



Jesus and Mary were Kosher Vegetarians, the Evidence from the Bible, the Early Church and Nutrition

James C. Tibbetts

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This book is perhaps the most complete scholarly book out today showing that Jesus and Mary were kosher vegetarians! The evidence from the scriptures, the early Church period, the Jewish literature, the mystics, and nutrition indicates that Jesus and Mary were kosher, and also that they were vegetarian. This book proposes that Jesus and Mary were the new Adam and Eve who ate a plant-based diet. They were the first penitents of the Christian era, leading us into a penitential lifestyle, a lifestyle of purification, involving a kosher plant-based diet and fasting. There is evidence from multiple sources that people in the early Church believed that Jesus and Mary and some of the disciples were vegetarians. The monastics have carried on the plant-based practice for centuries.

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