

di-book



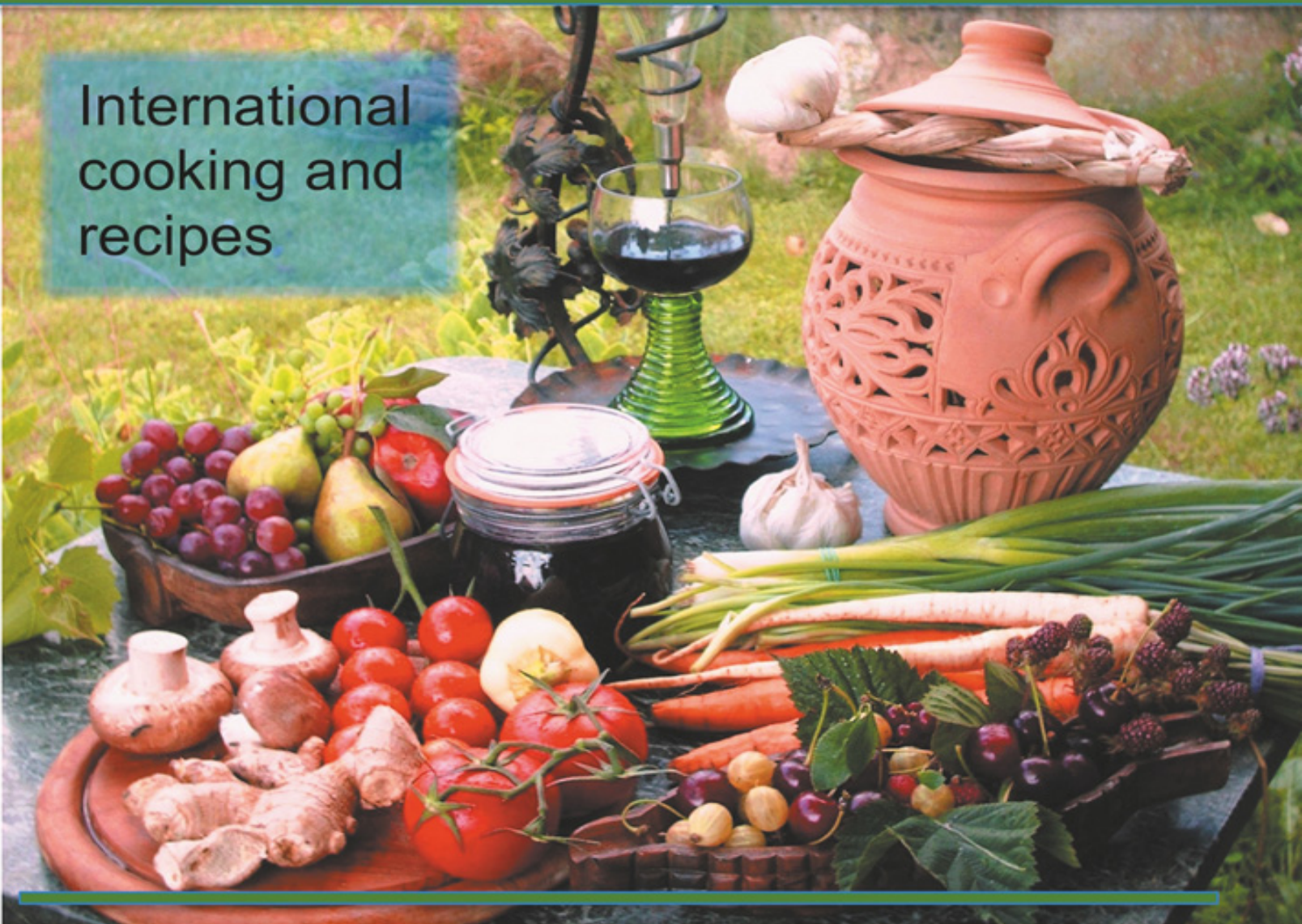
# TCM Recommendations

## Recipes and Foodstuffs

### Traditional Chinese Medicine

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International  
cooking and  
recipes



**Kidney**  
**Jing deficiency**  
**E250**

(Book: E250)

## **Diet recommendations for TCM - Kidney - Jing 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 Basic recipe for a beef broth (clear)
  - 9.3 Basic recipe for a chicken broth warming
  - 9.4 Basic recipe for a duck broth
  - 9.5 Basic recipe for a reissue soup (Congee)
  - 9.6 Basic recipe for a vegetable soup, nutritious
  - 9.7 Carrot and rice gruel soup
  - 9.8 Celery juice
  - 9.9 Chicken soup with angelica root and buckthorn fruit
  - 9.10 Cooling rice dish with grapefruit
  - 9.11 Cucumber soup
  - 9.12 Grape compote
  - 9.13 Grape juice (fresh, homemade)

- 9.14 Kohlrabi Potatoes mash
- 9.15 Lentils and rice stew
- 9.16 Pear compote
- 9.17 Pear juice
- 9.18 Red grape juice with egg yolk
- 9.19 Rice congee with carrots and fennel
- 9.20 Rice congee with honey pear and black sesame
- 9.21 Rice congee with mung beans
- 9.22 Rice porridge with shrubs (seeds) Yi Yi Ren
- 9.23 Rice with berries
- 9.24 Rice with parsnips
- 9.25 Rice with stewed vegetables
- 9.26 Roasted millet with Celery sticks
- 9.27 Roasted nuts
- 9.28 Soup with cucumbers and tomatoes
- 9.29 Spinach with Tahini
- 9.30 Spinach flan with milk
- 9.31 Strawberry soup with melons
- 9.32 Tea from basil
- 9.33 Tea from celery sticks
- 9.34 Wheat fresh grain porridge with pears.

## 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 Coriander

11.3 Herbs various

11.4 Cress

11.5 Lily bulbs

11.6 Parsley

11.7 Peppermint

11.8 Sage

11.9 King Solomon's-seal

11.10 Yam root, yam root tuber

12. Basics of Nutrition

12.1 Nutrition

12.2 Recipes

12.3 Foodstuffs

12.4 Herbs

13. Other dietic-books

# **1 Treatment strategy**

Nourish kidney essence.

# 2 Avoid

n.a.

### 3 Breakfast

kkal. per serving

Carrot and rice gruel soup .....	101
Celery juice .....	33
Cooling rice dish with grapefruit .....	234
Cucumber soup.....	95
Grape compote .....	128
Grape juice (fresh, homemade) .....	73
Kohlrabi Potatoes mash .....	278
Pear compote .....	100
Pear juice .....	180
Rice congee with carrots and fennel .....	131
Rice congee with honey pear and black sesame .....	158
Rice congee with mung beans.....	424
Rice porridge with shrubs (seeds) Yi Yi Ren .....	211

Rice with berries ..... 159

Rice with parsnips ..... 206

Roasted millet with Celery sticks ..... 400

Roasted nuts ..... 973

Spinach flan with milk ..... 250

Wheat fresh grain porridge with pears. .... 309