

Vegan Bible Plant Based Recipes Everyday

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Summary:

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The Biblical Basis for Veganism - Essene Plant life would have been scarce to say the least. Not one of the Hebrew exiles would have claimed that their situation was ideal at all. Therefore, Moses, in accordance with God's plan, allowed animal sacrifice and meat eating. Christianity and a vegan diet: How I reconcile veganism ... If God didn't originally intend for us to eat animals and, unlike Noah, we have ready access to healthy plant-based foods, should we consider a vegetarian/vegan diet? Also notable is the favorable account of veganism in the Bible. Vegans, Vegetarians, and the Bible | Focus on the Family It tends to be high in many important nutrients, including vitamins, fiber, and phytonutrients (nutrients that come only from plant sources). It also tends to be lower in calories and fat. Most of the fats encountered in the vegetarian diet are of the "good" kind.