

Fresh Bread Gifts Spiritual Nourishment

day prayer & fast - the rock church - sample menu 1: fruits, vegetables, juices & water breakfast - fruit smoothie with protein powder mid-morning snack - fresh fruit or fresh vegetables lunch - raw vegetable salad with light dressing and vegetable broth soup mid-afternoon snack - fresh fruit or fresh vegetables dinner - fresh salad with light dressing and steamed grilled vegetables sample menu 2: liquids only **the school seer s - arrowz** - the school of the seer s a practical guide on how to see in the unseen realm jonathan welton school-of-seersdd 3 7/28/09 10:39:33 am

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