

Biblical Passover Meal Shopping List

Lamb

- 1 lamb shoulder, leg, or rack (bone-in, enough for all household members)

Unleavened Bread (Matzot)

- 1-2 cups wheat, spelt, or einkorn flour (unbleached, no additives)
- Clean water (for mixing)

Bitter Herbs (choose 2-4)

- Dandelion greens
- Arugula
- Endive
- Romaine lettuce
- Chicory
- Horseradish leaves
- Mustard greens

Pantry & Seasonings

- Sea salt (for seasoning lamb and optional use on herbs)

Optional (Non-Commanded, Clean Beverages)

- Still or carbonated spring water (no flavoring, sugar, or additives)