

THE HALLELUJAH DIET FORMULA IS SIMPLE!

Remember that all foods on the Hallelujah Diet are plant-based, even the “cooked” foods such as soups, black bean burgers, baked potatoes and steamed veggies.

The goal is to keep your daily intake close to 85% raw, fresh vegetables and 15% should be cooked foods 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!

The key is to fit the Hallelujah Diet into your life rather than trying to fit your life into the diet. Use these replacements to re-create your favorite foods in a healthier version.

	BEVERAGES	DAIRY	BEANS	FRUIT	GRAINS	MEATS	NUTS & SEEDS	OILS & FATS	SEASONINGS	SOUPS	SWEETS	VEGETABLES
REMOVE THESE!	Alcohol, coffee, caffeinated teas, soda pop, sports drinks, etc. with preservatives, refined salt, sugar and artificial sweeteners.	All milk, cheese, icecream, whipped toppings and non-dairy creamers.	Soy has estrogenic isoflavones. Estrogen can be a contributing factor in all female cancers.	Canned and sweetened fruits, along with nonorganic and sulfured dried fruits.	Refined, bleached flour products, most cold breakfast cereals and white rice.	Beef, pork, fish, chicken, eggs, turkey, hamburgers, hot dogs, bacon, sausage, bologna, etc.	All roasted and/or salted seeds and nuts.	All lard, margarine, shortenings and anything containing hydrogenated oils or trans fats.	Refined table salt and any seasonings containing it. Refined table salt is a leading cause of high blood pressure.	All caned, packaged or creamed soups containing salt meat or dairy products.	All refined white or brown sugar, artificial sweeteners, sugar syrups, chocolate, candy, gum, cookies, donuts, cakes, pies, etc.	All canned vegetables with added salt or preservatives or vegetables fried in oil.
REPLACE WITH RAW FOODS!	Freshly extracted vegetable juices, BarleyMax, CarrotJuiceMax, BeetMax and distilled water. Fruit juices are high in natural sugar; keep to a minimum.	Fresh almond milk, creamy banana milk, frozen banana, strawberry or blueberry “fruit creams.”	Green beans, peas, sprouted garbanzos, sprouted lentils, mung beans and other legumes (not peanuts — they are hard to digest and prone to mold).	All fresh, as well as unsulphured organic dried fruit (limit fruit to no more than 15% of you diet to reduce natural sugar intake).	Soaked oats, raw muesli, dehydrated granola, dehydrated crackers.	Sprouted beans, chia seeds and hemp seeds are all protein-rich plant foods.	Sunflower seeds, macadamia nuts, walnuts, raw almond butter, tahini (consume sparingly), pecans, pumpkin seeds, etc.	Extra virgin olive oil, virgin coconut oil, Udo's Oil, flaxseed oil and avocados. (NOTE: Men with prostate cancer should substitute flaxseed oil with ground flaxseed.)	Fresh or dehydrated herbs, garlic, sweet onions, parsley and salt-free seasonings.	Raw, chilled soups made by blending raw vegetables and/or fruits in a blender.	Fruit smoothie, raw fruit pies with nut/date crusts, date-nut squares, etc.	All raw vegetables.
REPLACE WITH COOKED FOODS!	Caffeine-free herbal teas and cereal-based coffee-like beverages, bottled organic juices.	Non-dairy and packaged cheese, almond milk, hemp milk and rice milk (use sparingly).	Lima, adzuki, black, navy pinto, red and white.	Cooked and unsweetened frozen fruits (limit fruit to no more than 15% of your diet to reduce natural sugar intake).	Whole-grain cereals, breads, pasta, brown rice, millet, etc.	Cooked beans, mushrooms, vegetables, grains, etc. can satisfy the “full” feeling of meat without the negatives of of animal source foods.	Some nuts (such as cashews and almonds) are required to be pasteurized for retail sale but are suitable if not roasted or salted.	Vegan mayonnaise made from cold-pressed oils.	Same as the raw portion, plus unrefined sea salt (use sparingly).	Soups made from scratch without fat, dairy, meat or refined table salt.	Raw honey, stevia, agave, unsulphured molasses, sorghum, carob, maple syrup, palm sugar (use all sparingly).	Any steamed or wok-cooked fresh or frozen vegetables, baked white, yellow or sweet potatoes, squash, etc.
SAMPLE RECIPES!												
	Carrot Juice	Ranch Dip	Veggie Chili	Kale Mango Salad	Garden Hummus Wrap	Grilled Portabello Sandwich with Avocado	Raw Granola	Caprese Salad with Pesto	Gado Gado Salad with Dressing	Creamed Corn Soup	Key Lime Pie	Summer Squash Fettuccine Alfredo

Search these cooked food recipes online at hdiet.com!



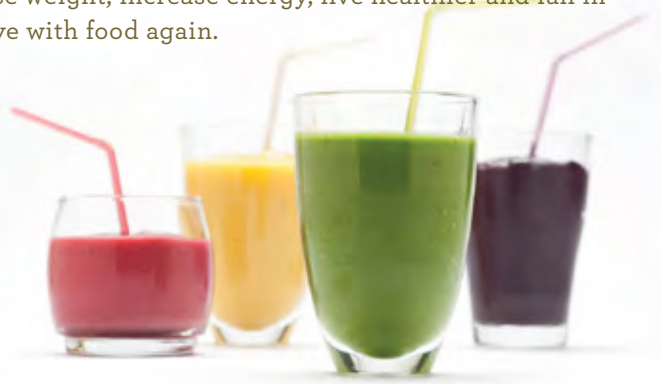
HALLELUJAH DIET

Fall in love with food again.

GET STARTED GUIDE

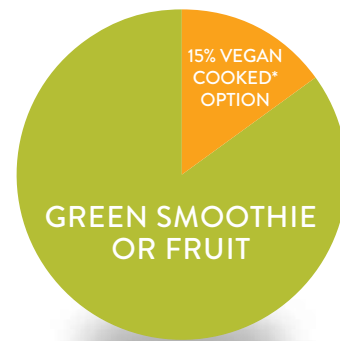
The Hallelujah Diet replaces the Standard American Diet (SAD foods) with plant-based foods — both raw and cooked — that fuel and nourish your body. The formula is simple: get 85% of your nutrients from raw, living foods and keep cooked foods to a daily maximum of 15%.

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



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.



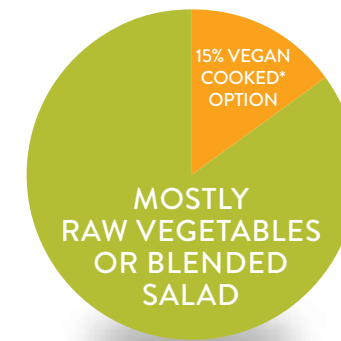
TAKE BARLEY MAX FIRST THING IN THE MORNING.
(powder or capsule)

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.

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.



TAKE BARLEY MAX BEFORE OR WITH YOUR MEAL.
(powder or capsule)

MID-AFTERNOON

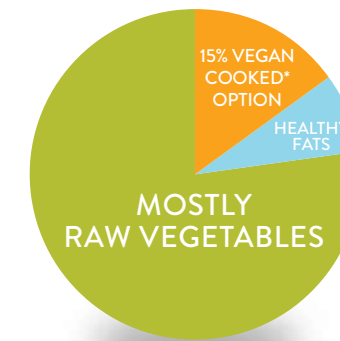
- Fresh vegetable juice (see mid-morning).

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)

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 Recipe Section of our website.



TAKE BARLEY MAX BEFORE OR WITH YOUR MEAL.
(powder or capsule)

*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.

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