



Summer Flavours

Eating: Spiritual Food



Why is eating important to you?



Huuei™

Macronutrients

Energy

John 6:24-27

²⁴ So when the crowd saw that Jesus was not there, nor his disciples, they themselves got into the boats and went to Capernaum, seeking Jesus. ²⁵ When they found him on the other side of the sea, they said to him, "Rabbi, when did you come here?" ²⁶ Jesus answered them, "Truly, truly, I say to you, you are seeking me, not because you saw signs, but because you ate your fill of the loaves. ²⁷ Do not work for the food that perishes, but for the food that endures to eternal life, which the Son of Man will give to you. For on him God the Father has set his seal."

John 6:30-35

³⁰ So they said to him, "Then what sign do you do, that we may see and believe you? What work do you perform?" ³¹ Our fathers ate the manna in the wilderness; as it is written, 'He gave them bread from heaven to eat.'" ³² Jesus then said to them, "Truly, truly, I say to you, it was not Moses who gave you the bread from heaven, but my Father gives you the true bread from heaven. ³³ For the bread of God is he who comes down from heaven and gives life to the world." ³⁴ They said to him, "Sir, give us this bread always." ³⁵ Jesus said to them, "I am the bread of life; whoever comes to me shall not hunger, and whoever believes in me shall never thirst.



carbs



proteins



fats

Growth



MEAL 1

- 10 oz cod
- 2 whole eggs
- 2 cups oatmeal

MEAL 2

- 8 oz cod
- 12 oz sweet potato
- 1 cup veggies

MEAL 3

- 8 oz chicken
- 2 cups white rice
- 1 cup veggies

MEAL 4

- 8 oz cod
- 2 cups rice
- 1 cup veggies
- 1 tbsp fish oil—122

MEAL 5

- 8 oz steak
- 12 oz baked potato
- spinach salad

MEAL 6

- 10 oz cod
- 2 cups rice
- Salad

MEAL 7

- 30 grams casein protein
- 10 egg-white omelet
- 1 cup veggies (onions, peppers, mushrooms)
- 1 tbsp omega-3 fish oil

Hebrews 5:11-14

¹¹ About this [the priestly order] we have much to say, and it is hard to explain, since you have become dull of hearing. ¹² For though by this time you ought to be teachers, you need someone to teach you again the basic principles of the oracles of God. You need milk, not solid food, ¹³ for everyone who lives on milk is unskilled in the word of righteousness, since he is a child. ¹⁴ But solid food is for the mature, for those who have their powers of discernment trained by constant practice to distinguish good from evil.



carbs



proteins



fats

Protection

2 Corinthians 1:18-20

¹⁸ But as surely as God is faithful, our message to you is not "Yes" and "No." ¹⁹ For the Son of God, Jesus Christ, who was preached among you by us—by me and Silas and Timothy—was not "Yes" and "No," but in him it has always been "Yes." ²⁰ For no matter how many promises God has made, they are "Yes" in Christ. And so through him the "Amen" is spoken by us to the glory of God.



carbs

Energy



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