

di-book

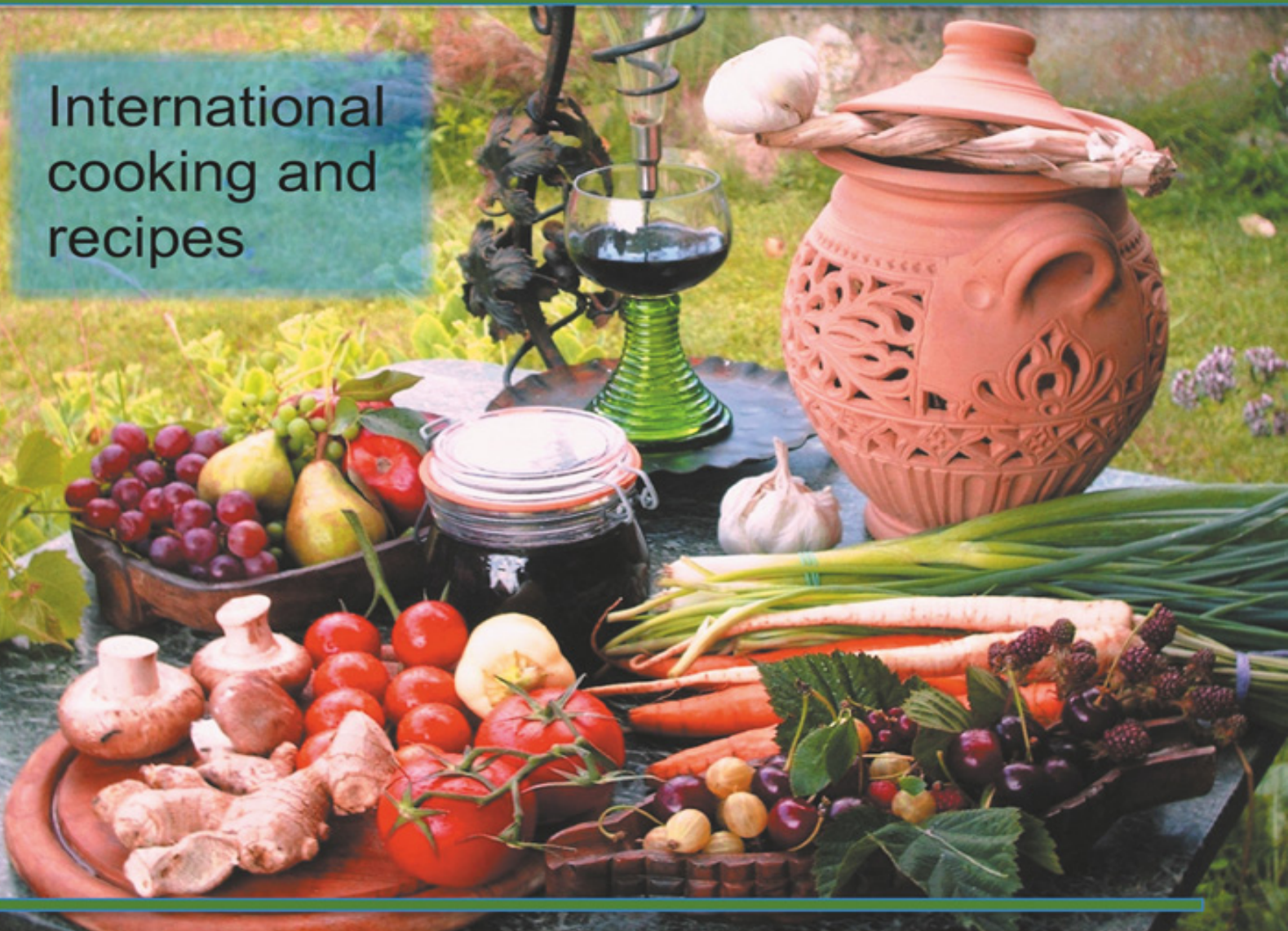


TCM Recommendations

Recipes and Foodstuffs

Traditional Chinese Medicine

International
cooking and
recipes



Spleen
Qi deficiency
E245

(Book: E245)

Diet recommendations for TCM - Spleen - Qi deficiency

1. Treatment strategy
2. Avoid
3. Breakfast kkal. per serving
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 Andalusian fish pot
 - 9.4 Apple sauce with raisins
 - 9.5 Basic recipe for a beef broth (clear)
 - 9.6 Basic recipe for a chicken broth warming
 - 9.7 Basic recipe for a reissue soup (Congee)
 - 9.8 Basic recipe for a vegetable soup, nutritious
 - 9.9 Bean paste piquant sweet
 - 9.10 Beef broth
 - 9.11 Beef soup with carrots, leeks, bay leaves
 - 9.12 Beef soup with colorful vegetables and mushrooms
 - 9.13 Beluga lentil stew with vegetables

- 9.14 Black-eyed beans stew
- 9.15 Boiled fillet with potato biscuits (Austrian Tafelspitz)
- 9.16 Carp soup
- 9.17 Carrot and rice gruel soup
- 9.18 Carrot Risotto
- 9.19 Celery juice
- 9.20 Champignon rice
- 9.21 Chicken in an Italian style
- 9.22 Chicken soup with angelica root and buckthorn fruit
- 9.23 Chicken soup with green spelt, parsley and sake
- 9.24 Clear oxen tail soup with buckthorn fruit
- 9.25 Clear soup from goose
- 9.26 Coconut soup
- 9.27 Cod soup with tomatoes
- 9.28 Compote of local fruit and dried fruit
- 9.29 Curry rice with raisins and nuts
- 9.30 Fennel and potato gratin
- 9.31 Fennel with roasted walnuts
- 9.32 Fennel-Rice Soup
- 9.33 Grilled lamb chops with sweet potato puree
- 9.34 Indian Dal soup
- 9.35 Kidney bean pot with lamb and sage
- 9.36 Kudzu soup in the morning
- 9.37 Leek soup with almond mash
- 9.38 Lentils and rice stew
- 9.39 Polenta with fried egg

- 9.40 Potato-basil soup
- 9.41 Pumpkin curry
- 9.42 Pumpkin soup
- 9.43 Quick flakes with compote or jam
- 9.44 Quinoa with peach
- 9.45 Radish with spring onions and carrots
- 9.46 Reissue soup with fresh fruits
- 9.47 Reissue soup with kidneys
- 9.48 Rice congee with carrots and fennel
- 9.49 Rice congee with crushed walnuts
- 9.50 Rice congee with dried fruit
- 9.51 Rice dulse soup
- 9.52 Rice noodle soup with shiitake mushrooms
- 9.53 Rice with stewed vegetables
- 9.54 Sliced lamb with rosemary potatoes
- 9.55 Soup with egg yolk
- 9.56 Sweet polenta with peach
- 9.57 Sweet potato pancakes with basil pesto
- 9.58 Tea from cinnamon sticks
- 9.59 Tea from ginseng
- 9.60 Tea from ground
- 9.61 Tea from juniper berry
- 9.62 Tea from Longane
- 9.63 Tea from rosemary
- 9.64 Tea from thyme
- 9.65 Thick pea soup
- 9.66 Vegetable potato and meat mash
- 9.67 Vegetable semolina soup
- 9.68 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 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 Oregano fresh

11.12 Parsley

11.13 Peppermint

11.14 Rosemary

11.15 Sage

11.16 Black caraway

11.17 Thyme dried

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

1 Treatment strategy

Strengthen spleen qi, move stomach qi and bring it up.
Warm / neutral / refreshing - little, hot / cold - no

2 Avoid

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

3 Breakfast kkal. per serving

Adzuki Bean and Rice Soup	199
Apple sauce with raisins - Also for babies from 6th month	73
Bean paste piquant sweet	311
Beef broth	124
Beef soup with colorful vegetables and mushrooms	142
Carrot and rice gruel soup	101
Carrot Risotto	308
Celery juice	33
Champignon rice	410
Compote of local fruit and dried fruit	45
Curry rice with raisins and nuts	275
Fennel-Rice Soup	155
Leek soup with almondmash	115
Polenta with fried egg	410
Potato-basil soup	95

Quick flakes with compote or jam	189
Quinoa with peach	247
Reissue soup with fresh fruits	143
Reissue soup with kidneys	301
Rice congee with carrots and fennel	131
Rice congee with crushed walnuts	406
Rice congee with dried fruit	210
Rice dulse soup	190
Rice noodle soup with shiitake mushrooms	65
Soup with egg yolk	173
Sweet polenta with peach	330
Tea from cinnamon sticks	2
Tea from ginseng	0
Tea from juniper berry	10
Thick pea soup	123
Vegetable potato and meat mash	127
Vegetable semolina soup	198
Warming porridge	357

4 Snack

Adzuki Bean and Rice Soup 199

Apple sauce with raisins - Also for babies from 6th month 73

5 Lunch

8 treasures of rice	212
Adzuki Bean and Rice Soup	199
Andalusian fish pot	347
Apple sauce with raisins	73
Bean paste piquant sweet	311
Beef broth	124
Beef soup with carrots, leeks, bay leaves	194
Beef soup with colorful vegetables and mushrooms	142
Beluga lentil stew with vegetables	201
Black-eyed beans stew	140
Boiled fillet with potato biscuits (Austrian classic Tafelspitz)	453
Carp soup	499
Carrot and rice gruel soup	101
Carrot Risotto	308
Celery juice	33

Champignon	rice	
.....		410
Chicken in an Italian	style	
.....		410
Chicken soup with angelica root and buckthorn	fruit	
.....		77
Chicken soup with green spelt, parsley and sake		150
Clear oxen tail soup with buckthorn	fruit	
.....		217
Clear soup from	goose	
.....		334
Coconut	soup	
.....		153
Cod soup with	tomatoes	
.....		176
Compote of local fruit and dried	fruit	
.....		45
Curry rice with raisins and	nuts	
.....		275
Fennel and potato	gratin	
.....		147
Fennel with roasted	walnuts	
.....		342
Fennel-Rice	Soup	
.....		155
Grilled lamb chops with sweetpotatorpuree and	leafy	
vegetables ...		914
Indian Dal	soup	
.....		255
Kidney bean pot with lamb and	sage	
.....		391
Leek soup with almond	mash	
.....		115
Lentils and rice	stew	
.....		232