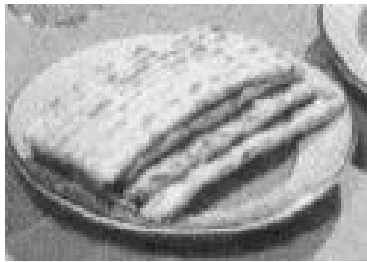


*The House of YisraEL of  
Atlanta  
2016*



*The Feast of Unleavened  
Bread*

# **THE HOUSE OF YISRAEL OF ATLANTA**

## **YAH IS RIGHTEOUS!**

### ***Feast of Unleavened Bread 2016***

*Shalom Brothers and Sisters,*

*The **Feast of Unleavened Bread** will be here soon. We are Commanded by Law to remove all of the leavening from our houses. Thus smith 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"*

*IF you have any questions please call Mowreh Elqanah Ben Yisrael at 404-579-7908 or 770-603-6018*

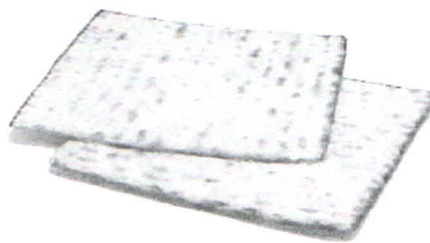
**PRAISE YAH!**

### **PACKET CONTAINS:**

*Leavening Agents – Food and non food items/Fermented Products to  
Avoid/Medications/Home Cleaning*

*Sample Menus and more*

*Good to know info: Fruits and Veggies that look like body parts*



## 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 of the 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”

This is a list of other names of leavening agents besides the word yeast.

### **Read all Labels Please!**

#### LEAVENING AGENTS

Ammonium Bicarbonate	Ammonium Carbonate
Ammonium Phosphates	Anhydrous Phosphate
Bakers' ammonia	Baking Powder
Baking Soda	Barm
Calcium Carbonate	Calcium Phosphates
Monocalcium Phosphate	Disodium Phosphate
Dicalcium Phosphate	Diphosphate
Tricalcium Phosphate	Hartshorn Powder or Salt
Monosodium Phosphate	
Potassium Bicarbonate	Potassium Carbonate
Potash	Pearl Ash
Potassium Tartrate	Sodium Acid Pyrophosphate
Sodium Aluminum Sulfate	Sodium Bicarbonate
Sodium Carbonate	Sodium Tartrate

#### HOME CLEANING

Remove crumbs any place food has been such as:

Trash cans	Cabinet shelves
Carpet and rugs	Closets
Food Pantry	Furniture; chairs, sofa, (clean in between)
Ovens/ range top	Kitchen Appliances
Microwave ovens	Play rooms, bedrooms and toys
Refrigerator	Toasters/toaster ovens
Empty vacuum cleaner bags	Cars/Trucks

#### NON FOOD ITEMS THAT MAY CONTAIN LEAVENING

Dog and cat food	Toothpaste
Dental Cleansers	Washing Powder
Deodorants	Vitamins

## **READ LABELS!**

This may not list all products that contain leavening, you:

**MUST READ LABELS!**

**EAT FRESH FOODS!**

### **FERMENTED PRODUCTS TO AVOID**

Beer	Vinegar
Buttermilk	Wine
Sake	Soda
Sour Cream	Liquors
Kefir	Cider
Yogurt	Sauerkraut
Miso	Pickles
Natto	Sourdough
Tempeh	Olives
Soy sauce	MSG
Tofu	Yeast Extract
Catsup	Brewer's Yeast
Chocolate	Coca
Molasses	Cottage Cheese
Cheese	Cream Cheese
Tamari Sauce	Coffee
Tea	

### **OTHER PRODUCTS TO AVOID**

Biscuit mixes	Bouillon
Bread Mixes	Cake Mixes
Cookie mixes	Corn bread
Soups	Crackers
Muffin Mix	Pancake Mix
Pastries – frozen and prepared	
Some Breakfast Cereals	
Some baby foods	
Stuffing mix	
Self-rising flour and cornmeal	

### **MEDICATIONS WITH LEAVENING**

Some medicines contain Sodium Bicarbonate (baking Soda)

Allerrest headache Strength

Allerrest Sinus Pain

Allerest Tablets  
Alka Seltzer products  
Sineoff  
Some Antacids and Laxatives  
There may be many more – Read Labels!

Do not buy these products: Manischewitz brand

Cake mix

Pancake mix

Matzo ball and soup mix

Muffin mix

Honey cake mix

Mandlen for soup

Coffee Cakes mix

Potato Kugel mix

Croyden house brand soup mix

**READ EVERYTHING!**

**HAPPY FEASTING!!**

**PRAISE YAH!!!**

***Feast of Unleavened Bread –Do not eat any foods with leaven***

***FOODS YOU CAN EAT AND SAMPLE MENUS***

Any Fresh Vegetables and Fruit

Rice

Grits

Quaker Oatmeal

Any fresh fruit

Hand squeezed lemonade

Tomato paste

Tomato sauce

Plain Corn Chips/ Plain Salsa

Organic Orange juice

Water

Eggs

Spices

Fresh Garlic Powder

Fresh Onion Powder

Salt /Pepper

Mrs. Dash Seasoning

Butter

Some Preserved Fruit Jams/Natural Peanut butter/Almond Butter (make sure there is no canola oil/rapeseed oil)

***SAMPLE MEALS***

Grilled Lamb chops/veggie chicken

Fresh Spinach

Baked Potatoes

Ground Turkey Pattie/veggie burger –Make your own veggie burgers

Fresh Green Beans

Rice/ home made gravy

Baked green bell peppers stuffed with ground turkey

Cabbage greens or collard greens

Mashed potatoes (do not eat left over) or rice

Broccoli and rice  
Baked chicken  
Green Salad

Turkey tacos-make your own unleavened bread/veggie crumbles – make you  
own veggie patties/crumbles with egg plant and black beans  
Baked veggie beans  
Salad/home made salad dressing

Baked Fish  
Baked Potatoes  
Spinach /

Red Beans/rice  
Fresh Salad

Spaghetti /home made sauce  
Green Salad  
Fresh Green Beans

Black Beans/rice/tomatoes  
Green Salad/Broccoli

Black Bean Burgers  
Egg Plant Burgers  
Fried Green Tomatoes

### *Recipe for Unleavened Bread*

*2 cups of whole wheat flour (NO YEAST-PLAIN)*

*Approx 1 1/2 cup of water*

*Mix together until sticky and roll with a rolling pin on surface with flour, 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 (will cook fast)*

*Turn over and let other side brown*

*Remove and make put butter on the bread and eat with peanut  
butter and jelly, tacos, make a sandwich ect.*

*\*Can buy unleavened crackers from the grocery store-Make sure  
they are kosher for Passover – Better to make it if you can*



## **2016 - Unleavened Meals//Food You Can Eat**

### **SAMPLE MEALS: [Examples]**

Spaghetti Pasta  
Ground Turkey/Beef  
Home made Spaghetti sauce  
Fresh Broccoli or Green Salad  
Unleavened Bread  
Fresh Lemonade/water

Chicken Fajitas  
Home made Salsa  
Black Bean and Rice  
Unleavened Bread  
Fresh Lemonade/water

Baked Chicken  
Mashed potatoes  
Green Beans  
Unleavened Bread  
Fresh juice/water

Baked or Fried Fish in unleavened flour  
Baked Potatoes  
Green Salad  
Unleavened Bread  
Fresh Squeezed Juice/water

Hamburger or Turkey burger meal  
Turkey Patty  
Unleavened Bread – place patty between Bread/ lettuce, tomato  
French Fries  
Fresh Drink/Water

Salmon Crochet  
Rice  
Veggie of choice  
Unleavened bread  
Fresh juice/water

Stuffed Bell peppers - Bake pepper about 10 minutes before you stuff it  
Stuff with rice onions ground turkey or chicken or veggies – all items cooked  
Sweet Potato  
Unleavened Bread  
Fresh Juice/water  
NOTE: You can eat most Veggies

Vegetable Medley  
Zucchini, Squash, onions, carrots, garlic –all fresh  
Baked fish or chicken  
Unleavened Bread  
Fresh Lemonade

Red Beans/ Rice  
Green Salad-home made salad dressing  
Unleavened Bread/juice

Shepard's Pie with unleavened crust  
Spinach or Collards  
Unleavened bread  
Drink/water

\*\*can not drink any sodas\*

Breakfast  
Potato Pancakes Unleavened pancake  
Vegetable Omelets  
Grits  
Can eat some cereals but you must check the label – may have to check health food store  
\*\*If you need recipes for foods we do not have on list let me know.

#### TIPS

\*Can not have cheese! mayo, mustard, ketchup, chocolate, vinegar, wine

\*Read labels and look up unknown words

\*Can use many spices but you must read labels

Drink lots of water

Items you can eat:

Pasta  
Beans  
Peanut butter  
Preserves not jelly  
Butter  
Sugar  
Salt  
Pepper  
Nutmeg

Cinnamon  
Corn chips

Plain potato chips – some may have cotton seed or canola oil\*  
Plain Tortilla chips  
Unleavened crackers  
Oregano seasoning  
All fresh vegetables/fruits  
Can eat much more, the key is READ Labels

Most food eaten should be fresh and not processed

Home-Made Ketchup  
1 can or tomato sauce  
Salt  
Pepper  
Sugar oregano seasoning  
Mrs. Dash garlic/herb seasoning  
Season to taste

Apple Turnover  
Cook Unleavened Bread  
Peel and cut 6 apples in wedges May use more apples for larger batch  
Cook apples in a small amt. or water, just enough so it won't burn  
Add cinnamon, nutmeg, and sugar 1/2 stick of butter or honey, apple pie spice  
1/4 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 unleavened bread  
Fold over other half, take a fork and press down on edges  
Bake in oven on a cookie sheet at 350 degrees until golden brown and top with powder sugar

Spaghetti Sauce  
1 large can of tomato sauce/and fresh tomatoes  
Salt/pepper to taste  
Italian seasoning  
Oregano  
Sugar  
Onions  
Garlic  
Carrots

These are just sample meals; you can make your own, just read labels and make sure you look up words.

FOR: MORWEH ELQANAH BEN YISRAEL - HOY OF ATL

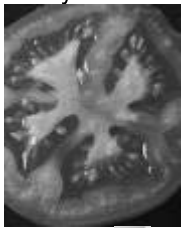
## Fruits and Veggies Look Like Body Parts

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.

The doctrine of signatures is an ancient European philosophy that held that plants bearing parts that resembled human body parts, animals, or other objects, had useful relevancy to those parts, animals or objects.



A Sliced Carrot looks like the 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 of the research shows tomatoes are indeed pure heart and blood food.



Grapes hang in a cluster that has the shape of the heart. Each grape looks like a blood cell and all of 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  
look exactly like the human kidneys.

actually heal and help maintain kidney function and yes, they



Sweet Potatoes  
index of diabetics.

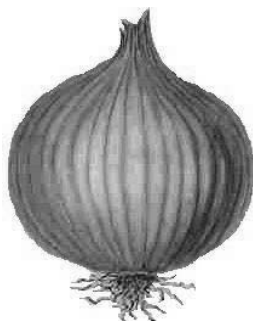
look like the pancreas and actually balance the glycemic



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 actually assist the health of the breasts and the movement of  
lymph in and out of the breasts.



Onions look like body cells. Today's research shows that onions help clear waste materials from all  
of 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, Avocadoes 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.



FEAST OF UNLEAVEN BREAD

CAN NOT EAT OUT THIS TIME OF  
YEAR!!!!!! (FAST FOOD OR  
OTHERWISE!

BE CAREFUL OF EATING AT  
OTHERS HOMES THAT DO NOT  
ACKNOWLEDGE THE LAW!!