

Leviticus - Chapter 11

01/17/2017

(1)

Leviticus 11 (Deut. 14)

take note

WHAT CAN I EAT?

YES

MEAT

As far as possible, choose grass-fed or organic meats. Enjoy the fat and the skin!

- Bacon (try to find charcuterie bacon, if possible without nitrates and nitrites, and with the lowest carb content (*which means the least sugar*))
- Biltong
- Beef
- Chicken
- Duck
- Game
- Lamb
- Offal
- Pork
- Turkey
- All cured meats, cured with the least amount of sugar and without strange chemicals you don't recognize
- All sausages containing only meat and spices — avoid sausages with fillers like

FISH/SEAFOOD

(on the SASSI green list, of course!)

'The oilier, the better:

- Anchovies
- Angel fish
- Calamari
- Dorado
- Haddock
- Hake
- Kob
- Mackerel
- Mussels
- Prawns
- Salmon
- Sardines
- Scallops
- Snook
- Squid
- Trout
- Tuna
- Yellowtail

DRINKS

- All teas (not with milk)
- Coffee (with cream or butter, not milk)
- Sparkling water
- Water

VEGGIES

- Lettuce
- Marrows
- Mushrooms
- Olives
- Onions
- Peppers
- Pumpkin
- Radishes
- Spinach
- Sugar snaps/snow peas
- Tomatoes

SWEET THINGS

- Erythritol
- Xylitol
- Stevia

FATS

- Animal fats
- Avocado Oil
- Beef tallow
- Butter
- Coconut cream
- Coconut milk
- Coconut oil
- Dripping
- Duck fat
- Extra virgin olive oil
- Ghee
- Heavy cream
- Lard
- Mince (not all

FLOUR

- Almond flour
- Coconut flour
- Hazelnut flour
- Other nut flours

NUTS*

- Almonds
- Brazils
- Hazelnuts
- Macadamias
- Pecans
- Pinenuts
- Walnuts

DAIRY*

(all full fat)

While you are trying to lose weight, it may be better to cut out all dairy other than unsalted butter — which, by the way, is delicious in coffee!

- Blue cheeses
- Butter
- Cream
- Cream cheese
- Feta cheese
- Ghee
- Greek yoghurt
- Parmesan cheese
- all other high fat cheeses

Genesis 9:3-4

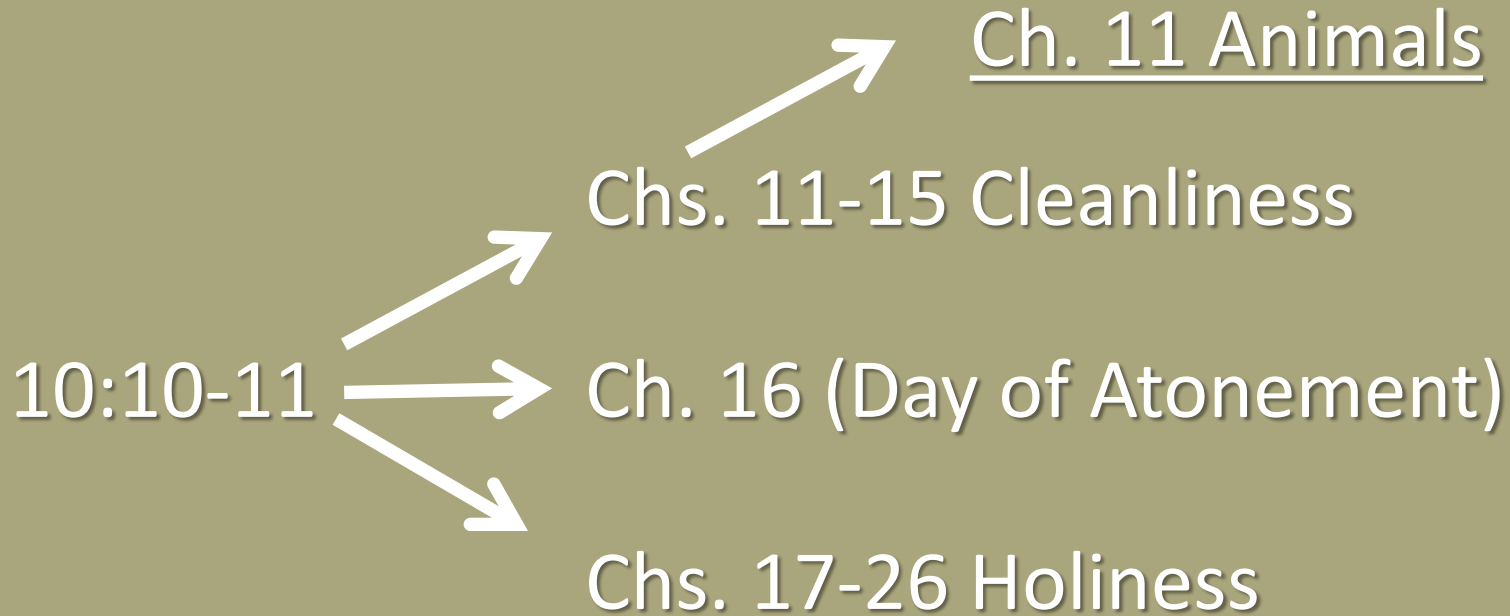
Every moving thing that lives shall be food for you. And as I gave you the green plants, I give you everything. But you shall not eat flesh with its life, that is, its blood.

New Testament

- Mark 7:15; 19
- Romans 14:14
- Galatians 3:28
- Acts 15:28-29



01/17/2017



2-8 Land Animals
9-12 Fish
13-19 Birds
20-23 Flying Insects

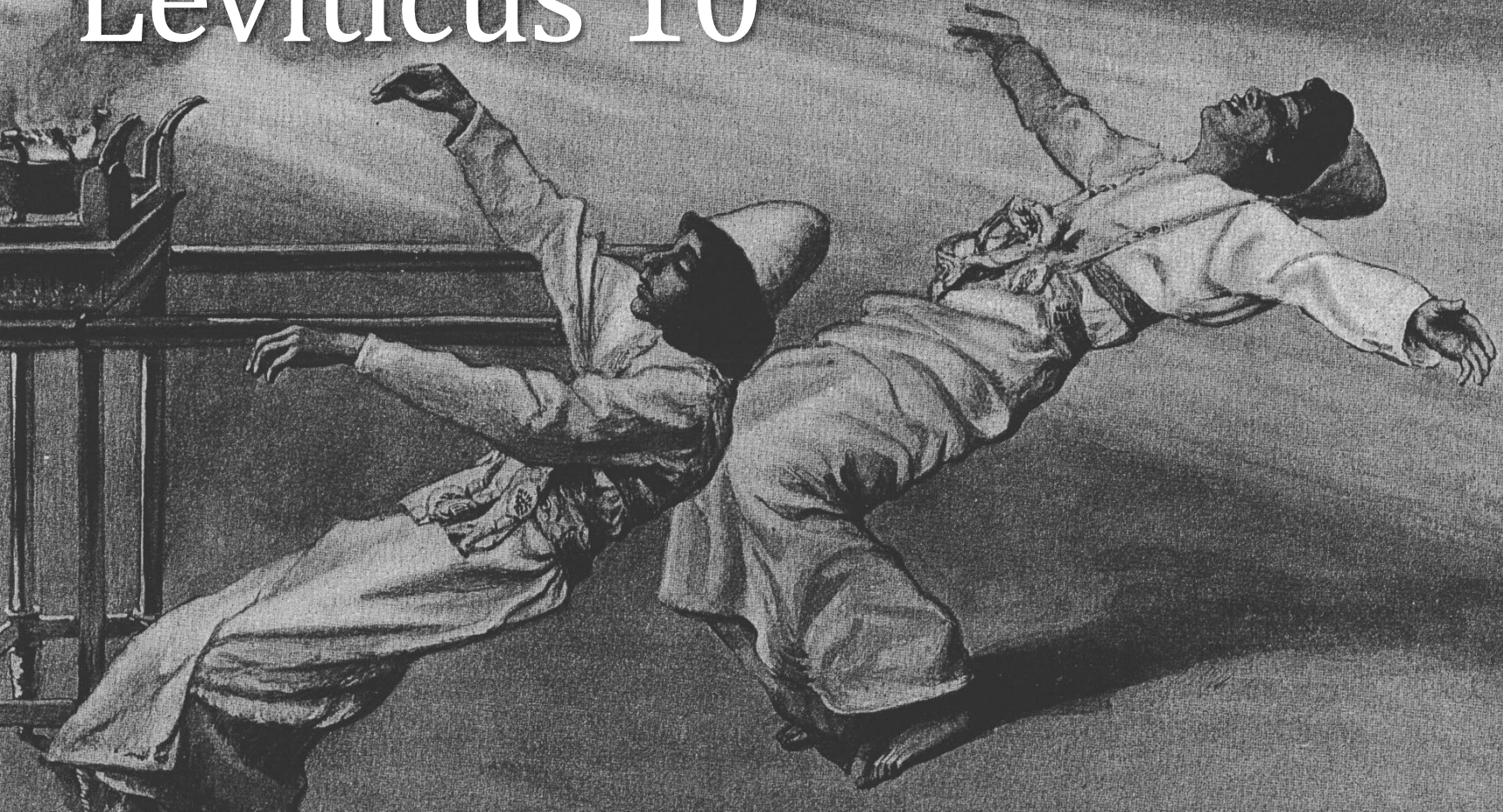


Clean and Unclean
Animals

24-40 Uncleanness Caused by Dead Animals
41-45 Crawling Animals

46-47 Summary

Leviticus 10



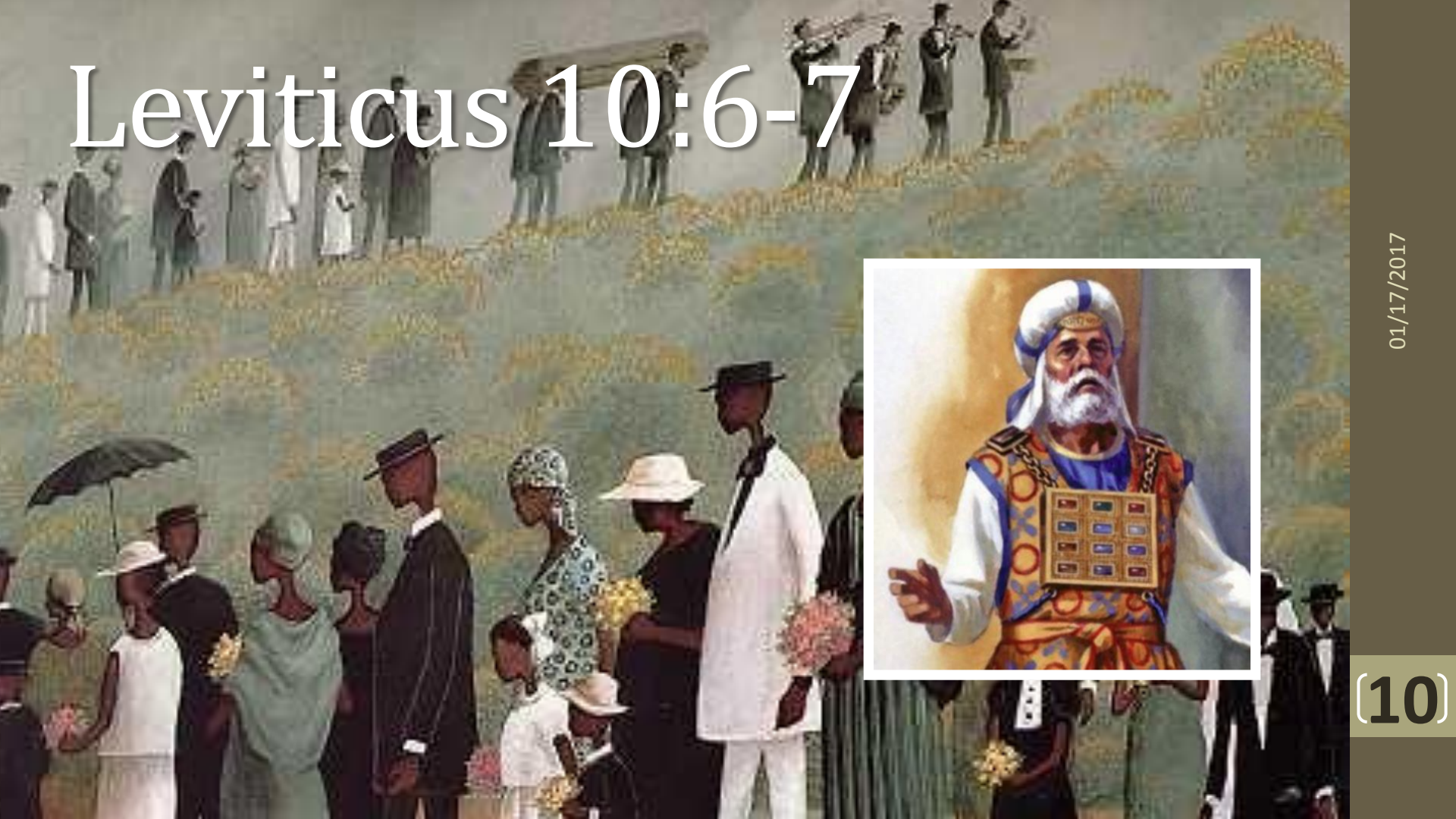
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Leviticus 10:4-5



Leviticus 10:6-7



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Acts 5:1-11



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Leviticus 10:8-11



Leviticus 10:12-15

DON'T
FORGET!

Leviticus 10:16-18



please

explain

Leviticus 10:19-20



01/17/2017

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