

The House Of Yisrael Of Atlanta (Revised 2024)



Feast of Unleavened Bread Guidebook

The House of Yisrael of Atlanta

Shalom Brothers and Sisters,

The **Feast of Unleavened Bread** will be here soon. We are commanded by law to remove all leavening from our houses. Thus, saith Yah: **NO** leavened shall be found with you.

“Seven days shall ye eat unleavened bread; even the first day ye shall put away leaven out of your houses: for whosoever eateth leavened bread from the first day until the seventh day, that soul shall be cut off from Yisrael.” Exodus 12:15

These are list of other names of leavening agents besides the word yeast:

Leavening Agents:

- Ammonium Bicarbonate
- Ammonium Carbonate
- Ammonium Phosphates
- Anhydrous Phosphate
- Bakers' Ammonia
- Baking Powder
- Baking soda
- Barm
- Calcium Carbonate

- Calcium Phosphates
- Dicalcium Phosphate
- Disodium Phosphate
- Diphosphate
- Hartshorn Powder or salt
- Monocalcium Phosphate
- Monosodium Phosphate
- Pearl Ash
- Potassium Bicarbonate
- Potassium Carbonate
- Potash
- Potassium Tartrate
- Sodium Acid Pyrophosphate
- Sodium Aluminum Sulfate
- Sodium Bicarbonate
- Sodium Carbonate
- Sodium Tartrate
- Tricalcium Phosphate

Home Cleaning:

Even if you have multiple homes, all houses need to be cleaned for the Feast of Unleavened Bread. If you have a storage/shed in your back yard, you may keep your leavening items there, be sure for those seven days of the feast you are

not to go near your storage/shed. You **CAN NOT** store leavening items in your garage because it is connected to your home. Check, remove crumbs, and clean thoroughly where food may have been, Such as:

- Trash cans
- Carpet and rugs
- Food pantry
- Ovens/ range top
- Microwave ovens
- Refrigerator
- Empty vacuum cleaner bags/containers
- Cabinet shelves
- Closets
- Furniture; chairs and sofas (**clean in between**)
- Kitchen appliances
- Playrooms, bedrooms, toys, and toyboxes
- Toaster/toaster ovens
- Cars, trucks, vans
- Garages

Non food items that may contain leavening:

- Dog and cat food
- Dental cleansers (toothpaste, mouthwash)
- Deodorants
- Washing powder

- Vitamins
- Cosmetics
- Soap (facial cleansers, body washes)
- Paint
- Use **NON ETHANOL GAS** for the seven-day feast (**you can download the Pure Gas app to find gas stations nearest you that sell non ethanol gas**)
- Matches/ lighters

READ LABELS

This may not list **ALL** products that contain leavening, **YOU:**
MUST READ LABELS!
EAT FRESH FOODS!

Fermented products to avoid

- Beer
- Brewer's yeast
- Buttermilk
- Caffeine
- Cider
- Cheese
- Chocolate/cocoa powder
- Coffee
- Cottage cheese
- Cream cheese

- Cream of tartar
- Hot sauce
- Kefir
- Ketchup
- Liquors
- Miso
- Molasses
- **MSG (eliminate this from your diet all together)**
- Natto
- Olives
- Pickles
- Sake
- Sauerkraut
- Soda
- Sour cream
- Sourdough
- Soy sauce
- Tamari sauce
- **Tea (non-caffeinated tea is ok to consume for the feast)**
- Tempeh
- Tofu
- Vinegar
- Wine
- Yeast extract
- yogurt

Medications with leavening

Some medicines contain Sodium Bicarbonate (baking soda)

- Allerest headache strength
 - Allerrest sinus pain
 - Allerest tablets
 - Alka seltzer products
 - Sineoff
 - Some Antacids and laxatives
- (there's so much more- please read labels)

Do not buy these products: Manischewitz Brand.

- Muffin mix
- Coffee cake mix
- Pancake mix
- Honey cake mix
- Potato kugel mix
- Matzo ball and soup mix
- Mandlen for soup

- Croyden house brand soup mix

SAMPLE MENUS

MEALS

Grilled lamb chops/ veggie chicken

Fresh spinach

Baked potatoes

Unleavened bread

Ground turkey patties/ veggie burger (**make your own veggie burger**)

Fresh green beans

Rice/ homemade gravy (**do not eat left over rice**)

Unleavened bread

Baked green bell peppers stuffed with ground turkey

Cabbage greens or callaloo greens

Mashed potatoes (**do not eat left over mashed potatoes or rice**)

Unleavened bread

Baked chicken

Broccoli and rice (**do not eat left over rice**)

Green salad

Unleavened bread

Turkey tacos (**make your own unleavened bread/veggie crumbles- make your own veggie patties/ crumbles with eggplant and black beans**)

Baked veggie beans
Salad/ homemade salad dressing
Unleavened bread

Baked fish
Baked potatoes
Spinach
Unleavened bread

Red beans and rice (**do not eat left over rice**)
Fresh salad
Unleavened bread

Spaghetti/homemade sauce
Green salad
Fresh green beans
Unleavened bread

Black beans, rice, tomatoes (do not eat left over rice)
Green salad/ broccoli
Unleavened bread

Black bean burgers
Eggplant burgers
Fried green tomatoes
Unleavened bread

SAMPLE MENU CONTINUED

MEALS:

Spaghetti pasta

Ground turkey/beef (**ground your own meat**)

Homemade spaghetti sauce

Fresh broccoli or green salad

Unleavened bread

Fresh lemonade/water

Chicken fajitas

Homemade salsa

Black bean and rice (**do not eat left over rice**)

Unleavened bread

Fresh lemonade/water

Baked chicken

Mashed potatoes (**do not eat left over mashed potatoes**)

Green beans

Unleavened bread

Fresh squeezed juice/water

Baked or oven fried fish **in unleavened flour**

Baked potatoes

Green salad

Unleavened bread

Fresh squeezed juice/water

Turkey burger (ground your own meat)

Unleavened bread-place patty between bread with lettuce, tomatoes

Home cut fries

Fresh juice/water

Salmon croquet

Rice (do not eat left over rice)

Veggies

Unleavened bread

Fresh juice

Stuffed bell peppers- **bake peppers about 10min before you stuff it**

Stuff peppers with rice (**not left over rice**), onions, ground turkey or chicken (**ground your own meat**)-all items cooked.

Sweet Potatoe pone

Unleavened bread

Fresh squeezed juice/water

Vegetable medley

Zucchini, squash, onions, carrots, garlic-**all fresh**

Baked fish or chicken

Unleavened bread

Fresh lemonade/water

Shepard's pie with unleavened crust

Spinach or callaloo greens

Unleavened bread

Fresh juice/water

Breakfast

Potato pancakes, unleavened pancake

Veggie omelet

Amaranth

Fresh fruits

Steel cut oats

Recipe for unleavened bread

**Young Queen Elder Yahnyce has put a video out on YouTube under
The House of Yisrael of Atlanta (How to make basic unleavened
bread)**

2 cups of flour (no yeast-plain)

Approx. 1 ½ cups of water

Mix until sticky and roll with a rolling pin on floured surface. Knead the dough like you are making biscuits, roll out thin, like a pancake
Heat non-stick skillet and place bread in skillet on medium heat until
brown (it will cook fast)

Turn over and let the other side brown

Eat with peanut butter, preserves, make tacos, or sandwiches etc...

**(You can buy unleavened crackers from grocery store- read and
make sure they are kosher for the Feast of Unleavened Bread. It's
much better to make your own).**

Recipe for homemade ketchup

1 12oz jar of tomato sauce (avoid cans if you can)

Salt, pepper, sugar (make sure sugar has not been processed with animal bone char, your sugar should say vegan), oregano seasoning, garlic/onion seasoning...season to your liking.

Apple turnover recipe

Cook unleavened bread

Peel and cut 6 apples in wedges, may use more apples for larger batch

Cook apples in a small amount of water, just enough so it won't burn
Add cinnamon, nutmeg, and kosher sugar, ½ stick of butter or honey,
apple pie spice

¼ cup milk, pinch of ginger

Let this cook at a low temp until it starts to thicken

Place mixture on one side or one half of the unleavened bread

Fold over the other half, take a fork and press down on the edges

Bake in oven on a cookie sheet at 350 degrees until golden brown
and top with kosher powdered sugar.

Spaghetti sauce recipe

1 large of tomato sauce/ and fresh tomatoes

Salt, pepper, Italian seasoning, oregano, kosher sugar, onions, garlic,
and carrots.

(These are just sample meals given by Young Queen Elder Yahnyce Yisrael. You can feel free to come up with your own meals. Make sure to read labels and look up words you don't understand)

Tips:

Read everything, do not just assume

We cannot have at this time: cheese, mayo, mustard, ketchup, chocolate, vinegar, wine. All foods should be fresh and not processed.

As you are looking at the ingredients on your products please avoid unless specified where the natural flavors are coming from/ and from a clean source.

- Natural flavors
- Natural flavorings
- Natural flavor

Another name for “natural flavors” is Castoreum, which is the secretion of a beaver’s anal glands. It is unclean for Yisrael to consume. Businessinsider.com article- Vanilla-scented Beaver Butt Secretions Are Used in Food and Perfume.

<https://en.m.wikipedia.org> Castoreum

Make sure your sugar is clean/vegan. Most cane sugars are processed with animal bone char (mostly pig bone). It is unclean for Yisrael to consume.

Make sure your spices and wheat are also clean/kosher for consumption. FDA has released a statement saying that they allow a certain percentage of rodent droppings, and insects in the spices, and wheat produced in the United States.

<https://www.fda.gov/food/ingredients-additives-gras-packaging-guidance-documents-regulatory-information/food-defect-levels-handbook>

Tricalcium phosphate is listed as a leavening agent. Please be aware it can derive from rock or bonemeal/bone ash. You may need to call the company of your product that contains this ingredient to make sure that it is clean for your consumption. <https://www.omri.org>

DIY home cleaning solution

Provided by YAHisha Yisrael

12 cups of distilled water

½ cup lemon juice

1 cup 3% hydrogen peroxide

You can add 10 drops of essential oil: lemon, eucalyptus, lavender

It can be used to wash clothes, clean surface areas, and wash fruits and veggies (do not add essential oil if washing fruits and veggies)

For laundry: add 1 cup to wash load.

You can also purchase soap nuts on amazon for your laundry.

Fruits and Veggies Look Like Body Parts

Have you ever looked at a fruit or vegetable and thought it looked like a body part? There's a reason for this; it's interesting and makes sense.



A sliced carrot looks like a human eye. The pupil, iris and radiating lines look just like the human eye...and science shows that carrots greatly enhance blood flow to and function of the eyes.



A tomato has four chambers and is red. The heart is red and has four chambers. All the research shows tomatoes are indeed pure heart and blood food.



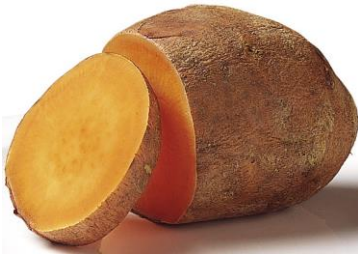
Grapes hang in a cluster that has the shape of a heart. Each grape looks like a blood cell and all the research today shows that grapes are also profound heart and blood vitalizing food.



A walnut looks like a little brain. A left and right hemisphere, upper cerebrums and lower cerebellums. Even the wrinkles or folds are on the nut just like the neo-cortex. We now know that walnuts help develop over 3 dozen neuron-transmitters for brain function.



Kidney beans heal and help maintain kidney function and yes, they look exactly like human kidneys.



Sweet potatoes look like the pancreas and balance the glycemic index of diabetics.



Olives assist the health and function of the ovaries.



Grapefruits, oranges, and other citrus fruits look just like the mammary glands of the female and assist the health of the breasts and the movement of the lymph in and out of the breast.



Onions look like body cells. Today's research shows that onions help clear waste materials from all the body cells. They even produce tears which wash the epithelial layers of the eyes.



Celery, Bok Choy, Rhubarb, and more look just like bones. These foods specifically target bone strength. Bones are 23% sodium, and these foods are 23% sodium. If you don't have enough sodium in your diet the body pulls it from the bones, making them weak. These foods replenish the skeletal needs of the body.



Eggplant, avocados, and pears target the health and function of the womb and cervix of the female- they look just like these organs. Today's research shows that when a woman eats 1 avocado a week, it balances hormones, sheds unwanted birth weight, and prevents cervical cancers. And, how profound is this.... It takes exactly 9 months to grow an avocado from blossom to ripened fruit. There are over 14,000 photolytic chemical constituents of nutrition in each one of these foods (modern science has only studied and named about 141 of them).



Figs are full of seeds and hang in twos when they grow. Figs increase the motility of male sperm and increase the numbers of sperm as well to overcome male sterility.

