

1. *Alter Rebbe's Shulchan Aruch, O"CH Chapter 300*

It is a good practice to cook meat or other dishes on Motzoei Shabbos in honour of this meal...  
 [One need not eat the Third Shabbos Meal earlier in the day in order to be able to eat a full meal then, since this meal is not so obligatory, rather it is (merely)  
 a 'choice (enhanced) mitzvah' **מצוה מן המובחר**]

2. *Shemos 16.25*

And Moshe said eat it **today**, for **today** is Shabbos unto G-d, **today** you will not find any in the field.

3. *Talmud Shabbos 117B*

One should set one's table on Motzoei Shabbos even though he will eat only a minimum amount.

*Rashi*

This too is in honour of Shabbos, for thus we accompany the Shabbos as she departs in an honourable manner - in like manner that a person accompanies the king as he leaves the city.

4. *Talmud Beitzah 16A*

Rabbi Shimon ben Lokish said: The Holy-One-Blessed-be-He grants a person an additional soul on Erev Shabbos, and on Motzoei Shabbos He takes it back.

5. *Shaarie Teshuvah on Chapter 300*

The disciples of the Arizal revealed that the additional soul does not fully depart until after the Motzoei Shabbos meal. Accordingly, one ought not engage in work other than food preparation until after this meal.

6. *Shemos 16.8*

And Moshe said, G-d will give ... bread (manna) in the **morning**...

7. *Baalie Hatosafos 16.22*

The Omer measure (of manna) provided for **two** breads/meals.

8. *Bereishis Rabbah 3.2*

“And G-d **blessed (ויברך)** the Seventh day and **sanctified (ויקדש)** it.” He *blessed it (ברכו)* with manna in as much that on Erev Shabbos two measures fell. He *sanctified it (קדשו)* with manna in as much that on Shabbos none fell at all.

9. *Beis Yosef on Chapter 300*

There is one limb in the body called the ‘Luz bone’ that does not derive nourishment from any food other than the meal of Motzoei Shabbos.

10. *Eliyah Rabbah on Chapter 300*

Accordingly, the Luz bone did not derive nourishment from the forbidden Tree of Knowledge. It is therefore invincible.

11. *Shach, Kedoshim 19.23*

Had Adam waited the three hours till Shabbos and then eaten from the Tree of Knowledge, death would not exist.

12. *Mechilta, Ki Sisa 31.13*

Shabbos is a foretaste of Olam Habaah.

13. *Yeshaya 25.8*

Death will be swallowed up forever and G-d the L-rd will wipe away the tears from upon every face.