The Hallelujah Diet Formula is Simple!

Remember that all foods on the Hallelujah Diet are raw, even the "cooked" foods such as soups, black bean burgers, belled potatoes and steamed veggies.

The goal is to keep your daily intake close to 85% raw, fresh vegetables and fruits. The raw foods contain living enzymes and nutrients that contribute to superior health while the cooked foods will contain additional vitamins and minerals that are only available from cooking.

Don't Just Remove Foods, Replace Them!

Alcohol, coffee, fruit juices, soft drinks, tea, bottled water, some fruit juices, syrup, honey, jellies, jams, anything containing hydrogenated oils or fats, margarine, shortening, artificial sweeteners.

Fresh almond milk, hemp milk, rice milk and almond milk.

Almond milk, hemp milk, rice milk, non-dairy and non-soy creamers.

Assume, lentils, red beans, black beans, lima beans, adzuki beans, navy beans, yellow beans, dried tamarinds.

Coconut oil, extra virgin olive oil.

Unrefined sea salt,

Carob, maple syrup, molasses, agave, unsulphured molasses, raw honey, dates, apricots, prunes, raisins, pitted dates, prune juice, prune powder, prune extract, blueberry "fruit cocktail", blackberry "fruit cocktail", strawberry "fruit cocktail", orange "fruit cocktail", pineapple "fruit cocktail", blueberry "fruit cocktail", white grape "fruit cocktail", frozen banana, creamy banana milk, dairy-free vanilla milk, dairy-free peanut milk, dairy-free almond milk, dairy-free rice milk, dairy-free soy milk.

Chili powder, cumin, coriander, cayenne, black pepper, garlic, basil, bay leaf, turmeric, ginger, curry powder, paprika, oregano, chili powder, red pepper, celery salt, dill, thyme, nutmeg, allspice, cumin, fennel, turmeric, dill, basil, oregano, basil, garlic, nutmeg, cumin, coriander, red pepper, black pepper.

Garlic, onion, parsley, oregano, basil, rosemary, thyme, sage, bay leaf, dill, lemon juice, lemon zest, ginger, curry powder, paprika, cayenne, chili powder, red pepper, salt.

All fresh, as well as dried and soaked (see sprouting). Sprouted lentils, mung beans, black beans, brown rice.

Soy, pea, rice, gluten-free flour, gluten-free rice flour, tofu, tempeh, beans, lentils, tofu, tempeh, miso, miso paste.

Soybeans, chickpeas, black beans, pinto beans, kidney beans, eaten whole.

Almond milk, raw walnut milk, raw cashew milk, raw soy milk, soymilk, unsweetened, cold-pressed, raw, organic.

Soy milk, unsweetened soy milk, soy yogurt, soy ice cream, soy whipped cream.

Soy, dairy-free, organic, unsweetened, cold-pressed, raw.

Red, brown, navy, pinto, adzuki, black, lima, haricot, white beans.


Barley, quinoa, amaranth, spelt, spelt berries, spelt flakes, spelt flour, teff, millet, sorghum, farro, garbanzo beans.

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The Hallelujah Diet replaces the Standard American Diet (SAD foods) with plant-based foods — both raw and cooked — that fuel and nourish your body. The formula is simple: get 85% of your nutrients from raw, living foods and keep cooked foods to a daily maximum of 15%.

By introducing more foods that love your body, you can lose weight, increase energy, live healthier and fall in love with food again.

**FIGHTING SOMETHING SERIOUS?**
The Hallelujah Recovery Diet supercharges your immune system for maximum healing power!

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**BREAKFAST**

*Eat something easy to digest, like a green smoothie, fruit, whole grain cereal (raw) or oatmeal with rice milk or almond milk. If you eat cooked food now, eat raw for the rest of the day.*

**LUNCH**

*Try to keep lunch as raw as possible. Eat a vegetable salad, blended salad (salad smoothie), green smoothie, Survival Bar, pita pocket with veggies, etc.*

**DINNER**

*Eat a large portion of raw foods first (ie. salad). Include healthy fats like nuts, seeds, avocados, etc. Cooked ideas are baked potato, whole grain pasta, pizza, etc. More ideas can be found in the Recipe Section of our website.*

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**GET STARTED GUIDE**

**MID-MORNING**

- 8oz glass of freshly extracted vegetable juice (2/3 carrots, 1/3 greens).
- If you don’t have a juicer, blend one serving each of CarrotJuiceMax and BarleyMax.
- 30 minutes after, use Fiber Cleanse (first 90 days of The Hallelujah Diet), B-Flax-D, or freshly ground flax seed. These help maintain good bowel function.

**SNACK IDEAS**

- Fresh fruit (keep fruit to 15% of daily intake)
- Green smoothie
- Broccoli or celery sticks with almond butter
- Invent your own (try to keep snacks raw)

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**TAKE BARLEY MAX FIRST THING IN THE MORNING.**

*(powder or capsule)*

**TAKE BARLEY MAX BEFORE OR WITH YOUR MEAL.**

*(powder or capsule)*

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*To keep your cooked food portion to a 15% daily maximum, fill up on raw foods first at all meals, then add cooked food at ONE meal.*