

di-book



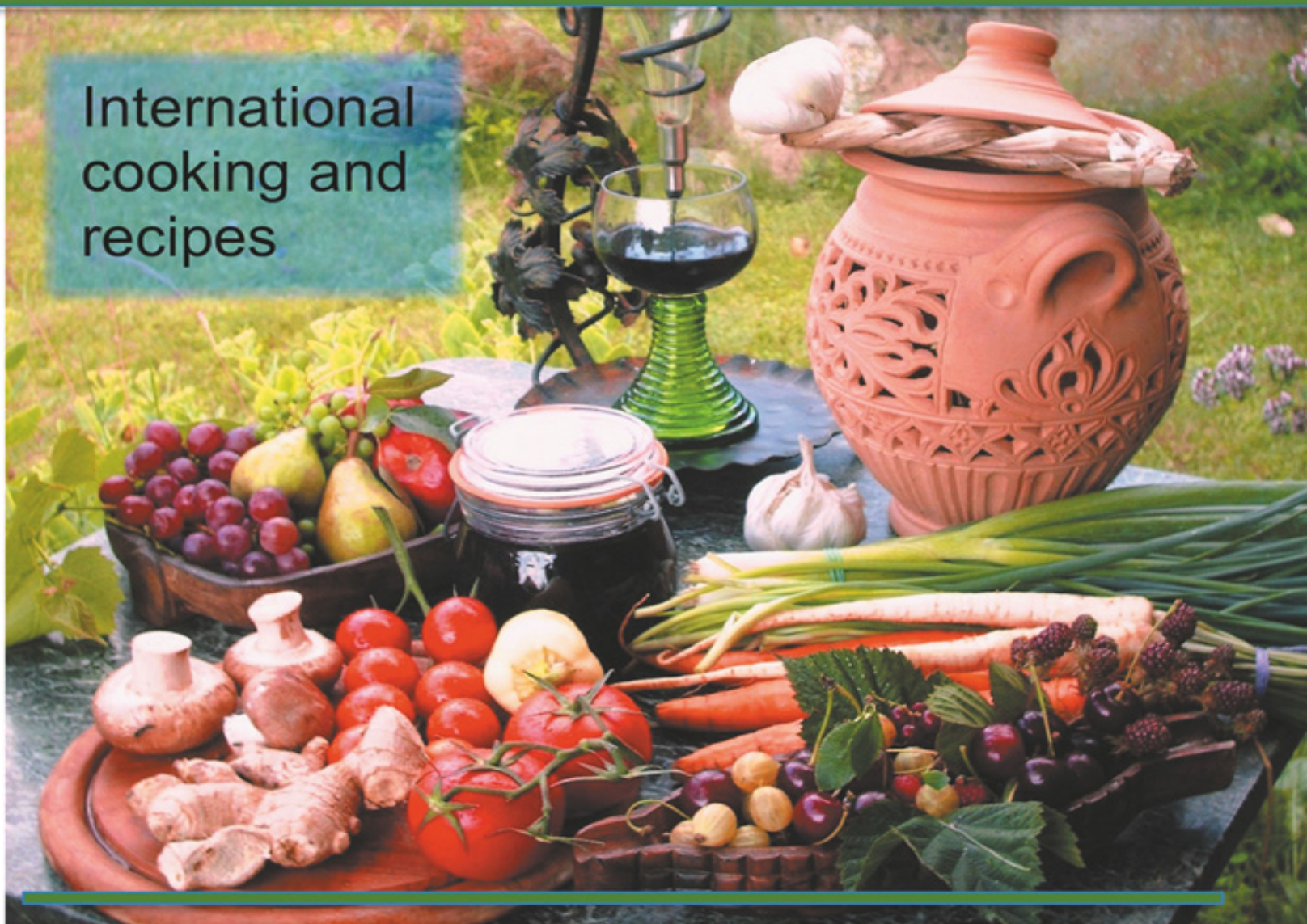
# TCM Recommendations

## Recipes and Foodstuffs

### Traditional Chinese Medicine

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International  
cooking and  
recipes



**Liver**  
**Cold in liver meridian**  
**E222**

(Book: E222)

## **Diet recommendations for TCM - Liver - Cold in liver meridian**

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 fish broth
  - 9.5 Basic recipe for a reissue soup (Congee)
  - 9.6 Basic recipe for a vegetable soup, nutritious
  - 9.7 Beef soup with carrots, leeks, bay leaves
  - 9.8 Beluga lentil stew with vegetables
  - 9.9 Black-eyed beans stew
  - 9.10 Boiled fillet with potatoebiscuits (Austrian Tafelspitz)
  - 9.11 Carp soup
  - 9.12 Chicken soup with angelica root and buckthorn fruit

- 9.13 Chickpeas with Raisins
- 9.14 Classic ginger chicken with rice wine
- 9.15 Clear oxen tail soup with buckthorn fruit
- 9.16 Clear soup from goose
- 9.17 Coconut rice with cardamom
- 9.18 Coconut soup
- 9.19 Cod soup with tomatoes
- 9.20 Hummus (Chickpeasmash)
- 9.21 Indian Dal soup
- 9.22 Japanese algae soup
- 9.23 Kidney bean pot with lamb and sage
- 9.24 Kudzu soup in the morning
- 9.25 Lamb leg in the oven
- 9.26 Lamb soup HARIRA
- 9.27 Leek soup with almondmash
- 9.28 Legumes
- 9.29 Lentils and rice stew
- 9.30 Marinated turkey with cashew nuts from the wok
- 9.31 Millet with egg and butter
- 9.32 Minestrone
- 9.33 Mung bean stew
- 9.34 Plums with curd cheese
- 9.35 Polenta with ratatouille
- 9.36 Quick flakes with compote or jam
- 9.37 Quinoa piquant with avocado
- 9.38 Quinoa with peach
- 9.39 Radish with horseradish
- 9.40 Radish with spring onions and carrots

- 9.41 Red lentils with avocado and radish
- 9.42 Reissue soup with fresh fruits
- 9.43 Rice congee with dried fruit
- 9.44 Rice dulse soup
- 9.45 Rice noodle soup with shiitake mushrooms
- 9.46 Rice soup with grated carrots and fresh herbs
- 9.47 Roasted oatmeal with grapes compote
- 9.48 Sliced lamb with rosemary potatoes
- 9.49 Tea from ginseng
- 9.50 Warming porridge

## 10. Herbs and their effects

- 10.1 Basil
- 10.2 Mugwort
- 10.3 Savory
- 10.4 Coriander
- 10.5 Herbs various
- 10.6 Chives
- 10.7 Lovage
- 10.8 Lily bulbs
- 10.9 Parsley
- 10.10 Rosemary
- 10.11 Sage
- 10.12 Black caraway
- 10.13 King Solomon's-seal
- 10.14 Yam root, yam root tuber
- 10.15 Lemongrass
- 10.16 Lemon Balm (fresh)

## 11. Basics of Nutrition

- 11.1 Nutrition

11.2 Recipes

11.3 Foodstuffs

11.4 Herbs

12. Other dietic-books

# **1 Treatment strategy**

Warm the liver, build up yang, move the liver Qi, disperse the cold.

# 2 Avoid

n.a.

### 3 Breakfast

				kkal. per serving
Chickpeas		with		Raisins
.....				429
Coconut	rice	with		cardamom
.....				266
Hummus				(Chickpeasmash)
.....				542
Leek	soup	with		almondmash
.....				115
Legumes				
.....				31
Millet	with	egg	and	butter
.....				338
Plums	with	curd		cheese
.....				141
Polenta		with		ratatouille
.....				225
Quick	flakes	with	compote	or jam
.....				189
Quinoa	piquant	with		avocado
.....				561
Quinoa		with		peach
.....				247
Radish		with		horseradish
.....				196
Reissue	soup	with	fresh	fruits
.....				143
Rice	congee	with	dried	fruit
.....				210



Rice			dulse				soup
.....						190	
Rice	noodle	soup	with	shiitake			mushrooms
.....						65	
Roasted		oatmeal	with	grapes			compot
.....						328	
Tea			from				ginseng
.....						0	
Warming							porridge
.....						357	