

The Maker's Diet

Phase 2

	Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21
Breakfast	Cottage cheese or ricotta cheese	Garden Herb Omelet		Yogurt	None (partial-fast day)	Garden Herb Omelet	Fried eggs
	Pineapple	orange	Easy Soft-boiled/Hardboiled Eggs	Peaches		Grapefruit	½ cup strawberries
	Sliced almonds		Avocado with salsa	Raw honey			
Lunch	Uptown Salad	Salade Nicoise (Chicken Soup Stock	Chicken Salad , with meat left over from Chicken Soup, day	None (partial-fast day)	Salmon Salad	Uptown Salad (with roast beef
				Carrot and celery sticks		Carrot and celery sticks	
Dinner	Venison Steaks With Marinade	Chicken With Oregano and Mushrooms	Red Snapper Mexican Style	Mushroom Soup , using chicken stock from day	Ginger Carrots	Green salad	Yogurt Tahini Labneh
	Sweet potatoes with butter	Corn on the cob	Black beans	Beef burger patty	Mushroom Soup	Venison or lamb kabobs	Steamed broccoli
	Steamed vegetable medley	Steamed broccoli and carrots with butter	Easy Vegetable Salad (pa	Sautéed onions and peppers	Green salad	Grilled vegetables (peppers, onions, mushrooms)	
					Grilled chicken breast		
					Pan-fried sweet potato in coconut oil or butter		
Evening Snack	Balanced Vegetable Juice	Apple slices	Mixed raw nuts (almonds, walnuts, pecans, Macadamia nuts)	Creamy High-Enzyme Dessert	None (partial-fast day)	Balanced Vegetable Juice	Sliced apples
		Almond butter and honey	Apple slices				Nut or seed butter (almond, sesame, etc.
			1 oz. cheese				

Makers Diet

Faydra Stratton



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The Maker's Diet Jordan Rubin, 2013-07-01 Are you looking for a health plan that is biblically based and scientifically proven The Maker's Diet is just that Using a truly holistic approach to health this groundbreaking book leads you on a journey that will change your life The Maker's Diet will help you Boost your immune system Attain and maintain your ideal weight Have abundant energy Improve your physical appearance Improve digestion Reduce stress Discover how Jordan Rubin's faith based journey from near death to vital health led him to uncover the timeless principles of the world's healthiest people By following The Maker's Diet your health dreams can become a reality *The Maker's Diet Shopper's Guide* Jordan Rubin, 2013-12-28 Practical steps for losing weight the best way The Maker's Way So you've started living a life of health according to The Maker's Diet but you want more This companion resource provides you with the nuts and bolts knowledge you need to succeed on your 40 day health experience This book will not only give you the practical advice you need for success but also encourage you and your family to live out the three phases of your Bible based health plan This detailed guide will help you Develop meal plans for 40 days Prepare foods using healthy tasty recipes Create shopping lists featuring healthy ingredients Featuring information not found anywhere else this book is an indispensable tool for fully experiencing The Maker's Diet It offers you daily help in the places you need it most the kitchen the dinner table and the grocery store

The Maker's Diet for Weight Loss Jordan Rubin, 2013-12-28 The Best Way to Lose Weight The Maker's Way Designed as a follow up to his New York Times best seller The Maker's Diet Jordan Rubin takes his nutritional strategies to the next level in this 16 week program calculated to help you not only achieve your weight loss goals but maintain them in the future By addressing your whole person body mind emotions and spirit The Maker's Diet for Weight Loss will help you reach a weight that makes you look good and feel great about yourself as you Eat for your body type age gender and region Maximize nutrients while reducing calories Eliminate toxins inside and outside your body Learn the best ways to cheat without getting off track With solid medical advice from Bernard Bulwer MD an advanced fellow at one of the premier teaching hospitals at Harvard Medical School The Maker's Diet for Weight Loss presents a holistic approach to weight loss that will change your life forever **The Maker's Diet Revolution** Jordan Rubin, 2017-12-19 There are many items in our modern diet that are made of laboratory created chemicals These are clearly not part of the Creator's eating plan

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Updated and Expanded Jordan Rubin, 2020-12-15 The Maker's Diet Is Back Follow a Health Plan Designed by Our Creator More than fifteen years after its groundbreaking release The Maker's Diet is still changing lives with a vibrant program that can pull you out of the grip of debilitating disease and help you enter the Promised Land of excellent health Jordan Rubin knows what it *The Maker's Diet Daily Reminders* Jordan Rubin, 2013-12-28 The Best Way to Lose Weight The Maker's Way Designed as a follow up to his New York Times best seller The Maker's Diet Jordan Rubin takes his nutritional strategies to the next level in this 16 week program calculated to help you not only achieve your weight loss goals but maintain them in

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John Patterson,2022-10-31 CHAPTER ONE INTRODUCTION At 19 years of ages wheelchair bound Jordan Rubin was close to loss connected with a serious illustration of Crohn s condition His story concerning unequivocally the manner by which he recovered himself by gobbling up food sources ate in scriptural times is the justification behind the Maker s Eating standard a 40 day experience that Ruben notification will transform you The Maker s Eating routine Basics Inning concurrence with

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