

di-book

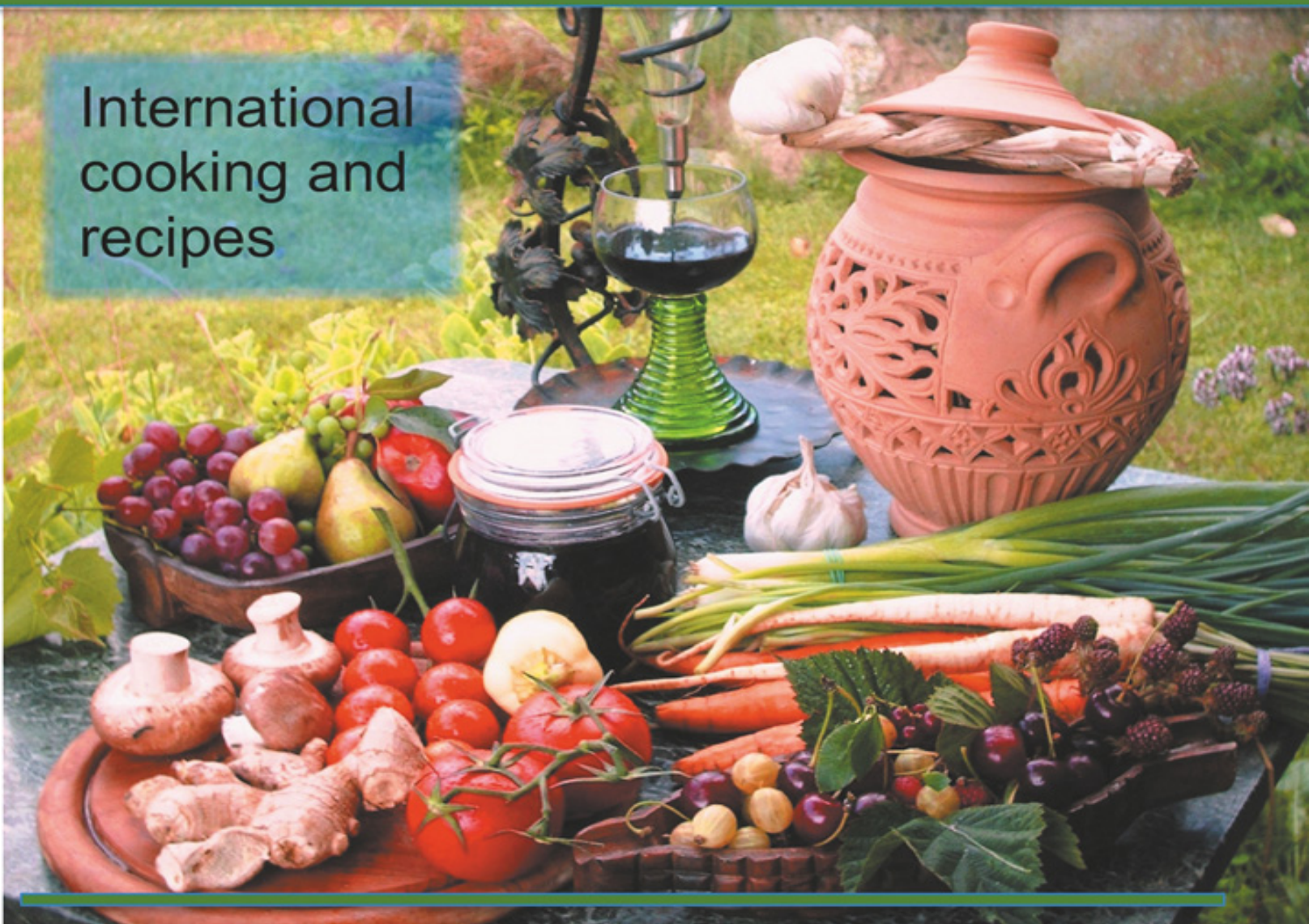


TCM Recommendations

Recipes and Foodstuffs

Traditional Chinese Medicine

International
cooking and
recipes



Bladder
Empty and cold in the bladder
E202

(Book: E202)

Diet recommendations for TCM - Bladder - Empty and cold in the bladder

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 Basic recipe for a chicken broth warming
 - 9.3 Basic recipe for a beef broth (clear)
 - 9.4 Bean paste piquant sweet
 - 9.5 Beef soup with carrots, leeks, bay leaves
 - 9.6 Beef soup with colorful vegetables and mushrooms
 - 9.7 Beluga lentil stew with vegetables
 - 9.8 Black-eyed beans stew
 - 9.9 Boiled fillet with potatoebiscuits (Austrian classic Tafelspitz)
 - 9.10 Carp soup
 - 9.11 Chicken soup with angelica root and buckthorn fruit
 - 9.12 Chickpeas with Raisins
 - 9.13 Classic ginger chicken with rice wine
 - 9.14 Clear ox tail soup with buckthorn fruit
 - 9.15 Clear soup from goose
 - 9.16 Coconut rice with cardamom

- 9.17 Coconut soup
- 9.18 Cod soup with tomatoes
- 9.19 Hummus (Chickpeasmash)
- 9.20 Indian Dal soup
- 9.21 Japanese algae soup
- 9.22 Kidney bean pot with lamb and sage
- 9.23 Kudzu soup in the morning
- 9.24 Lamb leg in the oven
- 9.25 Lamb soup HARIRA
- 9.26 Leek soup with almondmash
- 9.27 Legumes
- 9.28 Lentils and rice stew
- 9.29 Marinated turkey with cashew nuts from the wok
- 9.30 Millet with egg and butter
- 9.31 Minestrone
- 9.32 Mung bean stew
- 9.33 Pea dish
- 9.34 Plums with curd cheese
- 9.35 Polenta with fried egg
- 9.36 Polenta with ratatouille
- 9.37 Quick flakes with compote or jam
- 9.38 Quinoa piquant with avocado
- 9.39 Quinoa with peach
- 9.40 Radish with horseradish
- 9.41 Radish with spring onions and carrots
- 9.42 Red lentils with avocado and radish
- 9.43 Reissue soup with fresh fruits
- 9.44 Rice congee with crushed walnuts
- 9.45 Rice congee with dried fruit
- 9.46 Rice dulse soup
- 9.47 Rice noodle soup with shiitake mushrooms
- 9.48 Rice soup with grated carrots and fresh herbs
- 9.49 Roasted oatmeal with grapes compote
- 9.50 Sliced lamb with rosemary potatoes
- 9.51 Spelled-grid porridge with berries of the season

- 9.52 Sweet polenta with peach
- 9.53 Sweet rice with apples
- 9.54 Tea from ginseng
- 9.55 Warming porridge
- 10. Effects of food (no definitions available)
- 11. Herbs and their effects
 - 11.1 Basil
 - 11.2 Mugwort
 - 11.3 Savory
 - 11.4 Coriander
 - 11.5 Herbs various
 - 11.6 Chives
 - 11.7 Lovage
 - 11.8 Lily bulbs
 - 11.9 Oregano fresh
 - 11.10 Parsley
 - 11.11 Peppermint
 - 11.12 Rosemary
 - 11.13 Sage
 - 11.14 Black caraway
 - 11.15 King Solomon's-seal
 - 11.16 Yam root, yam root tuber
 - 11.17 Lemongrass
 - 11.18 Lemon Balm (fresh)
- 12. Basics of Nutrition
- 13. 12.1 Nutrition
- 14. 12.2 Recipes
- 15. 12.3 Foodstuffs
- 16. 12.4 Herbs
- 17. Other dietic-books

1 Treatment strategy

Strengthen kidney Yang, warming, strengthen bladder.

2 Avoid

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3 Breakfast kkal. per serving

Bean paste piquant sweet	311
Beef soup with colorful vegetables and mushrooms	142
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 mushrooms	65
Roasted oatmeal with grapes compote	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

5 Lunch

8 treasures of rice	212
Bean paste piquant sweet	311
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 potatoebiscuits (Austrian classic 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 ox tail soup with buckthorn fruit	217
Clear soup from goose	334
Coconut rice with cardamom	266

Coconut soup	153
Cod soup with tomatoes	176
Hummus (Chickpeasmash)	542
Indian Dal soup	255
Japanese algae soup	47
Kidney bean pot with lamb and sage	391
Lamb leg in the oven	484
Lamb soup HARIRA	205
Leek soup with almondmash	115
Legumes	31
Lentils and rice stew	232
Marinated turkey with cashew nuts from the wok	318
Millet with egg and butter	338
Minestrone	210
Mung bean stew	665
Pea dish	406