

Let's win health & bless people with the Bread of Life!



# Heavenly Veggies

homestyle vegan cooking

delicious meals for health & vibrant living - Guam, USA



## Meals for Success™



FOOD QUALITIES for SUCCESS	
CELL-FRIENDLY	Pure Water* Vegetables Beans / Legumes Roots / Tubers Fruits Unrefined Grains Nuts & Seeds Plant milks Virgin Plant Oils
NUTRIENT-DENSE	
ALKALINE / alkaline-forming	
FIBER (*fiber-support)	
NO CHOLESTEROL	
ANTI-OXIDANT (high ORAC)	
Magnesium, Arginine	
Vitamin-B, Vitamin-C, Vitamin-E	
Selenium, Copper, Zinc, Chromium	
ANTI-INFLAMMATION	
Omega-3 oils	
LOW in CALORIES	
	Fish (deep sea)
	Eggs Chicken / Turkey Fish (shallow water) Beef / Pork Dairy-Milk Cheese Refined foods/sugars Tobacco Coffee Alcohol Soda / DIET drinks
ACIDIC / acid-forming	
NO FIBER	
CHOLESTEROL (cholesterol-increasing)	
PRO-OXIDANT (negative ORAC)	
PRO-INFLAMMATION	
HIGH in CALORIES	

Health SUCCESS →→

←← Health CHALLENGE