



What Would Jesus Eat? The Ultimate Program For Eating Well, Feeling Great, And Living Longer

Don Colbert

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The Christian market is flooded with diet and exercise programs, each claiming to be "God's way" to healthy living. While some of them are based on biblical principles, and some have even proven effective for weight loss, there is not one program leading the pack daring to answer the question *What Would Jesus Do?* Or better yet, *What Would Jesus Eat?*



The second half of the book equips the reader with tools to effectively follow the plan -- recipes, nutritional information, and practical advice.

For those desiring to safely lose weight and for those seeking a healthier, Bible-based eating program, the only question to ask is, *What Would Jesus Eat?*

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John Flores:

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