

di-book

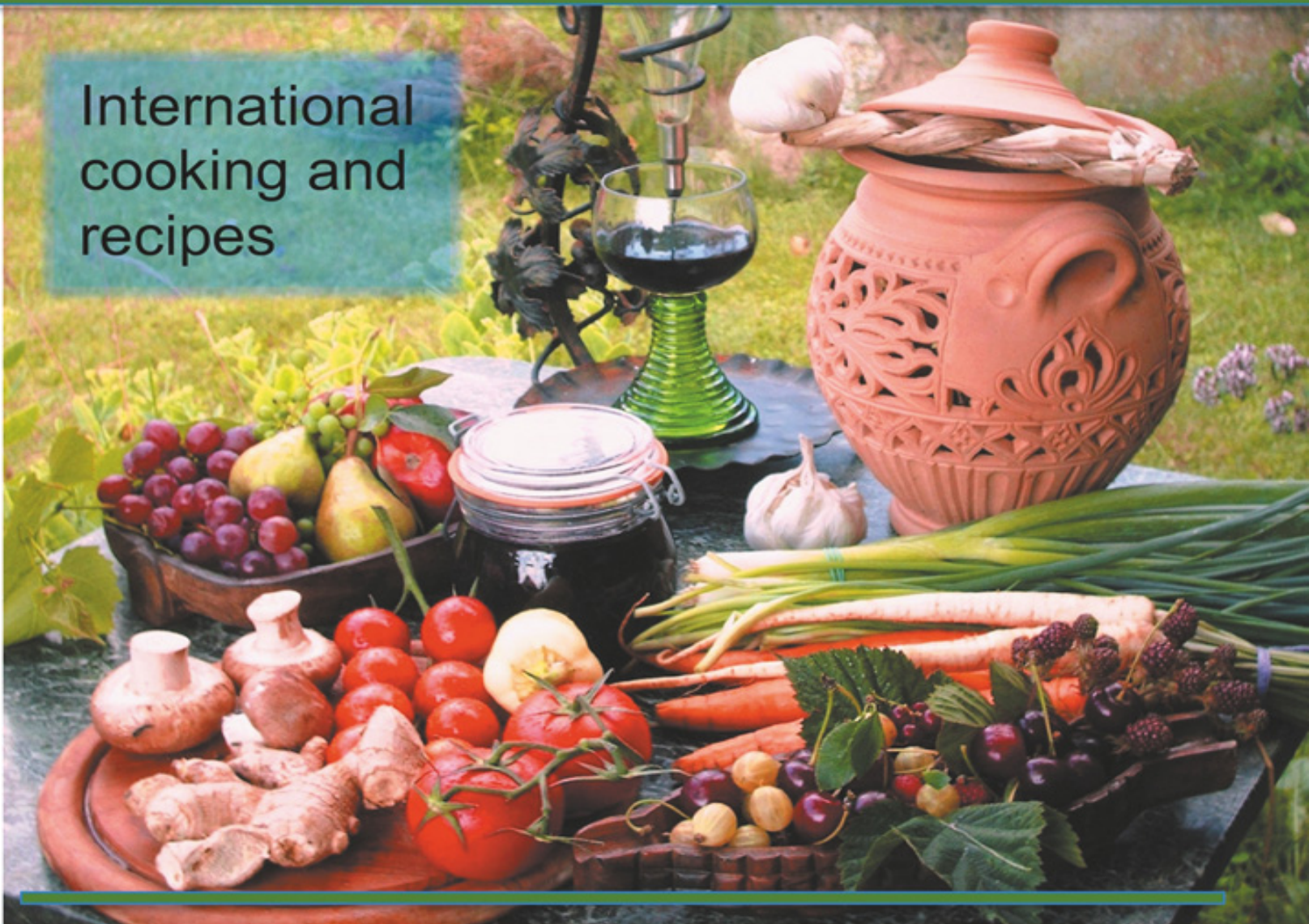


TCM Recommendations

Recipes and Foodstuffs

Traditional Chinese Medicine

International
cooking and
recipes



Large intestine
Yang deficiency (cold)
E207

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: E207)

Diet recommendations for TCM - Large intestine - Yang deficiency (cold)

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 Beef soup with colorful vegetables and mushrooms.
 - 9.9 Beluga lentil stew with vegetables
 - 9.10 Black-eyed beans stew
 - 9.11 Boiled fillet with potatoebiscuits (Austrian classic Tafelspitz)

- 9.12 Carp soup
- 9.13 Carrot and rice gruel soup
- 9.14 Carrot Risotto
- 9.15 Chicken soup with angelica root and buckthorn fruit
- 9.16 Chickpeas with Raisins
- 9.17 Classic ginger chicken with rice wine
- 9.18 Clear oxen tail soup with buckthorn fruit
- 9.19 Clear soup from goose
- 9.20 Coconut rice with cardamom
- 9.21 Coconut soup
- 9.22 Cod soup with tomatoes
- 9.23 Hummus (Chickpeasmash)
- 9.24 Indian Dal soup.
- 9.25 Japanese algae soup
- 9.26 Kidney bean pot with lamb and sage
- 9.27 Kudzu soup in the morning
- 9.28 Lamb leg in the oven
- 9.29 Lamb soup HARIRA
- 9.30 Leek soup with almondmash
- 9.31 Legumes
- 9.32 Lentils and rice stew
- 9.33 Marinated turkey with cashew nuts from the wok
- 9.34 Millet with egg and butter
- 9.35 Minestrone..
- 9.36 Mung bean stew
- 9.37 Pea dish
- 9.38 Plums with curd cheese

- 9.39 Polenta with fried egg
- 9.40 Polenta with ratatouille
- 9.41 Quick flakes with compote or jam
- 9.42 Quinoa piquant with avocado
- 9.43 Quinoa with peach
- 9.44 Radish with horseradish
- 9.45 Radish with spring onions and carrots
- 9.46 Red lentils with avocado and radish
- 9.47 Reissue soup with fresh fruits
- 9.48 Rice congee with crushed walnuts
- 9.49 Rice congee with dried fruit
- 9.50 Rice dulse soup
- 9.51 Rice noodle soup with shiitake mushrooms
- 9.52 Rice soup with grated carrots and fresh herbs
- 9.53 Roasted oatmeal with grapes compote
- 9.54 Sliced lamb with rosemary potatoes
- 9.55 Spelled-grid porridge with berries of the season
- 9.56 Sweet polenta with peach
- 9.57 Sweet rice with apples
- 9.58 Tea from ginseng
- 9.59 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 Oregano fresh
- 10.10 Parsley
- 10.11 Peppermint
- 10.12 Rosemary
- 10.13 Sage
- 10.14 Black caraway
- 10.15 King Solomon's-seal
- 10.16 Yam root, yam root tuber
- 10.17 Lemongrass
- 10.18 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

Strengthen middle, warm Yang.

2 Avoid

n.a.

3 Breakfast

	kkal. per serving
Beef soup with colorful vegetables and mushrooms	142
Carrot and rice gruel soup	101
Carrot Risotto	308
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
Pea dish.....	406
Plums with curd cheese	141
Polenta with fried egg	410
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	crushed	
walnuts.....			406	
Rice	congee	with	dried	fruit
.....			210	
Rice		dulse	soup	
.....			190	
Rice	noodle	soup	with	shiitake
.....		65		mushrooms
Roasted	oatmeal	with	grapes	compot
.....		328		
Spelled-grid	porridge	with	berries	of the season
.....		243		
Sweet	polenta	with	peach	
.....		330		
Sweet		rice	with	
apples.....			155	
Tea		from		ginseng
.....			0	
Warming				porridge
.....			357	

4 Snack

Hummus	(Chickpeasmash)	
.....		542
Polenta	with	ratatouille
.....		225
Spelled-grid porridge	with berries	of the season
.....		243