

The Hallelujah Diet®

By Reverend George Malkmus

Breakfast: Upon rising, take one serving of BarleyMax®, either in capsule or powder form. (Take the powder dry, dissolving it in the mouth, or mix it in a few ounces of distilled water at room temperature.) Do not eat cooked food, or foods containing fiber at this meal, as these hinder the cleansing process while the body eliminates accumulated toxins.

Mid-Morning: Drink an eight-ounce glass of fresh vegetable juice (2/3 carrots and 1/3 greens). If fresh juice is not available, the next best choice is a combination serving of CarrotJuiceMax™, and BarleyMax® or a piece of juicy, fresh fruit. About 30 minutes later is an ideal time to use Fiber Cleanse as directed, B-Flax-DTM, or freshly ground flaxseed to help maintain optimal bowel function.

Lunch: Before lunch, have another serving of BarleyMax®, taken as at breakfast. Thirty minutes later, eat either a raw vegetable salad or raw fruit. This also is an all-raw meal, as cooked food is limited to the evening meal. Fruit should be limited to no more than 15% of total daily food intake.

Mid-Afternoon: Drink an eight-ounce glass of carrot/vegetable juice. If juice is not available, a serving of CarrotJuiceMax™, BeetMax, or some carrot or celery sticks are second best.

Supper: Before dinner, have another serving of BarleyMax®, taken as at breakfast and lunch. Thirty minutes later, eat a LARGE green salad comprised of leaf lettuce (never head lettuce as it has very little nutritional value) along with a variety of vegetables. After the salad comes the only cooked food of the day, the 15% cooked food portion allowed on The Hallelujah Diet®. This could be steamed veggies, a veggie sandwich on whole grain bread, baked sweet potato, squash, etc. (If desired, Lunch and Supper can be switched, but only one meal should contain cooked food on any given day.)

Evening: If desired, a piece of juicy, fresh fruit or a glass of freshly extracted apple or pear juice may be consumed.

The Hallelujah Diet Explained

The Hallelujah Diet, once understood, is very simple. We follow a ratio of 85% raw and 15% cooked food each day, with the cooked food usually coming only at the end of the evening meal.

The 85% Portion

This is an abundance of God's natural foods, uncooked (raw), and unprocessed. The dense living nutrients found in raw foods and their juices are what meet and satisfy our cells' nutritional needs, so that a person no longer needs to struggle with uncontrollable hunger. These live foods are also what produce abundant energy and vibrant health. The following are items from each category that fit into the 85% portion of each day's food intake:

Beverages: Freshly extracted vegetable juices, BarleyMax, CarrotJuiceMax, BeetMax, and distilled water
Dairy Alternatives: Fresh almond milk, creamy banana milk, as well as frozen banana, strawberry, or blueberry "fruit creams"

Fruit: All fresh, as well as unsulphured organic dried fruit (Limit fruit to no more than 15% of daily food intake.)

Grains: Soaked oats, raw muesli, dehydrated granola, dehydrated crackers



Beans: Green beans, peas, sprouted garbanzos, sprouted lentils, and sprouted mung

Nuts and Seeds: Raw almonds, sunflower seeds, macadamia nuts, walnuts, raw almond butter or tahini, and raw ground flaxseed (Consume sparingly.)

Oils and Fats: Extra virgin olive oil, Udo's Choice Perfected Oil Blend, flaxseed oil (the oil of choice for people with cancer, except men with prostate cancer, who may be better served meeting the essential fat needs through freshly ground flaxseed), and avocados

Seasonings: Fresh or dehydrated herbs, garlic, sweet onions, parsley, and salt-free seasonings

Soups: Raw soups

Sweets: Fruit smoothies, raw fruit pies with nut/date crusts, date-nut squares, etc.

Vegetables: All raw vegetables

The 15% Portion

The following foods make up the 15% portion of The Hallelujah Diet. These cooked foods follow the raw salad at the evening meal. This cooked food portion can be very delicious, and actually proves beneficial for those trying to maintain body weight.

Beverages: Caffeine-free herb teas and cereal-based coffee-like beverages, along with bottled organic juices

Beans: Lima, adzuki, black, kidney, navy, pinto, red, and white

Dairy: Non-dairy cheese, rice milk, and organic butter (Use sparingly.)

Fruit: Stewed and unsweetened frozen fruits

Grains: Whole-grain cereals, breads, muffins, pasta, brown rice, millet, etc.

Oils: Mayonnaise made from cold-pressed oils

Seasonings: Same as the 85% portion plus unrefined sea salt (Use sparingly.)

Soups: Soups made from scratch without fat, dairy, or table salt

Sweeteners: Raw, unfiltered honey, rice syrup, unsulphured molasses, stevia, carob, pure maple syrup, date sugar (Use very sparingly.)

Vegetables: Steamed or wok-cooked fresh or frozen vegetables, baked white or sweet potatoes, squash, etc. While this list at first appears limiting, there are hundreds, if not thousands, of exciting recipes that meet these criteria. See our selection of recipe books for additional ideas.

Foods to Avoid

These foods create most of the physical problems we experience, and are NOT part of The Hallelujah Diet. They should be eliminated from the diet as quickly as possible.

Beverages: Alcohol, coffee, tea, cocoa, carbonated beverages and soft drinks, all artificial fruit drinks, including sports drinks, and all commercial juices containing preservatives, refined salt, and sweeteners

Dairy: All milk, cheese, eggs, ice cream, whipped toppings, and non-dairy creamers

Fruit: Canned and sweetened fruits, along with non-organic dried fruits

Grains: Refined, bleached flour products, cold breakfast cereals, and white rice

Meats: Beef, pork, fish, chicken, turkey, hamburgers, hot dogs, bacon, sausage, etc. (All meats are harmful to the body and a contributing cause of most physical problems.)

Nuts & Seeds: All roasted and/or salted seeds and nuts. (Peanuts are not a nut but a legume, and very difficult to digest.)

Oils: All lard, margarine, shortenings, and anything containing hydrogenated oils

Seasonings: Refined table salt, black pepper, and any seasonings containing them

Soups: All canned, packaged, or creamed soups containing dairy products

Sweets: All refined white or brown sugar, sugar syrups, chocolate, candy, gum, cookies, donuts, cakes, pies, or other products containing refined sugars or artificial sweeteners

Vegetables: All canned vegetables with added preservatives, or vegetables fried in oil

