

## GROUP #1

### "Breads, Cereals, Grains"

Bread, Rice, Wholewheat products & Wholegrain cereals  
these include: breakfast cereal, pasta, spaghetti, noodles, wheat products, flour products, etc.

**Any item from group # 1 above can be combined with one, single food source from any one of the three groups below.**

**#1 + 2 or 3 or 4 will =**

### **A COMPLETE Protein Meal SOURCE**

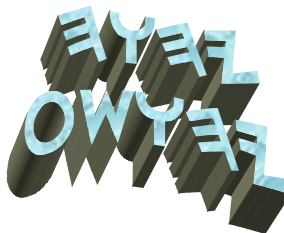
<u>Group # 2</u>	<u>Group # 3</u>	<u>Group # 4</u>
"Legumes"	"Vegetables"	"Nuts & Seed"
Peas, Beans & Lentils: including all dried beans & peas - aduki, kidney, runner, soya, chick peas, mushy peas, processed peas, baked beans, petit pois, beansprouts	Potatoes & other Vegetables including frozen vegetables	Walnuts, Cashews Peanuts, etc Sunflower, Sesame & other seeds

## ***HalleluYAH***

### **PLANT FOOD PROTEIN COMBINATIONS**

**If we obtain all the essential amino acids from different foods sources, it will create a complete protein source in one single meal.** Combining the right plant foods together in one meal will help form a high quality protein source. The body uses a good protein source for maintaining healthy growth of muscles, skin, nails, as well as the formation of other essential proteins for health.

There are different combinations of plant foods that can be selected, so you can choose which food you prefer to eat. The diagram below shows how to successfully combine plant proteins to form a higher quality source of protein intake.



#### **Bereshith 1:19**

And Elohim said, "See, I have given you every plant that yields seed which is on the face of all the earth and every tree whose fruit yields seed, to you it is for food."