

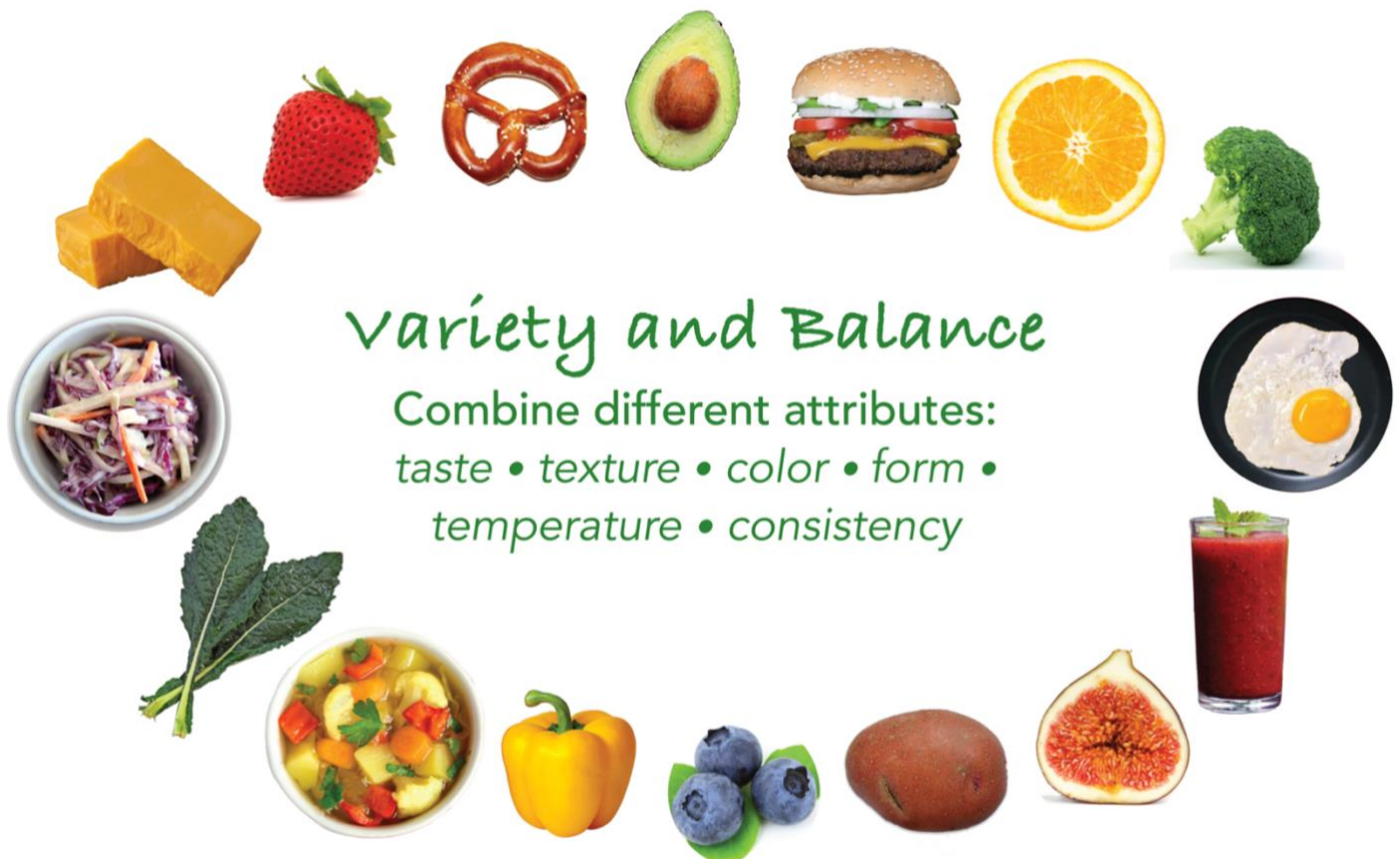


A Spiritual Approach to Meals

“How sweet are Thy words unto my taste!” — Psalms

HAVE YOU THOUGHT about food in a way that celebrates IDEAS — such as supply, integrity, individuality, joy? This approach turns every meal into an opportunity to express Soul.

When pondering that question: “What’s for dinner tonight?,” there are two simple qualities that can help guide you: BALANCE and VARIETY. By applying these Principle-inspired qualities, you’ll enjoy meals that are delicious, creative, and substantial!



Variety and Balance

Combine different attributes:
 taste • texture • color • form •
 temperature • consistency