

Okay, here it is. I want to recommend a nutritional plan for your consideration. Take it or leave it, I'm certainly not making any commissions off this plan. But I can promise you that following this nutrition plan will truly transform your entire life — physically, mentally, emotionally, relationally, and spiritually. Now you may want to write this down somewhere or keep this newsletter handy for quick reference. Here's the plan:

**LEAN PROTEINS + COMPLEX CARBOHYDRATES**  
**(CONSUME ALL YOU CAN, ANYTIME YOU CAN)**

Pretty simple, huh? I know, I know....this nutrition plan runs contrary to many of the headlines you've been reading lately. Just hear me out. Proteins are defined as complex compounds that occur in all living matter and are essential for the growth and repair of tissue, organs, and muscle. Protein helps in other ways, too. It produces antibodies, the cells that fight off infection and disease. And the next time you get a cut or scrape, protein is what helps make those hurts heal. Carbohydrates have an important job: supplying your body with the energy it needs. When you consume carbohydrates, your body breaks them down into two types of fuel, some for now and some for later. So stated in a different way, proteins keep your engine strong and in good working condition; carbohydrates supply the energy necessary to keep your engine running.

So it makes sense to me to consume all the proteins and complex carbohydrates possible so that I maintain stability and power. And the best single source of concentrated protein and complex carbohydrates? God's Word, of course! Of His Word, God says it is "...living and powerful..." (Hebrews 4:12) If God's Word is living and powerful, then it must be an amazing source of protein and carbohydrates. So consuming copious amounts of God's Word will lead to great strength and power. It's also true that ingested Scripture will work in you to trim away unnecessary fat because it is sharper than any two-edged sword.

I do apologize if you feel you've been misled. I guess I should have clarified that I was referring to a spiritual diet plan! My bad. It just concerns me that Christians are consuming a lot of 'junk food' that diminishes their spiritual vitality. Gorging on things like Netflix, bawdy music, social media, unrighteous relationships, etc., contributes to the break down of your spiritual engine and robs you of the power needed for triumphant, impactful living. I strongly encourage you to scrutinize your spiritual diet, remove the toxic junk food, and pour more Scripture into your heart & mind — all you can, anytime you can! Grace & peace, love you. Pk