

**Greetings and God Bless You
Always! Here is the info you are
looking for! Enjoy always! Please
visit <http://www.jesusholyfruit.info>
for more great info!**

All 17 Bean List

**black bean white bean
navy bean kidney bean green bean
soybean lentil bean
castor bean carob bean vanilla bean
black eyed peas snowpea bean
garbanzo bean lima bean wax bean
pinto bean
water**

**144 Fruit and vegetable list -
completed January 14, 2011 in**

Cincinnati, Ohio

pyucca purro poisson pitomba

apples ackee almonds asparagus

avocado artichoke awrenga

basil banana bache barley babaco

blueberry burdock brazil nut

breadfruit broccoli brussels sprouts

beets beans beech nut

corn carrot cabbage cocoa coconut

coffee cinnamon cloves cumin

cardamom celery chayote cattail

cucumber cactus cauliflower cassava

chestnut cashew canteloupe

cranberry cherry cherimoya currant

dill date durian dragonfruit eggplant

fig fennel feijoa ginger

grapes granadilla guava garlic

gooseberry gojii-berry hazelnut

hickory nut

**jackfruit jicama jujube kiwi kiwano
kola-nut kohl rabi kumquat
kabotcha kakoni kirban korzonera
lemon litchi langsung longan lettuce
locka louffa mango macadamia
mustard mushroom mint medlar
mongkosteem manioc nutmeg orange
okra olive oat onion oregano oak-nut
papaya peach plum persimmon
pommello pineapple pomegranate
physalis
pumpkin potato pepper peanut pecan
pistachio paprika parsley
quinoa raspberry radish radicchio
rosemary rhubarb rice rutabagga
rambutan
strawberry sorghum sapodilla
sunflower sesame starfruit sage
spinach squash**

**tomato thyme turmeric turnip ugly
zucchini**

164 Recipe titles and a little more

**Chocolate Chip Cookies German
Chocolate cake Sesame bars
Tootsie rolls Vegetable baked ziti
greens n barley Holy coffeecake
Peanut butter cookies Mushrooms
napoleon Peanut brittle
Butterscotch 4 grain mayhem
Pecan Delight Swiss cheesecake
Gummy bears Gobstoppers
Macaroni n cheese nutty buddy
Oatmeal Raisin cookies Banana
strawberry pie Berry drops
Candy canes Baked gnocchi
veggies+ rice Oatmeal n herb**

**Gingerbread cookies Pump n
dumpcake chocolate bars
Sweethearts Scalloped potatoes
Potatoes n rice Twizzlers Double
Chocolate Cake Christmas
fruitcake Lollipop Eggplant and
ricePumpkin potpie Fig newtons
Lemon n cocoa Bars Snickers
Smarties Black bean toasties
Shepherds pie Coconut samoas
Marbled swirlcake Cocoa rice bars
Bit o honey Broccoli n cheese
Sweet potato gratin Thin mint
cookies Chocolate Brownies
Peppermint patty Sour patch kids
Spinach risotto Rustic squash gratin
Skittles Blueberry walnut Oatmeal
cashew Warheads Hashbrown pie
Sugar cookies Peanuts n wheat**

**Chewing gum Sugar dips Nutty
squash potpie Apple oaties
Licorice Coffee razzleberry juice
Wheat pancakes Rock candy
Curried chickpea Fruit n grains
potpie Toffee Watermelon hooties
Banana pancakes Creme puffs
Beans n rice Blueberry cabbage
Breads Pudding Pies Salad
Pastas Pastries Soups Shakes
Pretzels chocolate delight Pecan
Spaghetti Doughnuts Baguettes
Beignets refried Beans Chef salad
Linguini Blueberry Rolls funnel
cakes Biscuits cherry terries
cherry pie ravioli apple pie
potato salad Doughnuts
watermelon bean pie baked potato
apple cinnamon muffins Noodle**

salad pumpkin pie shells Macaroni
sweet potato biscuits Bagels
bananas foster stromboli Hoppin
johns corn and herb lemon bars
veggie calzone Caesar salad rice
pudding fettuccini alfredo Chef's
delight razzleberry pie pumpkin
spice pie Cole slaw blackberry pie
soybean + peanut pie Taco salad
lemon banana pie garlic bread
artichoke crostini fried rice balls
potato pancakes stuffed red
potatoes polenta triangles potato
napoleons stuffed mushrooms
spiced nuts veggie dumplings
babaganousha potato chips
guacamole red peppa hummus
veggie stock bread soup
minestrone soup mushroom chowder

**barley soup gazpacho cornchowder
5 onion soup carrot and potato soup
bean soup groundnut stew
jambalaya gumbo veggie steaks
veggie burgers grilled portobellos
stuffed eggplant mashed potatoes
baked spaghetti squash pot roast
thanksgiving dressing boston
baked beans bread pudding
eggplant parmesan big Z's veggie
pizza**

16 condiments

**mustard ketchup bbq sauce ranch
dressing sweet n sour sauce italian
dressing soy sauce hot sauce
thousand island honey mustard
tondoori handi curry sauce teriyaki**

**sauce french dressing basic garlic
sauce tomato sauce**

164 + 16 = 180 total recipe titles

15 Weight Loss Tips

1. Dont eat too much food at one time.

2. Sit down and eat instead of standing up.

3. Go for walks several times a day.

4. Drink water instead of pop, juice, and coffee.

5. Eat 3 meals a day - minimal snacking between meals!

6. Eat less and exercise more - basic weight loss formula!

7. Ride a bike to work instead of driving.

8.Walk those flights of stairs instead of elevator.

9.Dont eat any meat, milk, or eggs.

10.Dont smoke, drink, no drugs, nor fornicate!

11.Count the portion sizes and serving sizes for your diet.

12.Wear more clothes - that makes your body work harder = burns calories!

13.Research what your food is made of - nutrition information!

14.Take a break and rest easy - get 8 hours of sleep a night!

15.Dont overwork- that could cost you sleep...or your life!

45 Money Saving Tips

0.Weatherproof your home - clean

and insulate properly. Apply Frost King or M-D weatherstrips on your windows and doors.

1. Stop eating meat and start eating more fruit and veggies. Meat costs more than \$5.00/pound on average. Fruit is less than \$2/pound. do the math - go with fruit!

2. Grow your own crops - saves money but is real hard work. pays off in the end.

3. Don't get haircuts anymore unless you cut it all off to re-grow; grow hair long instead of cutting it - saves lots. Get it braided.

4. Use electric stove and water heater and solar, wind, and water power for your home. cost efficient. try an amish electric heater too.

5. Use E-85 corn gas on your vehicle instead of regular - mileage goes up and costs go down.

6. Don't buy canned goods or bottled water - that's wasting money and it's not that good for you!

7. Cancel your life and health insurance policies - waste of money. You won't die if you eat properly fruit and veggies of course! Also, cancel flood and fire insurance on your home - waste of money.

8. If you buy food use a shopper's discount card and coupons.

9. Buy clothes from Goodwill, Salvation Army or St Vincent de Paul's. Saves lots. Or get free from thrift store or church.

10. Eat one less meal a week - try

fasting it really helps the ole body!

Also go for walks 4 times a day.

11. Get rid of your low gas mileage vehicle and get a high efficiency honda, toyota, mazda, or nissan. get one that gets over 50 mpg.

12. Dont eat at restaurants all the time - saves money. you can save big by making meals at home more often.

13. Dont gamble or go out to the nightclub - a complete waste of money. it's cheap'r to keep 'er.

14. Get a motorcycle - a kawasaki eliminator 125 - it gets 78 mpg!

15. Keep your vehicle maintained properly - learn to maintain yourself. learn the trade too.

16. Cancel your gym memberships, club memberships and any other

memberships that's killing your bank account!

17. Get rid of cable, televisions, cell phone accounts, and satellite dish accounts - don't waste money on these things!

18. Insulate your home properly - cover the electrical wall sockets with a cover and window joints walls too!

19. Don't buy pet food - just feed them fruit rice and beans like what we eat - feed them the same things we eat only to their taste - they are living beings too.

20. Don't overeat - take time to chew, digest, and rest. saves lost.

21. Don't waste money and time by playing sports - it's wastes. play chess + checkers instead. still find a way to

have fun.

22.Instead of cutting grass, grow your own crops there. saves much and is more fulfilling.

23.Lighten the load on your car or truck. dont overload it with useless stuff -that's costing you in gas.

24.If you got bills and debts, pay of the little ones first and then take care of the big ones after that.

25.Dont buy shampoo, conditioner, soap, dish and laundry detergent, cologne, perfume or anything else that wastes money and time. if you like smelling things try the scent of a rose! make your own detergent with lemon juice and water! or mint too.

26.Pay a little extra on your mortgage every month. that's really saves

money Or just build your own house from scratch. saves money.

27.Cancel your credit cards - all of them - department stores and vanity stores too.

28.Dont drink alcohol, drugs, beer, cigarettes, me at, milk, cheese, chicken, NO pornography watching , no liquor, spirits, drank, yager bombs, or anything else that's destroying your body.

29.Instead of buying books and wasting money on college, get an education aat the library - its free and fun.

30.Download music from the library on your mp3 player.

31.Dont get into trouble with the law - could cost you money and your life.

32. Get rid of all plumber's traps - that p- or s-shaped pipe underneath your sink. it's terrible. get a diagonal or straight pipe instead.

33. Get a one handle ball type faucet on your faucets - saves water. also get a composting toilet or low gpf that saves water and helps the garden.

Get a low 0.5 gpm aerator on your faucets - saves lots. Also get a low 0.5 gpm flow showerhead from Niagara conservation 0.5/1.0/1.5 gpm showerhead. Order one today - saves big!

34. Dont go out to the movies or pay for entertainment -waste of money.

Also instead the park is open, and find community events that's free.

35. Dont waste money on prescription

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