



# The Basics of Meal Prep

## How Does Yah Define Food?

And God said, “See, I have given you every herb that yields seed which is on the face of all the earth, and every tree whose fruit yields seed; to you it shall be for food. Also, to every beast of the earth, to every bird of the air, and to everything that creeps on the earth, in which there is life, I have given every green herb for food”; and it was so (Genesis 1:29-30).

So God blessed Noah and his sons, and said to them: “Be fruitful and multiply, and fill the earth. And the fear of you and the dread of you shall be on every beast of the earth, on every bird of the air, on all that move on the earth, and on all the fish of the sea. They are given into your hand. Every moving thing that lives shall be food for you. I have given you all things, even as the green herbs. But you shall not eat flesh with its life, that is, its blood (Genesis 9:1-4).

While the earth remains,  
Seedtime and harvest,  
Cold and heat,  
Winter and summer,  
And day and night  
Shall not cease (Genesis 8:22).

- ✓ Learn more about the flood at <http://www.creationscience.com/onlinebook/>.
- ✓ Homework: Read Leviticus 11 and list all the kinds of animals mentioned. (Also see Deuteronomy 14.)
- ✓ Helpful Websites:  
<https://anneelliott.com/2016/02/how-god-defines-food/>  
<https://anneelliott.com/2016/02/foods-many-gray-areas/>  
<https://www.theisraelofgodrc.com/CUPL.html>

He causes the grass to grow for the cattle,  
And vegetation for the service of man,  
That he may bring forth food from the earth,  
And wine that makes glad the heart of man,

Oil to make his face shine,  
And bread which strengthens man's heart (Psalm 104:14-15).

You shall keep My statutes. You shall not let your livestock breed with another kind.  
You shall not sow your field with mixed seed. Nor shall a garment of mixed linen  
and wool come upon you (Leviticus 19:19).

Kinds – Any two creatures that can reproduce together.  
Genesis 1:11-12, 21, 24-25

## How to Avoid Fake Food

It's not always possible.

- ✓ Avoid foods produced by greedy corporations.
- ✓ Read labels.
- ✓ Don't say, "I can't." 😊

### Foods to Avoid:

- Shelf-stable foods
- Refined foods
- Hydrogenated oils (trans-fats)
- Rancid oils
- Pasteurized and homogenized milk
- Factory farms
- Pesticides and dangerous fertilizers
- Added caffeine and energy boosters
- Fluoride and chlorine in water
- Synthetic vitamins removed from food
- Care products with unclean or dangerous ingredients

## Purposes of Good Food

Nevertheless He did not leave Himself without witness, in that He did good, gave us rain from heaven and fruitful seasons, filling our hearts with food and gladness (Acts 14:17).

- ✓ To fill our hearts with gladness
- ✓ To be a witness of our Creator

## Tips to Make This Easier

### 1. Gather Supplies

- ✓ Children 😊
- ✓ Apron
- ✓ Stools
- ✓ Knife and scissors
- ✓ Storage containers
- ✓ Dough scrapers and bread-making supplies
- ✓ Pots and pans
- ✓ Grain mill
- ✓ Mixer
- ✓ Freezer
- ✓ Dishwasher

Clean up as you go.

A place for everything, and everything in its place! 😊

Keep tools at their point of use.

Stay organized. Label things.

Get rid of unnecessary things.

Clean out your kitchen and reorganize before Passover.

Go to bed with a clean kitchen.

### 2. Budget for It

- ✓ Tithe first! (Malachi 3:8-12)
- ✓ Don't lust for what you don't have today. Be thankful and content.
- ✓ Ask for wisdom (James 1:5).

#### How to Recognize a Good Deal:

"The thief does not come except to steal, and to kill, and to destroy. I have come that they may have life, and that they may have it more abundantly" (John 10:10).

- ✓ Will it steal health or money?
- ✓ Will it kill you?
- ✓ Will it destroy you or your family?

In an ideal world, you would never buy what you could make at home (or trade with someone in your community).

- ✓ Keep learning.
- ✓ Be kind to yourself until you have the ideal world. 😊

## Helpful Websites:

- ✓ Anne's Health Place – Beginner's Guide  
<https://anneshealthplace.com/blog/beginners-guide/step-1-poor-food-choices/>
- ✓ The Healthy Home Economist (not a Torah-observant site)  
<https://www.thehealthyhomeeconomist.com/>
- ✓ A Good Life Farm  
<https://cosmopolitancornbread.com/a-good-life-farm/>
- ✓ Weston Price Foundation (not a Torah-observant site)  
<https://www.westonaprice.org/>
- ✓ The Brewer Pregnancy Diet (not a Torah-observant site)  
<http://drbrewerpregnancydiet.com/>

## Be content while you learn!

“For every creature of God is good, and nothing is to be refused if it is received with thanksgiving; for it is sanctified by the word of God and prayer” (1 Timothy 4:4-5).

*Give thanks!*

## 3. Time to Prep Food

- ✓ Make time in your schedule.
- ✓ Be realistic about how much time it takes. It's probably longer than you think. 😊
- ✓ Take advantage of good store-bought ingredients that can help you in busy seasons.
- ✓ Grains: The 3 S's (soaked, sprouted, or sourdough)

Book Recommendation: [\*Nourishing Traditions\*](#), by Sally Fallon

- ✓ Breakfast – Prepare ahead the night before.

Book Recommendation: [\*Easy Breakfast Ideas\*](#), by Anne Elliott  
(available free to Homeschooling Torah members)

- ✓ Lunch – Leftovers, homemade soup from bone broth
- ✓ Start making stock right after breakfast.
- ✓ Freeze vegetables ahead for soup.
- ✓ Let your children help by chopping produce.
- ✓ Make cheese and ferment foods.
- ✓ Find a source of raw milk at <https://www.realmilk.com>.
- ✓ Make homemade cookies from sprouted grain.
- ✓ Smoothies and yogurt
- ✓ Condiments
- ✓ Gardening, canning, and fermenting

Remember:  
Clean up as you go.

#### 4. Time to Prep Food

- ✓ Look at ingredients. Ask yourself, “Could I make that myself?”
- ✓ Make one new recipe a week.
- ✓ Don’t try to do this all at once. 😊
- ✓ Schedule an “experimenting night” each week.
- ✓ Allow extra prep time for new recipes.
- ✓ Ask family members to help.
- ✓ Laugh at your mistakes.

#### 5. Make a menu.

- ✓ Keep most of your meals simple and familiar.
- ✓ Plan breakfast, lunch, supper, and snacks.
- ✓ Save your menus for future use.

Note: You can use recipes with “bad” ingredients by simply switching those things out with good ingredients. This will open up more choices and recipes for you!

#### 6. Put reminders and easy recipes in your kitchen.

- ✓ A timer to remind you to do things
- ✓ Things you need to buy at the store
- ✓ Make a “Command Central” in your kitchen.

Free Downloads Available Here:

<https://anneshealthplace.com/blog/free-downloads/>

#### 7. Have an organized pantry.

- ✓ Alphabetize things. 😊
- ✓ Make sure your system is easy to maintain.

#### 8. Keep your kitchen clean.

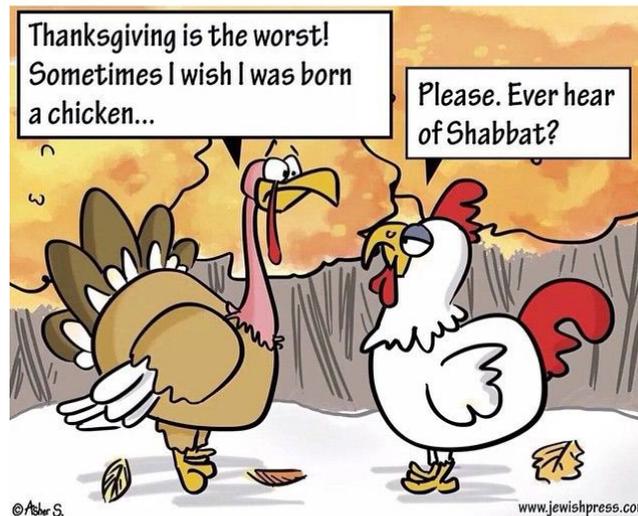
- ✓ Wipe out the refrigerator weekly.
- ✓ Clean the oven and stovetop often.
- ✓ Clean appliances weekly.
- ✓ Sweep the floor and take out garbage often.
- ✓ Make your kitchen pretty and a happy place to be.
- ✓ Play music and sing while you work in the kitchen.

9. Clean out the junk food.

- ✓ Wait until you have replacements for the bad things (except for unclean food).
- ✓ Put an X on foods you want to replace.

10. Learn to prepare for Sabbath each week.

- ✓ Sabbath makes you better! It gives you skills!
- ✓ Do less schoolwork on Prep Day (Friday).
- ✓ Mom shouldn't do all the work.
- ✓ Don't forget to defrost things. Get them out of the freezer on Thursday night.
- ✓ Assign the same jobs each week, so your children get used to it.
- ✓ Paper plates are helpful. What else can you do to make Sabbath Prep easier?



Remember that you are in school, too. Give yourself time to learn new skills. 😊

- ✓ Join the Homeschooling Torah community (no cost) at <https://homeschoolingtorah.com/members/register-for-community/>