THE EARTH DIET

10 PRINCIPLES

The Earth Diet is simple at its core: Return to nature and live as naturally as possible in all areas of life. This lifestyle replaces ultra-processed ingredients with whole foods that the Earth naturally provides. God has given us an abundance of nourishing foods to detox, heal, and thrive.

1

Eat Whole Foods

Eat more whole foods, as much as possible everyday!

2

Eat What God Provides

Eat the foods that God provides naturally: vegetables, fruits, nuts, seeds, herbs, spices, organic grains and for the meat eaters clean grass-fed and pasture raised meat, organic chicken, turkey, eggs and wild-seafood.

3

Natural Sweeteners Only

3. Do not eat refined sugar. Stick to natural sugars like fruits, honey and maple syrup.

4

No GMOs

Do not eat genetically modified organisms (GMO'S).

5

Ditch Seed Oils

5. Do not eat seed oils like canola, soybean and vegetable oils. Stick to natural oils the three best are: olive, coconut and avocado.

6

Clean Dairy

Skip conventional dairy and choose organic if you consume it.

7

Clean Gluten

Skip conventional gluten and choose organic if you consume it.

8

Natural Living

8. Once you have done a natural makeover in your pantry, switch to natural products for your skincare, household products and even sofa and mattresses.

9

Local and Seasonal

Use organic produce that is locally grown as much as possible. Ideally grown your own garden. Then you will eat seasonally which is the healthiest way you can eat and this ensures it's grown with zero pesticides!

10

Daily Greens

Start the day with liquid chlorophyll whether a fresh green juice, green smoothie, green powder in water or a liquid chlorophyll supplement. This is for cellular detox and protection. Daily greens is the most important to get in.