And as for you, take for yourself wheat and barley and broad beans and lentils and millet and spelt, and you must put them in one utensil and make them into bread¹ for you, for the number of the days that you are lying upon your side, three hundred and ninety days you will eat it.

Footnote: Or, food

[7] - References:

- And when he opened the third seal, I heard the third living creature say; Come! And I saw, and, look! A black horse, and the one seated upon it had a pair of scales in his hand. (Revelation 6:5)
- And I heard a voice as if in the midst of the four living creatures say; A quart of wheat for a denarius, and three quarts of barley for a denarius, and do not harm the olive oil and the wine. (Revelation 6:6)
- And unfermented bread and unfermented ring-shaped cakes moistened with oil and unfermented wafers smeared with oil. Out of fine wheat flour you will make them. (Exodus 29:2)
- Brought beds and basins and potter's vessels, and wheat and barley and flour and roasted grain and broad beans and lentils and parched grain. (2 Samuel 17:28)
- And Jacob gave Esau bread and lentil stew, and he went to eating and drinking. Then he got up and went his way. So Esau despised the birthright. (Genesis 25:34)
- But the wheat and the spelt had not been struck, because they were seasonally late. (Exodus 9:32)
- And I myself must give to you the years of their error to the number of three hundred and ninety days, and you must carry the error of the house of Israel. (Ezekiel 4:5)
- And next to him was Shammah the son of Agee the Hararite. And the Philistines proceeded to gather themselves to Lehi, where there then happened to be a tract of the field full of lentils, and the people themselves fled because of the Philistines. (2 Samuel 23:11)