

di-book



# TCM Recommendations

## Recipes and Foodstuffs

Traditional Chinese Medicine

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International  
cooking and  
recipes



## Spleen

Qi deficiency + spleen does not control the blood

**E247**

## **(Book: E247)**

### **Diet recommendations for TCM - Spleen - Qi deficiency + spleen does not control the blood**

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 chicken broth warming
  - 9.3 Basic recipe for a reissue soup (Congee)
  - 9.4 Basic recipe for a vegetable soup, nutritious
  - 9.5 Bean paste piquant sweet
  - 9.6 Beef soup with carrots, leeks, bay leaves
  - 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 Carrot and rice gruel soup
- 9.12 Carrot Risotto
- 9.13 Chicken in an Italian style
- 9.14 Chicken soup with angelica root and buckthorn fruit
- 9.15 Chickpeas with Raisins
- 9.16 Clear soup from goose
- 9.17 Indian Dal soup
- 9.18 Kidney bean pot with lamb and sage
- 9.19 Kuzu soup in the morning
- 9.20 Leek soup with almondmash
- 9.21 Lentils and rice stew
- 9.22 Quick flakes with compote or jam
- 9.23 Quinoa with peach
- 9.24 Rice congee with crushed walnuts
- 9.25 Rice dulse soup
- 9.26 Rice noodle soup with shiitake mushrooms
- 9.27 Rice with stewed vegetables
- 9.28 Sliced lamb with rosemary potatoes
- 9.29 Tea from cinnamon sticks
- 9.30 Tea from juniper berry
- 9.31 Tea from raspberry leaves
- 9.32 Tea from thyme
- 9.33 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. Complementary

11.1 Agrimony

11.2 Buckeye

11.3 Caraway

12. Basics of Nutrition

12.1 Nutrition

12.2 Recipes

12.3 Foodstuffs

12.4 Herbs

13. Other dietic-books

14. EBNS - Software for nutritional counseling

# **1 Treatment strategy**

Tonify and strengthen spleen and blood-nutrient foods, kidney qi support, slightly astringent.

# 2 Avoid

n.a.

### 3 Breakfast

kkal. per serving

Bean paste piquant sweet .....	311
Carrot and rice gruel soup .....	101
Carrot Risotto .....	308
Chickpeas with Raisins .....	429
Kuzu soup in the morning .....	12
Leek soup with almondmash .....	115
Quick flakes with compote or jam .....	189
Quinoa with peach .....	247
Rice congee with crushed walnuts .....	406
Rice dulse soup .....	190
Rice noodle soup with shiitake mushrooms .....	65
Tea from cinnamon sticks .....	2
Tea from ginseng .....	0
Tea from juniper berry .....	10

Tea from raspberry leaves ..... 0

Tea from thyme ..... 0

Warming porridge ..... 357