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The Kemetic Diet Food For

The Kemetic Diet dictates that an individual's staple foods -- the ones they eat on a daily basis -- should be vegetables and starches. The ideal starches are grains such as millet, corn, wheat or rice; beans or legumes such as lentils; and root vegetables like potatoes or yams.

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Staple foods are starches and vegetables. Starches can be grains, starchy root vegetables (such as potatoes) or legumes/beans. In Ancient times the Kemetic diet was an in depth science of attaining Immortality through feeding the body whole foods from the Earth foods for (quite literally) the soul.

The Kemetic Diet - Weight Management | NoahStrength.com

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The Kemetic Diet According to the Kemetic diet, foods that a person will eat fall into one of two categories: Staple foods and occasional foods. Staple foods are starches and vegetables. Starches can be grains, starchy root vegetables (such as potatoes) or legumes/beans.

The Kemetic Diet - The Sunnyside Magazine Online

the right of the Ankh is the Eye of Heru, known as the "Divine Food Offering" or Kemetic Eucharist. This is food for the soul because it requires spiritual enlightenment. All together, these symbolize that life (Ankh) and health result when these three aspects of the constitution of a human being are fed the proper nourishment. They constitute a full meal for every human being, food for the body, food for the mind and food for the soul. The Kemetic Diet. 3/524

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Vegetables were eaten as a complement to the ubiquitous beer and bread; the most common were long-shooted green scallions and garlic but both also had medical uses. There was also lettuce, celery (eaten raw or used to flavor stews), certain types of cucumber and, perhaps, some types of Old World gourds and even melons.

Ancient Egyptian cuisine - Wikipedia

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