

di-book



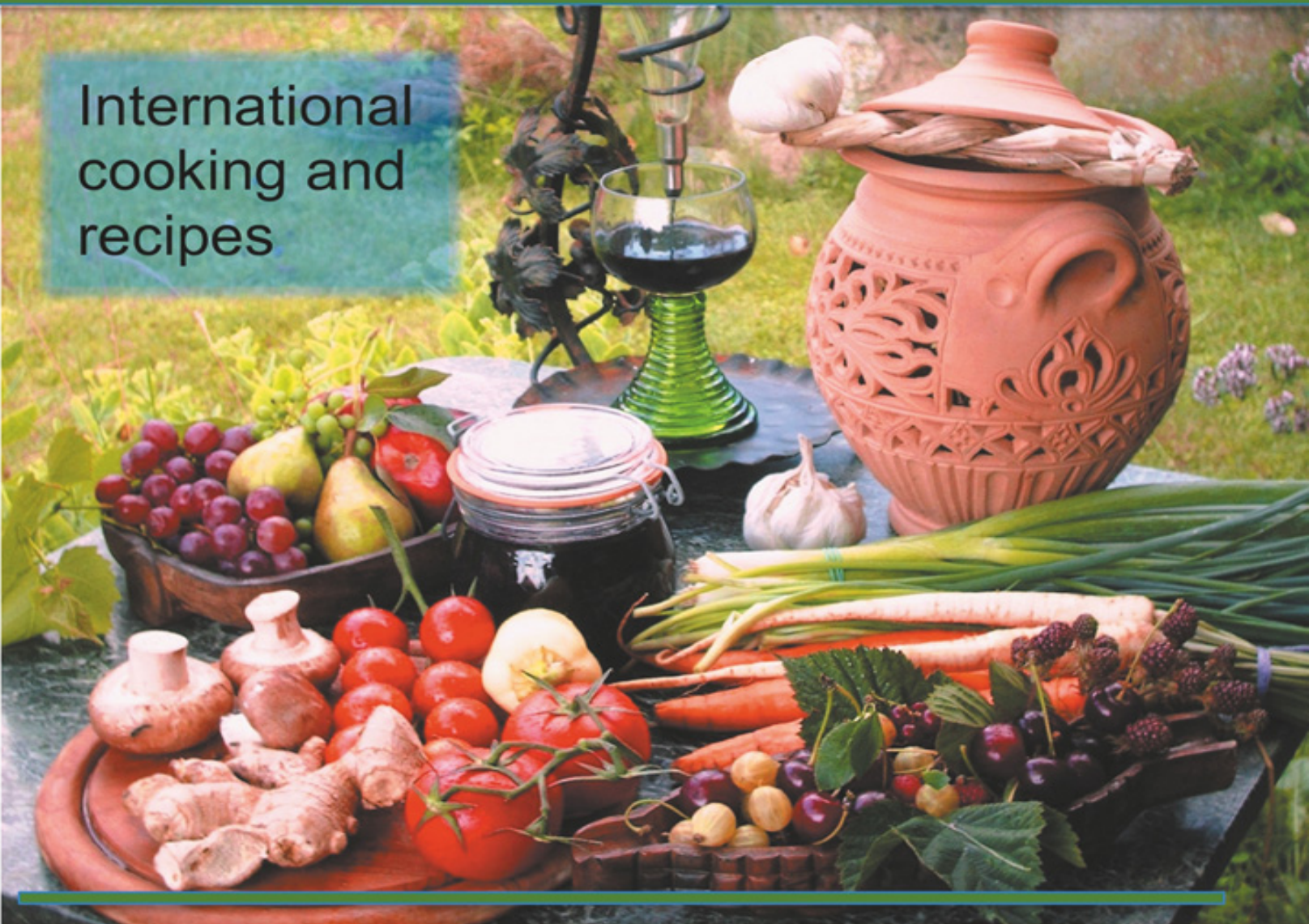
# TCM Recommendations

## Recipes and Foodstuffs

### Traditional Chinese Medicine

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International  
cooking and  
recipes



**Spleen  
Yang deficiency  
E248**

(Book: E248)

## **Diet recommendations for TCM - Spleen - 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 Adzuki Bean and Rice Soup
  - 9.3 Apple sauce with raisins
  - 9.4 Basic recipe for a beef broth (clear)
  - 9.5 Basic recipe for a chicken broth warming
  - 9.6 Basic recipe for a reissue soup (Congee)
  - 9.7 Basmati rice + Zucchini tofu dish
  - 9.8 Bean paste piquant sweet
  - 9.9 Beef salad
  - 9.10 Beef soup with carrots, leeks, bay leaves
  - 9.11 Beef with red wine
  - 9.12 Black-eyed beans stew
  - 9.13 Blueberry puree

- 9.14 Boiled fillet with potatoebiscuits (Austrian Tafelspitz)
- 9.15 Broccoli cream soup
- 9.16 Carp soup
- 9.17 Carrot and rice gruel soup
- 9.18 Carrot drink
- 9.19 Celery juice
- 9.20 Champignon rice
- 9.21 Chicken soup with angelica root and buckthorn fruit
- 9.22 Chicken soup with egg yolk and parsley
- 9.23 Chicken soup with green spelt, parsley and sake
- 9.24 Chickpeas with Raisins
- 9.25 Clear ox tail soup with buckthorn fruit
- 9.26 Clear soup from goose
- 9.27 Compote from plums
- 9.28 Compote of pears
- 9.29 Corn coffee with cardamom
- 9.30 Cous-Cous with date, coco and almondpuree
- 9.31 Fennel with roasted walnuts
- 9.32 Fish soup with rosemary
- 9.33 Ginger garlic drink
- 9.34 Grilled salmon steaks with cauliflower and potatoes
- 9.35 Grilled tofu with rice noodles, spinach and sugar snaps
- 9.36 Hearty polenta mash
- 9.37 Indian Dal soup
- 9.38 Kidney bean pot with lamb and sage

- 9.39 Kudzu soup in the morning
- 9.40 Lentil and chestnut soup with curry
- 9.41 Lentils and rice stew
- 9.42 Pine nuts porridge
- 9.43 Polenta with peach
- 9.44 Pumpkin curry
- 9.45 Pumpkin soup
- 9.46 Quick flakes with compote or jam
- 9.47 Quick zucchini soup
- 9.48 Quinoa with peach
- 9.49 Rice congee with chicken liver and buckthorn fruit
- 9.50 Rice congee with crushed walnuts
- 9.51 Rice congee with honey pear and black sesame
- 9.52 Rice dulse soup
- 9.53 Rice noodle soup with shiitake mushrooms
- 9.54 Rice pesto with pine nuts
- 9.55 Rice porridge with shallots
- 9.56 Rice with parsnips
- 9.57 Roasted nuts
- 9.58 Roasted oatmeal with grapes compote
- 9.59 Sweet potato pancakes with basil pesto
- 9.60 Tea from anise
- 9.61 Tea from cinnamon sticks
- 9.62 Tea from coriander
- 9.63 Tea from ginseng
- 9.64 Tea from ground
- 9.65 Tea from juniper berry
- 9.66 Tea from red dates

- 9.67 Tea from rosemary
- 9.68 Tea from thyme
- 9.69 Thick pea soup
- 9.70 Turkey breast with vegetables (Asian)
- 9.71 Vegetable rice
- 9.72 Warming carrot soup
- 9.73 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 Coriander
- 11.3 Chives
- 11.4 Lovage
- 11.5 Lily bulbs
- 11.6 Parsley
- 11.7 Rosemary
- 11.8 Sage
- 11.9 King Solomon's-seal
- 11.10 Yam root, yam root tuber
- 11.11 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**

Strengthen spleen Qi and Spleen Yang and warm, ward off cold, move qi.

Cold NO, refreshing LITTLE (sweet YES, sour NO), everything else YES

## **2 Avoid**

Bad diet style, cold drinks, no meat 4 hours before sleep, too much bread, cereals, too much raw food, cold food and drinks, dairy products, tropical fruits, fruit juices, denatured food, factory sugar, fried, breaded and fat.

More consistent: tropical fruits, raw vegetables, cold vegetables, black and green tea, coffee.



### 3 Breakfast

kkal. per serving

Adzuki Bean and Rice Soup .....	199
Apple sauce with raisins .....	73
Bean paste piquant sweet .....	311
Beef salad .....	249
Blueberry puree .....	10
Carrot and rice gruel soup .....	101
Carrot drink .....	143
Celery juice .....	33
Champignon rice .....	410
Chickpeas with Raisins .....	429
Compote from plums .....	22
Compote of pears .....	122
Corn coffee with cardamom .....	3

Cous-Cous with date, coco and almondpuree.....	483
Fish soup with rosemary .....	271
Hearty polenta mash .....	262
Polenta with peach .....	197
Quick flakes with compote or jam .....	189
Quinoa with peach .....	247
Rice congee with crushed walnuts.....	406
Rice congee with honey pear and black sesame .....	158
Rice dulse soup .....	190
Rice noodle soup with shiitake mushrooms .....	65
Rice porridge with shallots.....	177
Rice with parsnips .....	206
Roasted nuts .....	973
Roasted oatmeal with grapes compot .....	328
Tea from anise .....	2
Tea from cinnamon sticks .....	2

Tea from ginseng ..... 0

Tea from juniper berry ..... 10

Thick pea soup ..... 123

Vegetable rice ..... 303

Warming porridge ..... 357

# 4 Snack

Adzuki Bean and Rice Soup  
..... 199

Apple sauce with raisins  
..... 73

## 5 Lunch

8 treasures of rice	212
Adzuki Bean and Rice Soup	199
Apple sauce with raisins	73
Basmati rice + Zucchini tofu dish	145
Bean paste piquant sweet	311
Beef salad	249
Beef soup with carrots, leeks, bay leaves	194
Black-eyed beans stew	140
Blueberry puree	10
Boiled fillet with potatoebiscuits (Austrian Tafelspitz)	453
Broccoli cream soup	98
Carp soup	499
Carrot and rice gruel soup	101
Carrot drink	143