

KNOW HOLY

# MAN SHALL NOT LIVE BY BREAD ALONE

*A 30 Day Devotional Cookbook: Scripture, Wisdom for the Table, and a Plate for Every Day*



*"But he answered and said, It is written, Man shall not live by bread alone, but by every word that proceedeth out of the mouth of God."*

MATTHEW 4:4, KING JAMES VERSION

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## HOW TO USE THIS BOOK

Each day of this book has the same shape, so the habit is easy to keep.

1. **Read the verse aloud.** The word of God is the first course of the day.
2. **Read the devotion.** One clear lesson from the verse, written plain.
3. **Take the wisdom for the table.** One piece of knowledge about food and the body, and how to use it.
4. **Cook the plate.** A simple recipe with a picture, built from ordinary ingredients.
5. **Do the practice, and pray.** One small act, and a short prayer to close.

## THE SIMPLE RULE OF THIS TABLE

1. The word first, then the meal.
2. Plants at the centre of the plate, with protein and whole grains beside them.
3. Enough is the measure. Serve a portion, and stop there.
4. Every meal received with thanksgiving, spoken out loud.
5. People at the table whenever you can. Food is for sharing.

## A NOTE ON THE RECIPES

The recipes use cups and spoons, with oven temperatures in Celsius and Fahrenheit. Ingredients are plain and widely sold. Where a food has two common names, both are given the first time it appears. Nothing in this book is medical advice. It is household wisdom from Scripture and from sound knowledge of food. If you live with a health condition, let your doctor guide your plate alongside this book.

Scripture quotations are from the King James Version of the Bible, which is in the public domain.

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# THE WORD COMES FIRST

*"But he answered and said, It is written, Man shall not live by bread alone, but by every word that proceedeth out of the mouth of God."*

MATTHEW 4:4 (KJV)

## THE DEVOTION

Jesus was hungry when the tempter came. Forty days without food is real hunger, and still He answered with Scripture. Bread matters. Jesus never said it did not. He said man does not live by bread alone. The body needs food, and the soul needs the word of God. When the word is first, the meal takes its right place. It becomes a gift to enjoy, not a master to obey.

## WISDOM FOR THE TABLE

Start the day fed in spirit and in body. A breakfast with protein and whole grains, such as oats with nuts, holds your energy far longer than sugar alone, which rises fast and falls fast.

### TODAY'S PRACTICE

Read Matthew chapter 4 aloud before breakfast today.

## PRAYER

*Lord, feed me with your word today, and teach me to receive my food with a thankful heart. Amen.*



Today's plate: Golden Honey Oat Bowl.

## GOLDEN HONEY OAT BOWL

10 MINUTES | SERVES 1

### INGREDIENTS

- 1 cup rolled oats
- 2 cups water or milk
- 1 tablespoon honey
- 2 tablespoons chopped walnuts
- Half a banana, sliced
- A pinch of salt and cinnamon

### METHOD

1. Bring the water to a boil with the salt.
2. Stir in the oats and cook on low heat for 5 minutes.
3. Pour into a bowl and top with banana, walnuts, and cinnamon.
4. Drizzle the honey over the top and eat warm.

## FOOD FROM THE GARDEN

*"And God said, Behold, I have given you every herb bearing seed, which is upon the face of all the earth, and every tree, in the which is the fruit of a tree yielding seed; to you it shall be for meat."*

GENESIS 1:29 (KJV)

### THE DEVOTION

Before there was a farm or a market, there was a garden, and God pointed to it and called it food. The first menu God gave man was plants bearing seed and fruit from trees. That was not a small gift. It was the whole earth, green and growing, set before him by the hand of God. Much of what our bodies need still grows exactly where God first put it.

### WISDOM FOR THE TABLE

Build the plate around plants first. Vegetables, fruits, grains, beans, nuts, and seeds carry fibre, vitamins, and minerals in the form the body knows best. Meat and other foods can have their place, but the garden is the foundation.

### TODAY'S PRACTICE

Fill half your plate with vegetables at one meal today.

### PRAYER

*Lord, thank you for the garden you planted and the food that grows in it. Teach me to eat what you made. Amen.*



Today's plate: Garden Rainbow Salad.

### GARDEN RAINBOW SALAD

15 MINUTES | SERVES 2

#### INGREDIENTS

- 4 cups mixed greens
- 1 cup cherry tomatoes, halved
- 1 cucumber, sliced
- 1 carrot, grated
- Half a red onion, thinly sliced
- 3 tablespoons olive oil, juice of 1 lemon, salt

#### METHOD

1. Wash and dry the greens and put them in a large bowl.
2. Add the tomatoes, cucumber, carrot, and onion.
3. Whisk the olive oil, lemon juice, and salt, and pour over the salad.
4. Toss well and serve at once.

## DANIEL'S SIMPLE PLATE

*"And at the end of ten days their countenances appeared fairer and fatter in flesh than all the children which did eat the portion of the king's meat."*

DANIEL 1:15 (KJV)

### THE DEVOTION

Daniel asked for pulse and water for ten days. Pulse means food from plants: vegetables, beans, lentils, and grains. At the end of the ten days, the faces of Daniel and his friends looked fairer and fuller than those who ate the king's rich food. Simple food, chosen on purpose, did not weaken them. It proved them. What you eat every day shapes how you look, work, and think.

### WISDOM FOR THE TABLE

Beans and lentils are strong food. They give protein, fibre, and iron at a low cost, and they fill you without weighing you down. Lentils need no soaking and cook fast, which makes them an easy place to start.

### TODAY'S PRACTICE

Cook one meal today built on beans or lentils.

### PRAYER

*Lord, give me Daniel's purpose of heart. Help me choose the simple plate that keeps me strong. Amen.*



Today's plate: Lentil and Vegetable Soup.

### LENTIL AND VEGETABLE SOUP

35 MINUTES | SERVES 4

#### INGREDIENTS

- 1 cup red lentils, rinsed
- 1 onion, chopped
- 2 carrots, diced
- 2 cloves garlic, crushed
- 1 teaspoon ground cumin
- 5 cups water, salt, 1 tablespoon olive oil

#### METHOD

1. Heat the oil and soften the onion and carrots for 5 minutes.
2. Add garlic and cumin, stir for 1 minute.
3. Add lentils and water, bring to a boil, then simmer 25 minutes.
4. Salt to taste. Serve hot, with bread if you like.

## BREAD FROM HEAVEN

*"And the house of Israel called the name thereof Manna: and it was like coriander seed, white; and the taste of it was like wafers made with honey."*

EXODUS 16:31 (KJV)

### THE DEVOTION

Israel woke to manna on the ground, small and round, and it tasted like wafers made with honey. God fed a whole nation in a desert where nothing grew. He gave it daily, which taught them daily trust. No one stored his way out of depending on God. The lesson still stands at our tables. The food in front of you today came from a Giver. Receive it that way.

### WISDOM FOR THE TABLE

Honey is real food with real sugar. A little adds sweetness and flavour to plain foods like oats and whole grain wafers, so you enjoy the plain food and eat less of the processed sweet things.

### TODAY'S PRACTICE

Before one meal today, say out loud where the food came from and thank God for it.

### PRAYER

*Lord, you fed your people in the desert. I trust you for today's bread, and I thank you for it. Amen.*



Today's plate: Honey Oat Wafers.

### HONEY OAT WAFERS

25 MINUTES | MAKES 12 WAFERS

#### INGREDIENTS

- 1 cup rolled oats, ground coarse
- Half a cup whole wheat flour
- 3 tablespoons honey
- 3 tablespoons melted butter or coconut oil
- 3 tablespoons warm water
- A pinch of salt

#### METHOD

1. Heat the oven to 180 degrees C (350 degrees F).
2. Mix all the ingredients into a stiff dough and rest 5 minutes.
3. Roll thin, cut into rounds, and place on a lined tray.
4. Bake 12 to 15 minutes until golden at the edges. Cool before eating.

# HONEY, AND ENOUGH OF IT

*"Hast thou found honey? eat so much as is sufficient for thee, lest thou be filled therewith, and vomit it."*

PROVERBS 25:16 (KJV)

## THE DEVOTION

Solomon loved honey and still set a limit on it. Found honey is a good find, and the wise man eats what is sufficient, no more. Too much of a sweet thing turns against the body that wanted it. This is the quiet rule of the whole table. Good food is a gift. Enough is wisdom. More than enough, eaten by habit, becomes a burden.

## WISDOM FOR THE TABLE

Measure sweet things instead of eating them from the jar or the packet. One tablespoon of honey sweetens a whole bowl of yogurt. When you serve a portion, you enjoy the taste and keep the measure.

### TODAY'S PRACTICE

Serve today's sweet thing in a measured portion, then put the rest away before you sit down.

## PRAYER

*Lord, teach me the word enough. Let me enjoy your gifts without being ruled by them. Amen.*



*Today's plate: Yogurt With Honey and Walnuts.*

## YOGURT WITH HONEY AND WALNUTS

5 MINUTES | SERVES 1

### INGREDIENTS

- 1 cup plain Greek yogurt
- 1 tablespoon honey
- 2 tablespoons chopped walnuts
- A pinch of cinnamon

### METHOD

1. Spoon the yogurt into a small bowl.
2. Scatter the walnuts over the top.
3. Drizzle the honey in a thin line and dust with cinnamon.
4. Eat slowly. This is a portion, not a tub.

# TO THE GLORY OF GOD

*"Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God."*

1 CORINTHIANS 10:31 (KJV)

## THE DEVOTION

Paul puts eating and drinking in the same sentence as the glory of God. That lifts the ordinary meal. Cooking well, eating with thanks, and stopping at enough are acts of worship, not side matters. A man who honours God with his plate will also care what goes on it and how much. The table is a place where faith is practised three times a day.

## WISDOM FOR THE TABLE

A balanced plate is easy to remember. Half vegetables, one quarter protein such as chicken, fish, beans, or eggs, and one quarter whole grains or starchy vegetables. You can see balance before you taste it.

### TODAY'S PRACTICE

Pray over your main meal today and name one way it can honour God.

## PRAYER

*Lord, let my eating and drinking be to your glory, in what I choose and in how much I take. Amen.*



*Today's plate: Roast Chicken and Vegetables.*

## ROAST CHICKEN AND VEGETABLES

1 HOUR | SERVES 4

### INGREDIENTS

- 4 chicken thighs or breasts
- 4 potatoes, cut in chunks
- 3 carrots, cut in sticks
- 1 onion, cut in wedges
- 2 tablespoons olive oil, salt, thyme, garlic powder

### METHOD

1. Heat the oven to 200 degrees C (400 degrees F).
2. Toss everything with oil, salt, and seasoning on a large tray.
3. Roast 40 to 45 minutes, turning once, until the chicken is cooked through.
4. Rest 5 minutes and serve with greens.

## HERBS WITH LOVE

*"Better is a dinner of herbs where love is, than a stalled ox and hatred therewith."*

PROVERBS 15:17 (KJV)

### THE DEVOTION

A dinner of herbs with love at the table is better than a stalled ox, the finest meat of that day, served with hatred. Solomon is teaching cooks and hosts alike. The people and the peace around the food matter more than the price of the food. A simple pot, eaten in peace, feeds a family better than an expensive meal eaten in strife.

### WISDOM FOR THE TABLE

Fresh and dried herbs do heavy work in a kitchen. They add strong flavour without fat, sugar, or much salt, so plain foods like potatoes, eggs, and soups taste rich for very little cost.

### TODAY'S PRACTICE

Eat one meal today with family or a friend, with phones in another room.

### PRAYER

*Lord, fill my table with love. Let peace season every meal in this house. Amen.*



Today's plate: Herb Roasted Potatoes.

### HERB ROASTED POTATOES

45 MINUTES | SERVES 4

#### INGREDIENTS

- 6 medium potatoes, cut in wedges
- 2 tablespoons olive oil
- 1 teaspoon dried rosemary
- 1 teaspoon dried thyme
- Half a teaspoon garlic powder, salt

#### METHOD

1. Heat the oven to 200 degrees C (400 degrees F).
2. Toss the wedges with oil, herbs, garlic, and salt.
3. Spread in one layer on a tray, cut side down.
4. Roast 35 to 40 minutes until crisp outside and soft inside.

## BREAD THAT STRENGTHENS THE HEART

*"He causeth the grass to grow for the cattle, and herb for the service of man: that he may bring forth food out of the earth; And wine that maketh glad the heart of man, and oil to make his face to shine, and bread which strengtheneth man's heart."*

PSALMS 104:14 TO 15 (KJV)

### THE DEVOTION

The psalm traces every plate back to God. He makes the grass grow, gives man seed to sow, and brings food out of the earth: oil, wine, and bread that strengthens the heart. Work is in it, man's service in the field, and gift is in it, God's hand over the field. A wise eater holds both. He works for his food and thanks God for it.

### WISDOM FOR THE TABLE

Bread earns its place when it is made from the whole grain. Whole grain bread keeps the fibre of the wheat, which slows digestion, feeds the gut, and keeps you full longer than white bread made from refined flour.

### TODAY'S PRACTICE

Choose the whole grain option once today: bread, rice, or oats.

### PRAYER

*Lord, you bring food out of the earth. Strengthen my heart with your gifts and my hands for your work. Amen.*



Today's plate: Vegetable and Herb Frittata.

### VEGETABLE AND HERB FRITTATA

25 MINUTES | SERVES 3

#### INGREDIENTS

- 6 eggs
- 1 courgette (zucchini), sliced
- 1 bell pepper, diced
- 1 small onion, sliced
- A handful of spinach
- Salt, black pepper, 1 tablespoon olive oil

#### METHOD

1. Heat the oil in an oven safe pan and soften the onion and pepper.
2. Add courgette and spinach and cook 3 minutes.
3. Beat the eggs with salt and pepper and pour into the pan.
4. Cook on low 5 minutes, then finish under a hot grill for 3 minutes until set.

## THE BREAD OF LIFE

*"And Jesus said unto them, I am the bread of life: he that cometh to me shall never hunger; and he that believeth on me shall never thirst."*

JOHN 6:35 (KJV)

### THE DEVOTION

The crowd followed Jesus for loaves that filled their stomachs for a day. Jesus pointed past the loaves to himself. He is the bread of life. Earthly bread is good, and we will cook plenty of it in this book, but it cannot end the deeper hunger. Only Christ can. Every loaf on your table is a small sign pointing to the true Bread. Eat, and remember.

### WISDOM FOR THE TABLE

Home made flatbread has four plain parts: flour, water, salt, and a little oil. No preservatives and no added sugar. When you can name every part of a food in one breath, it is usually close to the way God made it.

#### TODAY'S PRACTICE

When you eat bread today, thank Jesus, the bread of life, before you thank the cook.

### PRAYER

*Lord Jesus, you are the bread of life. Fill the hunger that no meal can reach. Amen.*



Today's plate: Whole Grain Flatbread.

### WHOLE GRAIN FLATBREAD

30 MINUTES | MAKES 6 FLATBREADS

#### INGREDIENTS

- 2 cups whole wheat flour
- Three quarters of a cup warm water
- 1 tablespoon olive oil
- Half a teaspoon salt

#### METHOD

1. Mix flour and salt, add water and oil, and knead 5 minutes into a soft dough.
2. Rest 15 minutes, then divide into 6 balls.
3. Roll each ball thin and cook in a dry hot pan, about 1 minute per side.
4. Wrap in a clean cloth to keep soft. Serve warm.

## EAT, MY SON, EAT HONEY

*"My son, eat thou honey, because it is good; and the honeycomb, which is sweet to thy taste: So shall the knowledge of wisdom be unto thy soul: when thou hast found it, then there shall be a reward, and thy expectation shall not be cut off."*

PROVERBS 24:13 TO 14 (KJV)

### THE DEVOTION

Solomon calls his son to the table and sets honey before him, because it is good. Then he turns the taste into a picture of wisdom. Find wisdom and life tastes sweet the same way, and your hope is not cut off. God is not against pleasure in food. He made taste buds and honeycombs. The same God who limits honey on day five commends it here. The point is order: sweetness in its place, wisdom over all.

### WISDOM FOR THE TABLE

Carrots bring natural sweetness, fibre, and vitamin A, which the body uses for the eyes and the skin. Roasting draws out their sweetness, so a glaze needs only a little honey to do its work.

#### TODAY'S PRACTICE

Add one orange or green vegetable to your plate today that you did not plan yesterday.

### PRAYER

*Lord, your words are sweet and good. Give me a taste for wisdom above every other taste. Amen.*



Today's plate: Honey Glazed Carrots.

### HONEY GLAZED CARROTS

25 MINUTES | SERVES 4

#### INGREDIENTS

- 6 large carrots, cut in sticks
- 1 tablespoon butter or olive oil
- 1 tablespoon honey
- A pinch of salt and cinnamon
- 1 tablespoon water

#### METHOD

1. Put the carrots in a pan with the water and cook covered for 8 minutes.
2. Uncover and let the water cook away.
3. Add butter, honey, salt, and cinnamon.
4. Stir on medium heat 3 to 4 minutes until shiny and tender.

## RECEIVED WITH THANKSGIVING

*"For every creature of God is good, and nothing to be refused, if it be received with thanksgiving: For it is sanctified by the word of God and prayer."*

1 TIMOTHY 4:4 TO 5 (KJV)

### THE DEVOTION

Paul says every creature of God is good, and nothing is to be refused when it is received with thanksgiving, for it is sanctified by the word of God and prayer. Gratitude changes eating. The thankful man slows down, notices the food, and honours the Giver. The unthankful man grabs, complains, and reaches for more. Sanctify the meal the way Scripture says: with the word, and with prayer.

### WISDOM FOR THE TABLE

Colour is a simple guide to variety. Different colours in vegetables usually mean different vitamins and plant compounds. A tray with orange, green, red, and white on it covers far more of the body's needs than a tray of one colour.

### TODAY'S PRACTICE

Read today's verse aloud at the table before you eat.

### PRAYER

*Lord, I receive this food with thanksgiving. Sanctify it by your word and my prayer. Amen.*



Today's plate: Harvest Vegetable Tray Bake.

### HARVEST VEGETABLE TRAY BAKE

45 MINUTES | SERVES 4

#### INGREDIENTS

- 2 sweet potatoes, cubed
- 1 red pepper, in strips
- 2 courgettes (zucchini), sliced
- 1 red onion, in wedges
- 2 tablespoons olive oil, salt, smoked paprika

#### METHOD

1. Heat the oven to 200 degrees C (400 degrees F).
2. Toss all the vegetables with oil, salt, and paprika.
3. Spread in one layer on a large tray.
4. Roast 35 minutes, turning once, until soft and browned at the edges.

## RULE YOUR APPETITE

*"And put a knife to thy throat, if thou be a man given to appetite."*

PROVERBS 23:2 (KJV)

### THE DEVOTION

The picture is sharp on purpose. A man given to appetite must learn control as serious as a knife at his own throat. Solomon knew feasts can master a man quietly. The appetite is a servant, and it makes a hard master. The wise eater decides his portion before the food arrives, eats at a table, and lets enough be enough. Control at the plate is training for control everywhere else.

### WISDOM FOR THE TABLE

Slow eating is a real control. It takes about twenty minutes for the stomach to signal the brain that it is full. Put the fork down between bites, chew well, and the signal arrives before the second helping does.

### TODAY'S PRACTICE

Serve your portion in the kitchen today, and leave the pot off the table.

### PRAYER

*Lord, make me master of my appetite, not its servant. Rule my plate as you rule my life. Amen.*



Today's plate: Three Bean Chili.

### THREE BEAN CHILLI

40 MINUTES | SERVES 4

#### INGREDIENTS

- 1 tin kidney beans, drained
- 1 tin black beans, drained
- 1 tin chopped tomatoes
- 1 onion and 1 pepper, diced
- 2 cloves garlic, 1 teaspoon cumin, 1 teaspoon paprika
- 1 tablespoon olive oil, salt

#### METHOD

1. Soften the onion and pepper in the oil for 5 minutes.
2. Add garlic and spices and stir for 1 minute.
3. Add beans and tomatoes, then simmer 25 minutes on low.
4. Serve in a bowl, in a portion you chose before you sat down.

## MEAT, GIVEN WITH THANKS

*"Every moving thing that liveth shall be meat for you; even as the green herb have I given you all things."*

GENESIS 9:3 (KJV)

### THE DEVOTION

After the flood, God widened the table and gave meat as He had given the green herb. It was a gift, spoken by God, in season. Gifts call for thanks and for care. The wise eater receives meat the same way he receives vegetables, as provision, and he prepares it simply and eats it in measure. Nothing at the table needs to be worshipped, and nothing given by God needs to be feared.

### WISDOM FOR THE TABLE

Fish is among the best protein foods. Oily fish like salmon gives omega 3 fats, which the body uses for the heart and the brain. Once or twice a week is a solid pattern for most households.

#### TODAY'S PRACTICE

Swap one red meat meal this week for fish, beans, or eggs.

### PRAYER

*Lord, every good gift comes from you. I receive this one with thanks and with measure. Amen.*



Today's plate: Grilled Salmon With Greens.

### GRILLED SALMON WITH GREENS

20 MINUTES | SERVES 2

#### INGREDIENTS

- 2 salmon fillets
- 1 tablespoon olive oil
- Juice of half a lemon
- 1 clove garlic, crushed
- Salt, black pepper, dill if you have it
- 2 large handfuls of salad greens

#### METHOD

1. Rub the salmon with oil, garlic, salt, and pepper.
2. Grill or pan fry 4 to 5 minutes per side until it flakes.
3. Squeeze lemon over the fish.
4. Serve on the greens with the warm juices poured over.

## FISH AND HONEYCOMB

*"And they gave him a piece of a broiled fish, and of an honeycomb. And he took it, and did eat before them."*

LUKE 24:42 TO 43 (KJV)

### THE DEVOTION

On the evening of the resurrection, the risen Jesus asked for food. They gave Him broiled fish and honeycomb, and He ate before them. What a plain, kind scene. The Lord of glory, fresh from conquering death, eating fish and honey with His friends. Our ordinary meals are not beneath His notice. He ate then. He is present at your table now.

### WISDOM FOR THE TABLE

Broiling and grilling cook fish with little added fat, and the fish keeps its own good oils. A squeeze of citrus and a touch of honey give strong flavour, so heavy sauces are not needed.

### TODAY'S PRACTICE

Invite the Lord to your table in prayer tonight, as a guest, not a formality.

### PRAYER

*Lord Jesus, you ate with your friends after you rose. Sit at my table today and bless this house. Amen.*



*Today's plate: Broiled Fish With Honey and Lemon.*

### BROILED FISH WITH HONEY AND LEMON

18 MINUTES | SERVES 2

#### INGREDIENTS

- 2 small whole fish, cleaned, or 2 white fish fillets
- 1 teaspoon honey
- Juice of half a lemon, plus lemon slices
- 1 tablespoon olive oil
- Salt, black pepper, parsley

#### METHOD

1. Heat the grill (broiler) to high and line a tray with foil.
2. Brush the fish with oil and season with salt and pepper.
3. Mix the honey and lemon and brush half over the fish.
4. Grill 7 to 9 minutes until opaque. Brush with the rest, scatter parsley, and serve.

## FOOD CONVENIENT FOR ME

*"Remove far from me vanity and lies: give me neither poverty nor riches; feed me with food convenient for me:"*

PROVERBS 30:8 (KJV)

### THE DEVOTION

Agur prayed one of the wisest food prayers in the Bible. Feed me with food convenient for me. Not the feast of the rich, which can fill a man with pride, and not the empty cupboard of the poor, which can press a man to steal. He asked for his portion, the amount fitted to his life. That is a prayer worth praying over every grocery list and every plate.

### WISDOM FOR THE TABLE

Rice and beans together make complete protein, because what one lacks the other supplies. Households across the world have stayed strong on this pair for centuries. It is cheap, filling, and stores well.

#### TODAY'S PRACTICE

Cook only what your household will eat tonight, and store the rest on purpose.

### PRAYER

*Lord, feed me with food convenient for me. Give me my portion and a contented heart. Amen.*



Today's plate: Rice and Beans, the Portion Plate.

### RICE AND BEANS, THE PORTION PLATE

35 MINUTES | SERVES 4

#### INGREDIENTS

- 1 cup brown rice
- 1 tin black beans, drained
- 1 onion, diced
- 1 teaspoon cumin, 1 teaspoon paprika
- 2 cups water, salt, 1 tablespoon olive oil
- Lime wedges and chopped coriander (cilantro) to serve

#### METHOD

1. Cook the rice in the water with a pinch of salt, about 25 minutes.
2. Soften the onion in oil, add spices, then the beans, and heat through.
3. Fluff the rice and serve a cup of rice with a cup of beans.
4. Finish with lime juice and coriander.

## EAT YOUR BREAD WITH JOY

*"Go thy way, eat thy bread with joy, and drink thy wine with a merry heart; for God now accepteth thy works."*

ECCLESIASTES 9:7 (KJV)

### THE DEVOTION

Solomon, who saw through every empty pleasure, still commands a joyful table. Go your way, eat your bread with joy, and drink with a merry heart, for God accepts your works. Guilt is not a seasoning. A man can eat in measure and still eat glad. Joy at the table is obedience, not carelessness, when the heart stays thankful and the portion stays wise.

### WISDOM FOR THE TABLE

Tomatoes cooked in a little olive oil release more lycopene, a plant compound the body uses, than raw tomatoes give. Raw on bread with basil is still fine food; the point is that simple cooking can raise the value of a vegetable, not lower it.

### TODAY'S PRACTICE

Eat one meal today slowly, on purpose, and name it as joy, not a break you stole.

### PRAYER

*Lord, thank you for bread I can eat with joy. Keep my heart merry and thankful. Amen.*



Today's plate: Tomato and Basil Bruschetta.

### TOMATO AND BASIL BRUSCHETTA

15 MINUTES | SERVES 2

#### INGREDIENTS

- 2 large ripe tomatoes, diced
- 4 slices whole grain bread
- 1 clove garlic, cut in half
- A handful of basil leaves, torn
- 1 tablespoon olive oil, salt

#### METHOD

1. Mix the tomatoes with olive oil, basil, and salt. Rest 10 minutes.
2. Toast the bread until crisp.
3. Rub each slice lightly with the cut garlic.
4. Spoon the tomatoes and their juice over the toast and eat at once.

## EAT WHAT IS GOOD

*"Wherefore do ye spend money for that which is not bread? and your labour for that which satisfieth not? hearken diligently unto me, and eat ye that which is good, and let your soul delight itself in fatness."*

ISAIAH 55:2 (KJV)

### THE DEVOTION

God asks a searching question through Isaiah. Why spend money on what is not bread, and labour on what does not satisfy? He is talking about the soul, and the picture He chooses is food. Empty spending is like empty food. It costs much and feeds little. His call is kind. Come, listen, and eat what is good, and let your soul delight itself. Choose food, for body and soul alike, that truly feeds.

### WISDOM FOR THE TABLE

Sweet potatoes are food that satisfies. They carry fibre, vitamin A, and slow energy, and their own sweetness means a meal built on them needs little added sugar. They also keep well in a cool cupboard.

#### TODAY'S PRACTICE

Before you buy one snack today, ask if it will satisfy or only cost. Buy the satisfying one, or none.

### PRAYER

*Lord, teach me to spend on what is good, and to let my soul and body eat what truly feeds. Amen.*



Today's plate: Roasted Sweet Potatoes.

### ROASTED SWEET POTATOES

40 MINUTES | SERVES 4

#### INGREDIENTS

- 3 large sweet potatoes, cubed
- 1 tablespoon olive oil
- Half a teaspoon smoked paprika
- Half a teaspoon ground cinnamon
- Salt

#### METHOD

1. Heat the oven to 200 degrees C (400 degrees F).
2. Toss the cubes with oil, spices, and salt.
3. Spread in one layer on a tray.
4. Roast 30 to 35 minutes, turning once, until soft inside and browned at the edges.

## TASTE AND SEE

*"O taste and see that the LORD is good: blessed is the man that trusteth in him."*

PSALMS 34:8 (KJV)

### THE DEVOTION

David does not only argue that the Lord is good. He invites you to taste it. Some things are learned at the table and nowhere else. A child learns his mother's cooking by eating it, and a believer learns the goodness of God by coming to Him again and again. Do not settle for hearing about a good God. Taste, today, in prayer, in the word, and at a thankful table.

### WISDOM FOR THE TABLE

Fruit is dessert as God packaged it, with its sugar held in fibre, water, and vitamins, so it sweetens a meal without flooding the body the way refined sugar does. Whole fruit beats fruit juice, because the fibre stays.

#### TODAY'S PRACTICE

Serve fruit, not a packaged sweet, at the end of one meal today.

### PRAYER

*Lord, I have tasted that you are good. Keep me coming back to you, every day, hungry and glad. Amen.*



Today's plate: Fresh Fruit Bowl With Mint.

### FRESH FRUIT BOWL WITH MINT

10 MINUTES | SERVES 3

#### INGREDIENTS

- 1 apple, diced
- 1 orange, peeled and cut in pieces
- 1 cup grapes, halved
- 1 banana, sliced
- Juice of half a lemon
- A few mint leaves, torn

#### METHOD

1. Put all the fruit in a serving bowl.
2. Pour the lemon juice over and toss gently, to keep the colours fresh.
3. Scatter the mint over the top.
4. Serve cold, on its own or over plain yogurt.

## THEY ALL ATE AND WERE FILLED

*"And they did all eat, and were filled: and they took up of the fragments that remained twelve baskets full."*

MATTHEW 14:20 (KJV)

### THE DEVOTION

Five loaves and two fish, and thousands ate. Notice the end of the story. They all ate and were filled, and twelve baskets of pieces were gathered. Jesus satisfies, and He wastes nothing. Both halves belong in our kitchens. Trust Him for enough, and treat what He gives as too valuable to throw away. Leftovers in the hands of a thankful cook are provision, not rubbish.

### WISDOM FOR THE TABLE

Barley is an old grain with a lot to give. Its soluble fibre, called beta glucan, slows digestion and helps steady blood sugar after a meal. It cooks like rice and makes a firm, nutty base for fish and vegetables.

### TODAY'S PRACTICE

Plan one meal this week that uses what is already in your fridge before it spoils.

### PRAYER

*Lord, you fill every mouth that trusts you. Teach me gratitude, and teach me not to waste. Amen.*



Today's plate: Baked Cod With Barley Pilaf.

### BAKED COD WITH BARLEY PILAF

40 MINUTES | SERVES 3

#### INGREDIENTS

- 3 cod fillets
- 1 cup pearl barley, rinsed
- 2 and a half cups water or stock
- 1 onion, finely diced
- Juice of half a lemon, parsley
- Salt, pepper, 1 tablespoon olive oil

#### METHOD

1. Simmer the barley in the stock for 30 minutes until tender.
2. Soften the onion in oil, stir it through the barley with lemon and parsley.
3. Lay the cod on a tray, season, and bake at 200 degrees C (400 degrees F) for 12 to 15 minutes.
4. Serve the fish on the barley.

## READY BEFORE THE DAY

*"She riseth also while it is yet night, and giveth meat to her household, and a portion to her maidens."*

PROVERBS 31:15 (KJV)

### THE DEVOTION

The virtuous woman rises while it is still night and gives food to her household. Her secret is not hurry. It is preparation. The meal was thought of before the hunger arrived. Households eat better when somebody plans ahead, even a little. Ten minutes tonight can settle tomorrow's breakfast and remove one rushed, poor choice from the day.

### WISDOM FOR THE TABLE

Oats soaked overnight soften without cooking, and the fibre in oats feeds the good bacteria in the gut. A jar prepared at night is also a guard in the morning, when willpower is low and time is short.

### TODAY'S PRACTICE

Prepare tomorrow's breakfast tonight, before you sleep.

### PRAYER

*Lord, bless the hands that prepare food in this house. Order our days and our meals. Amen.*



Today's plate: Overnight Oats Jars.

### OVERNIGHT OATS JARS

10 MINUTES, PLUS THE NIGHT | MAKES 2 JARS

#### INGREDIENTS

- 1 cup rolled oats
- 1 cup milk or plain yogurt
- 1 tablespoon chia seeds if you have them
- 1 teaspoon honey
- Half a cup berries or grated apple
- A pinch of cinnamon

#### METHOD

1. Divide everything between two clean jars and stir well.
2. Cover and put in the fridge overnight, at least 6 hours.
3. Stir in the morning and eat cold, or warm gently.
4. Top with extra fruit if you like.

## BREAD AND PARCHED CORN

*"And Boaz said unto her, At mealtime come thou hither, and eat of the bread, and dip thy morsel in the vinegar. And she sat beside the reapers: and he reached her parched corn, and she did eat, and was sufficed, and left."*

RUTH 2:14 (KJV)

### THE DEVOTION

Boaz called a foreign widow to his table. Eat of the bread, he said, dip your morsel in the vinegar, and she sat beside the reapers and ate parched corn until she was satisfied, and she kept some back. A shared table did what speeches could not. It gave Ruth dignity, provision, and a place. Your table can do the same work. Food, shared kindly, opens doors that sermons sometimes cannot.

### WISDOM FOR THE TABLE

Chickpeas roasted with spice make a snack with protein and fibre, unlike most packet snacks that are mainly refined starch, oil, and salt. A handful satisfies, because there is real food in it.

#### TODAY'S PRACTICE

Set one extra place this week, for a neighbour, a friend, or someone new.

### PRAYER

*Lord, make my table a place of kindness. Let no one leave my house hungry in body or in heart. Amen.*



Today's plate: Roasted Chickpeas, Parched Corn Style.

### ROASTED CHICKPEAS, PARCHED CORN STYLE

35 MINUTES | SERVES 3 AS A SNACK

#### INGREDIENTS

- 1 tin chickpeas, drained and dried well
- 1 tablespoon olive oil
- Half a teaspoon smoked paprika
- Half a teaspoon ground cumin
- Salt

#### METHOD

1. Heat the oven to 200 degrees C (400 degrees F).
2. Toss the chickpeas with oil, spices, and salt.
3. Spread on a tray in one layer.
4. Roast 25 to 30 minutes, shaking once, until crisp. Eat warm or cool.

## DO NOT TRADE THE BIRTHRIGHT

*"Then Jacob gave Esau bread and pottage of lentiles; and he did eat and drink, and rose up, and went his way: thus Esau despised his birthright."*

GENESIS 25:34 (KJV)

### THE DEVOTION

Esau came in hungry from the field and sold his birthright for bread and lentil stew. The Bible's verdict is one word: he despised it. Hunger is loud, and it lies. It says now is all that matters. The stew itself was good food, plain lentils. The sin was the trade. Keep food good and keep it in its place, and never let a hungry hour bargain away a lasting blessing.

### WISDOM FOR THE TABLE

Lentils are the stew of this story, and they are worth honouring. Red lentils cook in about twenty minutes with no soaking, give protein and iron, and cost very little. Hunger at home is best met with food like this already in the cupboard.

### TODAY'S PRACTICE

Keep one fast, cheap, healthy meal always stocked, so hunger never makes your decisions.

### PRAYER

*Lord, when I am hungry and tired, keep me wise. Let no appetite trade away what you gave me. Amen.*



Today's plate: Red Lentil Pottage.

### RED LENTIL POTTAGE

30 MINUTES | SERVES 3

#### INGREDIENTS

- 1 cup red lentils, rinsed
- 1 onion, diced
- 2 carrots, diced
- 1 teaspoon ground cumin
- 3 and a half cups water
- Salt, 1 tablespoon olive oil, bread to serve

#### METHOD

1. Soften the onion and carrots in the oil for 5 minutes.
2. Add cumin, lentils, and water and bring to a boil.
3. Simmer 20 minutes until the lentils fall apart into a thick stew.
4. Salt well and serve with bread. Eat it seated, at peace, at home.

## THE BARREL THAT DID NOT WASTE

*"And the barrel of meal wasted not, neither did the cruse of oil fail, according to the word of the LORD, which he spake by Elijah."*

1 KINGS 17:16 (KJV)

### THE DEVOTION

A widow in Zarephath gathered sticks for what she thought was her last meal. She gave first to the prophet, and the barrel of meal did not run out and the cruse of oil did not fail, all through the famine. God honours the open hand at the table. Scarcity shouts at us to grip. Faith sets bread on another's plate first and finds, again and again, that there is enough.

### WISDOM FOR THE TABLE

Olive oil is the oil of Scripture lands, and its main fat is monounsaturated, the kind linked with heart health in study after study. A small bowl of good oil with herbs turns plain bread into a meal worth sitting down for.

### TODAY'S PRACTICE

Give food away once this week: a meal, a loaf, or a bag of groceries, before you are asked.

### PRAYER

*Lord, open my hand at the table. You have never let my barrel run dry. Amen.*



Today's plate: Olive Oil and Herb Bread Dip.

### OLIVE OIL AND HERB BREAD DIP

10 MINUTES | SERVES 4 AS A STARTER

#### INGREDIENTS

- Half a cup extra virgin olive oil
- 1 clove garlic, finely grated
- 1 teaspoon dried oregano
- Half a teaspoon chilli flakes if you like heat
- A pinch of flaky salt
- Warm whole grain bread, torn in pieces

#### METHOD

1. Pour the oil into a shallow bowl.
2. Stir in the garlic, oregano, chilli, and salt.
3. Rest 5 minutes for the flavours to meet.
4. Set in the middle of the table with the warm bread, and dip together.

## BREAD OF MANY GRAINS

*"Take thou also unto thee wheat, and barley, and beans, and lentiles, and millet, and fitches, and put them in one vessel, and make thee bread thereof, according to the number of the days that thou shalt lie upon thy side, three hundred and ninety days shalt thou eat thereof."*

EZEKIEL 4:9 (KJV)

### THE DEVOTION

God told Ezekiel to take wheat and barley, beans and lentils, millet and fitches, and make bread of them. It was a sign to Israel, and it was also sound provision: many grains and pulses in one loaf carry more together than any one of them carries alone. Variety is an old biblical idea. God stocked His world with many foods so that the plate could be wide, not narrow.

### WISDOM FOR THE TABLE

Mixed grains and pulses cover each other's gaps. Grains are low in one building block of protein, beans are low in another, and together they make the full set. A loaf or a bowl that mixes grains, beans, and seeds feeds more completely than one built on a single grain.

#### TODAY'S PRACTICE

Count how many different plant foods you eat today. Write the number down and beat it tomorrow.

### PRAYER

*Lord, you filled the earth with many foods. Teach me to eat widely from what you made. Amen.*



Today's plate: Many Grains Bread, Ezekiel Style.

### MANY GRAINS BREAD, EZEKIEL STYLE

2 HOURS, WITH RISING | MAKES 1 LOAF

#### INGREDIENTS

- 2 cups whole wheat flour
- 1 cup barley flour (or finely ground oats)
- Half a cup cooked lentils, mashed well
- Quarter of a cup millet or sunflower seeds
- 1 teaspoon instant yeast, 1 teaspoon salt
- 1 tablespoon honey
- 1 and a quarter cups warm water

#### METHOD

1. Mix the flours, yeast, and salt. Stir in the lentils, seeds, honey, and water into a dough.
2. Knead 8 minutes, cover, and let rise 1 hour until doubled.
3. Shape into a loaf, place in a greased tin, and rise 30 minutes more.
4. Bake at 190 degrees C (375 degrees F) for 35 minutes. Cool fully before slicing.

## WORDS LIKE A HONEYCOMB

*"Pleasant words are as an honeycomb, sweet to the soul, and health to the bones."*

PROVERBS 16:24 (KJV)

### THE DEVOTION

Pleasant words are a honeycomb, sweet to the soul and health to the bones. Solomon puts speech on the menu. What is said at your table feeds people as surely as what is served at it. A table with good food and cutting words still starves a family. Season the meal twice: once in the kitchen, and once with kind speech while you eat.

### WISDOM FOR THE TABLE

Warm drinks slow a meal down. A mug of honey and lemon tea at the end of eating tells the body the meal is closing, and gives the table ten more unhurried minutes together. Keep the honey to a teaspoon; the ritual does the work, not the sugar.

### TODAY'S PRACTICE

Say one true, kind thing to each person at your table today, out loud.

### PRAYER

*Lord, make my words sweet to the soul and health to the bones of everyone at my table. Amen.*



*Today's plate: Honey and Lemon Tea.*

### HONEY AND LEMON TEA

8 MINUTES | SERVES 2

#### INGREDIENTS

- 2 cups just boiled water
- Juice of 1 lemon
- 2 teaspoons honey
- 2 thin slices of fresh ginger
- 2 sprigs of mint if you have it

#### METHOD

1. Put the ginger in a teapot or jug and pour the water over.
2. Steep 5 minutes, then strain.
3. Stir in the lemon juice and honey until the honey melts.
4. Pour into mugs and drink slowly, at the table.

## THE FATHER'S FEAST

*"And bring hither the fatted calf, and kill it; and let us eat, and be merry:"*

LUKE 15:23 (KJV)

### THE DEVOTION

The prodigal came home expecting a servant's place, and his father ordered a feast. Bring the fatted calf, let us eat and be merry. Feasting has a place in the kingdom. Celebration food, eaten with people you love, for a reason worth marking, is holy ground. The sin is not the feast. The sin is the daily life that never feasts, or the feast that never ends. Keep feasts for feasts, and keep them glad.

### WISDOM FOR THE TABLE

Plan celebration meals around the event, not around endless courses. One well cooked main dish, good vegetables, bread, and fruit fill a table and a family. When everything is special, nothing is, and the body pays for it the next day.

### TODAY'S PRACTICE

Mark one good thing this week with a planned meal, however small the thing is.

### PRAYER

*Father, thank you for bringing us home. Teach us to feast with joy and to fast from excess. Amen.*



*Today's plate: Celebration Roast, Family Style.*

### CELEBRATION ROAST, FAMILY STYLE

1 HOUR 15 MINUTES | SERVES 6

#### INGREDIENTS

- 1 whole chicken (about 1.5 kg)
- 1 lemon, halved
- 4 cloves garlic
- 1 kg potatoes and carrots, in chunks
- 2 tablespoons olive oil, salt, thyme
- Grapes and bread, to fill the table

#### METHOD

1. Heat the oven to 190 degrees C (375 degrees F). Put the lemon and garlic inside the chicken.
2. Rub the chicken with oil, salt, and thyme, and set it over the vegetables on a tray.
3. Roast about 1 hour 10 minutes, until the juices run clear.
4. Rest 10 minutes. Carve at the table and serve family style.

## BREAD IN THE STORM

*"And when he had thus spoken, he took bread, and gave thanks to God in presence of them all: and when he had broken it, he began to eat."*

ACTS 27:35 (KJV)

### THE DEVOTION

The ship was breaking up, no one had eaten in days, and Paul stood in the middle of it, took bread, gave thanks to God in front of them all, broke it, and began to eat. Then they were all of good cheer. Gratitude in a storm is not denial. It is defiance of despair, with bread in your hand. Whatever your weather is this week, take bread, give thanks where people can hear you, and eat.

### WISDOM FOR THE TABLE

Soup is storm food and sick day food for good reason. It gives fluid, salt, warmth, and soft cooked vegetables together, and it is easy on a tired stomach. A pot of soup also reheats well for days.

#### TODAY'S PRACTICE

In today's prayer before food, thank God for one hard thing He is carrying you through.

### PRAYER

*Lord, in every storm, teach me to take bread and give thanks where others can hear. Amen.*



Today's plate: Sailor's Bean and Bread Soup.

### SAILOR'S BEAN AND BREAD SOUP

40 MINUTES | SERVES 4

#### INGREDIENTS

- 1 tin white beans, drained
- 1 onion, 2 carrots, 2 sticks celery, diced
- 2 cloves garlic
- 1 tin chopped tomatoes
- 4 cups water or stock, salt, thyme
- Day old bread, cut in cubes

#### METHOD

1. Soften the onion, carrots, and celery in a pot for 8 minutes.
2. Add garlic, tomatoes, beans, and stock. Simmer 25 minutes.
3. Stir in the bread cubes and rest 5 minutes off the heat.
4. Give thanks out loud, and serve in deep bowls.

## LEAVES FOR HEALING

*"In the midst of the street of it, and on either side of the river, was there the tree of life, which bare twelve manner of fruits, and yielded her fruit every month: and the leaves of the tree were for the healing of the nations."*

REVELATION 22:2 (KJV)

### THE DEVOTION

At the end of the Bible, the tree of life stands by the river, bearing fruit every month, and its leaves are for the healing of the nations. God ends His book the way He began it, with a tree, fruit, and food that heals. Green leaves on your plate are a small echo of that great picture. Eat them gladly. The God who heals nations also cares for the body at your table.

### WISDOM FOR THE TABLE

Dark green leaves such as kale and spinach give folate, vitamin K, iron, and calcium in a food with very few calories. Massaging kale with a little oil and salt softens it and takes away the raw bite, and a sweet apple balances its earthiness.

### TODAY'S PRACTICE

Eat something green and leafy at two meals today.

### PRAYER

*Lord, healer of the nations, heal what is broken in me, body and soul, by your hand. Amen.*



Today's plate: Kale and Apple Salad.

### KALE AND APPLE SALAD

15 MINUTES | SERVES 3

#### INGREDIENTS

- 4 cups kale, stems removed, leaves torn
- 1 sweet apple, thinly sliced
- 3 tablespoons pumpkin seeds
- 2 tablespoons olive oil
- Juice of half a lemon, 1 teaspoon honey, salt

#### METHOD

1. Put the kale in a bowl with the oil and a pinch of salt.
2. Rub the leaves with your hands for 1 minute until they darken and soften.
3. Whisk lemon and honey, pour over, and toss.
4. Top with apple slices and pumpkin seeds.

## THE BODY IS THE TEMPLE

*"What? know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own? For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God's."*

1 CORINTHIANS 6:19 TO 20 (KJV)

### THE DEVOTION

Your body is the temple of the Holy Ghost. Paul wrote it about holiness, and it reaches the kitchen too. You would not treat a house of God with contempt. Feed His house with care: real food, enough food, rest, and water. This is not vanity about looks. It is stewardship of the place where God has chosen to dwell, bought at the price of the blood of Christ.

### WISDOM FOR THE TABLE

The easiest healthy plate is a colourful one you build on purpose: grains for energy, beans or eggs for protein, two or three vegetables of different colours, and a spoon of good oil or seeds. Bowls built this way rarely need a recipe at all.

### TODAY'S PRACTICE

Drink a full glass of water before each meal today, and thank God for your body once, by name.

### PRAYER

*Lord, my body is yours, bought with a price. Teach me to care for your temple at my table. Amen.*



Today's plate: Temple Bowl.

### TEMPLE BOWL

25 MINUTES | SERVES 2

#### INGREDIENTS

- 1 cup cooked brown rice or quinoa
- 1 tin black beans, warmed with cumin
- 1 avocado, sliced
- 1 cup sweetcorn
- 1 cup cherry tomatoes, halved
- Lime juice, olive oil, salt, coriander (cilantro)

#### METHOD

1. Divide the rice between two wide bowls.
2. Arrange the beans, avocado, corn, and tomatoes in sections over the rice.
3. Drizzle with lime juice and olive oil, and season with salt.
4. Scatter coriander over the top. Eat slowly, it is a temple meal.

## BREAD IN THE KINGDOM

*"And when one of them that sat at meat with him heard these things, he said unto him, Blessed is he that shall eat bread in the kingdom of God."*

LUKE 14:15 (KJV)

### THE DEVOTION

A man at a table with Jesus heard Him teach and cried out, Blessed is he that shall eat bread in the kingdom of God. He was right, and the book ends there. Thirty days of verses, plates, and prayers all point to a greater table, the marriage supper of the Lamb, where the eating never ends in sorrow. Until that day, keep your table holy, simple, thankful, and shared. You are practising for the feast.

### WISDOM FOR THE TABLE

End these thirty days with a pattern you can keep: one verse before the day's first meal, plants at the centre of the plate, protein and whole grains beside them, sweet things in measure, and people at the table whenever you can. Small rules, kept daily, beat grand diets kept for a week.

### TODAY'S PRACTICE

Gather people you love around one table this week, read a verse aloud, and eat together.

### PRAYER

*Lord, blessed are those who eat bread in your kingdom. Bring us to your table, and keep us thankful at ours until then. Amen.*



Today's plate: The Kingdom Table.

### THE KINGDOM TABLE

30 MINUTES OF PREPARATION |  
SERVES 6, FAMILY STYLE

#### INGREDIENTS

- Warm whole grain bread and flatbreads (Days 9 and 24)
- Roasted vegetables (Day 11) and herb potatoes (Day 7)
- Grilled fish or roast chicken
- Grapes, cheese, olives, and the fruit bowl (Day 18)
- Honey and lemon tea (Day 25)

#### METHOD

1. Cook the dishes ahead and keep them simple. This is a table, not a performance.
2. Lay everything down the middle of the table, family style.
3. Read Luke chapter 14 aloud before anyone eats.
4. Eat, talk, and leave the table thankful. Then go and do the thirty days again.

## KEEP THE TABLE: THE PATTERN TO HOLD

You have read thirty verses, learned thirty pieces of food wisdom, and cooked thirty plates. Do not let the pattern die with the last page. The whole book fits in five habits.

1. **One verse before the first meal.** Keep the order Jesus kept in the wilderness.
2. **Half the plate from plants.** The garden is still the foundation God laid in Eden.
3. **A portion, chosen before you sit down.** Enough is a decision, not an accident.
4. **Thanks spoken aloud at every meal.** Gratitude is the seasoning that never runs out.
5. **An open table.** Once a week, somebody eats with you who did not cook in your house.

Then begin again at Day 1. The verses will read deeper the second time, because now they carry the smell of your own kitchen with them.

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**Day 4:** [selfcareindia.com/products/honey-oat-cookies](https://selfcareindia.com/products/honey-oat-cookies)

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**Day 16:** [easypeasyrecipes.net/recipes/](https://easypeasyrecipes.net/recipes/)

**Day 17:** [fsishare.com](https://fsishare.com) (image file)

**Day 18:** [stockcake.com/c/healthy-bowl-preparation\\_42077](https://stockcake.com/c/healthy-bowl-preparation_42077)

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**Day 20:** [skinnytaste.com/skinny-overnight-oats-in-jar/](https://skinnytaste.com/skinny-overnight-oats-in-jar/)

**Day 21:** [wellplated.com/roasted-chickpeas/](https://wellplated.com/roasted-chickpeas/)

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