

Download Vegetarian Bible 20 Things You Must Know About The Vegetarian Diet

Vegetarian or Meat: What the Bible Says about Vegetarianism. They will be food for you. And to the beasts of the earth and all the birds of the air and all the creatures that move on the ground—everything that has the breath of life in it—I give every green plant for food. And it was so” (Genesis 1:29-30). A plant-based diet is healthy for us as it can reduce the risk of: diabetes, high blood pressure, high cholesterol, heart disease and stroke, colon, breast, prostate, and other cancers. However, people still have many questions and doubts about becoming vegetarian. In that name, here are 5 things you should know before you go meatless. Since you did not state which denomination you'd like to find out from, I will provide you an answer from a purely sola scriptura point of view. All verse emphasis mine. Taken wholly, the NKJV Bible does not contain the word vegetarian. However, there are a ton of verses about eating, the virtue of eating, what to eat and what not to eat. And your food that you eat shall be by weight, twenty shekels a day; from day to day you shall eat it. And water you shall drink by measure, the sixth part of a hin; from day to day you shall drink. And you shall eat it as a barley cake, baking it in their sight on human dung.”