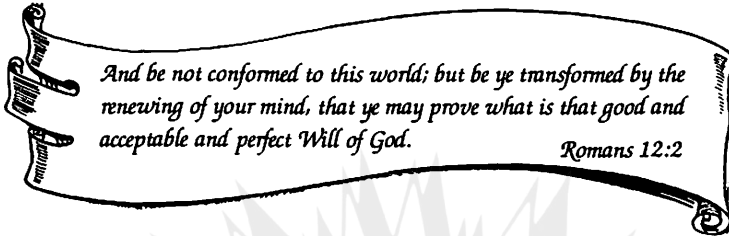
*In 1985, I was born again. For the first year, I felt little had changed, except that I was miserable as I tried to continue living recklessly and selfishly. All my "fun" in life had ceased to be fun, anymore. Even though I had been saved, I was worse off than ever! Something was terrible wrong. The following year, The Lord led me to Jan Franklin of Maranatha Christian Ministries in San Jose, California. Jan — along with a Deliverance Team — ministered to me. We spent many hours in Total Biblical Counsel and Deliverance. It was from Jan that I learned what it really means to be "born again." I am still learning the Christian meanings for "love," "forgiveness," and "gratitude." Slowly but surely, The Holy Spirit is bringing peace and joy into my life...for the first time.*

*Jan has also helped me to see the difference between being a self-seeking, self-indulgent, self-proclaimed Christian and a holy, set apart, consecrated Vessel of God. And she has helped me put my calling as a Christian Health Missionary into God's perspective, rather than making Natural Hygiene into a religion. Thank you, Jan Franklin, for helping me walk in The Full Light of Jesus Christ.*

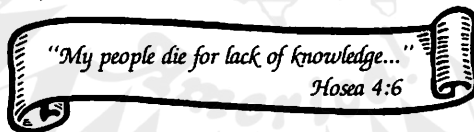
*Victoria*

# CHAPTER ONE

## 🌿 🌿 God's GetWell Plan 🌿 🌿



It was in The Garden of Eden that the Lord God first provided His "Great GetWell Plan" for man and womankind. Speaking to Satan, The Father of Sickness and Death, God declared: *"I will put enmity between thee and the woman...it shall bruise thy head, and thou shalt bruise his heel."* The "enmity" of which the Lord God speaks is *Jesus Christ*. Yes, God proclaimed His Plan for our salvation even during those early days in The Garden. **THIS WAS NOT A PARTIAL SALVATION - IT IS CRUCIAL TO UNDERSTAND THAT GOD PROVIDED FOR OUR WHOLE SALVATION...OF SOUL, SPIRIT, AND BODY!**

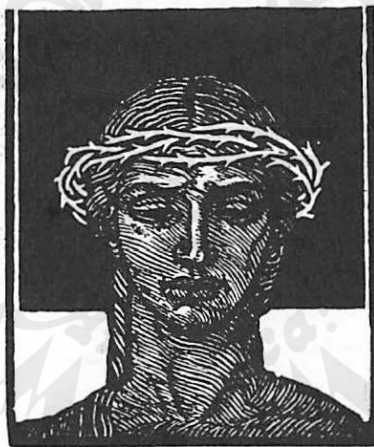


Too few of us today fully appreciate the quality of divine healing that is ours to claim. We have, as a consequence, received only a fraction of God's intended healing upon our bodies. It is my prayer that this offering will provide *HeartFelt, BodyFelt Healing Knowledge* which is needed but not yet received...and that this knowledge will then serve to strengthen your faith in our Lord God. For God is perfect. And His ways are perfect. We will find that God — in His infinite wisdom and glorious power — has provided for us a Plan to live in total health of body, mind, and spirit. The purpose of this book, therefore, is to bring about a *"renewing of the mind,"* so that you will realize — in your own life — God's Great Plan for getting well and staying well.

## HEALING IS IN THE ATONEMENT!

*Surely he hath borne our griefs,  
And carried our sorrows;  
Yet we did esteem him...  
Stricken, smitten of God, and afflicted.  
But he was wounded for our transgressions,  
He was bruised for our iniquities:  
The chastisement of our peace was upon him;  
And by his stripes we are healed.*

*Isaiah 53:4-5*



*Bless the Lord, O my soul,  
And forget not all his benefits:  
Who forgiveth all thine iniquities...  
Who healeth all thy diseases;  
Who redeemeth thy life from destruction;  
Who crowneth thee with  
— loving kindness and tender mercies —  
Who satisfieth thy mouth with good things;  
So that thy youth is renewed like the eagle's.*

*Psalms 103:2-5*

These 2 passages show that it is through The Blood of the Lamb that we find our spiritual salvation. *But these words of God make it ever so clear that His salvation is whole: it is total. And it includes the salvation not only of the soul for life everlasting...but of the body for here-and-now living.* This "total salvation" is mercifully granted in the words: "BY HIS STRIPES WE ARE HEALED." Without a doubt, it is the Lord "WHO HEALETH ALL THY DISEASES."

## **"THE HEALTH TRIUMVIRATE" FOR HEARTFELT, BODYFELT SALVATION**

*The First Person...Our Lord God, in His Infinite Mercy  
The Second Person...Jesus Christ, through his Atonement  
The Third Person...You, through your daily choices*

Too many Americans today have brought disease upon themselves by their self-indulgence in wrong foods and wrong living practices. They have refused to live in accordance with God's natural laws that govern their own physical bodies. This is why we have a Nation of people today — sick and suffering. **AND THIS ALSO EXPLAINS WHY THERE CANNOT BE A REAL AND LASTING HEALTH REVOLUTION IN THE UNITED STATES TODAY WITHOUT A HOLINESS REVOLUTION SWEEPING THE NATION, AS WELL!**

## **GOD'S GETWELL GIFT...NATURAL HYGIENE**

We must never lose sight of the glorious reality that Our Heavenly Father loves us dearly. We must always remember that "...God so loved the world that He gave His only begotten Son, that whosoever should believe in Him should not perish — but have everlasting life" (John 3:16). **THE FIRST 2 PERSONS IN THE HEALTH TRIUMVIRATE ARE EVER-FAITHFUL! BUT...TO BE TRIUMPHANT...WE MUST DO OUR PART!** God wants us healthy, to be sure. And Jesus Christ even died so that we may have HeartFelt, BodyFelt Healing. **BUT WE MUST DO OUR PART!** How then, shall we know *how* to do *our* part? Fortunately, God's GetWell Plan is fully laid out — in glorious simplicity: He has provided the supreme health care system: it is ours to claim through the practice of Natural Hygiene.





## THE BASIC TENETS OF NATURAL HYGIENE

- 1...NATURAL HYGIENE holds that health is the normal state of all living organisms and that health is maintained through natural, self-healing processes.**
- 2...NATURAL HYGIENE holds that the one cause of all disease is the toxic saturation of the body at the cellular level, brought on by depletion of nerve energy reserves through wrong living habits. This state of auto-intoxication is termed "Toxemia."**
- 3...NATURAL HYGIENE views disease as an orderly progression of stages by which the body isolates and/or eliminates abnormal accumulations of metabolic waste and ingested poisons.**
- 4...Because Toxemia is the cause of all disease, NATURAL HYGIENE refutes the concept that microorganisms or "germs" cause disease.**
- 5...Because only the body is capable of instituting cleansing and healing processes, NATURAL HYGIENE rejects ingestion of unnatural substances as both toxic and enervating.**
- 6...NATURAL HYGIENE recommends the following as the proper human diet: whole, raw fruits and vegetables, sprouts, nuts and seeds; eaten in proper combination and moderation; and eaten when in a state of emotional poise.**
- 7...NATURAL HYGIENE employs fasting, which provides the deep physiological, sensory, emotional, and mental rest the body needs in order to generate sufficient nerve energy to best conduct the eliminative, reparative processes.**
- 8...NATURAL HYGIENE maintains that health is one's personal responsibility, achieved only through following Healthful Living Practices in all areas of one's life.**



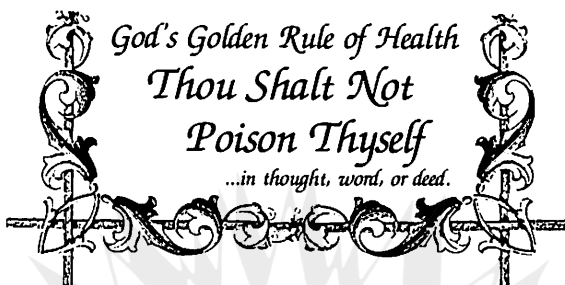
**Ellen White, a renowned Health Reformer for The Seventh Day Adventists at the turn of the 19th century, was also an avid Natural Hygienist. She clearly explains our personal role in The Health Triumvirate: "It is labor lost to teach people to look to God as a healer of their infirmities, unless they are also taught to lay aside unhealthful practices. In order to receive His blessing in answer to prayer, they must cease to do evil and learn to do well. They must live in harmony with the laws of God, both natural and spiritual." These "laws of God" of which Ellen White speaks may be formally presented with the following:**

## The 10 Commandments of Health

1. And thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind, and with all thy strength: this is the first commandment. Mark 12:30
2. Thou shalt not defile — with any manner of impure thought or act — thy body, which is "The Temple of the Holy Spirit which is in you."
3. Thou shalt drink pure water.
4. Thou shalt breathe pure air.
5. Thou shalt eat God's Ideal Foods.
6. Thou shalt secure adequate rest, relaxation, and sleep.
7. Thou shalt practice cleanliness.
8. Thou shalt partake of natural sunlight.
9. Thou shalt exercise and keep fit.
10. Thou shalt continually strive to keep these commandments as thou becomest a faithful steward of the Earth and God's abundances.

## CHAPTER TWO

### God's Ideal Foods



Although all of "The Ten Commandments of Health" are supremely important and none are as paramount as "The First," it is wrong eating that is destroying our health so viciously today. Indeed, The Adversary takes more people through their self-indulgence with wrong food than with any other habit on the physical plane of life. If we are to rise *triumphant* over The Destroyer in this area, we must become obedient to "The Fifth Commandment of Health: Thou shalt eat God's Ideal Foods."

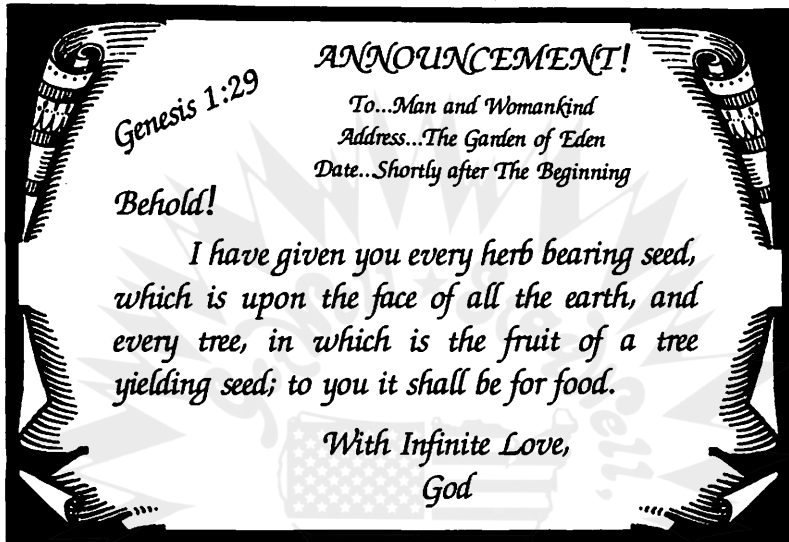
#### GOD'S IDEAL FOODS

*Fresh and nontoxic fruits, sprouts,  
vegetables, nuts, and seeds —  
In their uncooked, whole, and natural  
state.*

*These foods are best eaten...  
In proper combination  
And in modest amounts  
While rested and at peace.*

*Finally, these fresh, wholesome foods are  
prepared and partaken...  
in a spirit of reverence.*

***The Ideal Diet for superlative health complements our human anatomy, physiology, and biochemistry...as well as our human politics, economics, ethics, aesthetics, and spirituality. The God-loving, health-loving menus and recipes in this book, therefore, are in pure keeping with The Ideal Diet as announced...in The Garden of Eden.***



*Genesis 1:29*

**ANNOUNCEMENT!**

To...Man and Womankind  
Address...The Garden of Eden  
Date...Shortly after The Beginning

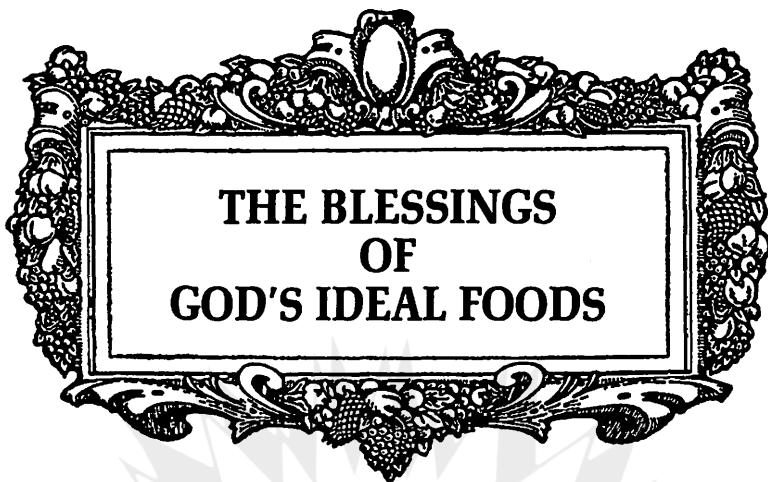
**Behold!**

*I have given you every herb bearing seed, which is upon the face of all the earth, and every tree, in which is the fruit of a tree yielding seed; to you it shall be for food.*

*With Infinite Love,  
God*

**A WORD ABOUT THIS "FOUR-BOOK SERIES"  
...FROM THE GARDEN OF EDEN...**

**It is important to understand that the book you presently hold in your hands is *BOOK IV* in "A Four-Book Series." (Page 60 in this book details this "Four-Book Series," and page 61 provides the address by which you may secure all 4 of the books.) To fully appreciate these *GetWell Recipes from The Garden of Eden* in *BOOK IV*, please secure a copy of *Spring and Summer Menus from The Garden of Eden, BOOK I* in this series. In order to make the entire set more affordable, the 46 page introduction of *BOOK I* is not repeated in the remaining 3 books. *BOOKS II, III, and IV*, that is, only briefly explain "God's GetWell Plan" in full. With hopes that you will indeed secure a copy of *BOOK I* for a complete study, therefore, the following menus and recipes are presented so that you may more fully prosper in mind, spirit, and body. **PRAISE GOD!****



- 1...They are nutrition rich, sufficient for health.
- 2...They are not toxic upon digestion: they serve to refine the bloodstream.
- 3...They encourage temperance and self-control in eating and deliverance from food slavery.
- 4...They take minimal energy to digest. The conserved energy taken to digest light foods can then be used in service to God.
- 5...They eliminate "food drunkenness" and all the evils that follow surfeiting on food.
- 6...They promote clear, spiritual thinking.
- 7...They lead to physiological well-being that adds to "...the peace that passeth all understanding."
- 8...They conserve energy and, therefore, enhance both strength and endurance.
- 9...They aid in the maintenance of high energy levels so that toxins are eliminated.
- 10...They serve to "disease-proof" the body, when used with "The 10 Commandments of Health." Body and soul prosper.
- 11...They rejuvenate the body, mind, and spirit.
- 12...They add to length of years.

*I have set before you life and death.*

*— Blessing and Cursing —*

*Therefore, choose life, that both thou and thy seed may live.*

*Deuteronomy 30:19*

## 🌿🌿🌿🌿 DINING WITH REVERENCE 🌿🌿🌿🌿

**FIRST:** 🌿 **View...with gratitude...the fresh fruits, sprouts, vegetables, nuts, and seeds as living nourishment. These are The Ideal Foods for Man and Woman and Childkind. View these Live-Foods as part of God's GetWell Plan for you! Appreciate that these foods will not contribute to your illness, suffering, and untimely death. The Live-Foods contribute only to your health and wholeness and holiness.**

**NEXT:** 🌿 **Visually feast on this living food from our loving God. Appreciate the blossoming and ripening of nature's offerings. Be thankful for the ripening, picking, shipping, preparing of these wholesome foods...all just for your health and well-being.**

**BEFORE ACTUALLY BEGINNING:** 🌿 **Close the eyes; and come to a very special place of silence, stillness, and peace. Ask the Lord to remove any inner struggling or anxiety. Then give a heartfelt grace over your meal, and express thanksgiving for God's goodness.**

**NOW:** 🌿 **Take small portions with each bite; then let go of the utensils or food. Place your hands comfortably in your lap. And chew slowly, thoroughly — until the food totally disappears. As you chew, truly savor the food. Again appreciate its flavor, texture, and aroma. Stay aware. Remain alert, lest you slip into "overcharging."**

**TAKE CARE:** 🌿 **Avoid engaging in conversation or thought habits that detract from this special state of "Grace and Gratitude."**

**AFTER THE MEAL:** 🌿 **Again close your eyes a few moments. Softly remind yourself that food is for nourishment so that we may take the Christian Walk down God's Chosen Path, as we give love and service to others. At last, gently make the transition to your next activity.**





## GENERAL DIRECTIONS FOR GETWELL RECIPES AND MENUS FROM THE GARDEN OF EDEN



1. **ATTEMPT TO SELECT THE FINEST QUALITY OF FOODS, ORGANICALLY GROWN WHENEVER POSSIBLE, AND FULLY RIPE.** The recipes and menus can only be as fresh and flavorful as the foods with which they are prepared.
2. **ATTEMPT TO OBTAIN THE FOODS FROM THE WIDE SELECTIONS AVAILABLE THROUGHOUT THE SPRING AND SUMMER MONTHS.** For instance, apples, pears, and persimmons come in a variety of colors, shapes, and subtle — yet distinct — flavors. Keep in mind...we are cutting out the thousands of processed-food choices when we enter “The Garden of Eden Dining Room.” We are — in the name of health and spiritual growth — limiting ourselves to God-given foods, in their natural state. Still, it is not necessary to limit ourselves needlessly. By taking joy in shopping for and preparing the different varieties of the fruits, vegetables, sprouts, nuts, and seeds — as they come into season — we can delight in God’s intended variety.
3. **CAREFULLY WASH THE FOOD.**
4. **PEEL, CORE, PIT, SHELL, CUT AWAY — OR OTHERWISE REMOVE ALL INEDIBLE PORTIONS OF THE FOOD.**
5. **USE ONLY RAW NUT BUTTERS WHEN A RECIPE OR MENU CALLS FOR NUT BUTTER.** You may make nut butters fresh with your own food processor. The Champion Juicer is recommended for homemade nut butters. Butters — when refrigerated — keep well for several weeks.
6. **KEEP IN MIND THAT GOD’S WHOLE FOOD MENUS ARE THE IDEAL WAY TO EAT:** It surely is not necessary to prepare recipes at every mealtime.
7. **PREPARE THE RECIPES AND MENUS IN A SPIRIT OF LOVE. SERVE THESE LIVE-FOODS FROM OUR LOVING GOD AS ATTRACTIVELY AS POSSIBLE. AND ...FINALLY...BE ENCOURAGED TO DINE WITH REVERENCE. ENJOY!**



## A SPRING MENU... From The Garden of Eden

### BREAKFAST

#### SUNDAY

4 oranges  
1 grapefruit  
2 oz. pumpkin seeds

### LUNCH

10 leaves spinach  
10 cherry tomatoes  
1 stalk celery  
1 handful snow peas  
1 kohlrabi  
1 avocado

### DINNER

2 cups cherries  
2 mangos  
1 bunch red grapes

#### MONDAY

¼ pineapple  
1 cup strawberries  
1 tangerine

4 leaves swiss chard  
10 cherry tomatoes  
½ cucumber  
6 asparagus stalks  
4 broccoli florets  
3 oz. filberts

1/6 head green cabbage  
2 medium tomatoes  
2 celery stalks  
1 zucchini  
1 avocado

#### TUESDAY

4 tangelos  
1 grapefruit  
3 oz. pecans

4 leaves napa cabbage  
2 medium tomatoes  
1 celery stalk  
15 sugar snap peas  
1/6 head red cabbage  
1 avocado

2 cups cherries  
2 bananas  
4 soaked figs & juice

#### WEDNESDAY

2 mangos  
2 bananas

1/6 head green cabbage  
2 medium tomatoes  
1 cucumber  
4 broccoli florets  
1 kohlrabi  
3 oz. sunflower seeds

4 leaves romaine lettuce  
2 medium tomatoes  
2 celery stalks  
4 cauliflower florets  
1 avocado

#### THURSDAY

2 tangelos  
2 tangerines  
1 orange  
2 oz. almonds

10 leaves spinach  
2 medium tomatoes  
1 stalk celery  
1 handful green peas  
4 cauliflowr florets  
1 avocado

1 papaya  
1 bunch ribier grapes  
6 medjool dates

#### FRIDAY

2 bananas  
1 apple  
4 soaked figs & juice

4 leaves romaine lettuce  
10 cherry tomatoes  
2 pickling cucumbers  
6 asparagus stalks  
1/6 head red cabbage  
3 oz. pistachio nuts

1 bunch bok choy  
2 medium tomatoes  
2 stalks celery  
1 kohlrabi  
2 cauliflower florets  
1 avocado

#### SATURDAY

4 tangerines  
1 cup strawberries  
2 oz. fresh grated coconut

1 bunch bok choy  
2 medium tomatoes  
2 stalks celery  
1 kohlrabi  
1 avocado

2 cups cherries  
1 banana  
1 apple  
1 bunch grapes







## A SUMMER MENU... From The Garden of Eden

BREAKFAST	LUNCH	DINNER
<b>SUNDAY</b> ½ honeydew melon ½ cantaloupe	4 leaves romaine lettuce 2 medium tomatoes 2 pickling cucumbers 1 stalk celery ½ red bell pepper 3 cauliflower florets 3 oz. cashew butter	½ papaya 2 peaches 1 mango 3 plums 1 small avocado
<b>MONDAY</b> ½ cup blueberries ½ cup strawberries ½ cup blackberries 1 small avocado	6 leaves butter lettuce 10 cherry tomatoes 1 zucchini 6 okras 1 stalk celery 1 stalk broccoli 2 oz. almonds	5 leaves spinach 5 leaves leaf lettuce 2 stalks celery 2 pickling cucumbers 4 ears sweet corn
<b>TUESDAY</b> 10 apricots 1 bunch grapes	10 leaves spinach 2 medium tomatoes 1 yellow crookneck 1 cucumber 1/6 head cabbage 2 tomatillos 1 avocado	4 nectarines 6 apricots 2 peaches
<b>WEDNESDAY</b> 1/6 watermelon ½ crenshaw melon	4 leaves napa cabbage 10 cherry tomatoes 1 bunch bok choy 4 broccoli florets 3 okras 1 scallopini squash 3 oz. pecan butter	1 banana 8 plums 1 bunch grapes 1 small avocado
<b>THURSDAY</b> 2 large peaches 1 banana	6 leaves red leaf lettuce 3 pickling cucumbers 4 ears sweet corn	1 mango 2 cups berries 1 small avocado
<b>FRIDAY</b> 2 bananas 6 apricots 2 stalks celery	10 leaves spinach 2 medium tomatoes 1 stalk celery 2 tomatillos ½ red bell pepper 2 cauliflower florets 1 avocado	1/6 head cabbage 10 cherry tomatoes 2 tomatillos 15 peas in pod 2 okras 3 pickling cucumbers 2 oz. cashew nuts
<b>SATURDAY</b> ½ crenshaw melon ¼ honeydew melon ¼ canteloupe 1 wedge watermelon	4 romaine lettuce leaves 10 cherry tomatoes ½ cucumber 1 summer squash 1/6 head green cabbage 3 okras 2 oz. brazil nuts	1 banana 2 nectarines 1 peach 2 apricots 1 apple ½ avocado





# A FALL MENU... From The Garden of Eden

## BREAKFAST

### SUNDAY

1/6 watermelon

## LUNCH

4 leaves romaine lettuce

2 medium tomatoes

2 celery stalks

1 yellow crookneck

1 stalk broccoli

1/2 red bell pepper

1 avocado

## DINNER

6 fresh figs

1 bunch grapes

1 red delicious apple

1 banana

### MONDAY

4 oranges

2 kiwis

6 leaves green lettuce

10 cherry tomatoes

1/2 cucumber

1/6 head green cabbage

1 kohlrabi

2 tomatillos

2 oz. cashew nuts

4 leaves romaine lettuce

2 medium tomatoes

2 celery stalks

1 zucchini

1/2 red bell pepper

1 avocado

### TUESDAY

1/2 canary melon

1/2 cantaloupe

6 leaves boston lettuce

2 medium tomatoes

2 celery stalks

1 zucchini

1/4 head cauliflower

1/2 red bell pepper

1 avocado

2 pears

2 peaches

5 fresh figs

1 sapote

### WEDNESDAY

2 grapefruits

2 tangelos

10 spinach leaves

10 cherry tomatoes

1/2 cucumber

1/6 head red cabbage

1 stalk broccoli

2 tomatillos

1/2 avocado

6 leaves bibb lettuce

2 medium tomatoes

2 bok choy stalks

1 yellow crookneck

1/2 red bell pepper

1/2 avocado

### THURSDAY

modest amounts of:

canary melon

cantaloupe

watermelon

honeydew

6 leaves napa cabbage

2 medium tomatoes

2 pickling cucumbers

1 patty pan squash

1 handful snow peas

1/2 red bell pepper

2 oz. pistachio nuts

10 spinach leaves

2 medium tomatoes

1/2 cucumber

1 yellow crookneck

1/2 red bell pepper

1 avocado

### FRIDAY

1/4 pineapple

2 kiwis

1 orange

1 grapefruit

3 bok choy stalks

10 cherry tomatoes

1/6 head green cabbage

1 kohlrabi

2 tomatillos

2 oz. black walnuts

10 spinach leaves

2 medium tomatoes

1/2 pickling cucumber

1 patty pan squash

1/2 red bell pepper

1 avocado

### SATURDAY

1 medium

honeydew melon

3 bananas

1 persimmon

5 fresh figs

1 small avocado

2 persimmons

1 sapote

5 fresh figs

1 bunch grapes





## A WINTER MENU... From The Garden of Eden

### BREAKFAST

#### SUNDAY

2 kiwis  
4 tangelos  
2 celery stalks  
1 avocado

### LUNCH

3 leaves kale  
2 tomatoes  
1 broccoli stalk  
3 cauliflower florets  
1 cucumber  
1 celery heart  
2 oz. almond nuts

### DINNER

6 leaves romaine lettuce  
3 pippin apples  
2 bananas  
1 persimmon

#### MONDAY

12 dried, soaked  
apricot halves  
2 apples  
2 celery stalks

2 stalks bok choy  
6 leaves romaine lettuce  
1/6 head red cabbage  
10 cherry tomatoes  
10 snow peas  
1 cucumber  
2 oz. macadamia nuts

4 leaves red tip lettuce  
1/6 head green cabbage  
2 tomatoes  
1 stalk broccoli  
4 brussel sprouts  
1 avocado

#### TUESDAY

2 oranges  
2 tangelos  
2 tangerines  
2 celery stalks

6 leaves butter lettuce  
1 beefsteak tomato  
1 C. lentil sprouts  
1 red bell pepper  
1 small jicama  
2 oz. brazil nuts

1 heart butter lettuce  
1 papaya  
1 pear  
1 apple  
6 bahri dates

#### WEDNESDAY

1 heart romaine  
lettuce  
2 bananas  
2 C. grapes  
4 medjool dates

6 leaves green leaf lettuce  
1/6 head green cabbage  
10 cherry tomatoes  
1 kohlrabi  
1 cucumber  
2 oz. cashew nuts

1 bok choy stalk  
1 carrot  
1 beet  
1 small jicama  
1 C. alfalfa sprouts  
1 avocado

#### THURSDAY

1 grapefruit  
1/4 pineapple  
2 kiwis  
1 orange

collard greens  
2 tomatoes  
1 zucchini  
1 broccoli stalk  
2 celery stalks  
2 oz. tahini

3 red delicious apples  
3 persimmons  
4 soaked & dried  
calimyrna figs

#### FRIDAY

2 C. grapes  
2 bananas  
1 pear  
2 celery stalks

1 bunch spinach  
1/6 head curly cabbage  
10 cherry tomatoes  
1 red bell pepper  
2 tomatillos  
2 oz. pecan nuts

6 romaine lettuce leaves  
2 tomatoes  
2 C. assorted sprouts  
1 cucumber  
2 celery stalks  
1 avocado

#### SATURDAY

3 tangelos  
1/4 pineapple  
2 oz. macadamia  
nuts

4 leaves napa cabbage  
2 bok choy stalks  
10 cherry tomatoes  
1 kohlrabi  
2 oz. sunflower seeds

bed of assorted lettuce  
greens  
3 persimmons  
2 bananas  
6 deglet noor dates



## CHAPTER THREE

### 🌿 Fruit Main Dishes 🌿

*Enter through the narrow gate; for wide is the gate and spacious the road that leads to destruction, and many are those entering by it. Because narrow is the gate and contracted is the road that leads on to life, and few are they who discover it.*

*Matthew 7:14*

(For 6)

### PECAN TREAT SALAD

12 tart apples

1 pineapple

6 celery stalks

1 and 1/2 cups of pecan halves



- Chop the apples. Pour the citrus juice over them, and stir to prevent the apples from browning.  
Cube the pineapple.  
Dice the celery.  
Drain the citrus juice from the apples, and prepare the dressing.
- Thoroughly mix the apples, celery, and nuts.  
Serve with the following special dressing.

#### PECAN TREAT DRESSING...

The juice of 2 lemons and 4 oranges blended until smooth with 1/2 lb. of pecan butter.

*He who does not love does not know God;  
for God is love.*

*1 John 4:8*



(For 2) **SWEET, SWEET SALAD**

**4 bananas**

**1 ripe avocado**

**1/2 cup of bahri dates**

**1/2 cup raisins, soaked in 1 cup of water**

- Chop the dates.  
Slice the bananas into rounds.  
Cube the avocado.
- Mix all ingredients together, and serve on a bed of lettuce.
- Serve the soak water in a small pitcher for dressing.



*Create in me a clean heart,  
O God;  
and renew a right spirit within me.*

*Psalm 51:10*

(For 2)

## WALDORF SALAD



- 6 crispy, tart apples
- 4 celery stalks
- 3 oz. of walnuts
- 3 oz. of walnut butter
- 2 oranges, juiced
- 1 lemon, juiced



- Dice the flesh of the apples, and then pour the orange-lemon juice over them to prevent discoloration.  
Chop the celery.  
Halve the walnuts.
- Drain the citrus juice from the apples, and blend the juice with the walnut butter until smooth.
- Mix the apples, celery, and walnuts thoroughly. Then pour the blend over the foods, and mix again.
- Serve in holiday glassware, lined with bibb lettuce.



*And the Lord God planted a garden east of Eden; and there he put the man whom he had formed. And out of the ground made the Lord God to grow every tree that is pleasant to the sight, and good for food...*



*Genesis 2:8-9*

(For 2) **SPRING FRUIT MEDLEY**

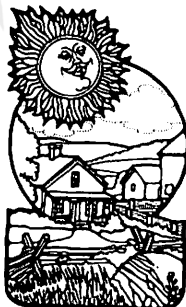
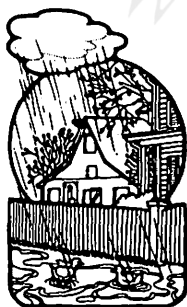
**3 dozen black bing cherries**

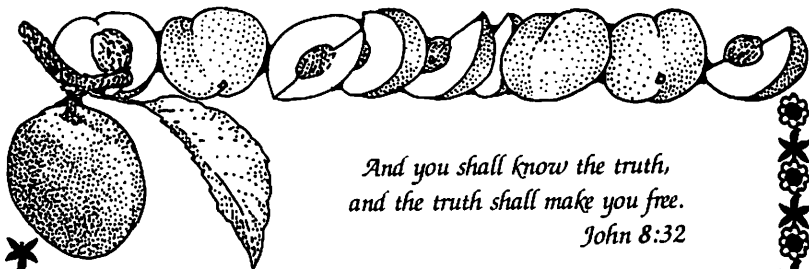
**3 stalks of celery**

**2 dozen apricots**

**2 papayas**

- Cut the cherries into halves. Slice the apricot meat into quarters. Cube the papaya flesh. Mince the celery stalks.
- Stir the fruit pieces together.
- Serve on a bed of lettuce.





*And you shall know the truth,  
and the truth shall make you free.  
John 8:32*

(For 2) **SUMMER FRUIT MEDLEY**

**4 plums**

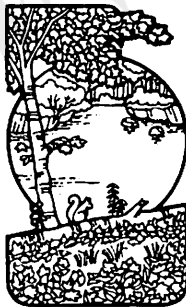
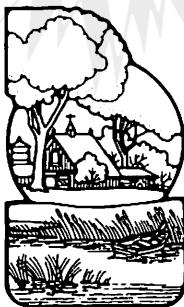
**2 peaches**

**2 mangos**


**2 nectarines**

**1 small head of red leaf lettuce**

- Peel peaches and mangos.  
Slice plums, peaches, and nectarines into bite-sized pieces.  
Slice mango away from pit into bite-sized bits.  
Tear the lettuce into small pieces.
- Mix all the foods thoroughly, and serve on a bed of red leaf lettuce.







O  
taste and see  
that the Lord  
is good...  
*Psalm 34:8*

(For 2) **FALL FRUIT MEDLEY**

- 1 pound of red flame seedless grapes**
- 1 pound of thompson seedless grapes**
- 12 fresh black mission figs**
- 2 stalks of celery**
- 2 comice pears**

- Slice figs into quarters.  
Cut half of each kind of grape into halves, and leave the others whole.  
Slice the flesh away from the pears, and cut into small pieces.  
Slice the celery into "U-shapes."
- Mix thoroughly, and serve on a bed of lettuce.





(For 2) **WINTER FRUIT MEDLEY**



- 2 bananas
- 2 medjool dates
- 2 bartlett pears
- 2 stalks of celery
- 2 red delicious apples

- Slice bananas into rounds.  
Slice the meat of the apples and pears into bite-sizes.  
Chop the celery stalks.  
Pit the dates, and cut them into quarters.
- Mix thoroughly, and serve in attractive bowls.  
Garnish with chopped celery leaves.





*To him that overcometh,  
will I give to eat of the Tree of Life,  
which is in the midst of the Paradise of God.*

*Revelations 2:7*

(For 6) **HOLIDAY FRUIT SALAD**

**6 dates**

**8 red apples**

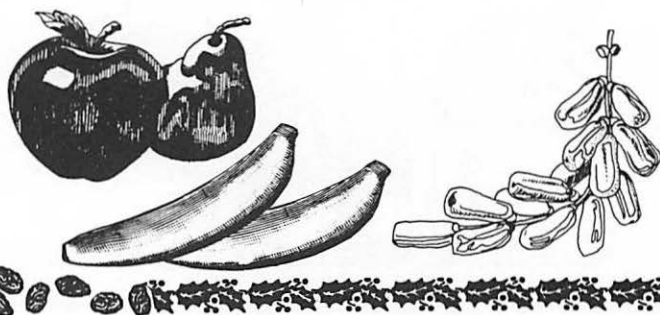
**4 pears**

**1 cup of raisins**

**6 bananas**

**5 stalks of celery**

- Dice the flesh of the apples and pears; and dip the "dicettes" into a bowl filled with 1 cup of any type of citrus juice, to prevent browning. Chop the celery. Slice the bananas into rounds. Pit and mince the dates. Then separate the tiny, sticky pieces. Save half of the minced dates for garnish.
- Then mix all the foods together thoroughly.
- Add "Fig Ambrosia," and turn the salad several times gently. Serve in a special bowl, topped with the minced dates.



*Death and Life are in the power of the tongue,  
And they who indulge it shall eat the fruit of it —  
For death or for life.*

*Proverbs 18:21*

(For 2)

## ACID FRUIT SALAD



2 grapefruit

2 oranges

1/4 pineapple

2 celery stalks

1/4 fresh coconut

1 dozen large strawberries



- Peel the membranes from the grapefruit and orange sections.  
Cube the pineapple.  
Mince the celery.  
Slice the strawberries.  
Remove the brown skin from the coconut, and fine shred the white nut meat.
- Stir all the fruit and celery together until well mixed. Pour onto beds of butter lettuce, and top with the shredded coconut.



*And be not conformed to this world; but be ye transformed by the renewing of your mind, that ye may prove what is that good and acceptable and perfect Will of God.*

*Romans 12:2*

(For 4)

## ACID FRUIT DELIGHT

4 oranges

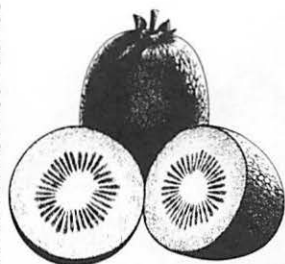
4 kiwi fruit

4 grapefruit

1 large pineapple



- With a pineapple corer, remove the center and outer husk of the fruit. Then carefully slice into 12 thin rings. Peel the kiwis, and slice each into 3 rounds. Peel and section the grapefruits and oranges. Remove the grapefruit membranes.
- On large serving plates, place a bed of lettuce and 3 pineapple rings. In the center of each ring, place a kiwi round.
- Arrange the citrus sections around the outer rims of the pineapple rings.
- Serve with a fruit dressing, if desired.



## THE ULTIMATE ACID FRUIT SALAD

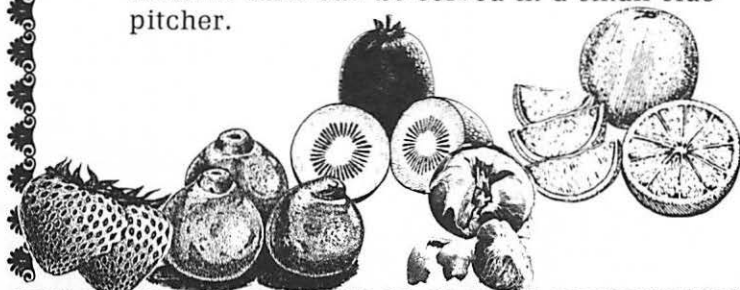
(For 4)



- 1 pineapple
- 8 kiwi fruit
- 12 strawberries
- 4 oranges
- 4 tangerines
- 8 tangelos
- 2 pomegranates
- 6 celery stalks
- 1/2 of a fresh coconut



- Cube the pineapple meat.  
Peel and slice the kiwi fruit into rounds.  
Slice the strawberries into rounds.  
Section all the citrus fruit, and cut sections into halves.  
Dice the celery.
- Separate all the individual pomegranate seeds from their skin containers.  
Remove the brown skin from the shelled coconut, and fine shred the white meat.
- In a large bowl, gently stir together all the fruit and celery. Pour into a special serving bowl, and garnish with the shredded coconut. The coconut milk can be served in a small side pitcher.



## STUFFED FRUIT TREATS

### PINEAPPLE BOATS...

Cut a pineapple in half, either vertically or horizontally. (If cutting lengthwise, cut through the leaves; and do not remove them.) Scoop out the meat, leaving "boats" with sides 1/8" thick. Cube the pineapple, discarding the core; and add the cubes to a bowl of grated celery, various berries in season, halved cherries in season, or other favorite fruit... properly combined, of course! Mix with an avocado-lemon juice dressing. Fill the "boats" with salad, and serve on a bed of lettuce.

### PEAR BASKETS...

Select soft, ripe pears. Halve them vertically, and scoop out the centers. Brush the "baskets" with lemon juice to prevent browning. Dice pear meat, and add it to chopped celery, diced apples, and raisins. Scoop "Fig Ambrosia" on top. Place on a bed of lettuce. If the "baskets" wobble, slice the bottom side flat.

### APRICOT DROPS...

Halve the apricots, and remove the seeds. Drop a dollop of your favorite dressing or dip in the center.

### FIG TARTS...

Select large, thick-skinned figs, fresh or dried. Snip off the tops; and with a "baby spoon," scoop out the fig meat. Fill with a favorite dressing, dip, or relish.

### DATE DROPLETS...

Gently cut dates lengthwise, and add a favorite "stuffing."

*Set your affection on things above  
Not on things on the earth.*

*II Colossians 3:2*



(For 2) **BERRY LOVERS' DELIGHT**

**1 box of fresh raspberries**

**1 box of fresh strawberries**

**1 box of fresh blueberries**

**(any other berries you can come by!)**

- Slice the strawberries.
- Mix all the berries together.
- Top with 1 avocado blended with the juice of 2 oranges.



*I have set before you life and death, blessing and cursing;  
therefore, choose life, that both thou and thy seed may live.*

*Deuteronomy 30:19*



(For 4)

## MELON BALL SALAD

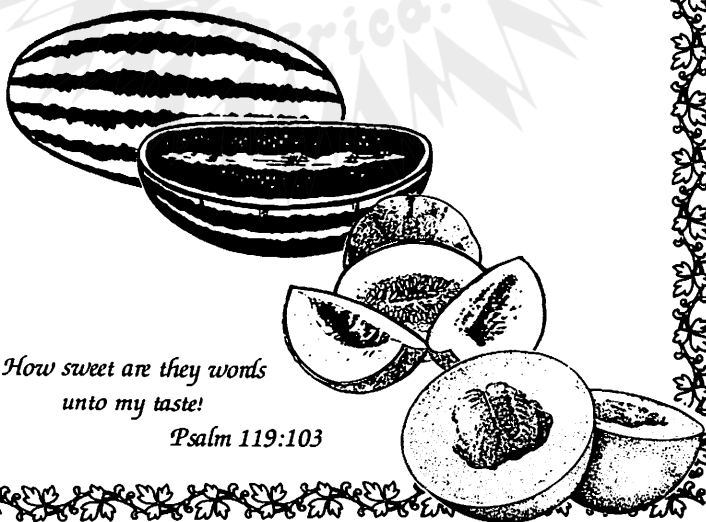


- 1 medium honeydew
- 1/2 a small watermelon
- 1 cantaloupe
- 1 medium canary melon
- (any other melons in season)



The success of this "recipe" depends on picking melons that are ripe and tasty. The honeydew should be yellow and sticky. The watermelon should have a yellow or white belly, and give a medium tone when thumped (not too high and not too low). The canary turns a deep golden color. And the cantaloupe turns golden and has a wonderful fragrance.

The "specialness" of this salad is the formation of perfect little balls made with a melon scoop. Use a melon ball scoop with 2 sizes, one on each end for variety. After "scooping the fruit," place the various, little balls into a bowl. Gently mix them together, and serve.



*How sweet are thy words  
unto my taste!*

*Psalm 119:103*

## EXOTIC TROPICAL FRUIT SALAD

Be on the lookout for the exotic and "hard-to-come-by" fruits when available:

Sapote  
Cherimoya  
Mango  
Papaya  
Fresh figs

Serve them peeled, seeded, cleaned, and cut into bite-sized pieces. To these exotic fruits, add the standard tropical fruits of bananas or pineapple. Chopped celery may be added, as well as a garnish of freshly shredded coconut. They may even be served on beds of lettuce, with side dishes of fruit dressing.



*Be not led astray by all sorts of strange teachings; for it is well to have the heart strengthened by grace, rather than by ritualistic foods from which devotees derive no benefit.*

*Hebrews 13:9*



*God is for us a refuge and a fortress,  
Found to be a mighty help in times of trouble.*

*Psalm 46:1*

## FRUIT SANDWICHES

“Sandwich rollups” can be made by rolling a leaf of lettuce around your favorite fruit mixture, eaten from “hand to mouth.” Open-faced sandwiches can be either picked up or served on a plate and eaten with a fork.

### **BANANA-JAM “HANDWICH”...**

Slice banana lengthwise, and place it on a large leaf of lettuce. Spread the banana with a favorite “jam” recipe, and roll it up. Eat it immediately as a “handwich.” Or serve on a plate, and hold the lettuce in place with a toothpick.

### **BANANA-RAISIN “HANDWICHES”...**

Slice bananas in half and then lengthwise. Gently press raisins into cut surface, and serve on a bed of lettuce with a scoop of fruit dressing.

### **FAVORITE FRUIT “CAKES”...**

On a bed of lettuce, place your favorite fruit, sliced into rounds or “cakes.” Serve with a “jam” recipe or preferred dressing. (If using a fruit that discolors when sliced open, brush the surface with citrus juice to prevent browning.)



(For 2)

## SOAK FRUIT SUITE

**2 stalks of celery**

**1/2 cup of dried apricots, soaked**

**1/2 cup of dried prunes, soaked**

**4 rounds of dried pineapple, soaked**

- Cut prunes and apricots into quarters. Cut the pineapple rings into smaller pieces. Chop the celery and celery tops.
- Mix all the fruit and celery together.
- Pour into serving bowls, and garnish with the celery tops.
- Serve the sweet soak water in a small side pitcher.



(For 2)

## PERSIMMON PUDDING

**6 very soft persimmons**

**2 very ripe bananas**

**1 handful of raisins**

- Blend until smooth the persimmons and the bananas.
- Stir in the raisins.
- Serve in pudding dishes.

## CHAPTER FOUR

### Vegetable Main Dishes

*Whether, therefore, ye eat or drink or whatsoever ye do...  
do all to the glory of God.*

*1 Corinthians 10:30*



### **AVOBUTTERED "VEGETABLE-BOBS" ...AND... CORN-ON-THE-COB**

**A variety of vegetables, suitable for skewering.**

**...and...**

**4 ears of fresh, sweet corn**

**Juice of 1 lemon**

**1 avocado**

### **"VEGETABLE-BOBS" AND CORN-ON-THE-COB...**

Purchase wooden skewering sticks, or use other utensils suitable for "Live-Food Vegetable Shiskabobs." Impale bite-sized whole and cut up vegetables on the sticks, and serve with the ears of corn on a bed of greens.

### **AVOBUTTER...**

Mix avocado and lemon juice together until a butterlike consistency is reached. Serve the "avocado butter" in little butter dishes with the "vegetable-bobs" and corn-on-the-cob.

(For 1) **"BROCCOLI TREE" TOSS**

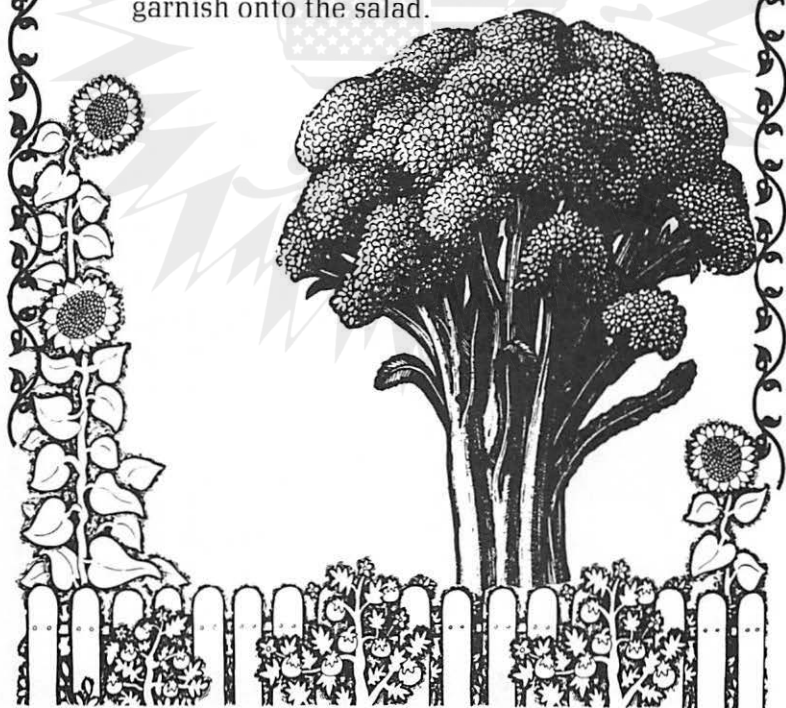
**1 large stalk of broccoli**

**4 oz. sunflower seeds**

**2 tomatoes**

**1 cucumber**

- Cut the broccoli into "tiny trees" (florets). Peel and then thin slice the stalk. Dice up the cucumber, and toss with the broccoli.
- Blend the tomatoes with 3 oz. of the sunflower seeds.
- Serve the "broccoli tree" salad on a bed of leaves, and pour the blend over the salad.
- Sprinkle the remaining ounce of seeds as a garnish onto the salad.



(For 2) **STUFFED BELL PEPPERS**

- 4 large red bell peppers
- 1 cup summer squash, finely shredded
- 1 cup green cabbage, finely shredded
- 2 celery stalks, diced
- 1/2 cup lentil sprouts
- 1 cup fresh orange juice
- 2 avocados
- 2 oz. of sunflower seeds

- Slice the top off each pepper about 1/4 of the way down, and carefully scoop out just the seeds. Mince the remaining part of the red pepper tops.  
Blend avocados and orange juice.
- To make the "stuffing," stir together the squash, cabbage, celery, lentils, and minced red pepper tops with the blend until thoroughly mixed.
- Set the peppers on a bed of leaves and stuff! Top with the sunflower seeds.

*Know ye not that your body is the temple of the Holy Spirit which is in you; which ye have of God, and ye are not your own? For ye are bought with a price: therefore, glorify God in your body, and in your spirit, which are God's.*

*1 Corinthians 6:19-20*



*Lord, turn away my eyes from beholding idols and idolatry.  
And restore me to vigorous life and health in Your ways.*

*Psalms 119:37*



### **STUFFED TOMATOES...**

Scoop the pulp out of tomatoes. In a separate bowl, mix the pulp with your favorite nut butter or seeds. Then stuff the mixture back into the tomatoes. Cherry tomatoes can be stuffed for bite-sized hors d'oeuvres.

### **STUFFED AVOCADOS...**

Carefully peel perfectly ripe avocados, slice in half, remove the seed. Serve on top a rich bed of leaves, and stuff with a favorite dip.

### **AVOCADO ON THE SHELL...**

Halve an avocado neatly, remove the seed, and scoop out the meat. Mash the avocado. Add finely-diced red peppers, tomatoes, and a dash of lemon to the mashed avocado. Fill the shells with the mash, and serve on a bed of leaves.

### **CUCUMBER BOATS...**

Cut cucumbers in half, and scoop out the seeds. Mix the cucumber seeds with chopped celery, tomatoes, and nut butter. Pile the mix into the cucumber "boats," and serve on a sea of greens!

### **STUFFED CELERY STICKS...**

These are a traditional favorite, good with any firm mash, dressing, or nut butter.



*Bless the Lord...  
who forgives all your iniquities,  
who heals all your diseases...*

*from Psalm 103*



## BRUSSEL SPROUT SURPRISE

(For 2)

Carefully remove and wash the firm, outer leaves of a fresh cabbage head, so as to preserve the "bowl-like" container shapes of the leaves. Then fill the "bowls" with this recipe:

**1 cup of tender, young green beans, chopped**

**1 cup diced celery**

**1 diced red bell pepper**

**10 "miniature cabbage heads"  
(brussel sprouts!), sliced**

**6 "miniature cabbage heads," whole**

- Mix together the beans, celery, pepper, and the sliced brussel sprouts with your chosen dressing.
- Place the mix in the cabbage "bowls." Then make a small indentation in the salad mound, and securely place 3 whole miniature "cabbage head surprises!"



## CABBAGE BOWLS & CABBAGE ROLLS

(For 2)

- 1 cup finely shredded yellow squash
- 1 cup lentil sprouts
- 1 cup chopped celery
- 1 cup kohlrabi, in thin waffle slices
- 1 cup shredded red cabbage

- Mix all the vegetables together thoroughly. Add avocado dressing of your choice.
- Prepare the outer "bowl-like" leaves of head cabbage for the "Cabbage Bowls" and the napa cabbage leaves for the "Cabbage Rolls." Set out on a bed of leaves, and fill the "bowls" with the salad described above. Make "rolls" by scooping generous amounts of the filling onto the napa leaves; then roll them up; and hold them together with a toothpick.



*I will praise Thee;  
for I am fearfully and wonderfully made:  
marvellous are Thy works,  
and that my soul knoweth right well.*

*Psalm 139:14*

(For 2) **CREAMY COLESLAW**

- 2 cups of green cabbage, shredded**
- 2 cups of red cabbage, shredded**
- 1 cup of chopped celery**
- 1 cup of chopped red bell pepper**

- Mix all the vegetables together thoroughly.
- Serve on a bed of greens with “Sweet Cashew Creme.”



(For 2) **DIETER'S DREAM SALAD**

- 1 cup of shredded green cabbage**
- 1 cup of shredded red cabbage**
- 2 zucchini**
- 4 celery stalks**
- 1 medium cucumber**
- 16 cherry tomatoes**
- A handful of sprouts**

- Coarse shred the green cabbage.  
Medium shred the red cabbage.  
Waffle slice the zucchini.  
Chop the celery.  
Halve the cherry tomatoes.  
Plain slice the cucumber.
- Toss the vegetables until well mixed.
- Serve on a bed of lettuce, topped first with the “Low-Calorie Special” and then with sprouts.

(For 4)

## VEGETABLE MEDLEY

1/3 head red leaf lettuce

1/3 head romaine lettuce

1/3 head butter lettuce

1/3 head of cauliflower

1/3 head red cabbage

2 large tomatoes

1 cucumber

1 kohlrabi

4 pods of okra

2 stalks celery

1 stalk broccoli

8 stalks asparagus

1 red bell pepper

1 bunch of spinach leaves

any other favored vegetables

- Tear the lettuce into small pieces; shred the cabbage; and leave the spinach leaves whole. Break up cauliflower and broccoli into florets. Dice the tomatoes and bell pepper. Thin slice the cucumber, okra, celery, and kohlrabi.
- Mix all the vegetables into a grand tossed salad.
- Serve the individual portions on beds of ornamental kale.
- Top each dish with 2 asparagus stalks.
- Set the table with favorite dressings.



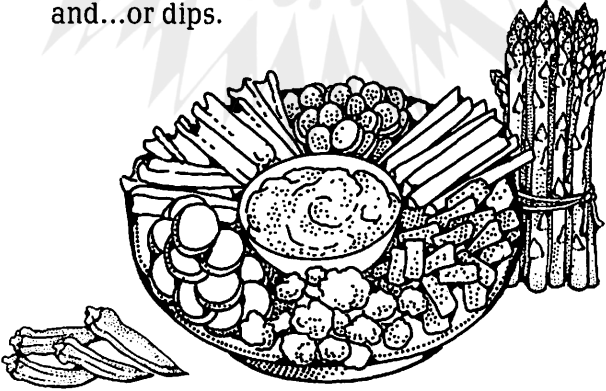
*I do not want you to have fellowship with demons.  
You cannot drink the Lord's cup and the cup of demons.  
You cannot participate in the Lord's table and the table of  
demons.*

*1 Corinthians 10:21-22*

**(For 4) VEGETABLE VARIETY PLATE**

- 2 celery stalks, cut into thirds**
- 1 cucumber, sliced into rounds**
- 2 broccoli stalks, broken into florets**
- 1 kohlrabi, sliced into rounds**
- 2 dozen "sugar snap" edible pea pods**
- 1 yellow squash, sliced into rounds**
- 1 red bell pepper, cut into quarters**
- 1 small cauliflower head, broken into florets**
- 8 stalks of young asparagus**

- Arrange the vegetables attractively on a bed of greens.
- Serve with one or more bowls of dressings and...or dips.



*Thou shalt therefore keep the commandments...and the Lord will take away from thee all sickness and will put upon thee none of these evil diseases.*

*from Deuteronomy 7*



## RED...YELLOW...&...GREEN CUISINE

(For 2)

2 cups of shredded red cabbage

4 ears of fresh, sweet corn

1 cup of tender peas, fresh from the shell

- Take corn off the ears with a sharp knife, making clean, swift slices.
- Mix the corn kernels with the whole peas and shredded cabbage.
- Serve the salad on a bed of leaves and top with avocado dressing.



*I beseech you, therefore, brethren, by the mercies of God,  
Ye present your bodies as a living sacrifice...*

*Holy...*

*Acceptable unto God...*

*which is your reasonable service.*

*Romans 12:1*

## (For 2) **THE CAULIFLOWER HOUR**

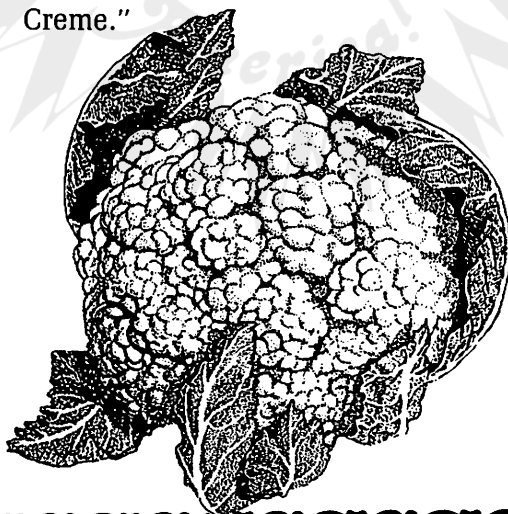
**1 small head of cauliflower**

**12 cherry tomatoes**

**2 stalks of celery**

**1 red pepper**

- Break cauliflower into bite-sized florets.  
Chop up the red pepper.  
Slice celery into thin, "U-shaped" pieces.  
Cut cherry tomatoes into halves.
- Mix the vegetables all together.
- Serve on a bed of leaves with "Sweet Cashew  
Creme."



(For 2)

## SWEET PEA BORSCHT



3 cups of shelled, fresh, sweet peas

3 large, juicy tomatoes

1 long stalk of celery

1 red bell pepper

1 large avocado

- Cut up the tomatoes, and blend until smooth with the avocado and 2 cups of the peas. Mince the red bell pepper. Thin slice the celery into "U-shapes." Save out 2 tablespoons each of the pepper, celery, and whole peas. Toss these and save the toss for garnishing.
- Mix together all the ingredients into a soup; pour into bowls. Top with the garnish.

*Submit yourselves, therefore, to God.  
Resist the devil, and he will flee from you.*

*Draw nigh to God,  
and He will draw nigh to you...*

*James 4:7-8*

Praise God



*Walk in the Spirit,  
and ye shall not fulfill the lust of the flesh.  
For the flesh lusteth against the Spirit,  
and the Spirit against the flesh:  
and these are contrary the one to the other:  
so that ye cannot do  
the things ye would.*

*Galatians 5:16-17*

(For 2)

## **TOMATO SOUP**

**3 cups of tomato juice**

**1/2 cup of cashew butter  
(or your favorite nut butter)**

**2 whole tomatoes**

**1/2 of a red bell pepper**

**2 stalks of celery**

- Blend the juice and nut butter until a smooth soup results.  
Dice the tomatoes.  
Mince the bell pepper and celery.
- Stir the tomatoes, pepper, and celery into the soup.
- Pour the soup into bowls. Garnish with thinly sliced lime rounds, floating on top.



### FOR CREAM OF TOMATO SOUP...

Simply blend 4 cups of puréed tomatoes with 1/2 cup of the nut butter, and garnish with the lime rounds.

*Put on the Whole Armor of God, That ye may be able to stand against the wiles of the devil.*

*from Ephesians 6*



(For 4)

### VEGETABLE STEW

Prepare the "Cream of Tomato Soup," as previously described. Then add the following:

- 1 cup of fresh corn, sliced off the cob
- 1 cup of fresh peas, straight from the shell
- 1 diced tomato
- 1 minced bell pepper
- 2 stalks celery, sliced into "U-shapes"

→ Stir the stew until well mixed. Pour into bowls. Garnish with a pinch of the same nuts you used in the recipe, finely chopped.

*For many walk of whom I have told you often  
...whose end is destruction, whose god is their belly...*

*Philippians 3:18-19*

*Have no fellowship with the unfruitful works of darkness...  
But be filled with the Spirit;  
Speaking to yourselves...  
in psalms and hymns and spiritual songs,  
Singing and making melody in your heart  
to the Lord;  
Giving thanks always for all things.*

*from Ephesians 5*

(For 3) **SQUASH ITALIANO**

**4 cups of summer squash, finely shredded**

**3 stalks of celery**

**2 red peppers**

**3 large tomatoes**

**1 avocado**

- Fine chop the celery.  
Mince the red peppers.  
Blend the tomatoes and avocado until smooth.
- Stir the celery and peppers and half of the squash into the avo-tomato blend. Mix well.
- On beds of favorite greens, place the remaining shredded squash. Then pour the avo-vegetable mix over the squash portions.



*All the days of the poor in spirit are  
unfortunate, but the glad-hearted has a  
continual feast.*

*Proverbs 15:15*

*Be joined together in a brotherhood of mutual love, trying to outdo one another in showing respect...live at peace with everyone...Be not overpowered by evil but overcome evil with good.  
from Romans 12*

(For 2) **CHOPSTICK SALAD**

**1 cup of mung bean sprouts**

**1 stalk of broccoli**

**1 handful of blanched, slivered almonds**

**1 bunch of baby bok choy**

**1/2 head of Napa cabbage**

**2 dozen snow peas**

**1 red pepper**

- Fine chop the cabbage and broccoli. Separate the baby bok choy leaves. String the snow peas. Thin slice the red pepper.
- Mix all the vegetables and nuts together, and serve with "Almond Tang."



## **TACOS VERDES...(Green Tacos!)**

This is a delicious, colorful, full-course meal that is best served spread out on an easily accessible table...buffet style. (Olé!) Set out dishes and serving spoons with ample amounts of the following:

**Chopped tomatoes**

**Sprouts**

**Diced celery**

**Minced red peppers**

**Shredded summer squash**

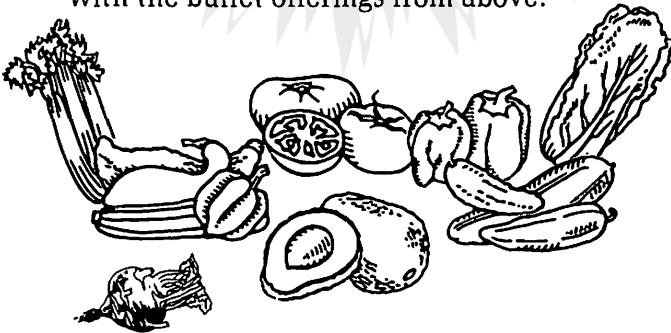
**Very thinly sliced cucumbers**

**Very thinly sliced kohlrabi rounds**

Also, on the buffet table serve a tray of large, green leaves along with bowls of guacamole, salsa, and dips. Guests need large plates and absorbent napkins, as eating this style can get a bit messy. To set your guests at ease, start the feast by making your own "Live-Food Taco."

### **CABBAGE TOSTADAS...**

Prepare cabbage "bowls" as previously described. Set these out on trays to be filled with the buffet offerings from above.



*For the law is fulfilled in one word...  
"Thou shalt love thy neighbor as thyself."  
Galatians 5:14*

## **MEXICAN SWEET CORN SALAD**

(For 2)

**4 ears of freshly picked, sweet corn**  
**1 red bell pepper**  
**2 celery stalks**  
**1 tomato**  
**2 avocados**  
**1 tomatillo**  
**juice of 1 lemon**

- Slice corn from ears into a large bowl.  
Chop the red pepper.  
Slice the celery into "U-shapes."  
Dice the tomato.  
Mince the tomatillo.
- Mix these prepared vegetables thoroughly.
- In a separate bowl, stir the lemon juice and avocado together.
- Spread the avocado/lemon mix on large, green leaves of your choice. Then spoon the "Mexican Sweet Corn Salad" on top.



## CHAPTER FIVE

### Garden of Eden Enticements

*Watch ye and pray, lest ye enter into temptation.  
For the spirit is willing, but the flesh is weak,*

*Mark 14:38*

#### (For 4) NUT BUTTER DRESSINGS

##### TART CASHEW CREME...

Blend until smooth: 2 cups of grapefruit-tangelo juice with 8 oz. of cashew butter.

##### SWEET CASHEW CREME...

Blend until smooth: 2 cups of sweet orange juice with 8 oz. of cashew butter.

##### PECAN CREME...

Blend until smooth: 2 cups of tomato-celery juice with 8 oz. of pecan butter.

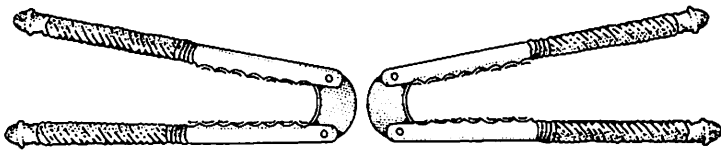
##### PINENUT CREME...

Blend until smooth: 2 cups of orange juice, the juice of 1/2 a lemon, and 8 oz. of pinenut butter.

##### ALMOND TANG...

Blend until smooth: 2 cups of pineapple-orange juice with 8 oz. of almond butter.





**PISTACHIO PERFECTION...**

Blend until smooth: 2 cups of celery-cucumber juice with 8 oz. of pistachio butter.

**TASTE OF BRAZIL...**

Blend until smooth: 2 cups of tomato-cucumber juice with 8 oz. of brazil butter.

**TASTE OF HAWAII...**

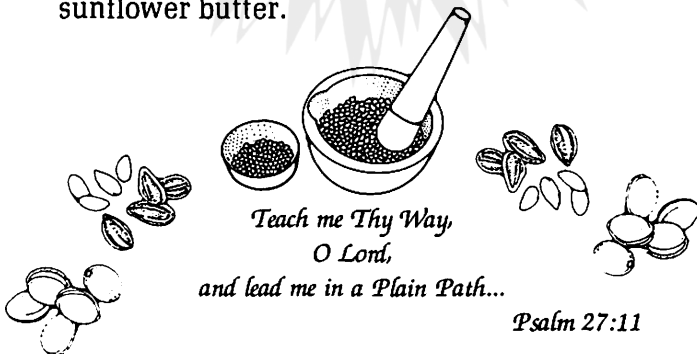
Blend until smooth: 2 cups of fresh orange juice with 8 oz. of macadamia butter.

**SESAME SAUCE...**

Blend until smooth: 1 cup of fresh, sweet orange juice and 8 oz. of sesame butter.

**SUNFLOWER SAUCE...**

Blend until smooth: 1 cup of blended or juiced tomatoes, juice of 1/2 a lemon, and 8 oz. of sunflower butter.



*Teach me Thy Way,  
O Lord,  
and lead me in a Plain Path...*

*Psalms 27:11*



*Exercise self-control.*

*Be on guard.*

*Your opponent, the devil, prowls around  
like a roaring lion in search  
of someone to devour.*

*1 Peter 5:8*

## BASIC JAM RECIPES

Any type of dried fruit can be made into a tasty "jam." Simply soak the fruit in an equal amount of distilled water for 8-12 hours. Then cut it into small pieces, and put it into the blender. Run the blender in spurts, and stir in between. To reach the desired consistency, add more or less soak water. Also, try combining 2 or more of the "jams" for a special flavor. These "jams" are delicious served a variety of ways: spread on lettuce or celery, poured over sliced fruit, as a dressing for sweet fruit salad...and so on!

### SUGGESTED DRIED FRUIT FOR "JAMS" ...

Figs  
Raisins  
Mangos  
Pineapple  
Prunes  
Apricots  
Papayas  
Apples  
Pears



*Watch ye,  
— therefore, —  
and pray always...*

*Luke 21:36*

*And we know — that all things work together  
for good to them that love God, to them who are  
called according to His purpose.*

*Romans 8:28*

## CRANBERRY RELISH

1 pound package of fresh cranberries

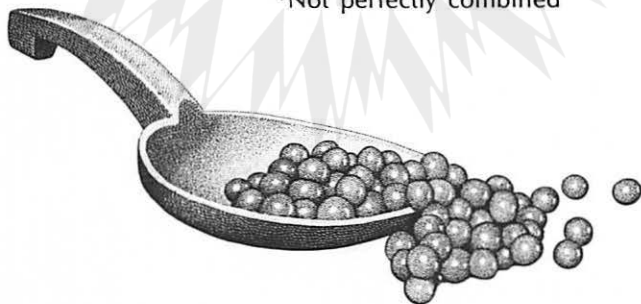
1 cup of raisins

2 sweet oranges

2 apples (or 2 pears)

- Divide oranges into sections.  
Slice and core apples or pears.
- Run all the fruit through the Champion Juicer,  
with the setting on purée.
- Mix thoroughly, and garnish with grated  
orange peel.
- Pour into a special holiday bowl, and let chill  
overnight.

\*Not perfectly combined



*The fruit of the righteous  
is the Tree of Life.*

*Proverbs 11:30*



### LOW CALORIE SPECIAL...

Blend until smooth: the juice of 1 orange, the juice of 1 lemon, and 16 cherry tomatoes.

### DATE NECTAR...

Blend to the desired consistency: pitted, chopped dates and sweet soak water from dried fruit or fresh coconut milk. For medium dressing thickness, use the ratio of 1/2 cup dates to 1 cup of liquid. \*Not perfectly combined

### FIG AMBROSIA...

Blend until smooth: 8 chopped figs that have been soaked overnight with 1 cup of the soak water.



*The righteous eateth to the satisfying of his soul:  
But the belly of the wicked shall want.*

*Proverbs 13:25*

## OLD FASHIONED APPLESAUCE

(For 3)

**3 yellow apples**

**3 red apples**

**½ cup grape juice**

**1 handful of raisins**

- Leave peelings on the apples, and chop them into small pieces.
- Blend the apples and pineapple juice until desired consistency is reached. Add more juice for a thinner “pudding.”
- Sprinkle raisins on top as a garnish, and serve.

*Always be cheerful. Pray unceasingly. Under all circumstances give thanks, for such is God's will...Do not stifle the Spirit... Keep away from evil in every form. May your whole being — spirit, soul and body — be kept blameless.*

*from 1 Thessalonians*

## APRICOT MARMALADE

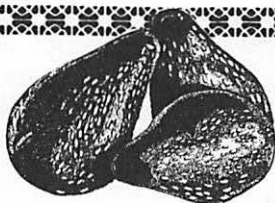
**2 cups dried, soaked apricots**

**2 tangelos**

**¾ cup pineapple juice**

- Blend all the ingredients until “marmalade” is created. Add soak water while blending if the marmalade is too thick.

\*Not perfectly combined



(For 2) **AVOCADO DRESSINGS**

**BASIC AVOCADO...**

Blend until smooth: 2 tomatoes, 1 large stalk of celery, and 1 avocado. Serve with vegetable salads.

**SWEET AVOCADO...**

Blend until smooth: 1 cup of sweet grape juice with 1 avocado. Serve with sub-acid or sweet fruit.

**TROPICADO...**

Blend until smooth: 1 cup pineapple juice with one avocado. Serve with citrus fruit or vegetable salads.

**CITRUS AVOCADO...**

Blend until smooth: 1 cup grapefruit-tangelo juice with 1 avocado. Serve with citrus fruit or vegetable salads.

**AVOCUKE-ORANGE...**

Blend until smooth: 1/2 cup of orange juice, 1 peeled and sliced cucumber, and 1 avocado. Serve with vegetable salads.

**APPLECADO...**

Blend until smooth: 1 cup of apple juice with 1 ripe avocado. Serve with acid and sub-acid fruit.

**AVOCADO SPECIAL...**

Blend until smooth: 1 cup of soak water from any dried fruits and 1 avocado. Serve with sweet fruit.

*With God, all things are possible.*

*Matthew 19:26*

*I tell you, therefore,  
whatever you ask in prayer,  
believe that you have received it,  
and it will be yours.*

*Mark 11:24*

(For 6)

## GUACAMOLE PIQUANT



- Juice from 2 oranges
- Juice from 1 lemon
- 1 red bell pepper, seeded and diced
- 2 tomatillos, finely chopped
- 2 tomatoes, diced
- 6 ripe avocados, mashed

- Thoroughly mix all the ingredients together.  
Add more juice for a thinner guacamole; add  
less juice to make it thicker.

*The Fruit of the Spirit is...*

*Love,*

*Joy,*

*Peace,*

*Longsuffering,*

*Gentleness,*

*Goodness,*

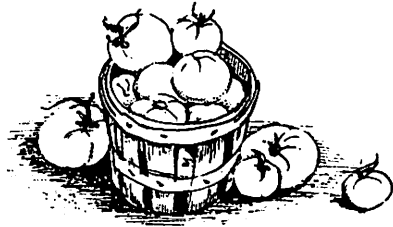
*Faith,*

*Meekness,*

*Self-Control.*

*Galatians 5:22-23*





(For 2)

## MEXICAN SALSA

Juice of 1 lemon

Juice of 1 lime

2 cups of blended tomatoes

1 red or yellow bell pepper, chopped

2 celery stalks, diced

2 tomatillos, minced

- Thoroughly mix all ingredients. Serve with the "Mexican Sweet Corn Salad," "Tacos Verdes," or "Cabbage Tostadas." Or simply lay slices of avocados on napa cabbage leaves or a bed of greens, and spoon the salsa over them.

*Finally, brethren...*

*Whatsoever things are true,*

*Whatsoever things are honest,*

*Whatsoever things are just,*

*Whatsoever things are pure,*

*Whatsoever things are lovely,*

*Whatsoever things are of good report,*

*If there be any virtue,*

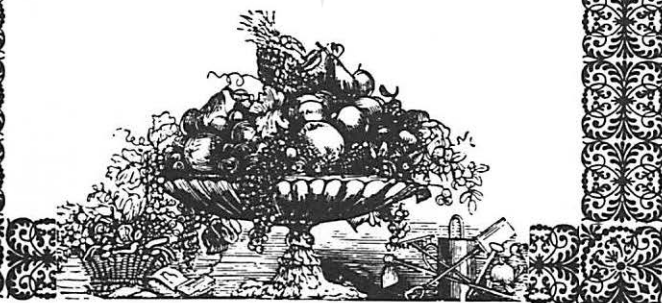
*and if there be any praise...*

*Think on these things.*

*Philippians 4:8*

## *The Serenity Prayer*

*God,  
Grant me the Serenity  
to accept the things  
I cannot change...  
the Courage to change  
the things I can...  
and..the Wisdom  
to know the difference.  
Thank you.*





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##### *Spring and Summer Menus from The Garden of Eden*

Introductory chapters explain — in depth — “God’s Great GetWell Plan.” The role of Natural Hygiene and The Ideal Diet for “*A Total HeartFelt, BodyFelt Salvation*” is detailed. 24 Whole-Food, Live-Food, Plant-Food Menus for Spring and Summer are then presented, all of which follow proper food combining guidelines. 21 ORIGINAL salad dressings are also featured. Finally, special 4-course Holiday Menus are suggested for Easter, Mother’s Day, Father’s Day, and The 4th of July. A wealth of educational, inspirational material and many photos are included.

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Several pages of introductory material briefly present “God’s GetWell Plan” and the role of The Ideal Diet in His *HeartFelt, BodyFelt Salvation*.



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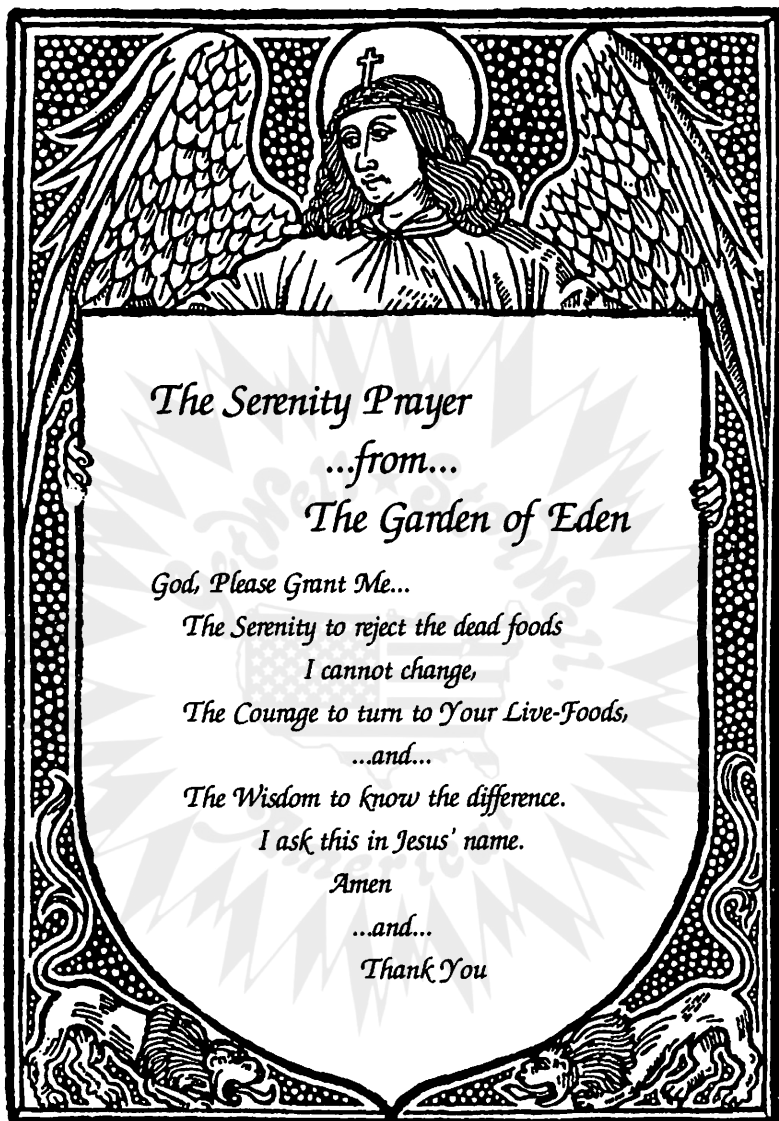
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*Malachi 4:2 ☞ But unto you that fear my name shall  
The Sun of Righteousness arise with healing in his wings...*





*The Serenity Prayer*  
*...from...*  
*The Garden of Eden*

*God, Please Grant Me...*

*The Serenity to reject the dead foods*

*I cannot change,*

*The Courage to turn to Your Live-Foods,*

*...and...*

*The Wisdom to know the difference.*

*I ask this in Jesus' name.*

*Amen*

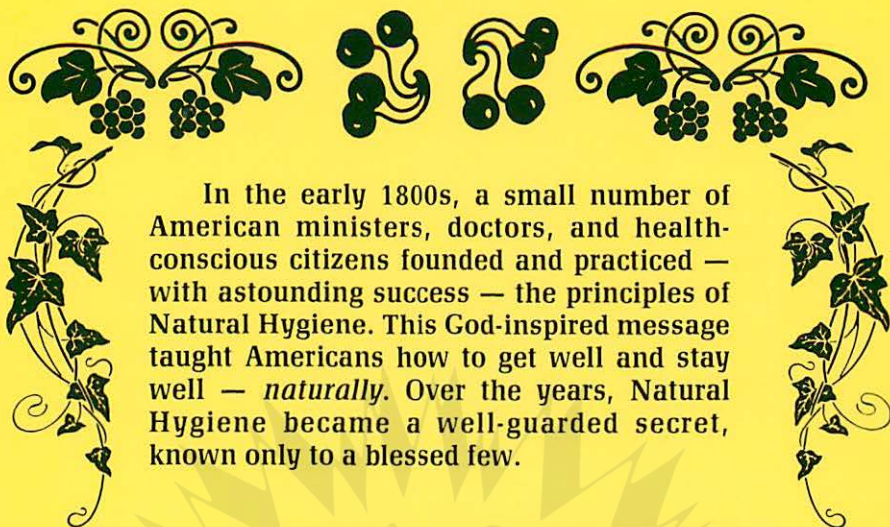
*...and...*

*Thank You*

*And we know that for those who love Him,  
For those called in agreement with His purpose,  
God makes all things work together for good.*

*Romans 8:27*





In the early 1800s, a small number of American ministers, doctors, and health-conscious citizens founded and practiced — with astounding success — the principles of Natural Hygiene. This God-inspired message taught Americans how to get well and stay well — *naturally*. Over the years, Natural Hygiene became a well-guarded secret, known only to a blessed few.



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Today, it is the goal of  
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to celebrate the revival of Natural Hygiene as we glorify God. This ministry is striving to reveal "God's Great GetWell Plan" throughout our Land. Now...we can fully appreciate not only HeartFelt — but BodyFelt — divine healing that is ours to claim.

Praise God!

*Victoria Bidwell*

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