

NEW DIET!

UUSI RUOKAVALIO!

- 1. 1 Moos 1-2, Joos 1-3, Job 1-3, Jes 1-2, Valit 1, Matt1, Apt 1-2
- 2. 1 Moos 3-4, Joos 4-6, Jes 3-4, Valit 2, Matt 2, Apt 3-4
- 3. 1 Moos 5-6, Joos 7-9, Job 7-9, Jes 5-6, Valit 3, Mat 3, Apt 5-6
- 4. 1 Moos 7-8, Joos 10-12, Job 10-12, Jes 7-8, Valit 4, Mat 4, Apt 7-8
- 5. 1 Moos 9-10, Joos 13-15, Job 13-15, Valit 5, Matt 5, Apt 9-10
- 6. 1 Moos 11-12, Joos 16-18, Job 16-18, Jes 9-10, Hoos 1, Mat 6, Apt 11-12
- 7. 1 Moos 13-14, Joos 19-21, Job 19-21, Jes 11-12, Hoos 2, Matt 7, Apt 13-14
- 8. 1 Moos 15-16, Joos 22-24, Job 22-24, Jes 13-14, Hoos 3, Matt 8, Apt 15-16
- 9. 1 Moos 17-18, Tuom 1-3, Job 25-27, Jes 15-16, Hoos 4, Matt 9, Apt 17-18
- 10. 1 Moos 19-20, Tuom 4-6, Job 28-30, Jes 17-18, Hoos 5, Matt 10, Apt 19-20
- 11. 1 Moos 21-22, Tuom 7-9, Job 31-33, Jes 19-20, Hoos 6, Matt11, Apt 21-22
- 12. 1 Moos 23-24, Tuom 10-12, Job 34-36, Jes 21-22, Hoos 7, Mat 12, Apt 23-24
- 13. 1 Moos 25-26, Tuom 13-15, Job 37-39, Jes 23-24, Hoos 8, Mat 13, Apt 25-26
- 14. 1 Moos 27-28, Tuom 16-18, Job 40-42, Jes 25-26, Hos 9, Matt 14, Apt 27-28
- 15. 1 Moos 29-30, Tuom 19-21, Ps 1-3, Jes 27-28, Hoos 10, Matt 15, Room 1-2
- 16. 1 Moos 31-32, Ruth 1-3, Ps 4-6, Jes 29-30, Hoos 11, Matt 16, Room 3-4
- 17. 1 Moos 33-34, Ruth 4-6, Ps 7-9, Jes 31-32, Hoos 12, Mat 17, Room 5-6
- 18. 1 Moos 35-36, 1 Sam 1-5, Ps 10-12, Isa 33-34, Hoos 13, Matt 18, Room 7-8
- 19. 1 Moos 37-38, 1 Sam 6-8, Ps 13-15, Isa 35-36, Hoos 14, Matt 19, Room 9-10
- 20. 1 Moos 39-40, 1 Sam 9-11, Ps 16-18, Isa 37-38, Hoos 15, Matt 20, Room 11-12
- 21. 1 Moos 41-42, 1 Sam 12-14, Ps 19-21, Jes 39-40, Joel 2, Matt 21, Room 13-14
- 22. 1 Moos 43-44, 1 Sam 15-17, Ps 22-24, Jes 41-42, Joel 3, Matt 22, Room 15-16
- 23. 1 Moos 45-46, 1 Sam 18-20, Ps 25-27, Jes 43-44, Amos 1, Matt 23, 1 Kor 1-2
- 24. 1 Moos 47-48, 1 Sam 21-23, Ps 28-30, Jes 45-46, Amos2, Matt24, 1 Kor 3-4
- 25. 1 Moos 49-50, 1 Sam 24-26, Ps 31-30, Jes 47-48, Amos3, Mat25, 1 Kor 5-6
- 26. 2 Moos 1-2, 1 Sam 27-29, Ps 34-36, Jes 49-50, Amos4, Matt 26, 1 Kor 7-8
- 27. 2 Moos 3-4, 1 Sam 30-2 Sam 1, Ps 37-39, Jes51-52, Amos5, Matt27, 1Kor 9-10
- 28. 2 Moos 5-6, 2 Sam 2-4, Ps 40-42, Jes 53-54, Amos6, Matt28, 1 Kor 11-12
- 29. 2 Moos 7-8, 2 Sam 5-7, Ps 43-45, Jes 55-56, Aam7, Mark 1, 1 Kor 13-14
- 30. 2 Moos 9-10, 2 Sam 8-10, Ps 46-48, Jes 57-58, Aam8, Mark2, 1 Kor 15-16

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- 31. 2 Moos 11-12, 2 Sam 11-13, Ps 49-51, Jes 60-61, Aam 9, Mark3, 2 Kor 1-2
- 32. 2 Moos 13-14, 2 Sam 14-16, Ps 52-54, Jes 62-63, Oba, Mark4, 2 Kor 3-4
- 33. 2 Moos 15-16, 2 Sam 17-19, Ps 55-57, Jes 64-65, Jonah1, Mark5, 2 Kor 5-6
- 34. 2 Moos 17-18, 2 Sam 20-22, Ps 58-60, Jes 66-67, Jonah1, Mark6, 2 Kor 7-8
- 35. 2 Moos 19-20, 2 Sam 23- 1 King1,Ps 61-63, Jer1-2, Jonah3, Mark7, 2 Kor9-10
- 36. 2 Moos 21-22, 1Kun 2-4, Ps 64-66, Jer 3-4, Jonah4, Mark8, 2 Kor11-12
- 37. 2 Moos 23-24, 1Kun 5-7, Ps 67-69, Jer 5-6, Miik1, Mark9, 2Kor13-Gal1
- 38. 2 Moos 25-26, 1 Kun 8-10, Ps 70-72, Jer7-8, Miik2, Mark9, Gal2-3
- 39. 2 Moos 27-28, 1 Kun 11-13, Ps 73-75, Jer9-10, Miik3, Mark10, Gal4-5
- 40. 2 Moos 29-30, 1 Kun 14-16, Ps 76-78, Jer 11-12, Miik4, Mrk11, Gal6-Ef1
- 41. 2 Moos 31-32, 1Kun 17-19, Ps 79-81, Jer 13-14, Miik5, Mark12, Ef 2-3
- 42. 2 Moos 33-34, 1 Kun 20-22, Ps 82-84, Jer 15-16, Miik6, Mark13, Ef4-5
- 43. 2 Moos 35-36, 2 Kun 1-3, Ps 85-87, Jer 17-18, Miik7, Mark14, Ef6-Fil1
- 44. 2 Moos 37-38, 2 Kun 4-6, Ps 88-90, Jer 19-20, Naah1, Mk15, Fil 2-3
- 45. 2 Moos 39-40, 2 Kun 7-9, Ps 91-93, Jer 21-22, Naah2, Mk16, Fil4-Kol1
- 46. 3 Moos 1-2, 2 Kun10-12, Ps 94-96, Jer 23-24, Naah3, Lk1, Kol2-3
- 47. 3 Moos 3-4, 2 Kun13-15, Ps 97-99, Jer 25-26, Hab1, Luuk2, Kol4-Tess1
- 48. 3 Moos 5-6, 2 Kun 16-18, Ps 100-102, Jer 27-28, Hab2, Lk3, 1 Tess2-3
- 49. 3 Moos 7-8, 2 Kun 19- 21, Ps 103-105, Jer 29-30, Hab3, Lk4 1 Tess 4-5
- 50. 3 Moos 9-10, 2 Kun 22-24, Ps 106-108, Jer 31-32, Sef 1, Lk5 2 Tess 1-2
- 51. 3. Moos 11-12, 2 Kun 25- 1 Aik2, Ps 109-111, Jer33-34, Sef2, Lk6, 2 Tess3
- 52. 3 Moos 13-14, 1 Aik 3-5, Ps112-114, Jer 35-36, Sef3, Lk7, 1 Tim 1-2
- 53. 3 Moos 15-16, 1 Aik 6-8, Ps 115-117, Jer 37-38, Hag1, Lk8, 1 Tim 3-4
- 54. 3 Moos 17-18, 1 Aik 9-11, Ps118-120, Jer 39-40, Hag2, Lk9, 1 Tim 5-6
- 55. 3 Moos 19-20, 1 Aik 12-14, Ps 121-123, Jer 41-42, Sak1, Lk10, 2 Tim 1-2
- 56. 3 Moos 21-22, 1 Aik 15-17, Ps 124-126, Jer 43-44, Sak2, Lk11, 2 Tim 3-4
- 57. 3 Moos 23-24, 1 Aik 18- 20, Ps 127-129, Jer 45-46, Sak3, Lk12, Tiit1-2
- 58. 3 Moos 25-26, 1 Aik 21-23, Ps 130-32, Jer 47-48, Sak4, Lk13, Tiit3-Fil
- 59. 3 Moos 27-4 Moos1, 1 Aik 24-26, Ps 133-135, Jer 49-50, Sak5, Lk14, Hebr1-2
- 60. 4 Moos 2-3, 1 Aik 27-29, Ps136-138, Jer 51-52, Sak6, Lk15, Hebr 3-4
- 61. 4 Moos 4-5. 2Aik 1-3, Ps139-141, Hes 1-2, Sak7, Lk16, Hebr 5-6

- 62. 4 Moos 6-7, 2 Aik 4-6, Ps142-144, Hes3-4, Sak8, Lk17, Hebr 7-8, Sakr8
- 63. 4 Moos 8-9, 2 Aik 7-9, Ps 145-147, Hes 5-6, Lk18, Hebr 9-10, Sakr9
- 64. 4 Moos 10-11, 2 Aik 10-12, Ps 148-150, Hes 7-8, Lk19, Hebr11-12, Sakr 10
- 65. 4 Moos 12-13, 2Aik 13-15, Sananl1-3,Hes9-10, Lk20, Hebr 13-Jaak1, Sak11
- 66. 4 Moos 14-15, 2 Aik 16-18, Sananl 4-6, Hes 11-12, Lk21, Jaak 2-3, Sak12
- 67. 4 Moos 16-17, 2 Aik 19-21, Sananl 7-9, Hes 13-14, Lk22, Jaak 4-5, Sak 13
- 68. 4 Moos 18-19, 2 Aik 22-24, Sananl 10-12, Hes 15-16, Lk23, 1 Piet 1-2, Sak14
- 69. 4 Moos 20-21, 2 Aik 25-27, Sananl 13-15, Hes 17-18, Lk 24, 1 Piet 3-4, Mal1
- 70. 4 Moos 22-23, 2 Aik 28-30, Sananl 16-18, Hes 19-20, Joh1, 1 Piet5- 2 Piet1, Mal2
- 71. 4 Moos 24-25, 2 Aik 31-33, Sananl 19-21, Hes 21-22, Joh2, 2 Piet2-3, Mal3
- 72. 4 Moos 26-27, 2 Aik 34-36, Sananl 22-24, Hes 23-24, Joh3, 1 Joh 1-2, Mal4
- 73. 4 Moos 28-29. Ezra 1-3, Sananl 25-27, Hes 25-26, Joh4, 1 Joh 3-4
- 74. 4 Moos 30-31, Ezra 4-6, Sananl 28-30, Hes 27-28, Joh5, 1 Joh 5-2 Joh
- 75. 4 Moos 32-33, Ezra 7-9, Sananl 31-Saar2, Hes 29-30, Joh 6, 3 Joh- Juud
- 76. 4 Moos 34-35, Ezra 10-Neh2, Saar 3-5, Hes 31-32, Joh7, IIm1-2
- 77. 4 Moos 36- 5 Moos 1, Neh 3-5, Saar6-8, Hes 33-34, Joh8, IIm 3-4
- 78. 5 Moos 2-3, Neh 6-8, Saar 9-11, Hes 35-36, Joh 9, IIm 5-6
- 79. 5 Moos 4-5, Neh 9-11, Saar 12- Laul2, Hes 37-38, Joh10, IIm 7-8
- 80. 5 Moos 6-7, Neh 12- Est1, Laul 3-5, Hes 39-40, Joh11, IIm 9-10
- 81. 5 Moos 8-9, Est 2-4, Laul 6-8, Hes 41-42, Joh 12, IIm 11-12
- 82. 5 Moos 10-11, Est 5-7, Hes 43-44, Joh 13, IIm 13-14
- 83. 5 Moos 12-13, Est 8-10, Hes 45-46, Joh 14, IIm 15-16
- 84. 5 Moos 14-16, Hes 47-48, Joh 15, IIm 17-18
- 85. 5 Moos 17-19, Daniel 1-2, Joh 16, IIm 19-20
- 86. 5 Moos 20-22, Daniel 3-4, Joh 17, IIm 21-22
- 87. 5 Moos 23-25, Daniel 5-6, Joh 18
- 88. 5 Moos 26-28, Daniel 7-8, Joh 19
- 89. 5 Moos 29-31, Daniel 9-10, Joh 20
- 90. 5 Moos 32-34, Daniel 11-12, Joh 21