

di-book

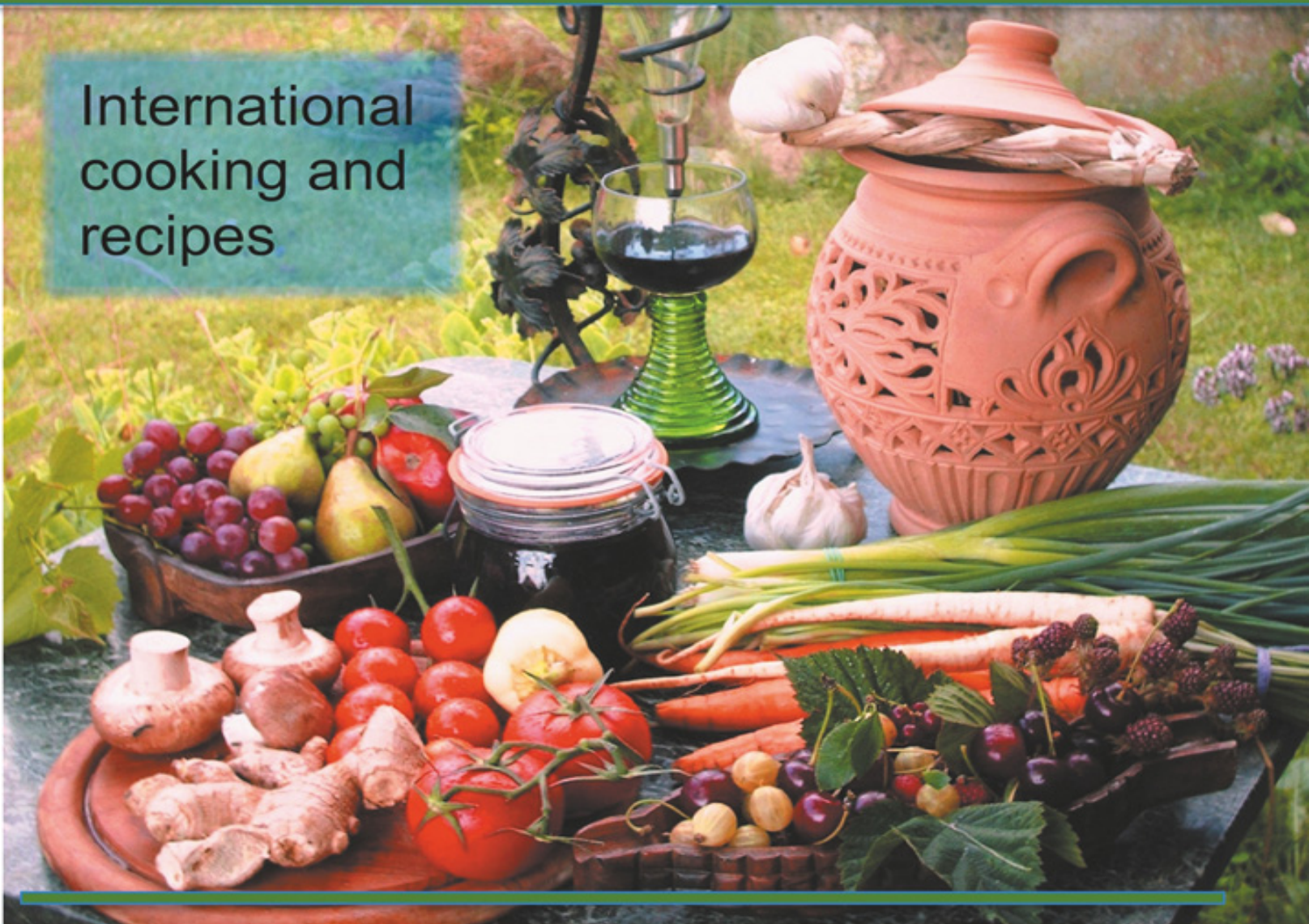


TCM Recommendations

Recipes and Foodstuffs

Traditional Chinese Medicine

International
cooking and
recipes



Lung
Qi deficiency
E228

Please check these recommendations always with a TCM nutrition consultant, therapist, doctor or dietician. The recipes and the list of ingredients are supporting also the conventional medical therapy. The calorie disclosures of fresh ingredients (fruit and vegetables) vary according to quality and time of harvest. The contents were checked by a dietician and a nutrition consultant for the Traditional Chinese Medicine (TCM).

(Book: E228)

Diet recommendations for TCM - Lung - Qi 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 reissue soup (Congee)
 - 9.5 Basic recipe for a vegetable soup, nutritious
 - 9.6 Beef broth
 - 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 Compote of pears
- 9.19 Fennel and potato gratin
- 9.20 Indian Dal soup
- 9.21 Japanese algae soup
- 9.22 Kidney bean pot with lamb and sage
- 9.23 Leek soup with almondmash
- 9.24 Lentils and rice stew
- 9.25 Lights with chopped root vegetables
- 9.26 Millet mash with steamed pears
- 9.27 Millet with egg and butter
- 9.28 Pear compote
- 9.29 Pear juice
- 9.30 Radish with spring onions and carrots
- 9.31 Reissue soup with fresh fruits
- 9.32 Rice congee with carrots and fennel
- 9.33 Rice congee with crushed walnuts
- 9.34 Rice congee with dried fruit
- 9.35 Rice congee with honey pear and black sesame
- 9.36 Rice dulse soup
- 9.37 Rice noodle soup with shiitake mushrooms
- 9.38 Rice soup with grated carrots and fresh herbs
- 9.39 Rice with stewed vegetables
- 9.40 Roasted oatmeal with grapes compote
- 9.41 Sliced lamb with rosemary potatoes
- 9.42 Tea from cinnamon sticks

- 9.43 Tea from ginseng
- 9.44 Tea from licorice (heart-strengthening)
- 9.45 Tea from longane
- 9.46 Tea from thyme
- 9.47 Thick pea soup
- 9.48 Turkey breast with vegetables (Asian)
- 9.49 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 Coriander
- 11.5 Herbs various
- 11.6 Cress
- 11.7 Chives
- 11.8 Lovage
- 11.9 Lily bulbs
- 11.10 Marjoram
- 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

Build up lung qi, strengthen center, strengthen kidney.

Hot LITTLE, warm and neutral YES, refreshing LITTLE, cold
NO

2 Avoid

Everything that weakens spleen, sugar, denatured (frozen food), tropical fruits and raw foods, yogurt, ice cream, cold foods or drinks, dairy products, black tea, coffee, factory sugar.

3 Breakfast

	kcal. per serving
Beef	broth 124
Chickpeas	with Raisins 429
Coconut	rice with cardamom 266
Compote	of pears 122
Leek	soup with almondmash 115
Millet	mash with steamed pears 235
Millet	with egg and butter 338
Pear	compote 100
Pear	juice 180
Reissue	soup with fresh fruits 143
Rice	congee with carrots and fennel 131
Rice	congee with crushed walnuts 406
Rice	congee with dried fruit 210
Rice	congee with honey pear and black sesame 158

Rice	dulse	soup	190	
Rice	noodle soup	with shiitake mushrooms	65	
Roasted	oatmeal	with grapes	compote	328
Tea	from	cinnamon	sticks	2
Tea	from		ginseng	0
Thick	pea	soup	123	
Warming		porridge	357	

4 Snack

Millet mash with steamed pears
..... 235

5 Lunch

8 treasures of rice	212
Beef broth	124
Beef soup with carrots, leeks, bay leaves	194
Beluga lentil stew with vegetables	201
Black-eyed beans stew	140
Boiled fillet with potato biscuits (Austrian Tafelspitz)	453
Carp soup	499
Chicken soup with angelica root and buckthorn fruit	77
Chickpeas with Raisins	429
Classic ginger chicken with rice wine	357
Clear oxen tail soup with buckthorn fruit	217
Clear soup from goose	334
Coconut rice with cardamom	266
Compote of pears	122
Fennel and potato gratin	147