

POWER UP WITH POWER 5

A Simple Biblical Diet Meal Planning Guide for the Week



THE BIBLICAL NUTRITIONIST

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Why “Power 5” for the Biblical Diet?

"Then God said, 'I give you every seed-bearing plant... and every tree that has fruit with seed in it. They will be yours for food.' — Genesis 1:29

The Biblical Diet is not about complicated rules—it's about returning to real food God created.

Foods that nourish, satisfy, and support the body:

- vegetables
- fruits
- seeds
- nuts
- legumes
- herbs
- healthy oils
- clean proteins

The Power 5 method helps you plan your week simply by combining five nourishing ingredients into easy meals.

It removes overwhelm and makes healthy eating doable.



*Biblical Meal
Planning
Guide*

Step 1: Prep Once for the Week



Choose one day (30–60 minutes).

Prepare:

- ✓ wash greens
- ✓ chop vegetables
- ✓ cook a clean protein
- ✓ portion nuts/seeds
- ✓ prepare one homemade dressing
- ✓ store in containers

This creates your “Biblical Diet kitchen foundation.”

Now healthy meals take 5 minutes—not 50.



STEP 2: Build Your Power 5 Salad Daily



Choose 5 ingredients from these categories.
Aim for at least 2–3 categories in every meal.

1. God-Grown Vegetables (your base)

Choose 1–2)

Examples:

- romaine
- spinach
- kale
- cucumbers
- carrots
- cabbage
- tomatoes
- bell peppers
- broccoli

Goal: Fill half your plate here.



2. Clean Protein (add strength)

Choose 1

Examples:

- eggs
- wild fish
- grilled chicken
- lentils
- beans
- chickpeas

Biblical reminder: Meat can be part of meals
—but not necessarily the center of every me



3. Healthy Fats (for satiety)

Choose 1

Examples:

- olives
- olive oil
- avocado
- walnuts
- almonds
- sunflower seeds
- pumpkin seeds

These help:

- ✓ stabilize hunger
- ✓ support the brain
- ✓ help absorb nutrients



4. Fruit (God's natural sweetness)

Choose 0–1

Examples:

- berries
- apples
- oranges
- grapes
- pomegranate

Best used in moderation
as a flavor enhancer.



5. Flavor & Healing Foods

Choose 1

Examples:

- garlic
- onion
- parsley
- basil
- lemon
- vinegar
- homemade dressing

These bring both flavor and function.



A Simple 7-Day Biblical Diet Meal Plan



Monday: Power Salad

Greens + chicken + avocado + cucumber + olive oil dressing

Tuesday: Power Bowl

Lentils + roasted vegetables + seeds + herbs + lemon

Wednesday: Mediterranean plate

Greens + olives + eggs + tomatoes + olive oil

Thursday: Harvest salad

Spinach + walnuts + apple + grilled chicken + balsamic

Friday: Simple grain bowl

Quinoa + vegetables + chickpeas + tahini + parsley

Saturday:

Family-style build-your-own salad night. Everyone chooses their own Power 5.

Sunday

Light reset meal: vegetable soup + side salad + homemade dressing



Home-Made Dressings With Biblical Food



Simple Olive Oil Dressing

- 3 tbsp olive oil
- 1 tbsp vinegar
- pinch sea salt
- garlic

Shake and serve.

Honey Citrus Dressing

- orange juice
- olive oil
- honey
- vinegar

Creamy Seed Dressing

- sunflower seeds
- lemon
- water
- herbs

Blend until creamy.



Smart Weekly Shopping List

1. Vegetables (choose 5–7 varieties)

These become the foundation of most meals.

Example:

- 1 large bag spinach or romaine
- 1 head cauliflower
- 1 bunch kale
- 3 cucumbers
- 1 bag carrots
- 4 bell peppers
- 1 cabbage or broccoli

Tip: Choose vegetables that can be eaten both raw and cooked to stretch them further.

2. Protein (choose 2–3 options)

Pick simple, versatile proteins you can use multiple ways.

Example:

- 1 dozen eggs
- 2 cans chickpeas or black beans

3. Healthy Fats (choose 2)

These help meals feel satisfying and nourishing.

Example:

- extra virgin olive oil
- 2 avocados

Other options:

- walnuts
- almonds
- pumpkin seeds
- sunflower seeds
- olives



Smart Weekly Shopping List



4. Fruit (choose 2 seasonal options)

Use as snacks, breakfast, or to brighten salads.

Example:

- 1 bag apples
- 1 container berries

Other options:

- oranges
- bananas
- pears
- grapes
- pomegranate (when in season)

5. Herbs & Flavor Builders

These make simple food taste amazing.

Always keep:

- garlic
- onions
- lemons
- apple cider vinegar
- sea salt
- black pepper

Optional:

- parsley
- basil
- cilantro
- fresh ginger



Daily Power 5 Formula



Build your plate using these 5 simple elements:

1. Base

Start with vegetables. Examples: leafy greens, roasted vegetables, cucumbers, cabbage, cauliflower

2. Protein

Add something satisfying. Examples: eggs, chicken, beans, lentils, fish

3. Healthy Fat

Support satiety and nourishment. Examples: olive oil, avocado, nuts, seeds, olives

4. Flavor

Bring your meal to life. Examples: garlic, onion, herbs, lemon, spices

5. Dressing or Finish

Tie it all together. Examples: homemade vinaigrette, tahini drizzle, fresh citrus, olive oil

That's it. No complicated meal plans.

Just simple, God-made nourishment—one plate at a time.



Your 7-Day Power 5 Salad Fun Challenge



This week, try this:

- Prep once — wash, chop, and prepare a few ingredients for the week
- Make one homemade dressing — keep it simple and fresh
- Build one Power 5 meal each day — even if it's just one meal
- Choose more God-made foods — less packaged, more whole
- Eat slowly and gratefully — let meals become a moment of peace
- Notice how your body responds — energy, digestion, cravings, mood

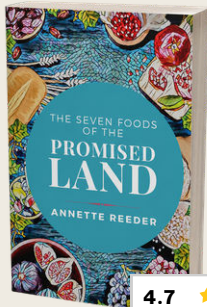
Remember:

Small, faithful choices made consistently often create the biggest change.
One week is enough to begin feeling the difference.



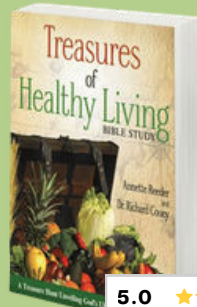
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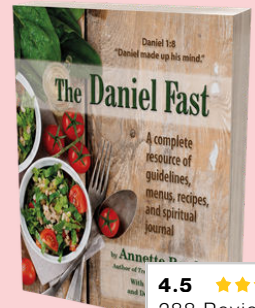
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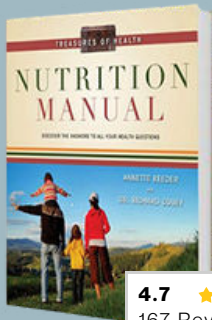
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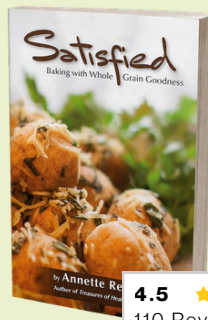
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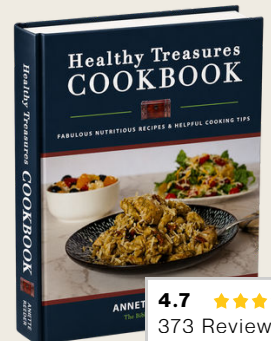
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HEALTHY TREASURES COOKBOOK

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www.thebiblicalnutritionist.com