

di-book



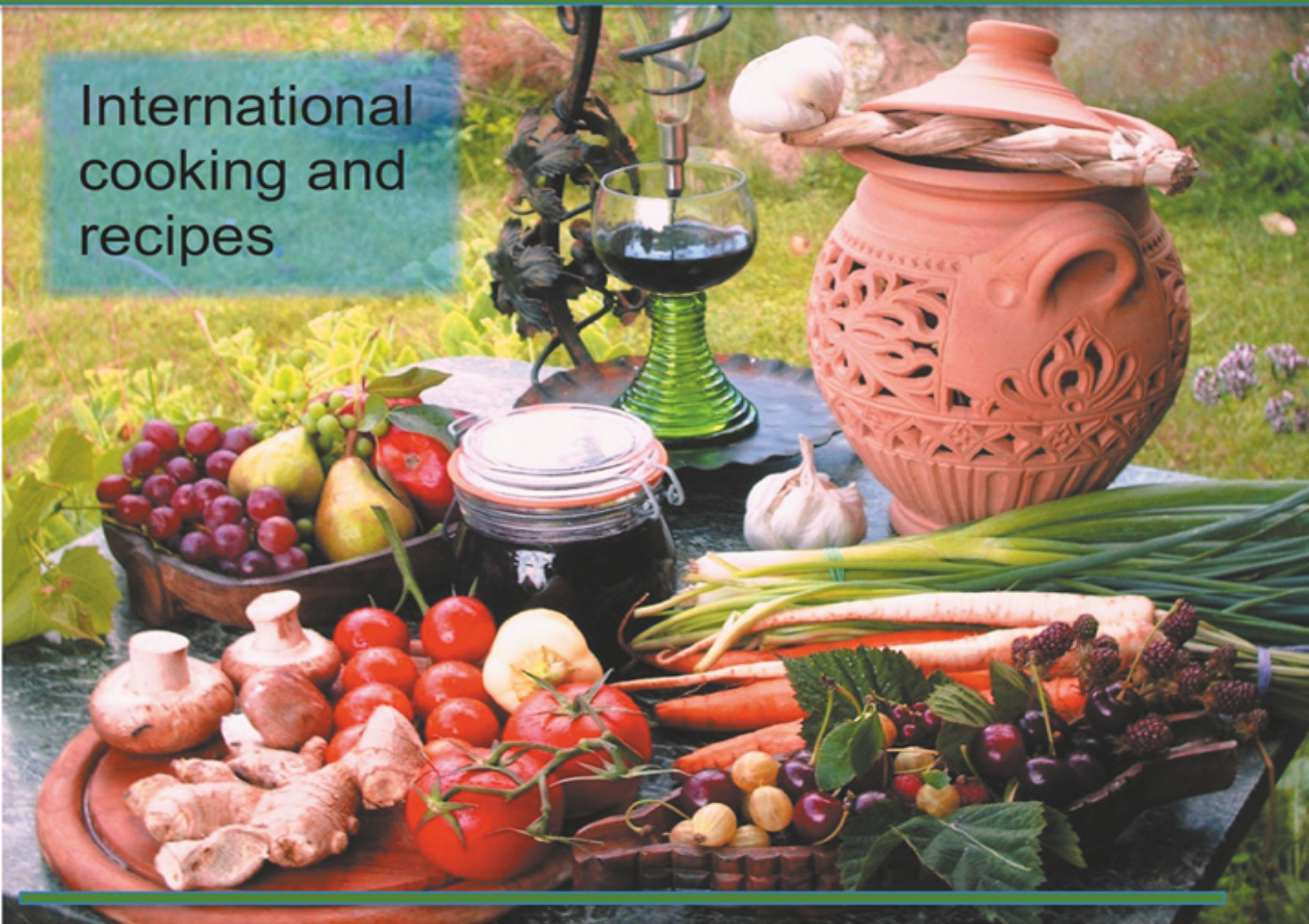
# TCM Recommendations

## Recipes and Foodstuffs

### Traditional Chinese Medicine

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International  
cooking and  
recipes



**Kidney  
Yang deficiency  
E253**

(Book: E253)

## **Diet recommendations for TCM - Kidney - Yang deficiency**

1. Treatment strategy
2. Avoid
3. Breakfast
4. Snack
5. Lunch
6. Afternoon
7. Dinner
8. Any time
9. Recipes
  - 9.1 8 treasures of rice
  - 9.2 Barley mash with steamed pear
  - 9.3 Barley soup
  - 9.4 Basic recipe for a beef broth (clear)
  - 9.5 Basic recipe for a chicken broth worming
  - 9.6 Basic recipe for a duck broth
  - 9.7 Basic recipe for a fish broth
  - 9.8 Basic recipe for a reissue soup (Congee)
  - 9.9 Basic recipe for a vegetable soup, nutritious
  - 9.10 Beef soup with carrots, leeks, bay leaves
  - 9.11 Black-eyed beans stew
  - 9.12 Boiled fillet with potatoebiscuits (Austrian Tafelspitz)
  - 9.13 Carrot and rice gruel soup

- 9.14 Celery juice
- 9.15 Celery soup
- 9.16 Chicken soup with angelica root and buckthorn fruit
- 9.17 Chicken soup with egg yolk and parsley
- 9.18 Chicken soup with green spelt, parsley and sake
- 9.19 Chickpeas with Raisins
- 9.20 Clear ox tail soup with buckthorn fruit
- 9.21 Clear soup from goose
- 9.22 Coconut soup
- 9.23 Compote of pears
- 9.24 Corn coffee with cardamom
- 9.25 Grilled salmon steaks with cauliflower and potatoes
- 9.26 Hearty polenta mash
- 9.27 Kidney bean pot with lamb and sage
- 9.28 Kohlrabi Potatoes mash
- 9.29 Lentils and rice stew
- 9.30 Millet with egg and butter
- 9.31 Nettle-chard soup
- 9.32 Oat Congee
- 9.33 Oatmeal soup with spring onion and carrots
- 9.34 Oyster mushrooms with asparagus
- 9.35 Pumpkin curry
- 9.36 Pumpkin soup
- 9.37 Quick flakes with compote or jam
- 9.38 Quick zucchini soup
- 9.39 Quinoa with peach

- 9.40 Reissue soup with fresh fruits
- 9.41 Rice congee with carrots and fennel
- 9.42 Rice congee with crushed walnuts
- 9.43 Rice congee with dried fruit
- 9.44 Rice congee with honey pear and black sesame
- 9.45 Rice dulse soup
- 9.46 Rice noodle soup with shiitake mushrooms
- 9.47 Rice porridge with shallots
- 9.48 Rice with parsnips
- 9.49 Rice with stewed vegetables
- 9.50 Roasted millet with Celery sticks
- 9.51 Roasted nuts
- 9.52 Roasted oatmeal with grapes compote
- 9.53 Rosemary Potatoes
- 9.54 Russian kasha with white cabbage
- 9.55 Sake hot
- 9.56 Scrambled eggs with rocket and herbs
- 9.57 Tea from anise
- 9.58 Tea from basil
- 9.59 Tea from celery sticks
- 9.60 Tea from cinnamon sticks
- 9.61 Tea from fennel
- 9.62 Tea from ginseng
- 9.63 Tea from ground
- 9.64 Tea from rosemary
- 9.65 Tea from thyme
- 9.66 Tee Yogi tee
- 9.67 Thick pea soup
- 9.68 Tsampa with jam or fruit compote

## 9.69 Warming porridge

### 10. Effects of food

10.1 Use ingredients: recommendable

10.2 Use ingredients: yes

10.3 Use ingredients: little

10.4 Do not use contra-acting foods

### 11. Herbs and their effects

11.1 Basil

11.2 Savory

11.3 Nettles

11.4 Coriander

11.5 Herbs various

11.6 Cress

11.7 Chives

11.8 Lovage

11.9 Lily bulbs

11.10 Oregano dried

11.11 Parsley

11.12 Rosemary

11.13 Sage

11.14 King Solomon's-seal

11.15 Yam root, yam root tuber

11.16 Lemongrass

11.17 Lemon Balm (fresh)

### 12. Basics of Nutrition

12.1 Nutrition

12.2 Recipes

12.3 Foodstuffs

12.4 Herbs

## 13. Other dietic-books

# **1 Treatment strategy**

Tonify and warm Yang, strengthen middle, warm.

Hot - LITTLE, warm and neutral YES, refreshing LITTLE, cold NO.

## **2 Avoid**

All cold, raw food, tropical fruits, black and green tea, dairy products, yoghurt, indigestible, sugar!!!, sweets, soft drinks, cocktails, sauna, sweating, wheat beer.



### 3 Breakfast

kkal. per serving

|   |     |
|---|-----|
| Barley mash with steamed pear<br>.....              | 113 |
| Barley soup<br>.....                                | 265 |
| Carrot and rice gruel soup<br>.....                 | 101 |
| Celery juice<br>.....                               | 33  |
| Celery<br>soup.....                                 | 101 |
| Chickpeas with Raisins<br>.....                     | 429 |
| Compote of pears<br>.....                           | 122 |
| Corn coffee with cardamom<br>.....                  | 3   |
| Hearty polenta mash<br>.....                        | 262 |
| Kohlrabi Potatoes mash<br>.....                     | 278 |
| Millet with egg and butter<br>.....                 | 338 |
| Oat Congee<br>.....                                 | 162 |
| Oatmeal soup with spring onion and carrots<br>..... | 134 |
| Oyster mushrooms with asparagus<br>.....            | 316 |

|   |     |
|---|-----|
| Quick flakes with compote or jam<br>.....             | 189 |
| Quinoa with peach<br>.....                            | 247 |
| Reissue soup with fresh fruits<br>.....               | 143 |
| Rice congee with carrots and fennel<br>.....          | 131 |
| Rice congee with crushed<br>walnuts.....              | 406 |
| Rice congee with dried fruit<br>.....                 | 210 |
| Rice congee with honey pear and black sesame<br>..... | 158 |
| Rice dulse soup<br>.....                              | 190 |
| Rice noodle soup with shiitake mushrooms<br>.....     | 65  |
| Rice porridge with<br>shallots.....                   | 177 |
| Rice with parsnips<br>.....                           | 206 |
| Roasted millet with Celery sticks<br>.....            | 400 |
| Roasted nuts<br>.....                                 | 973 |
| Roasted oatmeal with grapes compot<br>.....           | 328 |
| Rosemary  |     |
| Potatoes.....   | 188 |
| Sake hot<br>.....                                     | 0   |
| Scrambled eggs with rocket and herbs<br>.....         | 360 |
| Tea from anise<br>.....                               | 2   |

Tea from cinnamon sticks ..... 2

Tea from fennel ..... 0

Tea from ginseng ..... 0

Thick pea soup ..... 123

Tsampa with jam or fruit compote ..... 280

Warming porridge ..... 357

# 4 Snack

Kohlrabi Potatoes mash  
..... 278