

Echoes of YAHUAH™

The Shabbat Table

A Scripture-Grounded Culinary Guide

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Welcome & Purpose

Shabbat is not a cultural tradition.
It is a commanded appointment established by
YAHUAH.

From the beginning, rest was separated and
baruk.

The seventh day was given as a time for the
household to cease from labor and remember
the provision of YAHUAH.

The Shabbat table becomes one of the places where
this command is lived out.

Preparation is therefore not an inconvenience.
It is part of the instruction.

Before Yisra`el received the Torah at Sinai, they were
already being taught to prepare the sixth day so that
the seventh could remain a day of rest.

(Shemot / Exodus 16:23)

This guide is designed to help households prepare
the Shabbat table with clarity, order, and gratitude.

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Remember the Shabbat Day

Shemot (Exodus) 20:8-10

Remember the Shabbat day, to keep it
separated.

Six days you shall labor and do all your work,
but the seventh day is the Shabbat of YAHUAH
your Aluah.

In it you shall do no work -
you, your son, your daughter,
your servant, your livestock,
or the stranger within your gates.

The Shabbat table begins with remembering.

The Principle of Preparation

Shemot (Exodus) 16:23

Before the command was spoken at Sinai, YAHUAH was already teaching His people how to prepare.

In the wilderness, the provision of manna revealed a rhythm.

Six days the people gathered what they needed, but on the sixth day they prepared for the seventh.

What was cooked was cooked beforehand.
What was gathered was gathered beforehand.

Shabbat was not meant to be a day of labor, but a day of rest, remembrance, and gratitude.

*“And he said to them, This is what YAHUAH has said:
Tomorrow is a rest, a Shabbat separated to YAHUAH.
Bake what you will bake today, and cook what you will cook.”
(Shemot / (Exodus) 16:23)*

Preparation protects the peace of Shabbat.

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Clean Foods According to Torah

Wayyiqra (Leviticus) 11 Devarim (Deuteronomy) 14*

Clean Land Animals

- Cattle
- Sheep
- Goats
- Deer

Clean Fish

- Salmon
- Cod
- Trout

Birds to Avoid

- Eagle
- Vulture
- Raven
- Hawk

Blood Prohibition

Scripture instructs that blood must not be consumed.

(Wayyiqra / Leviticus 17:10-12)

Meat should therefore be properly drained and prepared.

The Shabbat table honors YAHUAH through both preparation and obedience.

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Order Within the Household

A household that prepares for the Shabbat must also establish order within daily life. Preparation is not only about food, but about the rhythm of the home.

When tasks are shared and responsibilities are clear, the household can approach the Shabbat without hurry or confusion.

Each member contributes according to their ability so that the table may be prepared with peace and gratitude.

“Let all things be done decently and in order.”

-Qorintiyim Aleph (1 Corinthians) 14:40

Order within the household allows the Shabbat to be received with calm rather than urgency

How to Use This Guide

This guide was created to help households prepare for the Shabbat table with clarity and order. Each section builds upon the next so that preparation may be done calmly before the arrival of the Qodesh Shabbat.

The early pages explain the principles of preparation and the dietary guardrails of the Torah. These teachings provide the foundation for what is placed upon the table.

The recipe section offers simple meals that can be prepared in advance so the household may enter the Shabbat without unnecessary labor.

The final pages provide practical tools such as a preparation checklist, shopping list, and planning pages to help establish a steady rhythm each week.

“You shall prepare that which you bring in, and it shall be twice as much as they gather daily.”

-Shemoth (Exodus) 16:5

Preparation allows the household to receive the Shabbat with peace rather than haste.

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Preparing the Table Before of YAHUAH

Preparing the Shabbat table is more than arranging food. It is an act of remembrance.

From the first preparation on the sixth day to the quiet rest that follows, the table becomes a place where obedience, provision, and gratitude meet.

Simple bread, fruit from the vine, and meals prepared with care remind us that everything placed before us comes from the hand of YAHUAH.

As the household gathers and the work of the week is set aside, the table becomes a place of peace, reflection, and fellowship.

May every preparation be done with gratitude, and every meal received with humility before YAHUAH.

“And you shall eat and be satisfied and baruk YAHUAH your Aluah for the good land which He has given you.”

-Devarim (Deuteronomy) 8:10

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Meals for The Shabbat Table

A Collection of Meals Prepared in Honor of YAHUAH

Prepared with gratitude. Serve in peace.

The Shabbat Table

A table prepared in honor of YAHUAH
is more than food set before us.

It is remembrance, provision,
and gratitude shared together.

*“And he said unto them,
This is that which YAHUAH hath said,
Tomorrow is the rest of the Qodesh Shabbat
unto YAHUAH.”*

-Shemoth (Exodus) 16:23

Olive & Herb Flatbread

Simple bread prepared in advance for the Shabbat Table

Ingredients

2 cups flour
1 tsp salt
1 tsp oregano
1 tsp thyme
2 tbsp olive oil
 $\frac{3}{4}$ cup warm water
 $\frac{1}{4}$ cup olives

*Optional
Sea salt topping*

Preparation

1. Preheat oven to 400°F (205°C)
2. Combine dry ingredients
3. Add olive oil and water
4. Mix dough
5. Fold olives into dough
6. Bake 18 - 20 minutes

Dietary Confirmation

(This recipe contains no prohibited ingredients and aligns with Wayyiqra 11 and Devarim 14.)

Scripture Alignment

“Man does not live by bread alone, but by every word that proceeds from the mouth of YAHUAH”

Reflection

Bread reminds us that provision and instruction both come from YAHUAH.

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Olive & Herb Flatbread

Prepared in advance for the Shabbat table

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Roasted Chicken with Olive & Herb

Roasted chicken prepared in advance for the Shabbat table

Ingredients

1 whole chicken (3-4 lbs)
3 tbsp olive oil
1 tsp sea salt
1 tsp black pepper
1 tbsp dried oregano
1 tbsp dried thyme
4 cloves garlic crushed
½ cup olives
1 lemon, sliced

Optional

Fresh rosemary sprigs

Preparation

1. Preheat oven to 375°F (190°C)
2. Pat chicken dry
3. Rub olive oil over entire chicken
4. Season with salt, pepper, oregano and thyme.
5. Place garlic, olives and lemon slices inside the cavity
6. Place chicken in roasting pan.
7. Roast 60-75 minutes until juices run clear
8. Allow chicken to rest 10 minutes before carving

Dietary Confirmation

(This recipe contains no prohibited ingredients and aligns with Wayyiqra 11 and Devarim 14.)

Scripture Alignment

“Every moving creature that lives shall be food for you.”
-Bereshith (Genesis) 9:3

Reflection

A prepared meal allows the household to enter Shabbat without distraction.

Preparation makes room for peace.



Roasted Chicken with Olive & Herb

Prepared in advance for the Shabbat table

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Pomegranate & Herb Salad

A fresh salad prepared to bring brightness to the Shabbat table

Preparation

1. Wash and dry the greens
2. Place greens in a large serving bowl
3. Add pomegranate seeds
4. Add parsley and mint
5. Drizzle olive oil over the salad
6. Add lemon juice and a pinch of salt
7. Toss gently before serving

Ingredients

4 cups mixed greens
½ cup pomegranate seeds
¼ cup fresh parsley, chopped
2 tbsp fresh mint, chopped
2 tbsp olive oil
1 tbsp lemon juice
Pinch of sea salt

Optional

¼ c sliced almonds

Dietary Confirmation

(This recipe contains no prohibited ingredients and aligns with Wayyiqra 11 and Devarim 14.)

Scripture Alignment

“You shall eat and be satisfied, and bless YAHUAH your Aluah for the good land which He has given you.”

-Devarim (Deuteronomy) 8:10

Reflection

Fresh foods remind us that provision does not come from labor alone. YAHUAH causes the earth to bring forth fruit in its season.



Pomegranate & Herb Salad

Prepared in advance for the Shabbat table

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Roasted Root Vegetables

Slow-roasted vegetables prepared in advance for the Shabbat table

Preparation

1. Preheat oven to 400°F (205°C)
2. Wash and cut vegetables
3. Place vegetables in a roasting pan
4. Drizzle with olive oil
5. Add salt, pepper, and thyme
6. Toss vegetables to coat evenly
7. Roast 30-35 minutes until tender
8. Stir once halfway through cooking
9. Garnish with fresh parsley before serving

Ingredients

- 2 carrots, sliced
- 2 parsnips, sliced
- 2 small potatoes, cubed
- 1 small red onion, sliced
- 3 tbsp olive oil
- 1 tsp sea salt
- ½ tsp black pepper
- 1 tsp dried thyme

Optional

Fresh parsley (for garnish)

Dietary Confirmation

(This recipe contains no prohibited ingredients and aligns with Wayyiqra 11 and Devarim 14.)

Scripture Alignment

“You shall eat the good of the land”
-Yeshayahu (Isaiah) 1:19

Reflection

Vegetables grown from the earth remind us that provision begins in the soil YAHUAH created.



Roasted Root Vegetables

Prepared in advance for the Shabbat table

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Herb Crusted Beef Roast

Slow-roasted beef prepared in advance for the Shabbat table.

Ingredients

2 - 3lbs beef roast
2 tbsp olive oil

1 tsp sea salt
1 tsp black pepper

1 tbsp fresh rosemary, chopped
1 tbsp fresh thyme
3 cloves garlic, crushed

Optional
1 onion, sliced (placed in roasting pan)

Preparation

1. Preheat oven to 375°F (190°C)
2. Pat beef roast dry
3. Rub olive oil over entire roast
4. Mix salt, pepper, rosemary, thyme, and garlic
5. Coat roast evenly with herb mixture
6. Place roast in roasting pan
7. Roast 60-75 minutes depending on size
8. Allow roast to rest for 10-15 minutes before slicing

Dietary Confirmation

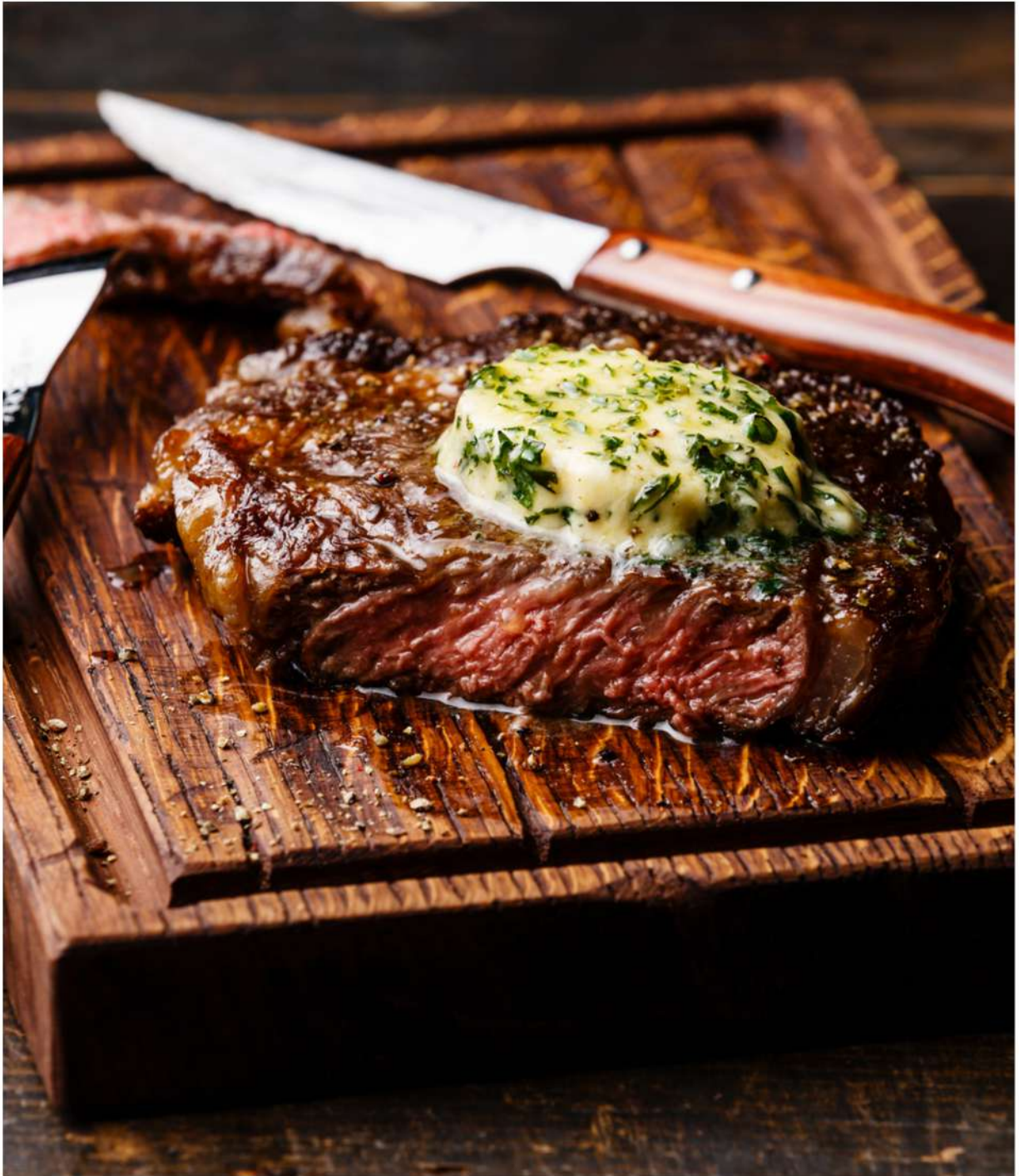
(This recipe contains no prohibited ingredients and aligns with Wayyiqra 11 and Devarim 14.)

Scripture Alignment

“When YAHUAH your Aluah baruk you... you may eat meat with all your gates.”
-Devarim (Deuteronomy) 12:20

Reflection

Meals prepared ahead of Shabbat allow the household to gather without distraction.
The table becomes a place where provision and gratitude meet.



Herb-Crusted Beef Roast

Prepared in advance for the Shabbat table

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Grilled Fish with Olive & Lemon

Lightly seasoned fish prepared for the shabbat table

Ingredients

4 fish fillets (salmon, cod, or trout)
2 tbsp olive oil
½ tsp sea salt
½ tsp black pepper
1 lemon, sliced
¼ cup olives
2 tbsp fresh parsley, chopped

Optional
1 clove garlic, minced

Preparation

1. Preheat grill or oven to 400°F (205°C)
2. Rinse fish and pat dry
3. Place fish fillets on a baking sheet or grill pan
4. Drizzle olive oil over the fish
5. Season with salt and black pepper
6. Top with lemon slices and olives
7. Grill or bake 12-15 minutes until fish flakes easily
8. Garnish with parsley before serving

Dietary Confirmation

(This recipe contains no prohibited ingredients and aligns with Wayyiqra 11 and Devarim 14.)

Scripture Alignment

“These you may eat of all that are in the waters:
whatever has fins and scales.”

-Wayyiqra (Leviticus) 11:9

Reflection

Fish from the waters remind us that YAHUAH’s provision extends from the land to the sea.

Honey Glazed Carrots

Sweet carrots prepared in advance for the Shabbat table

Preparation

1. Wash and peel the carrots
2. Slice carrots into even pieces
3. Place carrots in a saucepan
4. Add water and bring to a boil
5. Cook 8-10 minutes until slightly tender
6. Drain excess water
7. Add olive oil, honey, and a pinch of salt
8. Cook 2-3 minutes until carrots are lightly glazed
9. Garnish with parsley before serving

Ingredients

- 4 medium carrots, sliced
- 1 tbsp olive oil
- 1 ½ tbsp honey
- Pinch of sea salt
- 1 tbsp fresh parsley, chopped
- Optional*
- ½ tsp cinnamon*

Dietary Confirmation

(This recipe contains no prohibited ingredients and aligns with Wayyiqra 11 and Devarim 14.)

Scripture Alignment

“He causes the grass to grow for the cattle,
and plants for the service of man.”

-Tehillim (Psalm) 104:14

Reflection

Sweet foods remind us that YAHUAH’s provision is not only sufficient but abundant.

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Honey Glazed Carrots

Prepared in advance for the Shabbat table

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Warm Lentil & Herb Dish

Hearty lentils prepared in advance for the Shabbat table

Preparation

1. Rinse lentils under cool water
2. Place lentils and water in a saucepan
3. Bring to a boil, then reduce to a simmer
4. Cook 20-25 minutes until tender
5. Drain excess liquid
6. Heat olive oil in a pan
7. Add onion and garlic, sauté until softened
8. Stir lentils into the pan
9. Add salt, pepper, thyme, and parsley
10. Cook 2-3 minutes to combine flavors

Ingredients

- 1 cup dry lentils
- 3 cups water
- 2 tbsp olive oil
- 1 small onion, diced
- 2 cloves garlic, minced
- 1 tsp sea salt
- ½ tsp black pepper
- 1 tsp dried thyme
- 2 tbsp fresh parsley, chopped

Optional

1 carrot, finely diced

Dietary Confirmation

(This recipe contains no prohibited ingredients and aligns with Wayyiqra 11 and Devarim 14.)

Scripture Alignment

“You shall eat and be satisfied and baruk YAHUAH your Aluah for the good land.”

-Devarim (Deuteronomy) 8:10

Reflection

Simple foods prepared with care remind us that abundance often begins with the most humble provisions YAHUAH provides.

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Fig & Almond Cake

A lightly sweet cake prepared in honor of the Shabbat table

Ingredients

1 cup flour
½ cup almond flour
2 eggs
⅓ cup honey
¼ cup olive oil
½ tsp sea salt
¾ cup dried figs, chopped
¼ cup sliced almonds

Optional
1 tsp orange zest

Preparation

1. Preheat oven to 350°F (175°C)
2. Lightly grease a small baking pan
3. In a bowl combine flour, almond flour, and salt
4. In a separate bowl whisk eggs, honey, and olive oil
5. Slowly combine wet ingredients with dry ingredients
6. Fold chopped figs into batter
7. Pour batter into the prepared pan
8. Sprinkle sliced almonds over the top
9. Bake 30-35 minutes until a toothpick comes out clean
10. Allow cake to cool before slicing

Dietary Confirmation

(This recipe contains no prohibited ingredients and aligns with Wayyiqra 11 and Devarim 14.)

Scripture Alignment

“He brings forth bread from the earth, and wine that gladdens the heart of man.”

-Tehillim (Psalm) 104:14-15

Reflection

Sweet foods remind us that the provisions of YAHUAH are not only sufficient but also joyful.



Fig & Almond Cake

Prepared in advance for the Shabbat table

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Baked Apples with Honey & Cinnamon

Warm baked fruit prepared for the Shabbat table

Ingredients

4 large apples
2 tbsp honey
1 tbsp olive oil
½ tsp cinnamon
¼ tsp sea salt
¼ cup chopped almonds
¼ cup raisins
½ cup water

Optional
½ tsp vanilla extract

Preparation

1. Preheat oven to 375°F (190°C)
2. Wash and core the apples
3. Place apples in a small baking dish
4. Drizzle honey and olive oil over the apples
5. Sprinkle cinnamon and sea salt evenly over the apples
6. Fill centers with raisins and chopped almonds
7. Pour water into the bottom of the dish
8. Bake 30-35 minutes until apples are soft
9. Spoon the pan juices over the apples before serving

Dietary Confirmation

(This recipe contains no prohibited ingredients and aligns with Wayyiqra 11 and Devarim 14.)

Scripture Alignment

“He satisfies you with good things.”

-Tehillim (Psalm) 103:5

Reflection

Fruit prepared simply reminds us that YAHUAH's creation already contains sweetness and provision.

Grape Juice for the Table

A simple drink prepared to accompany the Shabbat meal

Preparation

1. Wash grapes under cool water
2. Remove stems and discard any damaged fruit
3. Place grapes in a saucepan with water
4. Bring to a gentle boil
5. Reduce heat and simmer 10-15 minutes
6. Lightly mash grapes to release juice
7. Pour mixture through a fine strainer or cloth
8. Press gently to extract the juice
9. Allow juice to cool before serving

Ingredients

4 cups fresh grapes

1 cup water

Optional

1 tbsp honey

Small squeeze of fresh lemon juice

Dietary Confirmation

(This recipe contains no prohibited ingredients and aligns with Wayyiqra 11 and Devarim 14.)

Scripture Alignment

“He causes the vine to grow... bringing forth fruit for man”

-Tehillim (Psalm) 104:14-15

Reflection

The fruit of the vine reminds us that YAHUAH’s creation provides refreshment, nourishment, and joy for the table.

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Shabbat Preparation Checklist

Preparation before sunset protects the peace of Shabbat.

Household Preparation

- Clean the home before Shabbat begins
- Finish necessary work before sunset
- Prepare clothing for the day of rest

Table Preparation

- Set the Shabbat table before sunset
- Prepare serving dishes and utensils
- Place bread, drink, and meal elements ready to serve

Meal Preparation

- Cook meals before Shabbat begins
- Prepare foods that can be served easily
- Avoid unnecessary cooking labor on Shabbat

Heart Preparation

- Pause to give thanks to YAHUAH
- Read Scripture with the household
- Enter Shabbat with peace and gratitude

Preparation Day Shopping List

Preparation Day allows the household to prepare calmly before the arrival of the Qodesh Shabbat.

Gathering ingredients beforehand removes distraction and allows the evening to be received with peace.

PRODUCE

- Spinach or mixed greens
- Pomegranate seeds
- Carrots
- Sweet potatoes
- Onion
- Fresh herbs (parsley, thyme, rosemary)
- Garlic
- Apples
- Figs (or dried figs)

MEAT & FISH

- Whole chicken
- Beef roast
- Fish fillets

PANTRY ITEMS

- Flour
- Olive oil
- Lentils
- Almonds
- Honey
- Salt
- Black Pepper
- Oregano
- Thyme

OPTIONAL ITEMS

- Grape juice
- Additional herbs
- Extra fruit for serving
- Fresh lemons

Preparation brings order to the household and allows the Shabbat to be received with gratitude rather than hurry.

Weekly Meal Planner

Planning meals in advance allows the household to prepare calmly for the Shabbat and maintain order throughout the week.

Preparation Day

Meal: _____

Third Day

Meal: _____

Shabbat Evening

Meal: _____

Forth Day

Meal: _____

First Day

Meal: _____

Fifth Day

Meal: _____

Second Day

Meal: _____

Sixth Day

Meal: _____

Order within the household allows the table to remain a place of peace rather than hurry.

Shabbat Sunset Tracker

Preparation before sunset allows the household to receive the Qodesh Shabbat without hurry. Recording the weekly sunset time helps ensure that cooking, cleaning, and table preparation are completed before the day of rest begins.

Week 1 - Sunset Time: _____

Week 2 - Sunset Time: _____

Week 3 - Sunset Time: _____

Week 4 - Sunset Time: _____

Week 5 - Sunset Time: _____

Week 6 - Sunset Time: _____

Week 7 - Sunset Time: _____

Week 8 - Sunset Time: _____

Preparation before sunset allows the household to receive the Shabbat with peace.

Glossary

Some words used in this guide come from the Hebrew Scriptures.
This glossary provides simple definitions to
help readers understand the language used throughout
the guide.

Shabbat

The seventh day of rest commanded in the Torah. A day separated for rest, remembrance, and honoring YAHUAH. (Shemoth / Exodus 20:8-11).

Qodesh

Meaning “**separated**”. Used to describe something dedicated to YAHUAH.

Preparation Day

The day before Shabbat when food and household tasks are completed so that work is not done during the Shabbat. (Shemoth / Exodus 16:23).

Torah

The instructions and teachings given by YAHUAH, especially the first five books of Scripture.

Clean Foods

Animals permitted for food according to the instructions given in Wayyiqra (Leviticus) and Devarim (Deuteronomy).

Household Order

The practice of organizing responsibilities and preparation within the home so the Shabbat can be received peacefully.

Shabbat Table

The meal prepared and shared as the Shabbat begins, expressing gratitude for the provision of YAHUAH.

Understanding the language of Scripture helps the household
walk in clarity and obedience.

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May every household prepare the Shabbat table with gratitude before YAHUAH.

Sweetness to Close the Table

As the meal draws to its end
sweet things remind us
that the provisions of YAHUAH
are both sufficient and good.

“Taste and see that YAHUAH is good”
-Tehillim (Psalm) 34:8