

di-book



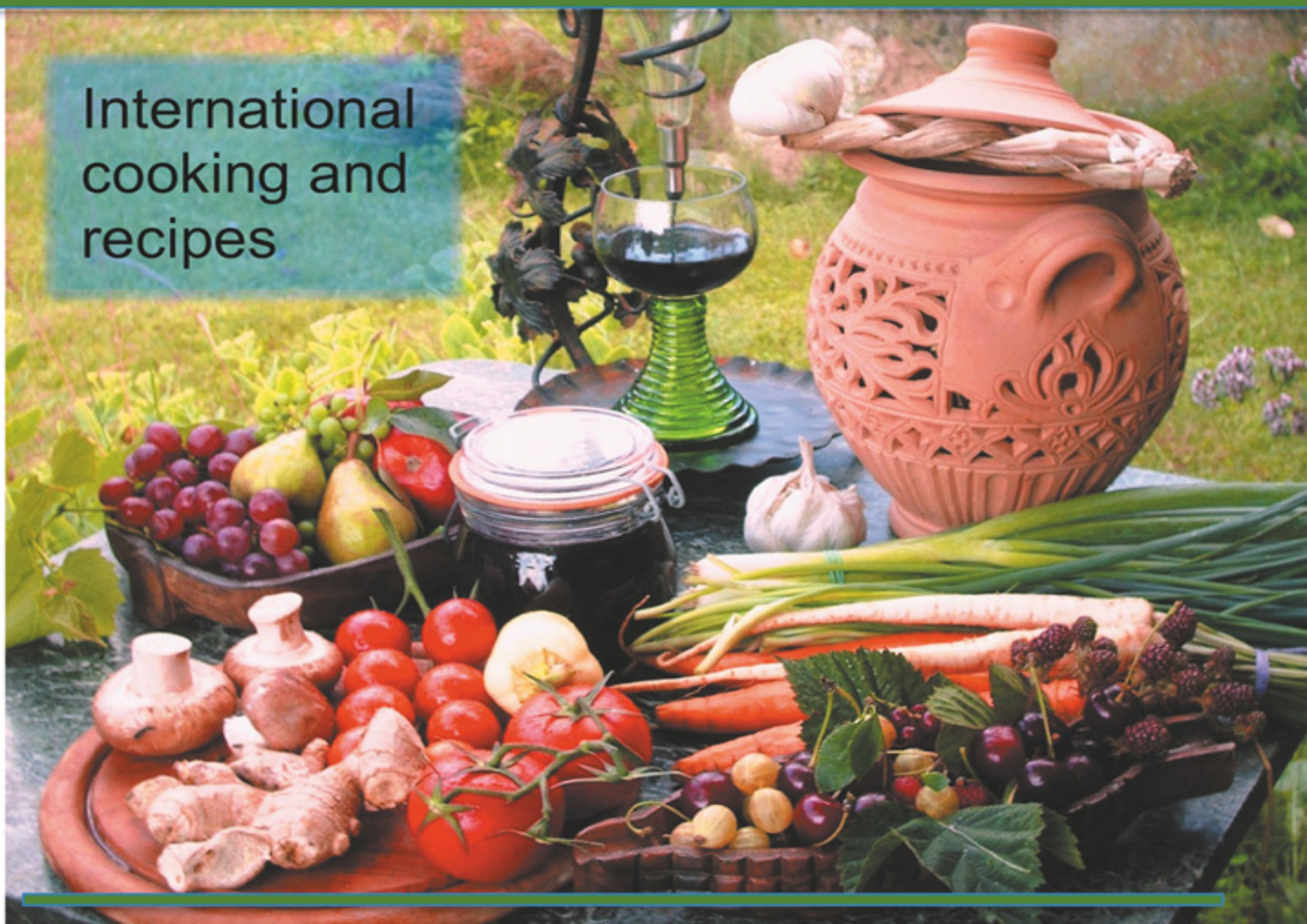
# TCM Recommendations

## Recipes and Foodstuffs

### Traditional Chinese Medicine

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International  
cooking and  
recipes



**Stomach  
Fire  
E237**

(Book: E237)

## **Diet recommendations for TCM - Stomach - Fire**

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 Apple sauce with raisins
  - 9.3 Avocado with lemon
  - 9.4 Baked chicory
  - 9.5 Barley mash with plums
  - 9.6 Basic recipe for a beef broth (clear)
  - 9.7 Basic recipe for a chicken broth warming
  - 9.8 Basic recipe for a duck broth
  - 9.9 Basic recipe for a fish broth
  - 9.10 Basic recipe for a reissue soup (Congee)
  - 9.11 Basic recipe for a vegetable soup, nutritious
  - 9.12 Black beans with avocado
  - 9.13 Celery juice

- 9.14 Chicken soup with angelica root and buckthorn fruit
- 9.15 Compote from apples
- 9.16 Cooling rice dish with grapefruit
- 9.17 Cous-Cous with date, coco and almondpuree
- 9.18 Cream cheese substitute
- 9.19 Cucumber soup
- 9.20 Duck with mung beans
- 9.21 Italian champignon rice
- 9.22 Kudzu soup in the morning
- 9.23 Millet with egg and butter
- 9.24 Pear compote
- 9.25 Pear juice
- 9.26 Quick flakes with compote or jam
- 9.27 Radish with horseradish
- 9.28 Red lentils with avocado and radish
- 9.29 Refreshing cucumber soup with potatoes
- 9.30 Reissue soup with duck
- 9.31 Rice congee with honey pear and black sesame
- 9.32 Rice congee with mung beans
- 9.33 Rice dulse soup
- 9.34 Rice porridge with orange peel
- 9.35 Rice with stewed vegetables
- 9.36 Roasted millet with Celery sticks
- 9.37 Spinach with Tahini
- 9.38 Strawberry soup with melons
- 9.39 Tea from celery sticks

- 9.40 Tea from Melissa
- 9.41 Tea Green tea
- 9.42 Vegetable porridge
- 9.43 Vegetable semolina soup
- 9.44 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 Mugwort
- 11.3 Savory
- 11.4 Dill
- 11.5 Coriander
- 11.6 Herbs various
- 11.7 Cress
- 11.8 Chives
- 11.9 Lovage
- 11.10 Lily bulbs
- 11.11 Balm
- 11.12 Oregano fresh
- 11.13 Parsley
- 11.14 Peppermint
- 11.15 Rosemary
- 11.16 Sage

- 11.17 Black caraway
- 11.18 King Solomon's-seal
- 11.19 Yam root, yam root tuber
- 11.20 Lemongrass
- 11.21 Lemon Balm (fresh)

12. Basics of Nutrition

- 12.1 Nutrition
- 12.2 Recipes
- 12.3 Foodstuffs
- 12.4 Herbs

13. Other dietic-books ..... **Fehler! Textmarke nicht definiert.**

## **1 Treatment strategy**

Cool stomach heat, channel stomach qi down and tonifies.  
Hot NO, warm NO (except very little sweet spicy), all other  
YES

## **2 Avoid**

Dairy products, pizza, ready meals, all spicy-bitter and salty hot / hot spices, garlic, raw onions, salty and sour foods, alcohol, yogis, grilled, fried, meat, toasted, coffee, chocolate, cocoa, cigarettes.

### 3 Breakfast

kkal. per serving

Avocado with lemon .....	289
Baked chicory .....	230
Barley mash with plums .....	106
Black beans with avocado .....	263
Celery juice .....	33
Compote from apples .....	67
Cooling rice dish with grapefruit .....	234
Cous-Cous with date, coco and almondpuree.....	483
Cream cheese substitute .....	526
Cucumber soup.....	95
Italian champignon rice .....	256
Millet with egg and butter .....	338
Pear compote .....	100
Pear juice .....	180



Quick flakes with compote or jam .....	189
Radish with horseradish .....	196
Refreshing cucumber soup with potatoes .....	148
Reissue soup with duck.....	160
Rice congee with honey pear and black sesame .....	158
Rice congee with mung beans.....	424
Rice dulse soup .....	190
Rice porridge with orange peel .....	119
Roasted millet with Celery sticks .....	400
Tea Green tea .....	2
Vegetable porridge .....	161
Vegetable semolina soup .....	198
Wheat fresh grain porridge with pears. .....	309

**4 Snack**

Apple sauce with raisins ..... 73

Cream cheese substitute ..... 526

## 5 Lunch

8 treasures of rice	212
Apple sauce with raisins	73
Avocado with lemon	289
Baked chicory	230
Barley mash with plums	106
Black beans with avocado	263
Celery juice	33
Chicken soup with angelica root and buckthorn fruit	77
Compote from apples	67
Cooling rice dish with grapefruit	234
Cous-Cous with date, coco and almondpuree	483
Cream cheese substitute	526
Cucumber soup	95
Duck with mung beans	746