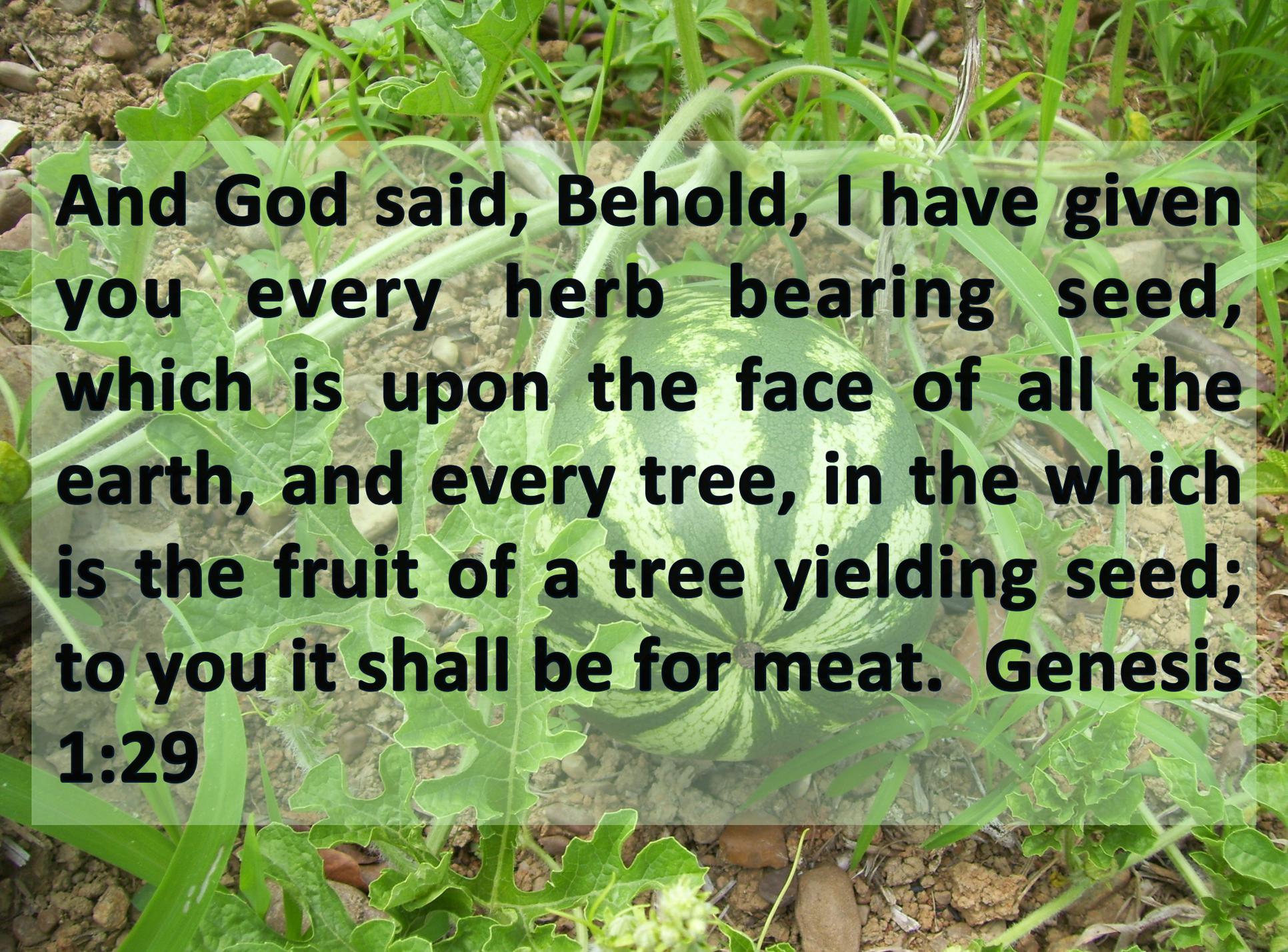
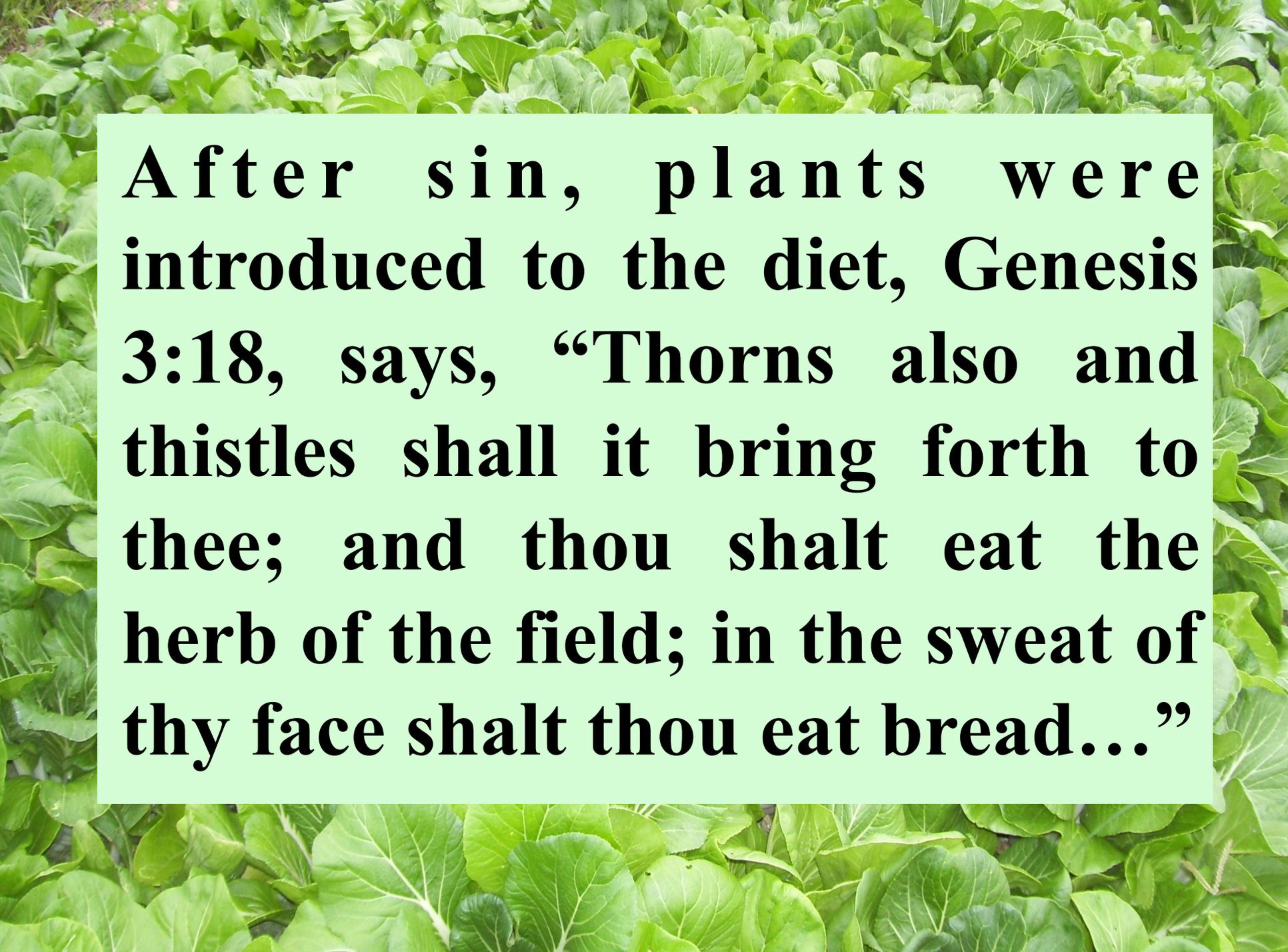


MY PLATE

A photograph of a watermelon growing on a vine in a field. The watermelon is green with dark green stripes and is surrounded by large, lobed green leaves. The ground is brown soil with some small rocks and other green plants. The text is overlaid on a semi-transparent white box in the center of the image.

And God said, Behold, I have given you every herb bearing seed, which is upon the face of all the earth, and every tree, in the which is the fruit of a tree yielding seed; to you it shall be for meat. Genesis 1:29



After sin, plants were introduced to the diet, Genesis 3:18, says, “Thorns also and thistles shall it bring forth to thee; and thou shalt eat the herb of the field; in the sweat of thy face shalt thou eat bread...”



Grains, fruits, nuts, and vegetables constitute the diet chosen for us by our Creator. These foods, prepared in as simple and natural a manner as possible, are the most healthful and nourishing. They impart a strength, a power of endurance, and a vigor of intellect that are not afforded by a more complex and stimulating diet. *Ministry of Healing 296*





**AIM FOR AT LEAST 3-5 SERVINGS
OF FRUITS AND VEGETABLES DAILY**



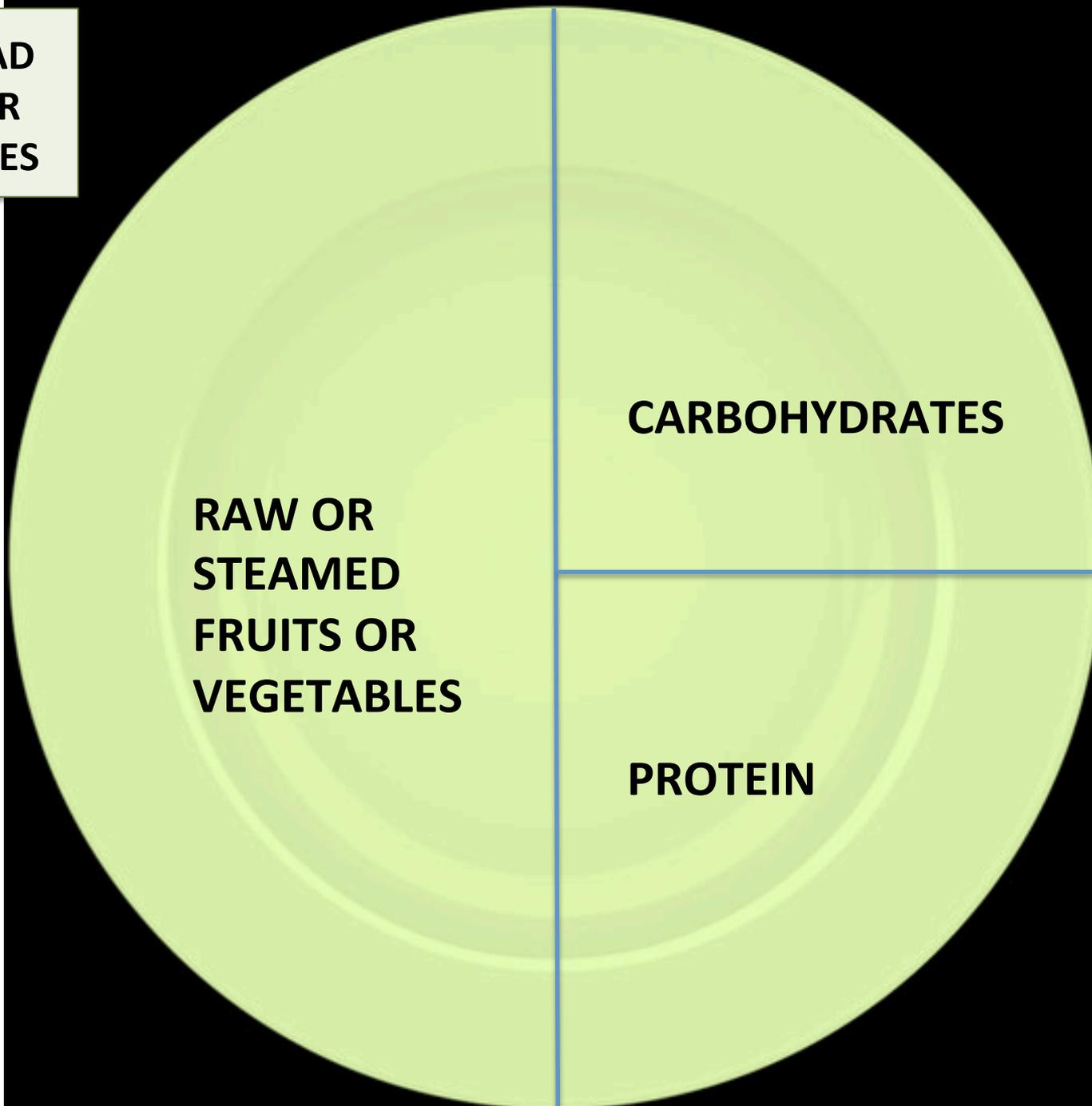
**RAW SALAD
FRUITS OR
VEGETABLES**

**RAW OR
STEAMED
FRUITS OR
VEGETABLES**

CARBOHYDRATES

PROTEIN

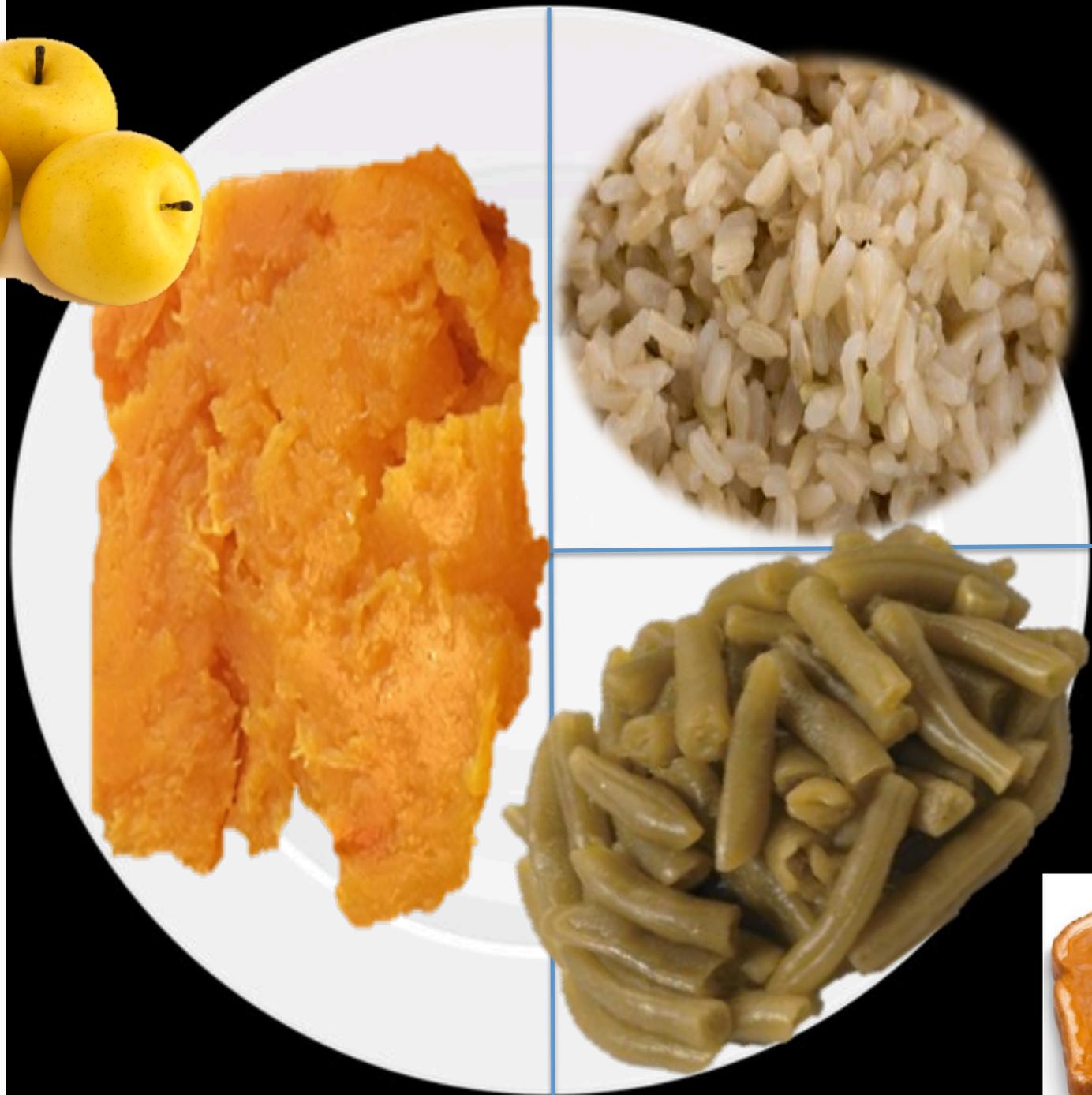
FATS



FRUIT MENU



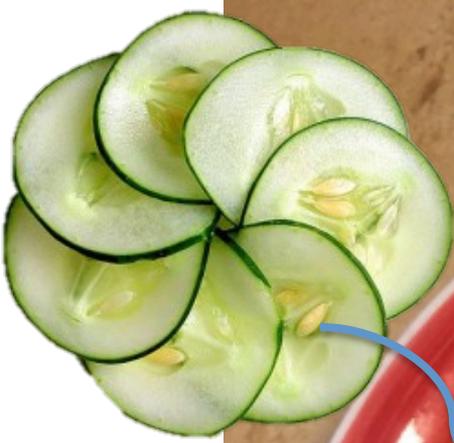
FRUIT MENU



VEGETABLE MENU



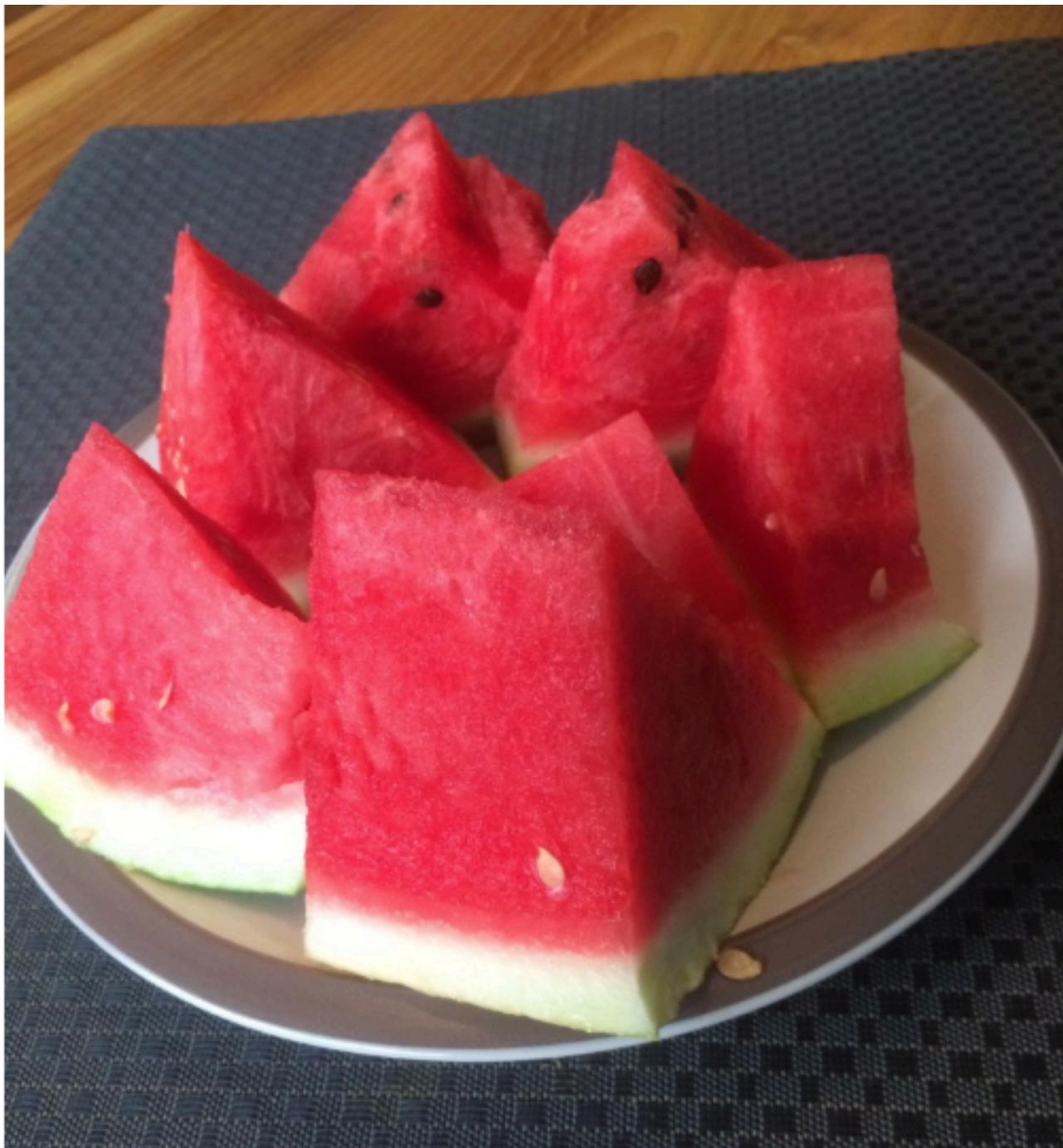
FRUIT MENU



VEGETABLE MENU







MAY THE GRACE OF OUR LORD JESUS CHRIST BE WITH US ALL.

THANK YOU



NATURAL HEALING
THROUGH THE LAWS OF HEALTH

Knowing that if you have the faith of a mustard seed, your faith can move mountains”

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