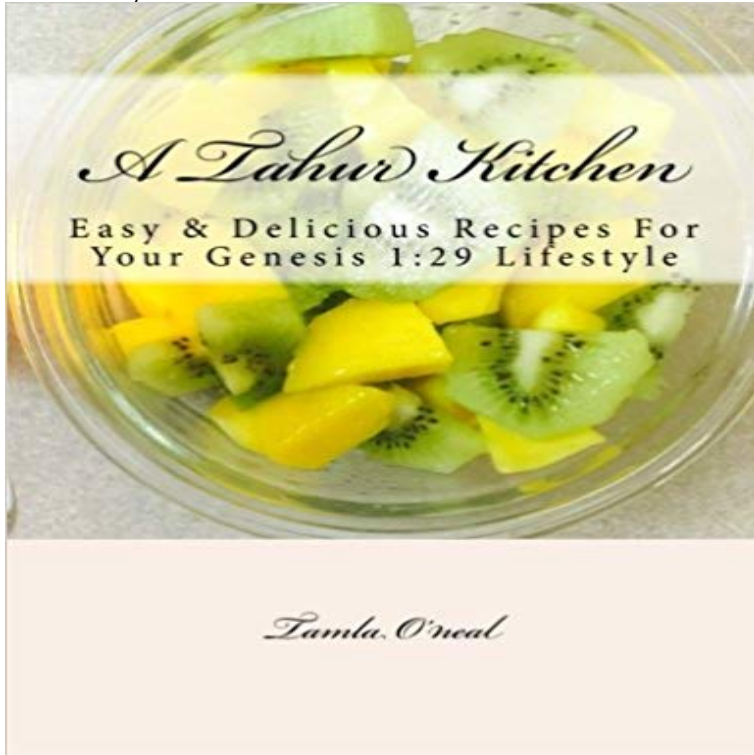


# A Tahir Kitchen: Easy & Delicious Recipes For Your Genesis 1:29 Lifestyle



This not a cookbook in the sense of the types of cookbooks that we normally see on bookstore shelves. Nor, is it chock full of recipes that will help you become a gourmet chef. What it is, is the culmination of five years of studying Scripture and food as it pertains to BRashyth/Gen 1:29, Uyaqra/Lev 19:19 and Dabarym/Deu 22:9. When you look at the perfection in which YHUH created the seeded plants and trees that were to provide us with our life sustenance, these three verses tie directly in to one another. The recipes in this book should be looked at as an encouragement to purchasing, growing, preparing, and eating based on Scripture. As a people we have gotten so far away from the diet that YHUH had given us that we dont even really know what real food is. This fact has been talked about in videos and books and manuscripts and documentaries for decades and decades. However, it hasnt been addressed as a Scriptural way of eating as it has been given all manner of definitions, from the Danyal/Daniel diet, to the raw food diet, and more. This book was created because its time to address this issue. This is not a new fad diet. Hopefully this will be a starting point for people as they journey back to BRashyth 1:29. The purpose of this book is to show how easy it is to take the foods that YHUH has given us and preparing them in a way that will keep us on the track to eating according to how YHUH originally intended for us to eat.

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