

THE MESSIAH'S TABLE

KJV BIBLICAL DIET · WALMART SHOPPING CHECKLIST

A practical, budget-conscious shopping list matching KJV scripture categories. All items are sourced directly from Walmart for an estimated total of \$77.38 to keep the temple strong.

SPROUTED GRAINS (Ezekiel 4:9)

<input type="checkbox"/>	Food for Life Ezekiel 4:9 Bread (24 oz, frozen section)	\$7.53
--------------------------	---	--------

CLEAN FISH & MEATS (Leviticus 11:9)

<input type="checkbox"/>	Great Value Frozen Wild Caught Salmon (12 oz)	\$8.98
--------------------------	---	--------

<input type="checkbox"/>	Thomas Farms Grass-Fed Lamb shoulder chops (1 lb)	\$8.99
--------------------------	---	--------

<input type="checkbox"/>	Fresh Wild Caught Trout / Tilapia (approx. 1 lb)	\$7.50
--------------------------	--	--------

CLEAN FATS & OILS (Deuteronomy 8:8)

<input type="checkbox"/>	Great Value Extra Virgin Olive Oil (17 fl oz)	\$6.12
--------------------------	---	--------

<input type="checkbox"/>	Great Value Kalamata / Whole Green Olives (6 oz)	\$2.44
--------------------------	--	--------

FRUIT OF THE LAND (Numbers 13:23 & Psalm 104:15)

<input type="checkbox"/>	Mariani Dried Mediterranean Figs (8 oz pouch)	\$5.98
--------------------------	---	--------

<input type="checkbox"/>	POM Wonderful Pomegranate Arils / Fresh Fruit	\$3.98
--------------------------	---	--------

<input type="checkbox"/>	Great Value Red Seedless Grapes (approx. 2 lbs)	\$4.50
--------------------------	---	--------

<input type="checkbox"/>	Great Value Concord Grape Juice 100% (64 fl oz)	\$3.48
--------------------------	---	--------

BIBLICAL SWEETENERS (Proverbs 24:13)

<input type="checkbox"/>	Great Value Organic Raw Honey (12 oz)	\$4.84
--------------------------	---------------------------------------	--------

LEGUMES & WHOLE GRAINS (The Daniel Test — Daniel 1:12)

<input type="checkbox"/>	Bob's Red Mill Pearl Barley (30 oz)	\$3.22
--------------------------	-------------------------------------	--------

<input type="checkbox"/>	Great Value Dried Lentils (1 lb)	\$1.92
--------------------------	----------------------------------	--------

<input type="checkbox"/>	Great Value Dried Garbanzo Beans (1 lb)	\$1.68
--------------------------	---	--------

SAVIOR STAPLES (Luke 11:12 · 1 Cor. 10:31)

<input type="checkbox"/>	Great Value Large Eggs (12 count)	\$2.28
--------------------------	-----------------------------------	--------

<input type="checkbox"/>	Purified Spring Water (24 pack)	\$3.96
--------------------------	---------------------------------	--------

\$77.38