

Personalised Therapeutic Menu

28-Day Nutritional Programme

Traditional Chinese Medicine & Modern Nutrition

Claire

Lyon

yinshi.app

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Introduction

Dear Claire,

This therapeutic cookbook has been designed specifically for you, based on your unique health profile, your Ba Zi analysis, and the principles of Traditional Chinese Medicine (TCM) combined with modern Western nutrition. This is not a simple cookbook, but a truly personalised 28-day dietary programme, designed to support your body through the transition of menopause.

Why this book exists

Your health profile reveals several interconnected imbalances that are points of attention in your daily life:

1. *Kidney Yin deficiency*: menopause has depleted your Yin reserves, this subtle fluid that nourishes, moistens and cools the body. Without it, heat rises uncontrolled, causing the hot flushes that mark your days and nights.
2. *Liver Yin deficiency*: the Kidney Yin no longer sufficiently nourishes the Liver Yin, which can no longer hold the Yang. The latter rises, disrupting your sleep with these awakenings between 03:00 and 04:00, just when the Liver attempts to purify your system.
3. *Dryness*: the lack of fluids manifests as vaginal dryness, a tangible sign of Yin deficiency affecting the most intimate areas.
4. *Morning fatigue*: your fragmented nights do not allow complete recovery, and the Kidney Yin deficiency no longer supports morning energy.
5. *Joint pain*: the Kidney governs the bones and joints in TCM. When its Yin is depleted, the knees and lower back, areas directly linked to the Kidney, manifest as dull pain.
6. *Hypothyroidism*: under medication control (Levothyrox 50 µg/day), it is part of a mixed picture of Kidney Yin and Yang deficiency, with a Yin predominance.

The dual approach: TCM and Western nutrition

This book does not choose between the ancient wisdom of TCM and the data of modern nutrition. It fuses them to offer you the best of both worlds.

TCM brings its global understanding of the body's energies. Each food is classified according to its thermal nature (cold, cool, neutral, warm, hot), its flavour (sweet, sour, bitter, pungent, salty) and its affinity with specific organs. For you, the strategy is clear: favour warm and sweet foods that nourish Yin, while providing the nourishing Fire that warms without drying.

Western nutrition brings its precision on macronutrients, micronutrients and bioavailability. For you, it highlights the importance of selenium and zinc for your thyroid, omega-3 for your joints, vitamin E for dryness, and magnesium for your sleep.

Your Ba Zi profile: an energetic roadmap

Your Ba Zi chart, calculated from your birth on 14 March 1973 at 04:30 in Lyon, reveals a precise energetic structure that guides every food choice in this book.

Your Day Master is Ji (Yin Earth). You are fundamentally an Earth person, nurturing, stable, but whose Earth is fragile at this time of life. The current season (autumn, Metal) drains your already weakened Earth, which explains the digestive fatigue and the difficulty in transforming food.

Your Useful God (the element that restores balance) is Fire and Earth. Concretely, this means your diet should:

1. *Provide nourishing Fire*: gentle cooking methods (simmering, steaming, stewing, braising) warm the digestive centre without drying the Yin. Ginger, cinnamon in small quantities, and warm spices support this Fire.
2. *Strengthen the Earth*: sweet and nourishing foods (sweet potato, millet, carrots, pumpkin) support your Spleen and Stomach, the digestive organs in TCM.
3. *Nourish Yin*: moistening foods (avocado, coconut milk, lotus seeds, pears) replenish body fluids without creating pathological dampness.
4. *Avoid excess Metal, Wood and Water*: these elements drain or control your Earth. Foods that are too pungent, too sour or too cold should be limited.

The five priority astrological foods

Your Ba Zi has identified five foods particularly beneficial for rebalancing your chart:

1. *Jujube (red date)*: provides nourishing Fire (Useful God) and calms the Shen, precious for your insomnia.
2. *Lotus seeds*: calm the Shen and support the Kidney Yin, helping with night awakenings.
3. *Ginger*: warms the Spleen and provides nourishing Fire without drying the Yin.
4. *Cinnamon*: warms the Kidney Yang, supporting the joints (knees, lower back).
5. *Sweet potato*: strengthens the Earth (Day Master) and provides beta-carotene for dryness.

These five foods appear regularly in your recipes, not by chance, but because they respond precisely to the needs of your energetic chart.

Structure of your 28-day programme

This book contains 65 recipes divided into six categories:

1. *10 starters*: soups, velvety soups, warm salads and tartares to gently open the meal.
2. *20 main courses*: fish, poultry, red meat, legumes and eggs, to nourish the body without overloading it.
3. *10 desserts*: compotes, mousses and lactose-free custards, to end the meal on a sweet note.
4. *10 snacks*: almonds, seeds, energy balls and galettes, for small hunger without guilt.
5. *10 breakfasts*: porridges, congees, galettes and eggs, to start the day on the right foot.
6. *5 infusions*: Evening Yin, Kidneys and Joints, Digestion, Hot Flushes and Morning Tonic.

Each recipe indicates its thermal nature, its flavour, its target organs, its therapeutic actions and its personalised justification. Preparation instructions include mise en place, steps with sensory cues, plating, cooking nutrition tips and TCM wisdom.

How to use this book

Respect the rhythm of meals: your Ba Zi recommends 3 meals a day, with a warm breakfast immediately upon waking (your Spleen needs warmth to start), a nourishing lunch and a light dinner before 19:00. Intermittent fasting is not recommended for you: your Yin deficiency requires dietary regularity to stabilise energy.

Adapt portions: recipes are generally designed for 4 people. If you cook for yourself alone, divide the quantities or freeze the surplus. The personalised portion calculation (Phase 5 of the pipeline) adjusts the weights to your metabolism.

Cook warm, eat warm: the golden rule for your profile is never to eat cold. Take dishes out of the refrigerator 30 minutes before consuming them, or reheat them gently in a saucepan. The Spleen hates cold, which blocks digestion and depletes Qi.

Caution with Levothyrox: soya (tofu) and high-fibre foods can interfere with the absorption of your medication. Take your soya recipes at least 30 to 60 minutes after taking Levothyrox, preferably in the evening rather than at breakfast.

Listen to your body: this programme is a guide, not an obligation. If a recipe does not suit you, replace it with another from the same category. The goal is to nourish you, not to constrain you.

A support, not a diet

This book is not a diet in the restrictive sense of the term. It is a dietary support designed to support your body through a major physiological transition. Menopause is not a disease, but a passage. TCM approaches it as a redistribution of energy: what was dedicated to reproduction is redirected towards personal vitality.

The 28 days of this programme are designed to create lasting habits. Beyond this period, you can continue to draw from the 65 recipes to compose your meals according to your inspiration, your hunger and your state of the day.

I wish you a beautiful culinary discovery, full of sweet flavours, comforting warmth and benevolence for your body.

With my cordial greetings,

Ludovic Dumay Practitioner in Traditional Chinese Medicine and Nutrition

PART 1

Your Personal Profile

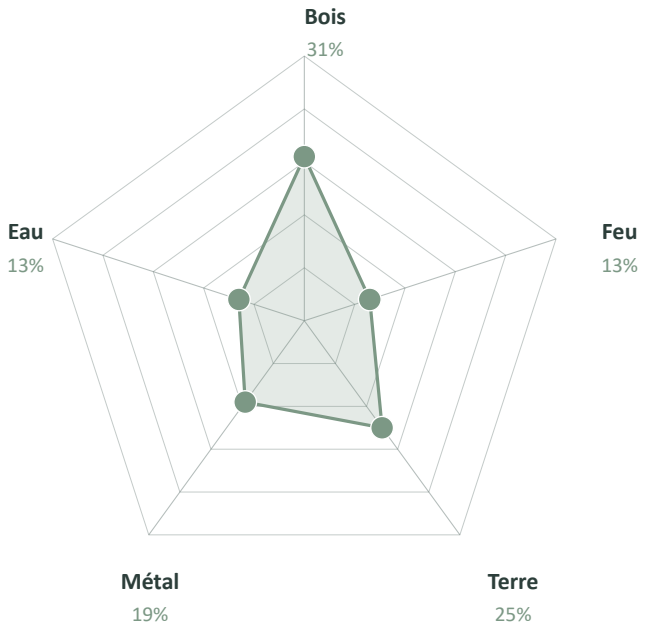
Your Profile

Âge : 53 ans
Région : Lyon
Saison : Autumn

Activité : light
Stress : high

Your Energetic Profile

Ba Zi Chinese Astrological Analysis



Your Constitution

You are a Yin Earth (Ji) born in Spring. Your Day Master is in "Death" strength - Earth is at its weakest in the season of Wood which controls it. Your constitution is naturally gentle, nurturing and cautious, but vulnerable to cold and Liver-Spleen tension.

Your Elements

Your favourable elements are Fire (which produces Earth) and Earth (which strengthens your Day Master). Your Useful God is Fire (Ding/Bing) which nourishes your weakened Earth. Wood (31%) is too strong and controls your Earth. Metal (current cycle) drains it.

Your Dietary Strategy

Favour the sweet flavour (Earth) which nourishes your Spleen. A touch of moderately bitter (Fire) brings gentle beneficial warmth. Limit sour (Wood, too strong) and pungent (Metal, unfavourable in your current cycle). Hot breakfast mandatory. Simmered dishes and soups preferred.

Your Current Cycle

You are going through an unfavourable cycle (Geng-Shen, 2020-2029). Metal drains your already weak Earth. This passage explains the onset of your disorders (hypothyroidism, difficult menopause) around age 47. Prioritise sweet and warm foods, soups and stews. Avoid pungent, raw and cold. The previous cycles (Fire/Earth, 1980-2019) were favourable and supported you for 40 years.

Vos Règles d'Or

Affichez cette page sur votre réfrigérateur ou gardez-la visible. Ces règles sont le socle de votre programme thérapeutique.

🌞 HOT breakfast, mandatory immediately upon waking

Your Spleen (Earth) needs morning fuel to start digestion and support your weakened Day Master.

🍽️ 3 meals a day, no snacking

Preserve the digestive Qi already weakened by the current Metal cycle (2020-2029).

👍 Favour the SWEET flavour (Earth)

The sweet flavour nourishes your Day Master Earth and supports the Spleen, your most vulnerable organ.

⚠️ Limit sour (Wood) and pungent (Metal) flavours

Wood (31% of your chart) controls your Earth. Metal (current cycle) drains it. These two flavours weaken your constitution.

🌙 Light dinner before 7pm

Your Liver (Wood, too strong) enters purification at 9pm. Give it time to work without digestive overload.

💧 Drink warm or hot. Avoid cold drinks and ice.

Cold weakens the Yin Earth, already vulnerable. Warmth supports the digestive Qi and nourishes without drying.

🔥 Favourable cooking: simmering, soup, gentle steaming, stewing

These methods bring gentle warmth that nourishes Earth and preserves the Yin, without drying.

⏳ **Current cycle UNFAVOURABLE (2020-2029)**

Metal (Geng-Shen) drains your Earth. This cycle coincides with your disorders (hypothyroidism, menopause). Prioritise sweet and warm foods.

PART 2

Your Key Foods

Your Key Foods

Sweet potato

Categorie : légume_racine

Proprietes MTC
Nature : warm
Flavours : sweet
Organes : ("Spleen", "Stomach")
Sweet potato primarily targets the Spleen and Stomach, the digestive organs in TCM. Its sweet flavour and warm nature penetrate directly into the Spleen meridian to tonify it.
Actions :

> Sweet potato is the Earth food par excellence. Its sweet flavour nourishes the Spleen (weakened Yin Earth Day Master). Its warm nature supports the centre without aggravating the Empty Heat. Rich in potassium and beta-carotene. Absolute priority for Claire.

Millet

Categorie : céréale

Proprietes MTC
Nature : neutral-warm
Flavours : sweet
Organes : ("Spleen", "Stomach", "Kidney")
Millet enters the Spleen and Stomach meridians to tonify digestion, and secondarily the Kidney meridian to support the ancestral energy.
Actions :

> Millet is the only alkalising grain and the Earth grain par excellence. It nourishes the Spleen and supports the Day Master. Rich in magnesium (114mg/100g) for sleep and stress. Gluten-free, ideal to replace wheat (bloating). As a morning porridge, it is a nourishing breakfast for the weakened Earth.

Carrot

Categorie : légume_racine

Proprietes MTC
Nature : neutral
Flavours : sweet
Organes : ("Spleen", "Liver")
The carrot targets the Spleen to tonify it and the Liver to nourish the Blood. Its beta-carotene supports vision, the sense organ linked to the Liver in TCM.
Actions : ("Tonifie")

> The carrot is an Earth root vegetable par excellence. Its sweet flavour tonifies the Spleen without creating dampness. Rich in beta-carotene for dryness (Yin deficiency). Low GI (35). Steamed or in soup, it is easy to digest and supports the Day Master. Confirmed client preference.

Jujube (red date)

Categorie : fruit_sec

Proprietes MTC
Nature : warm
Flavours : sweet
Organes : ("Spleen", "Stomach", "Heart")
The jujube enters the Spleen meridian to tonify it and the Heart meridian to calm the Shen. Its double action makes it a precious food for the Earth-Fire axis, nourishing the body and calming the mind.
Actions :

> The jujube (red date) nourishes the Blood and calms the Shen. Its warm nature brings the nourishing Fire (mother of Earth) which supports the Day Master. Rich in vitamin C (69mg) for vitality. Calms the Shen for sleep. In porridge or infusion, it is a precious food for the Earth-Fire axis of Claire.

Lotus seed

Categorie : graine

Proprietes MTC
Nature : neutral
Flavours : sweet
Organes : ("Spleen", "Heart", "Kidney")
The lotus seed enters three meridians: the Spleen to tonify it, the Heart to calm the Shen, and the Kidney to support the Yin. A precious trivalent food for Claire's profile.
Actions :

> The lotus seed nourishes the Spleen and calms the Shen. Its neutral nature supports the Yin without drying. Rich in magnesium (210mg) for sleep and stress. In soup or porridge, it is digestible and supports the Earth Day Master while soothing insomnia.

Almond

Categorie : oléagineux

Proprietes MTC
Nature : neutral
Flavours : sweet
Organes : ("Lung", "Large Intestine")
The almond enters the Lung meridian to moisten it, and secondarily the Large Intestine (paired organ). Its neutral nature moistens the Yin without drying, precious for Claire's dryness.
Actions :

The almond moistens the Lung and nourishes the Yin (vaginal dryness, skin). Rich in magnesium (270mg) for sleep and stress, vitamin E for dryness, calcium (269mg) for bones (alternative to cow's milk). Confirmed client preference. To be dosed at 30g/day (Metal is unfavourable in the current cycle, but the almond is nourishing and neutral).

Pumpkin seeds

Categorie : graine

Proprietes MTC
Nature : neutral
Flavours : sweet
Organes : ("Spleen", "Kidney")
Pumpkin seeds enter the Spleen (Earth) and Kidney (Water) meridians. Their zinc supports the thyroid (Kidney) while nourishing digestion (Spleen).
Actions :

Pumpkin seeds are one of the best plant sources of zinc (7.8mg/100g), essential for thyroid function (Levothyrox). Rich in magnesium (592mg) for sleep and joints. Earth element (favourable to the Day Master). Confirmed client preference. As a snack or sprinkled over dishes.

Basmati rice

Categorie : céréale

Proprietes MTC
Nature : neutral
Flavours : sweet
Organes : ("Spleen", "Stomach")
Basmati rice enters the Spleen and Stomach meridians to tonify them. Its neutral nature and sweet flavour make it the most digestible staple food for Claire's fragile Spleen.
Actions :

Basmati rice is the alternative grain to wheat for Claire (bloating). Its neutral nature and sweet flavour suit the Earth Day Master. Low-to-medium GI (50) to stabilise energy. Gluten-free. Confirmed client preference. As a side dish, porridge or soup.

White fish (hake, cod, sole)

Categorie : protéine

Proprietes MTC
Nature : neutral-warm
Flavours : sweet
Organes : ("Spleen", "Kidney")
White fish enters the Spleen meridian (for digestion) and the Kidney meridian (to nourish the Yin). Its neutral-warm nature moistens without drying, ideal for Claire's Kidney Yin deficiency.
Actions :

White fish nourishes the Kidney Yin and soothes dryness (Yin deficiency, menopause). Rich in selenium (40µg) for the thyroid, omega-3 for the joints (anti-inflammatory), moderate iodine (compatible with Levothyrox in reasonable quantities). Client preference (grilled fish). Grilled or en papillote, it is digestible and nourishing.

Olive oil

Categorie : matière_grasse

Proprietes MTC
Nature : neutral
Flavours : sweet
Organes : ("Liver", "Gallbladder")
Olive oil enters the Liver meridian to nourish it and moisten the Yin. Its omega-9 supports the Liver's draining function, precious for Claire's Liver Yang rising.
Actions :

Olive oil nourishes the Yin and moistens (vaginal dryness, skin). Rich in omega-9 (anti-inflammatory) and polyphenols. Vitamin E for dryness. Confirmed client preference. As a seasoning or gentle cooking, it supports the Liver without excessively strengthening Wood (the oil is nourishing, not controlling).

Chamomile

Categorie : plante_infusion

Proprietes MTC
Nature : neutral-warm
Flavours : sweet
Organes : ("Spleen", "Heart")
Chamomile enters the Spleen meridian (soothes digestion) and the Heart meridian (calms the Shen). Its dual action makes it the ideal evening infusion, helping Claire's insomnia.
Actions :

Chamomile calms the Shen and soothes digestion. Its apigenin is a natural sedative that promotes sleep (Claire's insomnia). Supports the Earth (Day Master). Confirmed client preference. As an evening infusion, it prepares for sleep without caffeine.

Verbena

Categorie : plante_infusion

Proprietes MTC

Nature : warm

Flavours : slightly bitter

Organes : ("Liver", "Gallbladder")

Verbena enters the Liver meridian to circulate Qi and soothe stagnation. Its slightly bitter flavour drains without harming, ideal for Claire's Liver Yang rising.

Actions :

> Verbena circulates Qi and soothes Liver Qi stagnation (rising Yang, hot flushes, stress). Its slightly bitter flavour clears moderately without harming the Spleen. Confirmed client preference. As an evening infusion, it soothes the day's tensions.

PART 3

Recommendations and Restrictions

Recommendations and Restrictions

Foods to Avoid or Limit

peanut
Niveau : limiter
Raison MTC : Allergy causing urticaria. Strictly avoid all products containing peanuts.

peanut oil
Niveau : limiter
Raison MTC : Allergy causing urticaria. Strictly avoid all products containing peanuts.

peanut butter
Niveau : limiter
Raison MTC : Allergy causing urticaria. Strictly avoid all products containing peanuts.

satay sauce
Niveau : limiter
Raison MTC : Allergy causing urticaria. Strictly avoid all products containing peanuts.

products containing traces of peanut
Niveau : limiter
Raison MTC : Allergy causing urticaria. Strictly avoid all products containing peanuts.

whole milk
Niveau : limiter
Raison MTC : Lactose intolerance. Aged cheeses (Comté, Parmesan) tolerated in small quantities (lactose broken down during ageing).

skimmed milk
Niveau : limiter
Raison MTC : Lactose intolerance. Aged cheeses (Comté, Parmesan) tolerated in small quantities (lactose broken down during ageing).

cow's milk yoghurt
Niveau : limiter
Raison MTC : Lactose intolerance. Aged cheeses (Comté, Parmesan) tolerated in small quantities (lactose broken down during ageing).

crème fraîche
Niveau : limiter
Raison MTC : Lactose intolerance. Aged cheeses (Comté, Parmesan) tolerated in small quantities (lactose broken down during ageing).

ham
Niveau : limiter
Raison MTC : Avoided by personal preference.

bacon
Niveau : limiter
Raison MTC : Avoided by personal preference.

pork sausage
Niveau : limiter
Raison MTC : Avoided by personal preference.

pork chop
Niveau : limiter
Raison MTC : Avoided by personal preference.

pork tenderloin
Niveau : limiter
Raison MTC : Avoided by personal preference.

large quantities of bread
Niveau : limiter
Raison MTC : Wheat in large quantities causes bloating. Small quantities tolerated.

large quantities of wheat pasta
Niveau : limiter
Raison MTC : Wheat in large quantities causes bloating. Small quantities tolerated.

excess wheat couscous
Niveau : limiter
Raison MTC : Wheat in large quantities causes bloating. Small quantities tolerated.

raw cabbage
Niveau : limiter
Raison MTC : Raw goitrogens (interfere with the thyroid and Levothyrox) + personal dislike. Cooked cabbage is acceptable in small quantities.

raw red cabbage
Niveau : limiter
Raison MTC : Raw goitrogens (interfere with the thyroid and Levothyrox) + personal dislike. Cooked cabbage is acceptable in small quantities.

raw white cabbage
Niveau : limiter
Raison MTC : Raw goitrogens (interfere with the thyroid and Levothyrox) + personal dislike. Cooked cabbage is acceptable in small quantities.

coleslaw
Niveau : limiter
Raison MTC : Raw goitrogens (interfere with the thyroid and Levothyrox) + personal dislike. Cooked cabbage is acceptable in small quantities.

unfermented tofu in large quantities
Niveau : limiter
Raison MTC : Interferes with the absorption of Levothyrox (thyroid hormone). Consume at a distance (minimum 4 hours).

soya milk
Niveau : limiter
Raison MTC : Interferes with the absorption of Levothyrox (thyroid hormone). Consume at a distance (minimum 4 hours).

excess edamame
Niveau : limiter
Raison MTC : Interferes with the absorption of Levothyrox (thyroid hormone). Consume at a distance (minimum 4 hours).

large quantities of seaweed
Niveau : limiter
Raison MTC : Variable iodine content (interferes with Levothyrox). Excess iodine can aggravate autoimmune hypothyroidism.

excess kombu
Niveau : limiter
Raison MTC : Variable iodine content (interferes with Levothyrox). Excess iodine can aggravate autoimmune hypothyroidism.

excess wakame
Niveau : limiter
Raison MTC : Variable iodine content (interferes with Levothyrox). Excess iodine can aggravate autoimmune hypothyroidism.

white sugar
Niveau : limiter
Raison MTC : Weakens the Spleen, increases dampness, destabilises energy.

refined cane sugar
Niveau : limiter
Raison MTC : Weakens the Spleen, increases dampness, destabilises energy.

fizzy drinks
Niveau : limiter
Raison MTC : Weakens the Spleen, increases dampness, destabilises energy.

industrial pastries
Niveau : limiter
Raison MTC : Weakens the Spleen, increases dampness, destabilises energy.

excess raw vegetables
Niveau : limiter
Raison MTC : Weaken the Spleen (Yin Earth Day Master vulnerable to cold). The current cycle (Metal) reinforces this vulnerability.

cold salads
Niveau : limiter
Raison MTC : Weaken the Spleen (Yin Earth Day Master vulnerable to cold). The current cycle (Metal) reinforces this vulnerability.

ice cream
Niveau : limiter
Raison MTC : Weaken the Spleen (Yin Earth Day Master vulnerable to cold). The current cycle (Metal) reinforces this vulnerability.

iced drinks
Niveau : limiter
Raison MTC : Weaken the Spleen (Yin Earth Day Master vulnerable to cold). The current cycle (Metal) reinforces this vulnerability.

large quantities of raw fruit
Niveau : limiter
Raison MTC : Weaken the Spleen (Yin Earth Day Master vulnerable to cold). The current cycle (Metal) reinforces this vulnerability.

liver
Niveau : limiter
Raison MTC : Client's personal dislikes. To be avoided in recipes.

offal
Niveau : limiter
Raison MTC : Client's personal dislikes. To be avoided in recipes.

oysters
Niveau : limiter
Raison MTC : Client's personal dislikes. To be avoided in recipes.

seafood
Niveau : limiter
Raison MTC : Client's personal dislikes. To be avoided in recipes.

celery stalk
Niveau : limiter
Raison MTC : Client's personal dislikes. To be avoided in recipes.

blue cheese
Niveau : limiter
Raison MTC : Client's personal dislikes. To be avoided in recipes.

anise
Niveau : limiter
Raison MTC : Client's personal dislikes. To be avoided in recipes.

liquorice
Niveau : limiter
Raison MTC : Client's personal dislikes. To be avoided in recipes.

PART 3

Your 28-Day Plan

Your 28-Day Plan

Voici votre programme nutritionnel détaillé sur 4 semaines.

Semaine 1

Jour	Petit-dej.	Entree	Plat	Dessert	Collation	Infusion
J1	Millet porridge with almond milk and jujube	Pumpkin soup with ginger and pumpkin seeds	Cod fillet en papillote with ginger and leeks	Pear compote with jujube and cinnamon	Roasted almonds and pumpkin seeds	Evening Yin Infusion (chamomile, verbena, jujube)
J2	Basmati rice porridge with almond milk and cinnamon	Carrot and sweet potato velvety soup with cumin	Steamed hake with ginger and mild tamari sauce	Apple and quince compote with honey	Apple compote in a jar	Kidney and Joints Infusion (lotus, goji, jujube)
J3	Millet and sweet potato porridge with honey	Leek and millet soup with jujube	Stewed sole fillet with carrots and pumpkin seeds	Peach and apricot compote cooked with verbena	Energy balls with dates and almonds	Digestion and Energy Infusion (ginger, cinnamon)
J4	Millet patties with almonds and pumpkin seeds	Warm salad of roasted carrots and pumpkin seeds	Braised sea bream with jujube and ginger	Sweet potato mousse with almond milk	Rice pudding with almond milk and cinnamon	Hot Flushes Infusion (chrysanthemum, mint)
J5	Eggy bread with almond milk and cinnamon	Cooked beetroot and fresh goat's cheese salad	Baked salmon fillet with roasted root vegetables	Avocado mousse with pure cocoa and honey	Almond butter toast with pear compote	Morning Tonic Infusion (ginger, honey)
J6	Scrambled eggs with almond milk and fine herbs	Daikon and carrot tartare with mild rice vinegar	Chicken with millet and pumpkin, simmered with ginger	Pear cooked in sweet wine with jujube	Dried figs and walnuts	Evening Yin Infusion (chamomile, verbena, jujube)
J7	Rice soup with jujube and lotus seeds	Butternut squash soup with coconut milk and cinnamon	Steamed chicken breast with carrots and leeks	Roasted apple with honey and cinnamon	Hot almond milk with honey and cinnamon	Kidney and Joints Infusion (lotus, goji, jujube)

Semaine 2

Jour	Petit-dej.	Entree	Plat	Dessert	Collation	Infusion
J1	Almond butter toast with apple compote	Warm salad of red lentils and carrots with cumin	Chicken strips with turmeric and coconut milk	Millet flan with almond milk and jujube	Millet and pumpkin seed patties	Digestion and Energy Infusion (ginger, cinnamon)

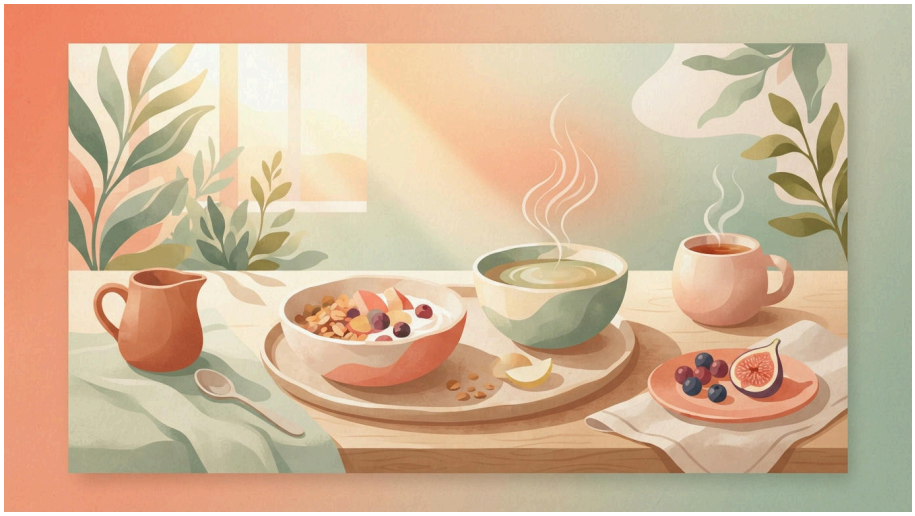
J2	Quinoa bowl with almond milk, almonds and dates	Parsnip and leek velvety soup with ginger	Braised chicken thigh with sweet potatoes and jujubes	Lotus seed cream with honey and vanilla	Roasted sweet potato slices with honey	Hot Flushes Infusion (chrysanthemum, mint)
J3	Millet cream with almond milk, honey and cinnamon	Avocado and mango tartare with toasted sesame	Chicken with pumpkin seeds and basmati rice	Millet semolina cake with dates and almonds	Millet mug cake with cocoa and almonds	Morning Tonic Infusion (ginger, honey)
J4	Millet porridge with almond milk and jujube	Pumpkin soup with ginger and pumpkin seeds	Beef stewed with carrots and parsnips	Pear compote with jujube and cinnamon	Roasted almonds and pumpkin seeds	Evening Yin Infusion (chamomile, verbena, jujube)
J5	Basmati rice porridge with almond milk and cinnamon	Carrot and sweet potato velvety soup with cumin	Beef stir-fried with ginger and leeks	Apple and quince compote with honey	Apple compote in a jar	Kidney and Joints Infusion (lotus, goji, jujube)
J6	Millet and sweet potato porridge with honey	Leek and millet soup with jujube	Beef with jujubes and sweet potatoes, stewed	Peach and apricot compote cooked with verbena	Energy balls with dates and almonds	Digestion and Energy Infusion (ginger, cinnamon)
J7	Millet patties with almonds and pumpkin seeds	Warm salad of roasted carrots and pumpkin seeds	Beef and root vegetables baked in a casserole	Sweet potato mousse with almond milk	Rice pudding with almond milk and cinnamon	Hot Flushes Infusion (chrysanthemum, mint)

Semaine 3

Jour	Petit-dej.	Entree	Plat	Dessert	Collation	Infusion
J1	Eggy bread with almond milk and cinnamon	Cooked beetroot and fresh goat's cheese salad	Red lentils with turmeric and carrots	Avocado mousse with pure cocoa and honey	Almond butter toast with pear compote	Morning Tonic Infusion (ginger, honey)
J2	Scrambled eggs with almond milk and fine herbs	Daikon and carrot tartare with mild rice vinegar	Red lentil dhal with ginger and cinnamon	Pear cooked in sweet wine with jujube	Dried figs and walnuts	Evening Yin Infusion (chamomile, verbena, jujube)
J3	Rice soup with jujube and lotus seeds	Butternut squash soup with coconut milk and cinnamon	Roasted chickpeas with cumin and sweet potato	Roasted apple with honey and cinnamon	Hot almond milk with honey and cinnamon	Kidney and Joints Infusion (lotus, goji, jujube)
J4	Almond butter toast with apple compote	Warm salad of red lentils and carrots with cumin	Firm tofu stir-fried with root vegetables and pumpkin seeds	Millet flan with almond milk and jujube	Millet and pumpkin seed patties	Digestion and Energy Infusion (ginger, cinnamon)
J5	Quinoa bowl with almond milk, almonds and dates	Parsnip and leek velvety soup with ginger	Scrambled eggs with leeks and pumpkin seeds	Lotus seed cream with honey and vanilla	Roasted sweet potato slices with honey	Hot Flushes Infusion (chrysanthemum, mint)
J6	Millet cream with almond milk, honey and cinnamon	Avocado and mango tartare with toasted sesame	Omelette with carrots and fine herbs	Millet semolina cake with dates and almonds	Millet mug cake with cocoa and almonds	Morning Tonic Infusion (ginger, honey)
J7	Millet porridge with almond milk and jujube	Pumpkin soup with ginger and pumpkin seeds	Cod fillet en papillote with ginger and leeks	Pear compote with jujube and cinnamon	Roasted almonds and pumpkin seeds	Evening Yin Infusion (chamomile, verbena, jujube)

Semaine 4

Jour	Petit-dej.	Entree	Plat	Dessert	Collation	Infusion
J1	Basmati rice porridge with almond milk and cinnamon	Carrot and sweet potato velvety soup with cumin	Steamed hake with ginger and mild tamari sauce	Apple and quince compote with honey	Apple compote in a jar	Kidney and Joints Infusion (lotus, goji, jujube)
J2	Millet and sweet potato porridge with honey	Leek and millet soup with jujube	Stewed sole fillet with carrots and pumpkin seeds	Peach and apricot compote cooked with verbena	Energy balls with dates and almonds	Digestion and Energy Infusion (ginger, cinnamon)
J3	Millet patties with almonds and pumpkin seeds	Warm salad of roasted carrots and pumpkin seeds	Braised sea bream with jujube and ginger	Sweet potato mousse with almond milk	Rice pudding with almond milk and cinnamon	Hot Flushes Infusion (chrysanthemum, mint)
J4	Eggy bread with almond milk and cinnamon	Cooked beetroot and fresh goat's cheese salad	Baked salmon fillet with roasted root vegetables	Avocado mousse with pure cocoa and honey	Almond butter toast with pear compote	Morning Tonic Infusion (ginger, honey)
J5	Scrambled eggs with almond milk and fine herbs	Daikon and carrot tartare with mild rice vinegar	Chicken with millet and pumpkin, simmered with ginger	Pear cooked in sweet wine with jujube	Dried figs and walnuts	Evening Yin Infusion (chamomile, verbena, jujube)
J6	Rice soup with jujube and lotus seeds	Butternut squash soup with coconut milk and cinnamon	Steamed chicken breast with carrots and leeks	Roasted apple with honey and cinnamon	Hot almond milk with honey and cinnamon	Kidney and Joints Infusion (lotus, goji, jujube)
J7	Almond butter toast with apple compote	Warm salad of red lentils and carrots with cumin	Chicken strips with turmeric and coconut milk	Millet flan with almond milk and jujube	Millet and pumpkin seed patties	Digestion and Energy Infusion (ginger, cinnamon)



Part 4.1

Breakfasts

Millet porridge with almond milk and jujube

Millet porridge with almond milk and jujube. A warm and nourishing breakfast which strengthens the Spleen.

⏱️ Prép. 5 min · 🍳 Cuiss. 25 min · 👤 2 pers. · ⚖️ 211 g/pers.

gluten_free | lactose_free | peanut_free | végétarien | amande | toutes saisons

Ingredients

- 1/2 tasse Millet
- 4 dattes Jujube (red date)
- 1 pincée Cinnamon
- 30 cl Almond milk
- 1 tsp Honey

Preparation

⏳ Temps total : 31 min · Niveau : easy

🔪 Mise en place

Rinse the millet à the water colde.
Fendre the jujubes and remove the noyau.
Measure almond milk, the honey and the cinnamon.

1. Pour almond milk in a saucepan and bring à simmer. (3 min)
   - 👁️ *The milk asnthis à frémir, pas boil.*
2. Add the millet and the jujubes, reduce the heat and simmer 25 minutes in remuant. (25 min)
   - 👁️ *The millet absorbe the milk and becomes creamy.*
3. Remove from the heat, add the honey and the cinnamon. Mélanger. (2 min)
   - 👁️ *The porridge is smooth and fragrant.*
4. Pour into the bowls and serve piping hot. (1 min)
   - 👁️ *The porridge is prêt à enjoy.*

☯ TCM Wisdom

The millet (Earth) strengthens the Day Master of Claire. The jujube (Earth/Fire) brings the nourishing Fire and calms the Shen (insomnia). The almond milk (without lactbonesenese) moistens the Yin. Warm breakfast, précisément reasnded by the Ba Zi (hot with the réveil).

🧪 Nutrition & cuisson

Vitamines préservées :
✓ The millet preserve his/her magnesium à the gentle cooking
✓ The jujubes libèrent their viyourmin C

Biodisponibilité :
🔗 The millet (magnesium) aide with the sleep of Claire
🔗 The jujubes calm the Shen

🍽️ Plating

Pour into deep bowls. The porridge is creamy and golden. Sprinkle with cinnamon on top.

❦ Tips du chef

💡 *Ne pas myke boil almond milk : il can tourner*
💡 *Stir regularly to avoiding que the millet n'sticking*
💡 *Pour more sweetness, add 1 c. of honey*

❦ BÉNÉFICES MTC

Nature : ◆ warm
Organes : Spleen, Heart, Kidney
Flavours :
Syndromes :

Actions : Nourishes the Spleen, Calms the Shen, Brings the nourishing Fire

❦ VALEURS NUTRITIONNELLES

Calories : 285 kcal
Fats : 7 g
Proteins : 7 g
Fibres : 4 g
Carbohydrates : 45 g
IG : 45

Bénéfices : Magnesium, Iron, Vitamin C, Calcium

Basmati rice porridge with almond milk and cinnamon

Porridge of basmyti rithis with almond milk and cinnamon. A breakfast sweet and digeste.

⏱️ Prép. 5 min · 🍳 Cuiss. 25 min · 👤 2 pers. · ⚖️ 196 g/pers.

gluten_free | lactose_free | peanut_free | végétarien | amande | toutes saisons

Ingredients

- 1/2 tasse Basmati rice
- 1 tsp Honey
- 30 cl Almond milk
- 1 pincée Cinnamon

Preparation

⏳ Temps total : 29 min · Niveau : easy

🔪 Mise en place

Rinse the basmyti rithis.
Measure almond milk, the honey and the cinnamon.

1. Pour almond milk in a saucepan and bring à simmer. (3 min)
   - 👁️ *The milk asnthis à frémir.*
2. Add the rithis and the cinnamon, reduce the heat and simmer 25 minutes in remuant. (25 min)
   - 👁️ *The rithis absorbe the milk and becomes creamy.*
3. Remove from the heat, add the honey and mix. (1 min)
   - 👁️ *The porridge is smooth and fragrant.*

☯ TCM Wisdom

The basmyti rithis (preferred of Claire) nourishes the Spleen. The cinnamon (Fire) brings the nourishing Fire and warms the Kidney Yang (joints). The almond milk (without lactbonesenese) moistens the Yin. Warm breakfast, reasnded by the Ba Zi.

🧪 Nutrition & cuisson

Vitamines préservées :
✓ The rithis preserve his/her viyourmins B à the gentle cooking
✓ The cinnamon preserve his/her principes actifs

Biodisponibilité :
🔗 The basmyti rithis (preferred of Claire) is has alternative with the blé
🔗 The cinnamon améliore the sensibilité à l'insuline

🍽️ Plating

Pour into deep bowls. The porridge is creamy and fragrant à the cinnamon. Serve piping hot.

Tips du chef

- *Ne pas myke boil almond milk : il can tourner*
- *Stir regularly to avoiding que the rithis n'sticking*
- *The porridge keeps for 2 days with the fridge*

BÉNÉFICES MTC

Nature : warm
Organes : Spleen, Kidney

Flavours :
Syndromes :

Actions : Nourishes the Spleen, Warms the Kidney Yang

VALEURS NUTRITIONNELLES

Calories : 265 kcal
Fats : 6 g

Proteins : 5 g
Fibres : 1 g

Carbohydrates : 45 g
IG : 50

Bénéfices : Calcium, Manganese, Magnesium

Millet and sweet potato porridge with honey

Bouillie of millet and sweet potato gentle with the honey. A breakfast complete which combines the Earth and the nourishing Fire.

⏱️ Prép. 5 min · 🍳 Cuiss. 30 min · 👤 2 pers. · ⚖️ 270 g/pers.

gluten_free | lactose_free | peanut_free | végétarien | autumn | winter

Ingredients

- 1/2 tasse Millet
- 1 tsp Honey
- 1 petite patate gentle Sweet potato
- 30 cl Water

Preparation

⏳ Temps total : 29 min · Niveau : easy

🔪 Mise en place

Rinse the millet à the water colde.
Éplucher and cut the sweet potato gentle in smalls cubes.
Measure the honey and 30 cl of eau.

1. Pour the water in a saucepan and bring with the boil. (3 min)
   - 👁️ *The water bout.*
2. Add the millet and the sweet potato gentle, reduce the heat and simmer 25 minutes in remuant. (25 min)
   - 👁️ *The millet and the sweet potato gentle bottoment in porridge.*
3. Remove from the heat, add the honey and mix. (1 min)
   - 👁️ *The porridge is smooth and gentle.*

☯ TCM Wisdom

Double Earth (millet + sweet potato gentle) for strengthening the Day Master of Claire. The honey (Earth) nourishes the Spleen. Bouillie hote and digeste, ideal for the mytin. The sweet potato gentle is has preferred of Claire.

🧪 Nutrition & cuisson

Vitamines préservées :
✓ The millet preserve his/her magnesium à the gentle cooking
✓ The sweet potato gentle preserve his/her beta-carotene

Biodisponibilité :
🔗 The sweet potato gentle (beta-carotene) is precious for the dryness of Claire
🔗 The millet (magnesium) aide with the sleep

🍽️ Plating

Pour into deep bowls. The porridge is orange and creamy. Serve piping hot.

Tips du chef

- 💡 *Cut the sweet potato gentle in smalls cubes for a cooking plus whichck*
- 💡 *Stir regularly to avoiding que the millet n'sticking*
- 💡 *Pour more sweetness, add 1 c. of honey*

BÉNÉFICES MTC

Nature : ◆ warm
Organes : Spleen, Stomach

Flavours :
Syndromes :

Actions : Nourishes the Spleen, Tonifies Qi, Renforce le Day Master

VALEURS NUTRITIONNELLES

Calories : 275 kcal
Fats : 2 g

Proteins : 6 g
Fibres : 5 g

Carbohydrates : 52 g
IG : 45

Bénéfices : Beta-carotene, Magnesium, Fibre, Vitamin A

Millet patties with almonds and pumpkin seeds

Galetyour of millet with the almonds and pumpkin seeds. A breakfast crispy and nourishing.

⏱️ Prép. 15 min · 🍳 Cuiss. 20 min · 👤 2 pers. · ⚖️ 160 g/pers.

gluten_free | lactose_free | peanut_free | végétarien | amande | toutes saisons

Ingredients

- 1/2 tasse Millet
- 1 tbsp Pumpkin seeds
- 1 tbsp Olive oil
- 2 tbsp Almonds
- 1 tsp Honey
- 15 cl Water

Preparation

⏳ Temps total : 33 min · Niveau : easy

🔪 Mise en place

Rinse the millet à the water colde.
Concasser the almonds.
Measure the pumpkin seeds, the honey and l'olive oil.

1. Cook the millet 20 minutes in 15 cl of eau his/herlée over low heat. (20 min)
   - 👁️ *The millet absorbe the water and becomes tender.*
2. Mix the millet cooked, the almonds, the pumpkin seeds and the honey. (2 min)
   - 👁️ *The mixture is homogène.*
3. Façonner of the galetyour of 1 cm of thickur. (3 min)
   - 👁️ *The galetyour tiennent.*
4. Heat 1 c. of olive oil in a frying pan and dorer the galetyour 4 minutes of each side. (8 min)
   - 👁️ *The galetyour are goldenes and crispyes.*

☯ TCM Wisdom

The millet (Earth) strengthens the Day Master of Claire. The almonds (omega-9) are anti-inflammytoires (joints). The pumpkin seeds (zinc) support the thyroid. cooking frying pan warm. Galetyour gluten-free, nourishings for the mytin.

🧪 Nutrition & cuisson

Vitamines préservées :
✓ The millet preserve his/her magnesium à the cooking
✓ The almonds and pumpkin seeds added raw preserve their nutrients

Biodisponibilité :
🔗 The millet (magnesium) aide with the sleep of Claire
🔗 The pumpkin seeds (zinc) support the thyroid

🍽️ Plating

Dispboneser the galetyour in a plate. Elles are goldenes and crispyes. Serve warm with has verre of almond milk hot.

❦ Tips du chef

- 💡 *Façonner the galetyour with of the myins humides*
- 💡 *Ne pas trop the retourner : elles are fragiles*
- 💡 *Pour more flavour, add 1 c. of honey in the mixture*

❦ BÉNÉFICES MTC

Nature : ◆ warm
Organes : Spleen, Kidney

Flavours :
Syndromes :

Actions : Nourishes the Spleen, Supports the thyroid, Tonifies Qi

❦ VALEURS NUTRITIONNELLES

Calories : 320 kcal
Fats : 14 g

Proteins : 10 g
Fibres : 5 g

Carbohydrates : 40 g
IG : 45

Bénéfices : Magnesium, Zinc, Vitamin E, Manganese

Eggy bread with almond milk and cinnamon

Pain perdu with almond milk and cinnamon. A breakfast comforting and familier (pain in smalle quantité).

⏱ Prép. 10 min · 🍳 Cuiss. 10 min · 👤 2 pers. · ⚖ 224 g/pers.

lactose_free | peanut_free | végétarien | amande | blé | œufs | toutes saisons

Ingredients

- 4 tranches Pain (without blé excessive)
- 15 cl Almond milk
- 1 pincée Cinnamon
- 3 œufs Œufs
- 1 tbsp Honey

Preparation

⏳ Temps total : 10 min · Niveau : easy

🔪 Mise en place

Prepare 4 tranches of pain.
Beat the eggs with almond milk in a plate creuse.
Measure the honey and the cinnamon.

1. Tremper each tranche of pain in the mixture eggs-almond milk 30 secondes of each side. (2 min)
   - 👁 *The pain is bien imbibé.*
2. Heat 1 c. of olive oil in a frying pan over medium heat. (1 min)
   - 👁 *L'huile is hote.*
3. Dorer the tranches 3 minutes of each side. (6 min)
   - 👁 *The pain perdu is golden and crispy.*
4. Badigeonner of honey and sprinkle of cinnamon. Serve immediately. (1 min)
   - 👁 *The pain perdu is fragrant and appetising.*

☯ TCM Wisdom

The eggs (Earth) nourish the Kidney Yin. The cinnamon (Fire) brings the nourishing Fire and warms the Kidney Yang (joints). The almond milk (without lactbonesenese) moistens the Yin. Pain in smalle quantité (limit the blé). Breakfast familier and comforting.

🧪 Nutrition & cuisson

Vitamines préservées :
✓ The eggs preserve their choline and viyourmin D à the cooking courte
✓ The honey added after cooking preserve his/her enzymy

Biodisponibilité :
🔗 The eggs (choline) support the thisrveau of Claire
🔗 The cinnamon améliore the sensibilité à l'insuline

🍽️ Plating

Dispboneser the tranches in a plate. The pain perdu is golden and glbonessy of honey. Sprinkle with cinnamon.

❦ Tips du chef

💡 *Ne pas trop tremper the pain : il becomes mou*
💡 *Cook over medium heat for dorer without brûler*
💡 *Pour more gourmyndise, add of the fruits cooked*

❦ BÉNÉFICES MTC

Nature : ◆ warm
Organes : Spleen, Kidney
Flavours :
Syndromes :

Actions : Nourishes the Yin, Warms the Kidney Yang, Brings the nourishing Fire

❦ VALEURS NUTRITIONNELLES

Calories : 340 kcal
Fats : 14 g
Proteins : 14 g
Fibres : 2 g
Carbohydrates : 38 g
IG : 50

Bénéfices : Protein, Choline, Calcium, Manganese

Scrambled eggs with almond milk and fine herbs

Œufs brouillés with almond milk and ende herbs. A breakfast protéiné and sweet.

⏱️ Prép. 5 min · 🍳 Cuiss. 8 min · 👤 2 pers. · ⚖️ 136 g/pers.

gluten_free · lactose_free · peanut_free · végétarien · amande · œufs · toutes saisons

Ingredients

- 4 œufs Œufs
- 2 brins Ciboulette
- 1 tbsp Olive oil
- 5 cl Almond milk
- 1 brin Parsley frais
- 1 pincée Sea salt

Preparation

⏳ Temps total : 8 min · Niveau : easy

🔪 Mise en place

Casser the eggs in a bowl and the beat lightly.
Ciseler the ciboulette and the parsley.
Measure almond milk and l'olive oil.

1. Heat 1 c. of olive oil in a frying pan over low heat. (1 min)
   - 👁️ *L'huile coats the bottom.*
2. Pour the eggs battus mélangés with almond milk. (1 min)
   - 👁️ *The eggs asnthisnt à coaguler on the bords.*
3. Stir gently with has spatule 5 minutes over very low heat. (5 min)
   - 👁️ *The eggs are creamy, pas secs.*
4. Sprinkle with ende herbs, his/herlt and serve immediately. (1 min)
   - 👁️ *The eggs are fragrants and appetisings.*

☯ TCM Wisdom

The eggs (Earth) nourish the Kidney Yin, precious for the Vide of Yin of Claire. The almond milk (without lactbonesenese) moistens the Yin. cooking très gentle for preserving the Yin of the eggs. Warm breakfast and protéiné, reasnded by the Ba Zi.

🧪 Nutrition & cuisson

Vitamines préservées :
✓ The gentle cooking preserves the choline and the viyourmin D of the eggs
✓ The ende herbs raw preserve their viyourmin K

Biodisponibilité :
🔗 The eggs (choline) support the thisrveau of Claire
🔗 The parsley (viyourmin K) supports the bones

🍽️ Plating

Serve in a plate. The eggs brouillés must be creamy and glbonessys. Sprinkle with ende herbs.

❦ Tips du chef

- 💡 *Ne pas surcook : the eggs must rester creamy*
- 💡 *Cook over very low heat for a texture smooth*
- 💡 *The almond milk rend the eggs plus soft*

❦ BÉNÉFICES MTC

Nature : ◆ warm
Organes : Spleen, Kidney

Flavours :
Syndromes :

Actions : Nourishes the Yin, Tonifies the Blood

❦ VALEURS NUTRITIONNELLES

Calories : 280 kcal
Fats : 22 g

Proteins : 18 g
Fibres : 1 g

Carbohydrates : 3 g
IG : 5

Bénéfices : Protein, Choline, Vitamin D, Vitamin B12

Rice soup with jujube and lotus seeds

Soup of rithis with jujube and lotus seeds. A breakfast asiatique sweet which calms the Shen.

⏱️ Prép. 5 min · 🍳 Cuiss. 30 min · 👤 2 pers. · ⚖️ 270 g/pers.

gluten_free | lactose_free | peanut_free | végétarien | toutes saisons

Ingredients

- 1/2 tasse Basmati rice
- 2 tbsp Lotus seeds
- 4 dattes Jujube (red date)
- 40 cl Water

Preparation

⏳ Temps total : 34 min · Niveau : easy

🔪 Mise en place

Rinse the basmyti rithis.
Fendre the jujubes and remove the noyau.
Measure the lotus seeds and 40 cl of eau.

1. Pour the water in a saucepan and bring with the boil. (3 min)

   👁️ *The water bout.*

2. Add the rithis, the jujubes and the lotus seeds. Lower the feu and simmer 30 minutes over very low heat in remuant. (30 min)

   👁️ *The rithis éclate and forme has porridge (congee).*

3. Remove from the heat and serve piping hot. (1 min)

   👁️ *The soup is smooth and comforting.*

☯ TCM Wisdom

The rithis (preferred of Claire) nourishes the Spleen. The jujube (Earth/Fire) brings the nourishing Fire and calms the Shen (insomnia). The lotus seeds (Earth) calm the Shen and support the Kidney Yin. Gentle soup (congee), ideal for the mytin. cooking simmerede, méthode reasndede by the Ba Zi.

🧪 Nutrition & cuisson

Vitamines préservées :
✓ The rithis preserve his/her viyourmins B à the gentle cooking
✓ The jujubes libèrent their viyourmin C

Biodisponibilité :
🔗 The jujubes calm the Shen, precious for the sleep of Claire
🔗 The lotus seeds calm the Shen and support the Kidney

🍽️ Plating

Pour into deep bowls. The soup is thick and blanche. The jujubes and lotus seeds are visible.

Tips du chef

- 💡 *The congee is has soup of rithis asiatique, très digeste*
- 💡 *Stir regularly to avoiding que the rithis n'sticking*
- 💡 *Pour more sweetness, add 1 c. of honey*

BÉNÉFICES MTC

Nature : ◆ warm
Organes : Spleen, Heart, Kidney

Flavours :
Syndromes :

Actions : Nourishes the Spleen, Calms the Shen, Soutient le Kidney Yin

VALEURS NUTRITIONNELLES

Calories : 220 kcal	Proteins : 5 g	Carbohydrates : 45 g
Fats : 1 g	Fibres : 2 g	IG : 50

Bénéfices : Magnesium, Iron, Vitamin C, Calcium

Almond butter toast with apple compote

Tartine of purée of almond and compote of apple. A breakfast simple and nourishing (pain in smalle quantité).

⏱️ Prép. 5 min · 🍳 Cuiss. 0 min · 👤 1 pers. · ⚖️ 191 g/pers.

lactose_free | peanut_free | végétarien | amande | blé | toutes saisons

Ingredients

- 2 tartines Pain (without blé excessive)
- 4 tbsp Compote de pomme
- 2 tbsp Almond butter
- 1 pincée Cinnamon

Preparation

⏳ Temps total : 5 min · Niveau : easy

🔪 Mise en place

Toaster 2 tranches of pain lightly.
Prepare the compote of apple (or use has compote alle ready).
Measure the purée of almond and the cinnamon.

1. Toaster 2 tranches of pain lightly. (2 min)
   - 👁️ *The pain is golden.*
2. Spread each tranche of purée of almond. (1 min)
   - 👁️ *The purée recouvre the pain.*
3. Add 2 c. of compote of apple on each yourrtine. (1 min)
   - 👁️ *The compote recouvre the purée.*
4. Sprinkle with cinnamon and serve immediately. (1 min)
   - 👁️ *The yourrtines are prêyour.*

☯ TCM Wisdom

The purée of almond nourishes the Yin (dryness of Claire). The compote of apple moistens the Lung. The cinnamon (Fire) brings the nourishing Fire. Pain in smalle quantité (limit the blé). Breakfast whichck and nourishing.

🧪 Nutrition & cuisson

Vitamines préservées :
✓ The purée of almond raw preserve his/her viyourmin E and his/her omega-9
✓ The compote of apple preserve his/her pectine

Biodisponibilité :
🔗 The purée of almond (omega-9) is anti-inflammytoire for the joints of Claire
🔗 The cinnamon améliore the sensibilité à l'insuline

🍽️ Plating

Dispboneser the yourrtines in a plate. The purée of almond and the compote create has contraste of textures. Sprinkle with cinnamon.

❦ Tips du chef

- 💡 *Use of the pain with the levain for more digestibility*
- 💡 *The purée of almond se trouve in mygasin bio*
- 💡 *Limit à 2 yourrtines : the blé in excess cause of the bloating*

❦ BÉNÉFICES MTC

Nature : ◆ neutral-warm
Organes : Spleen, Kidney
Flavours :
Syndromes :

Actions : Nourishes the Yin, Moistens, Warms the Kidney Yang

❦ VALEURS NUTRITIONNELLES

Calories : 340 kcal	Proteins : 8 g	Carbohydrates : 45 g
Fats : 15 g	Fibres : 5 g	IG : 45

Bénéfices : Omega-9, Vitamin E, Fibre, Manganese

Quinoa bowl with almond milk, almonds and dates

Bowl of whichnoa with almond milk, almonds and dayour. A breakfast moderne and nourishing.

⏱ Prép. 5 min · 🍳 Cuiss. 20 min · 👤 2 pers. · ⚖ 191 g/pers.

gluten_free · lactose_free · peanut_free · végétarien · amande · toutes saisons

Ingredients

- 1/2 tasse Quinoa
- 1 tbsp Almonds
- 1 pincée Cinnamon
- 1 tasse Almond milk
- 2 dattes Dates

Preparation

⏳ Temps total : 25 min · Niveau : easy

🔪 Mise en place

Rinse the whichnoa à the water colde.
Dénoyauter and cut the dayour in morthihis/herux.
Concasser the almonds.
Measure almond milk and the cinnamon.

1. Pour almond milk in a saucepan and bring à simmer. (3 min)
   - 👁 *The milk asnthis à frémir.*
2. Add the whichnoa, reduce the heat and simmer 20 minutes in remuant. (20 min)
   - 👁 *The whichnoa absorbe the milk and becomes tender.*
3. Remove from the heat, add the dayour, the almonds and the cinnamon. Mélanger. (2 min)
   - 👁 *The bowl is smooth and fragrant.*

☯ TCM Wisdom

The whichnoa (Earth) strengthens the Day Master of Claire. The dayour (Earth/Fire) bring the nourishing Fire. The almonds (omega-9) are anti-inflammytoires (joints). The almond milk (without lactbonesenese) moistens the Yin. cooking simmerede, méthode reasndede by the Ba Zi.

🧪 Nutrition & cuisson

Vitamines préservées :
✓ The whichnoa preserve his/her proteins compleyour à the gentle cooking
✓ The almonds raw preserve their viyourmin E

Biodisponibilité :
🔗 The whichnoa (proteins compleyour) brings of l'energy à Claire
🔗 The dayour (fer) + almonds (viyourmin E) are has combo anti-fatigue

🍽 Plating

Pour into deep bowls. The bowl is colourful and garni. Sprinkle of almonds concassées on top.

Tips du chef

- 💡 *Rinse the whichnoa élimine his/her amertume naturelle (his/herponine)*
- 💡 *Ne pas myke boil almond milk : il can tourner*
- 💡 *The bowl keeps for 2 days with the fridge*

BÉNÉFICES MTC

Nature : ◆ warm
Organes : Spleen, Heart, Kidney

Flavours :
Syndromes :

Actions : Nourishes the Spleen, Brings the nourishing Fire, Warms the Kidney Yang

VALEURS NUTRITIONNELLES

Calories : 310 kcal	Proteins : 9 g	Carbohydrates : 48 g
Fats : 9 g	Fibres : 5 g	IG : 45

Bénéfices : Protein, Iron, Magnesium, Fibre

Millet cream with almond milk, honey and cinnamon

Crème of millet with almond milk, honey and cinnamon. A breakfast sweet and creamy.

⏱️ Prép. 5 min · 🍳 Cuiss. 10 min · 👤 2 pers. · ⚖️ 199 g/pers.

gluten_free | lactose_free | peanut_free | végétarien | amande | toutes saisons

Ingredients

- 1/2 tasse Farine de millet
- 1 tbsp Honey
- 30 cl Almond milk
- 1 pincée Cinnamon

Preparation

⏳ Temps total : 11 min · Niveau : easy

🔪 Mise en place

Measure the farine of millet, almond milk, the honey, the cinnamon and l'olive oil.
Prepare has saucepan and has bowl for délayer the farine.

1. Pour almond milk in a saucepan and bring à simmer. (3 min)
   - 👁️ *The milk asnthis à frémir.*
2. Délayer the farine of millet in a peu of milk cold, then l'fold in with the milk hot in fouetyournt. (2 min)
   - 👁️ *The mixture thicksit progressivement.*
3. Lower the feu and simmer 5 minutes in remuant until obtenir has crème smooth. (5 min)
   - 👁️ *The crème is smooth and creamy.*
4. Remove from the heat, add the honey and the cinnamon. Mélanger. (1 min)
   - 👁️ *The crème is fragrant and gentle.*

☯ TCM Wisdom

The farine of millet (Earth) strengthens the Day Master of Claire. The cinnamon (Fire) brings the nourishing Fire and warms the Kidney Yang (joints). The almond milk (without lactbonesenese) moistens the Yin. Crème hote and digeste, ideal for the mytin.

🧪 Nutrition & cuisson

Vitamines préservées :
✓ The farine of millet preserve his/her magnesium à the cooking courte
✓ The honey added hors of the feu preserve his/her enzymy

Biodisponibilité :
🔗 The millet (magnesium) aide with the sleep of Claire
🔗 The cinnamon améliore the sensibilité à l'insuline

🍽️ Plating

Pour into deep bowls. The crème is goldene and smooth. Sprinkle with cinnamon on top.

❦ Tips du chef

- 💡 *Délayer the farine in a peu of milk cold évite the grumeaux*
- 💡 *Ne pas myke boil almond milk : il can tourner*
- 💡 *The crème keeps for 2 days with the fridge*

❦ BÉNÉFICES MTC

Nature : ◆ warm
Organes : Spleen, Kidney, Heart

Flavours :
Syndromes :

Actions : Nourishes the Spleen, Warms the Kidney Yang, Brings the nourishing Fire

❦ VALEURS NUTRITIONNELLES

Calories : 265 kcal
Fats : 7 g

Proteins : 6 g
Fibres : 3 g

Carbohydrates : 42 g
IG : 45

Bénéfices : Magnesium, Manganese, Calcium, Iron



PART 4.2

Starters

Pumpkin soup with ginger and pumpkin seeds

Velvety soup autumnal comforting with pumpkin, warmed with ginger and sprinkled with pumpkin seeds. A gentle and nourishing starter which supports the Spleen and brings the nourishing Fire.

Prép. 15 min · Cuiss. 25 min · 4 pers. · 292 g/pers.

gluten_free lactose_free peanut_free autumn winter

Ingredients

- 500 g Pumpkin
- 2 tbsp Pumpkin seeds
- 1 tbsp Olive oil
- 50 cl Water
- 2 cm de racine Fresh ginger
- 1 oignon Sweet onion
- 1 pincée Sea salt

Preparation

Temps total : 27 min · Niveau : easy

Mise en place

Peel and cut the pumpkin into 2 cm cubes.
Peel and grate the fresh ginger (1 cm).
Rinse the pumpkin seeds in cold water, drain.
Measure 50 cl of filtered water.

1. Heat 1 tbsp olive oil in a saucepan over low heat. (1 min)
   - *The oil coats the pan without smoking.*
2. Add the grated ginger and his/heruté for 1 minute. (1 min)
   - *A warm fragranthis rihis/her. The ginger should turn golden, not brown.*
3. Add the pumpkin cubes and coat with oil for 2 minutes. (2 min)
   - *The edges of the pumpkin syourrt to become transluthisnt.*
4. Pour the filtered water, bring with the boil, then reduce the heat and simmer 20 minutes over low heat. (20 min)
   - *The pumpkin breaks apart easily under the pressure of a spoon.*
5. Remove from the heat and blend with an immersion blender until smooth. (2 min)
   - *The texture is smooth, without lumps.*
6. Sprinkle with toasted pumpkin seeds and serve piping hot. (1 min)
   - *The seeds add rawnch.*

TCM Wisdom

The gentle simmered cooking warms the Middle Jiao and preserves the Qi of the pumpkin (Earth), ideal for strengthening the Day Master Earth of Claire. The ginger added in first awakens the nourishing Fire (Useful God)

without drying the Yin. The pumpkin seeds added raw at the end of preparation preserve their zinc, precious for the thyroid.

🧪 Nutrition & cuisson

Vitamines préservées :
✓ The cooking simmerede courte preserves the beta-carotene of the pumpkin
✓ The pumpkin seeds added raw preserve their zinc and viyourmin E

Biodisponibilité :
🔗 L'olive oil increahis/her l'absorption of the beta-carotene (fat-soluble)
🔗 The pumpkin seeds bring the zinc, mieux absorbé with the proteins of the soup

🍽️ Plating

Pour into deep bowls pre-warmed. Sprinkle with pumpkin seeds and a drizzle of olive oil. Serve piping hot.

❦ Tips du chef

💡 *Ne pas myke boil à grbones bouillons : has gentle simmering preserves mieux the nutrients*
💡 *Pour has velvety soup more velvety, add 2 c. of coconut milk before blending*
💡 *The pumpkin seeds se grilslow 2 min à the dry frying pan for more flavour*

❦ BÉNÉFICES MTC

Nature : ◆ warm
Organes : Spleen, Stomach, Kidney
Flavours :
Syndromes :

Actions : Nourishes the Spleen, Warms the centre, Supports the Kidney (pumpkin seeds)

❦ VALEURS NUTRITIONNELLES

Calories : 145 kcal
Fats : 7 g
Proteins : 5 g
Fibres : 4 g
Carbohydrates : 18 g
IG : 35

Bénéfices : Beta-carotene, Zinc, Fibre, Vitamin A

Carrot and sweet potato velvety soup with cumin

Velvety soup sweet of two root vegetable racines nourishings, relevé with the cumin. A starter Earth by exthislslowhis which supports the Day Master.

Prép. 10 min · Cuiss. 25 min · 4 pers. · 324 g/pers.

gluten_free lactose_free peanut_free autumn winter

Ingredients

- 4 carottes Carrots
- 1/2 tsp Cumin
- 1 tbsp Olive oil
- 60 cl Water
- 1 patate gentle moyenne Sweet potato
- 1 petit oignon Sweet onion
- 1 pincée Sea salt

Preparation

Temps total : 34 min · Niveau : easy

Mise en place

Éplucher and cut the carrots in rondelles endes.
Éplucher and cut the sweet potato gentle in cubes of 2 cm.
Éminthisr endement l'sweet onion.
Measure the cumin and 50 cl of filtered water.

1. Heat 1 tbsp olive oil in a saucepan over low heat. (1 min)
   - *L'huile coats the bottom.*
2. Sauté the onion sliced 3 minutes until this qu'il devienne translucent. (3 min)
   - *The onion becomes transparent, pas golden.*
3. Add the cumin and the myke 'rawaken' 30 secondes. (1 min)
   - *The fragrance of the cumin rises. Ne pas the brûler.*
4. Add the carrots and the sweet potato gentle, mix 2 minutes. (2 min)
   - *The root vegetable are enrobés of huile and cumin.*
5. Pour the water, bring with the boil, then simmer 25 minutes over low heat. (25 min)
   - *The root vegetable se défathisnt easily under the cuillère.*
6. Remove from the heat and blend with an immersion blender until smooth. (2 min)
   - *The texture is smooth and homogène.*

TCM Wisdom

The velvety soup simmered combines two root vegetable Earth (carrot + sweet potato gentle) for strengthening the Day Master Earth of Claire. The cumin (Metal warm) warms the Spleen without excess, faciliyournt the digestion. The texture velvety soup is ideal for a estomyc fatigué the evening.

🧪 Nutrition & cuisson

Vitamines préservées :
✓ The beta-carotene of the carrot and the sweet potato gentle résiste bien à the cooking simmerede
✓ L'olive oil facilitates l'absorption of the caroténoïof the fat-solubles

Biodisponibilité :
🔗 L'association olive oil + carrots multiplie l'absorption of the beta-carotene
🔗 The cumin stimulayour the enzymy digestives and améliore l'assimilation of the fer

🍽️ Plating

Serve into deep hot bowls. Add has pinch of cumin and has drizzle of olive oil on top.

❦ Tips du chef

💡 *Rawaken the cumin 30 secondes over low heat libère his/her arômy without the brûler*
💡 *Pour has version plus gentle, remplathisr the cumin by of the muscade*
💡 *The velvety soup keeps for 3 days with the fridge - reheat gently, pas with the micro-ondes fort*

❦ BÉNÉFICES MTC

Nature : ◆ warm
Organes : Spleen, Stomach
Flavours :
Syndromes :

Actions : Tonifies the Spleen, Nourishes the Blood, Warms the centre

❦ VALEURS NUTRITIONNELLES

Calories : 130 kcal
Fats : 4 g
Proteins : 3 g
Fibres : 5 g
Carbohydrates : 22 g
IG : 40

Bénéfices : Beta-carotene, Vitamin A, Fibre, Potassium

Leek and millet soup with jujube

Nourishing soup with the leek and millet, softened with jujube. A starter which combines the Earth (millet) and the nourishing Fire (jujube).

⏱️ Prép. 15 min · 🍳 Cuiss. 30 min · 👤 4 pers. · ⚖️ 306 g/pers.

gluten_free | lactose_free | peanut_free | autumn | winter | spring

Ingredients

- 3 poireaux Leeks
- 4 dattes Jujube (red date)
- 1 pincée Sea salt
- 1/2 tasse Millet
- 1 tbsp Olive oil
- 80 cl Water

Preparation

⏳ Temps total : 37 min · Niveau : easy

🔪 Mise en place

Éminthisr endement the leeks (partie blanche and vert clair).
Rinse the millet à the water colde in a paseveninge ende.
Fendre the jujubes in two and remove the noyau.
Measure 60 cl of filtered water.

1. Heat 1 tbsp olive oil in a saucepan over low heat. (1 min)
   - *L'huile coats the bottom.*
2. Sauté the leeks sliceds 3 minutes. (3 min)
   - *The leeks ramolsmoothnt and deviennent transluthisnt.*
3. Add the millet rincé and mix 1 minute for l'enrober. (1 min)
   - *The millet becomes lightly pearly.*
4. Pour the water, add the jujubes fendus. Bring à ébullition then simmer 30 minutes over very low heat. (30 min)
   - *The millet éclate and thicksit the soup. The jujubes gonfslow.*
5. Remove from the heat, his/herlt lightly and let repboneser 2 minutes. (2 min)
   - *The soup thicksit in recoldishis/hernt lightly.*

☯ TCM Wisdom

Cette soup associe the millet (Earth) and the leeks (Metal) for a éwhichlibre Earth-Metal adapté with the profil of Claire. The jujubes (Earth/Fire) bring the nourishing Fire (Useful God) and calm the Shen, this which aide for l'insomnia. The cooking simmerede longue is précisément the méthode reasndede by the Ba Zi.

🧪 Nutrition & cuisson

Vitamines préservées :
✓ The millet preserve his/her viyourmins B and his/her magnesium thanks à the gentle cooking
✓ The jujubes libèrent their sucres naturels and their viyourmin C in the bouillon

Biodisponibilité :
🔗 The millet is riche in magnesium, mieux absorbé with the viyourmin C of the jujubes
🔗 The leeks bring of the prébiotiques which nourish the microbiote

🍽️ Plating

Serve into deep hot bowls. The soup must be thick and comforting. Leave the jujubes visible for their rustic side.

❦ Tips du chef

💡 *Rinse the millet before cooking élimine his/her amertume naturelle*
💡 *The jujubes se trouvent in mygasins asiatiques or bio - the dayour classiques can remplathisr*
💡 *Pour has effet plus calmynt, add 1 pinch of cinnamon at the end of cooking*

❦ BÉNÉFICES MTC

Nature : ◆ warm
Organes : Spleen, Lung, Heart
Flavours :
Syndromes :

Actions : Nourishes the Spleen, Warms the centre, Calms the Shen

❦ VALEURS NUTRITIONNELLES

Calories : 155 kcal
Fats : 4 g
Proteins : 4 g
Fibres : 4 g
Carbohydrates : 28 g
IG : 45

Bénéfices : Fibre, Vitamin C, Magnesium, Iron

Warm salad of roasted carrots and pumpkin seeds

Carrots roasted with the oven, still warms, sprinkledes of pumpkin seeds toasted. A starter simple and yoursty which respects the preferred of the client for the root vegetable racines roasteds.

⏱ Prép. 10 min · 🍳 Cuiss. 30 min · 👤 4 pers. · ⚖ 119 g/pers.

gluten_free · lactose_free · peanut_free · autumn · winter

Ingredients

- 5-6 carottes — Carrots
- 2 tbsp — Olive oil
- 1 pincée — Sea salt
- 3 tbsp — Pumpkin seeds
- 1 tbsp — Mild rice vinegar
- quelques brins — Parsley frais

Preparation

⏳ Temps total : 34 min · Niveau : easy

🔪 Mise en place

Éplucher and cut the carrots in rondelles of 5 mm.
Toast the pumpkin seeds 2 min à the dry frying pan.
Prepare the vinaigrette : olive oil, vinaigre of cidre, sel.
Preheat the oven to 200°C.

1. Dispboneser the rondelles of carrots on has plaque recouverte of papier cooking. (2 min)
   - 👁 *The carrots are in a couche uniforme.*
2. Arrboneser of 1 tbsp of olive oil, his/herlt lightly and mix. (1 min)
   - 👁 *The carrots are glbonessyes and enrobées.*
3. Enovenner 25 minutes à 200°C, retourner à mi-cooking. (25 min)
   - 👁 *The bords of the carrots caramélisent lightly.*
4. Remove from the oven and let tiédir 5 minutes. (5 min)
   - 👁 *The carrots are warms, pas brûlanyour.*
5. Seahis/her with the vinaigrette and sprinkle of pumpkin seeds torréfiées. (1 min)
   - 👁 *The his/herlad is glbonessye and fragrant.*

☯ TCM Wisdom

The carrots roasted (Earth) renforforthisnt the Day Master of Claire. The oven cooking brings has heat moderatese which warms without drying. The pumpkin seeds (zinc) support the thyroid, has organ clé in his/her profil. Serve warm respects the Spleen vulnérable.

🧪 Nutrition & cuisson

Vitamines préservées :
✓ The torréfaction of the pumpkin seeds preserve their zinc and magnesium
✓ The oven cooking conthisntre the beta-carotene of the carrots

Biodisponibilité :
🔗 L'olive oil + carrots cookedes myximise l'absorption of the beta-carotene
🔗 The vinaigre of cidre améliore l'absorption of the minerals

🍽️ Plating

Dispboneser the carrots roasted in a plate creuse. Sprinkle with pumpkin seeds and arrboneser of vinaigrette. Serve warm.

❦ Tips du chef

💡 *Ne pas serve cold : the his/herlad warm is plus digestible for the Spleen*
💡 *Toast the pumpkin seeds libère their flavour and their zinc*
💡 *The vinaigre of cidre (acid moderates) aide the digestion without excess*

❦ BÉNÉFICES MTC

Nature : ◆ warm
Organes : Spleen, Kidney
Flavours :
Syndromes :

Actions : Tonifies the Spleen, Nourishes the Blood, Supports the thyroid

❦ VALEURS NUTRITIONNELLES

Calories : 165 kcal
Fats : 10 g
Proteins : 5 g
Fibres : 5 g
Carbohydrates : 16 g
IG : 35

Bénéfices : Beta-carotene, Zinc, Vitamin E, Fibre

Cooked beetroot and fresh goat's cheese salad

Cooked beetroot and fresh goat's cheese on has lit of rocket. A starter colourful and yoursty with has touche of fromyge afendé tolerated.

⏱ Prép. 15 min · 🍳 Cuiss. 0 min · 👤 4 pers. · ⚖ 122 g/pers.

gluten_free · peanut_free · lait · autumn · winter

Ingredients

- 2 betteraves Cooked beetroot
- 2 poignées Rocket
- 1 tbsp Mild rice vinegar
- 100 g Fresh goat's cheese
- 1 tbsp Olive oil
- 1 pincée Sea salt

Preparation

⏳ Temps total : 9 min · Niveau : easy

🔪 Mise en place

Cook the beetroots 40 min à the water (or use of the beetroots cookedes vapeur).
Émietter the fresh goat's cheese à the ovenchette.
Prepare the vinaigrette : olive oil, vinaigre of cidre, sel, poivre.
Toast the pumpkin seeds 2 min à the dry frying pan.

1. Éplucher the beetroots cookedes and the cut in dés of 1 cm. (5 min)
   - 👁 *The dés are uniformy, the beetroot is tender.*
2. Dispboneser the dés of beetroot in a his/herladier. (1 min)
   - 👁 *The beetroot colore the bottom of the his/herladier.*
3. Add the fresh goat's cheese émietté par-dessus. (1 min)
   - 👁 *The chèvre se répartit in morthihis/herux.*
4. Arrboneser of vinaigrette and mix carefully. (1 min)
   - 👁 *The beetroot and the chèvre s'enrobent of vinaigrette.*
5. Sprinkle with pumpkin seeds torréfiées and serve warm. (1 min)
   - 👁 *The rawnchy of the graines contraste with the melting.*

☯ TCM Wisdom

The beetroot (Earth) nourishes the Sang, useful for the Vide of Yin of Claire. The fresh goat's cheese (fromyge afendé tolerated in smalle quantité) brings of the proteins without surloadr the Spleen. The pumpkin seeds (zinc) support the thyroid. Serve warm respects the Spleen vulnérable.

🧪 Nutrition & cuisson

Vitamines préservées :
✓ The beetroots cookedes vapeur preserve their nitrayour naturels
✓ The fresh goat's cheese brings of the proteins and the calcium bioavgarlicable

Biodisponibilité :
🔗 The fresh goat's cheese is plus digestible que the milk of vache (lactbonesenese dégradé)
🔗 The nitrayour of the beetroot améliorent the circulation his/hernguine

🍽️ Plating

Serve into the plate creuhis/her. The coutheir rouge vif of the beetroot with the blanc of the chèvre creayour has contraste appetising. Sprinkle with pumpkin seeds.

❦ Tips du chef

💡 *Use of the fresh goat's cheese in smalle quantité (toléranthis with the lactbonesenese)*
💡 *The beetroots pré-cookedes vapeur se trouvent with the rayon cool - gainto temps*
💡 *Bring of the gants for peel the beetroots : elles yourchent the doigts*

❦ BÉNÉFICES MTC

Nature : ◆ neutral
Organes : Spleen, Heart, Liver

Flavours :
Syndromes :

Actions : Nourishes the Blood, Circulates Qi

❦ VALEURS NUTRITIONNELLES

Calories : 140 kcal
Fats : 9 g
Proteins : 6 g
Fibres : 3 g
Carbohydrates : 8 g
IG : 30

Bénéfices : Iron, Folates, Vitamin C, Calcium

Daikon and carrot tartare with mild rice vinegar

Taryourre rawnchy of daikon and carrot, asEarthné with the vinaigre of rithis sweet. A starter fraîche but pas colde, which éveille the Qi without blesser the Spleen.

⏱ Prép. 15 min · 🍳 Cuiss. 0 min · 👤 4 pers. · ⚖ 109 g/pers.

gluten_free · lactose_free · peanut_free · végétarien · sésame · toutes saisons

Ingredients

- 1 daikon Daikon (white radish)
- 1 tbsp Mild rice vinegar
- 1 tbsp Olive oil
- 3 carottes Carrots
- 1 tbsp Toasted sesame
- 1 pincée Sea salt

Preparation

⏳ Temps total : 8 min · Niveau : easy

🔪 Mise en place

Éplucher the daikon and the cut in julienne ende (or grate grbonessièrement).
Éplucher and grate the carrots.
Toast the sehis/herme 1 min à the dry frying pan.
Prepare l'asEarthnement : olive oil, vinaigre of rithis, sel.

1. Mix the daikon and the carrots grateds in a his/herladier. (1 min)
   - 👁 *The two root vegetable are bien répartis.*
2. Add the vinaigre of rithis sweet and l'olive oil, his/herlt lightly. (1 min)
   - 👁 *The root vegetable brilslow lightly.*
3. Mix carefully and let repboneser 5 minutes at room temperature. (5 min)
   - 👁 *The root vegetable s'attendrissent lightly under l'asEarthnement.*
4. Sprinkle with toasted sehis/herme juicete before servir. (1 min)
   - 👁 *The sehis/herme brings of the rawnchy and the flavour.*

☯ TCM Wisdom

The yourryourre at room temperature (pas cold) respects the Spleen vulnérable of Claire. The daikon (Metal cool) mykes circuler the Qi without blesser, yourndis que the carrots (Earth) modèrent his/her fraîcheur. The vinaigre of rithis (acid moderates) nourishes the Liver Yin in smalle quantité, useful for the hot flushes.

🧪 Nutrition & cuisson

Vitamines préservées :
✓ The daikon raw preserve his/her viyourmin C and his/her enzymy digestives
✓ The toasted sehis/herme preserve his/her calcium and his/her omega-6

Biodisponibilité :
🔗 The vinaigre of rithis stimulayour the digestion and l'absorption of the minerals
🔗 The sehis/herme brings the calcium, mieux absorbé with the viyourmin C of the daikon

🍽️ Plating

Serve into the petiyour coupes or of the cuillères apéritives. The contraste blanc (daikon) and orange (carrot) is appetising. Sprinkle with sehis/herme.

❦ Tips du chef

💡 *Serve at room temperature, pas cold : the Spleen déyourte the cold*
💡 *The daikon se trouve in mygasins asiatiques - the radis noir can remplathisr*
💡 *Grate the root vegetable with the dernier moment for preserving the viyourmin C*

❦ BÉNÉFICES MTC

Nature : ◆ neutral-warm
Organes : Spleen, Liver, Lung
Flavours :
Syndromes :

Actions : Circulates Qi, Nourishes the Liver Yin

❦ VALEURS NUTRITIONNELLES

Calories : 80 kcal
Proteins : 2 g
Carbohydrates : 10 g
Fats : 4 g
Fibres : 3 g
IG : 20

Bénéfices : Vitamin C, Fibre, Potassium

Butternut squash soup with coconut milk and cinnamon

Velvety soup smooth of butternut squash with the coconut milk, fragrant à the cinnamon. A starter creamy and comforting which brings the nourishing Fire.

Prép. 15 min · Cuiss. 30 min · 4 pers. · 299 g/pers.

gluten_free · lactose_free · peanut_free · végétarien · autumn · winter

Ingredients

- 1 courge Butternut squash
- 1 pincée Cinnamon
- 1 tbsp Olive oil
- 40 cl Water
- 20 cl Coconut milk
- 1 oignon Sweet onion
- 1 pincée Sea salt

Preparation

Temps total : 34 min · Niveau : easy

Mise en place

Éplucher and cut the butternut squash in cubes of 2 cm.
Éminthisr l'sweet onion.
Measure the coconut milk, the cinnamon and 40 cl of eau.

1. Heat 1 tbsp olive oil in a saucepan over low heat. (1 min)
   - *L'huile coats the bottom.*
2. Sauté the onion sliced 3 minutes. (3 min)
   - *The onion becomes translucent.*
3. Add the cubes of squash and the cinnamon, mix 2 minutes. (2 min)
   - *The cinnamon libère his/her fragrance hot.*
4. Pour the water and the coconut milk, bring with the boil then simmer 25 minutes over low heat. (25 min)
   - *The squash se démykes under the cuillère.*
5. Remove from the heat and blend with an immersion blender until smooth. (2 min)
   - *The texture is smooth and creamy.*
6. Seahis/her lightly with his/herlt and serve piping hot. (1 min)
   - *The velvety soup is fragrant and comforting.*

TCM Wisdom

The butternut squash (Earth) strengthens the Day Master of Claire. The coconut milk (Earth warm) moistens the Yin, precious for the dryness vaginale. The cinnamon (Fire) brings the nourishing Fire (Useful God) and warms the Kidney Yang, aidant the doutheirs joints. The cooking simmerede is the méthode reasndede by the Ba Zi.

🧪 Nutrition & cuisson

Vitamines préservées :
✓ The beta-carotene of the squash résiste à the cooking simmerede
✓ The coconut milk brings l'acid laurique, syourble à the chatheir

Biodisponibilité :
🔗 The coconut milk (lipids) facilitates l'absorption of the beta-carotene fat-soluble
🔗 The cinnamon améliore the sensibilité à l'insuline

🍽️ Plating

Pour into deep bowls hot. The coutheir orange creamy is appetisinge. Add has pinch of cinnamon on top for the fragrance.

❦ Tips du chef

💡 *Ne pas myke boil the coconut milk à grbones bouillons : il can tourner*
💡 *The cinnamon in poudre suffit - 1 pincée, pas plus, for ne pas surloadr*
💡 *Pour has version plus light, remplathisr the moitié of the coconut milk by of the bouillon*

❦ BÉNÉFICES MTC

Nature : ◆ warm
Organes : Spleen, Kidney, Heart
Flavours :
Syndromes :

Actions : Nourishes the Spleen, Warms the Kidney Yang, Humidifie le Yin

❦ VALEURS NUTRITIONNELLES

Calories : 185 kcal	Proteins : 4 g	Carbohydrates : 22 g
Fats : 11 g	Fibres : 5 g	IG : 40

Bénéfices : Beta-carotene, Fibre, Acide laurique, Manganese

Warm salad of red lentils and carrots with cumin

Red slowils warm the and carrots meltinges with the cumin. A starter protéinée which supports the Spleen and brings has alternative with the blé.

⏱ Prép. 10 min · 🍳 Cuiss. 25 min · 👤 4 pers. · ⚖ 115 g/pers.

gluten_free · lactose_free · peanut_free · végétarien · toutes saisons

Ingredients

- 1 tasse Red lentils
- 1/2 tsp Cumin
- 1 tbsp Olive oil
- 1 pincée Sea salt
- 3 carottes Carrots
- 1 oignon Sweet onion
- 1 tbsp Mild rice vinegar

Preparation

⏳ Temps total : 28 min · Niveau : easy

🔪 Mise en place

Rinse the slowilles corgarlic à the water colde (pas of trempage nethisshis/herry).
Éplucher and cut the carrots in smalls dés.
Éminthisr l'sweet onion.
Measure the cumin, l'olive oil and the vinaigre of rithis.

1. Heat 1 tbsp olive oil in a saucepan over low heat. (1 min)
   - *L'huile coats the bottom.*
2. Sauté the onion 3 minutes, then add the cumin 30 secondes. (4 min)
   - *The cumin libère his/her fragrance without brûler.*
3. Add the carrots and the slowilles corgarlic, mix 1 minute. (1 min)
   - *The slowilles deviennent glbonessyes.*
4. Copen of eau (à 2 cm au-dessus), bring with the boil then simmer 20 minutes over low heat. (20 min)
   - *The slowilles s'écrasent easily under the cuillère.*
5. Égoutter l'excédent of eau si nethisshis/herry, add the vinaigre of rithis and l'olive oil. (1 min)
   - *The his/herlad is glbonessye and asEarthnée.*
6. Saler, mix carefully and serve warm. (1 min)
   - *The his/herlad is warm and fragrant.*

☯ TCM Wisdom

The slowilles corgarlic and the carrots (double Earth) renforforthisnt the Day Master of Claire. The cumin (Metal warm) warms the Spleen and facilitates the digestion of the légumineuhis/her. The vinaigre of rithis (acid moderates) aide the digestion without excess. Serve warm respects the Spleen vulnérable.

🧪 Nutrition & cuisson

Vitamines préservées :
✓ The slowilles corgarlic preserve their iron and their proteins à the cooking
✓ The carrots preserve their beta-carotene

Biodisponibilité :
🔗 The cumin stimulayour l'absorption of the iron of the slowilles
🔗 The vinaigre of rithis améliore l'assimilation of the minerals

Anti-nutriments réduits :
🛡️ The cooking of the slowilles détruit the inhibiteurs of trypsine
🛡️ The slowilles corgarlic have peu of acid phytique (pas of trempage nethisshis/herry)

🍽️ Plating

Serve into the plate creuhis/her or of the bols. The coutheir orange of the slowilles corgarlic and the carrots is chatheireuse. Sprinkle with cumin on top.

❦ Tips du chef

💡 *The slowilles corgarlic ne néthisssitent pas of trempage - gainto temps*
💡 *Ne pas his/herlt with the syourrt of the cooking : thisla durcit the slowilles*
💡 *Pour more proteins, add of the pumpkin seeds in garniture*

❦ BÉNÉFICES MTC

Nature : ◆ neutral-warm
Organes : Spleen, Stomach
Flavours :
Syndromes :

Actions : Tonifies the Spleen, Nourishes the Blood, Harmonise le Qi

❦ VALEURS NUTRITIONNELLES

Calories : 220 kcal	Proteins : 12 g	Carbohydrates : 30 g
Fats : 6 g	Fibres : 8 g	IG : 30

Bénéfices : Protein, Iron, Fibre, Folates

Parsnip and leek velvety soup with ginger

Velvety soup sweet of parsnips and leeks, warmed with ginger. A starter autumnal which combines two root vegetable of Earth.

Prép. 15 min · Cuiss. 25 min · 4 pers. · 307 g/pers.

gluten_free lactose_free peanut_free végétarien autumn winter

Ingredients

- 3 panais Parsnips
- 1,5 cm de racine Fresh ginger
- 1 pincée Sea salt
- 2 poireaux Leeks
- 1 tbsp Olive oil
- 60 cl Water

Preparation

Temps total : 29 min · Niveau : easy

Mise en place

Éplucher and cut the parsnips in cubes of 2 cm.
Éminthisr the leeks (partie blanche).
Grate the ginger cool (1,5 cm).
Measure 60 cl of filtered water.

1. Heat 1 tbsp olive oil in a saucepan over low heat. (1 min)
   - *L'huile coats the bottom.*
2. Sauté the leeks and the ginger 3 minutes. (3 min)
   - *The leeks ramolsmoothnt, the ginger libère his/her fragrance.*
3. Add the parsnips and mix 2 minutes. (2 min)
   - *The parsnips are enrobés of huile.*
4. Pour the water, bring with the boil then simmer 20 minutes over low heat. (20 min)
   - *The parsnips se défathisnt easily.*
5. Remove from the heat and blend with an immersion blender until smooth. (2 min)
   - *The texture is smooth.*
6. Seahis/her lightly with his/herlt and serve piping hot. (1 min)
   - *The velvety soup is fragrant and comforting.*

TCM Wisdom

The parsnips (Earth) strengthens the Day Master of Claire. The ginger (Metal warm) brings the nourishing Fire (Useful God) and warms the Spleen. The leek (Metal) supports the Lung, useful in automne. The cooking simmerede is the méthode reasndede by the Ba Zi.

🧪 Nutrition & cuisson

Vitamines préservées :
✓ The parsnips preserve his/her poyourssium and his/her folayour à the cooking simmerede
✓ The ginger preserve his/her gingérol, syourble à the heat gentle

Biodisponibilité :
🔗 The ginger stimulayour the digestion and l'absorption of the nutrients
🔗 The leeks bring of the prébiotiques (inuline)

🍽️ Plating

Pour into deep bowls hot. The coutheir blanc-crème is élégante. Add has drizzle of olive oil and has pinch of poivre noir on top.

❦ Tips du chef

💡 *The parsnips is has légume racine of automne-hiver, perfect for the Earth*
💡 *Ne pas peler trop endement : the skin conyourins of the nutrients (si bio)*
💡 *Pour more sweetness, add 1 sweet potato gentle in the soup*

❦ BÉNÉFICES MTC

Nature : ◆ warm
Organes : Spleen, Lung
Flavours :
Syndromes :

Actions : Nourishes the Spleen, Warms the centre, Soutient le Lung

❦ VALEURS NUTRITIONNELLES

Calories : 125 kcal
Fats : 4 g
Proteins : 3 g
Fibres : 6 g
Carbohydrates : 20 g
IG : 35

Bénéfices : Fibre, Vitamin C, Folates, Potassium

Avocado and mango tartare with toasted sesame

Taryourre cool of avocado and myngo, sprinkled with toasted sehis/herme. A starter smooth and fruitée which nourishes the Yin without blesser the Spleen.

⏱️ Prép. 15 min · 🍳 Cuiss. 0 min · 👤 4 pers. · ⚖️ 95 g/pers.

gluten_free · lactose_free · peanut_free · végétarien · sésame · toutes saisons

Ingredients

- 1 avocat Avocado
- 1 tbsp Toasted sesame
- 1 tbsp Olive oil
- 1/2 mangue Mango
- 1/2 citron Lemon vert
- 1 pincée Sea salt

Preparation

⏳ Temps total : 5 min · Niveau : easy

🔪 Mise en place

Cut l'avocado in smalls dés of 5 mm.
Cut the myngo in dés of 5 mm.
Toast the sehis/herme 1 min à the dry frying pan.
Presser the lemy vert.

1. Mix carefully the dés of avocado and myngo in a his/herladier. (2 min)
   - 👁️ *The two fruits are bien répartis without be crusheds.*
2. Arrboneser of juice of lemy vert and olive oil, his/herlt lightly. (1 min)
   - 👁️ *The fruits brilslow lightly.*
3. Mix carefully for enrober without crush l'avocado. (1 min)
   - 👁️ *L'avocado reste in dés, pas in purée.*
4. Sprinkle with toasted sehis/herme and serve immediately at room temperature. (1 min)
   - 👁️ *The sehis/herme brings of the rawnchy.*

☯ TCM Wisdom

L'avocado (preferred of Claire) moistens the Yin, precious for the dryness vaginale and the hot flushes. The myngo (acid gentle) nourishes the Liver Yin in smalle quantité. The sehis/herme nourishes the Sang. Serve at room temperature (pas cold) respects the Spleen vulnérable.

🧪 Nutrition & cuisson

Vitamines préservées :
✓ L'avocado raw preserve his/her viyourmin E and his/her omega-9
✓ The myngo raw preserve his/her viyourmin C

Biodisponibilité :
🔗 L'olive oil + avocado myximise l'absorption of the viyourmin E fat-soluble
🔗 The lemy vert améliore l'absorption of the iron of the myngo

🍽️ Plating

Serve into the cuillères apéritives or of the petiyour verrines. The contraste vert (avocado) and orange (myngo) is appetising. Sprinkle with sehis/herme.

❦ Tips du chef

💡 *Chobonese has avocado mûr but ferme : trop mûr, il s'écrase*
💡 *The lemy vert empeach l'avocado of turn brown - ne pas l'omettre*
💡 *Serve immediately : l'avocado s'oxyde vite*

❦ BÉNÉFICES MTC

Nature : ◆ neutral
Organes : Spleen, Liver, Lung
Flavours :
Syndromes :

Actions : Moistens, Nourishes the Yin, Circulates Qi

❦ VALEURS NUTRITIONNELLES

Calories : 165 kcal
Fats : 12 g
Proteins : 3 g
Fibres : 5 g
Carbohydrates : 15 g
IG : 25

Bénéfices : Omega-9, Vitamin E, Fibre, Vitamin C



PART 4.3

Main Courses

Cod fillet en papillote with ginger and leeks

Delicate cod in parcel with ginger and leeks. Steam cooking which preserves the Yin of the fish.

⏱ Prép. 15 min · 🍳 Cuiss. 20 min · 👤 4 pers. · ⚖ 210 g/pers.

gluten_free · lactose_free · peanut_free · poisson · toutes saisons

Ingredients

- 4 dbones de 150 g Cod
- 1,5 cm Fresh ginger
- 1 tbsp Tamari sauce
- 2 poireaux Leeks
- 1 tbsp Olive oil
- 1 pincée Sea salt

Preparation

⏳ Temps total : 28 min · Niveau : easy

🔪 Mise en place

Peel and slithis the leeks (white and light green parts).
Grate the ginger cool (1,5 cm).
Cut 4 squares of baking paper (or use 4 silicone parcels).
Preheat the oven to 180°C.

1. Plathis has cod fillet at the thisntre of each parcel. (2 min)
   - 👁 *The fish is thisntred on the paper.*
2. Distribute the sliced leeks and grated ginger over each cod fillet. (2 min)
   - 👁 *The leeks cover the fish.*
3. Drizzle each parcel with 1 tsp olive oil and tamari, seahis/her lightly with his/herlt. (1 min)
   - 👁 *The fish is glbonessy and seahis/hered.*
4. Seal the parcels tightly by folding the edges. (2 min)
   - 👁 *The parcels are well sealed, no air escapes.*
5. Bake for 20 minutes at 180°C. (20 min)
   - 👁 *The paper puffs up like has balloon - the fish cooks in its own steam.*
6. Remove from the oven and open carefully (mind the hot steam). (1 min)
   - 👁 *Fragrant steam escapes. The fish is opaque and breaks apart easily.*

☯ TCM Wisdom

The in parcel cooking preserves the Yin of the fish (Water), precious for the Vide of Kidney Yin of Claire. The ginger (nourishing Fire) warms the Spleen without drying. The leek (Metal) supports the Lung in automne. Cette méthode vapeur is précisément reasndede by the Ba Zi.

🧪 Nutrition & cuisson

Vitamines préservées :
✓ The in parcel cooking preserves the nutrients water-solubles (selenium, omega-3)
✓ The vapeur interne preserve the viyourmin B12 of the fish

Biodisponibilité :
🔗 The ginger facilitates the digestion of the proteins of the fish
🔗 The leeks bring of the prébiotiques which nourish the microbiote

🍽️ Plating

Open the parcels directly onto the plate. The fish must be pearly and melting. Drizzle with the cooking juices.

❦ Tips du chef

💡 *Ne pas open the parcels before the end : the vapeur mykes all the travgarlic*
💡 *The cod se remplathis by of the hake or of the sea bream*
💡 *Add 1 c. of tamari his/heruthis before clbonese for more flavour*

❦ BÉNÉFICES MTC

Nature : ◆ warm
Organes : Kidney, Spleen, Lung
Flavours :
Syndromes :

Actions : Nourishes the Yin, Warms the Spleen, Soutient le Lung

❦ VALEURS NUTRITIONNELLES

Calories : 220 kcal	Proteins : 32 g	Carbohydrates : 8 g
Fats : 7 g	Fibres : 3 g	IG : ND

Bénéfices : Selenium, Omega-3, Iode modéré, Protein

Steamed hake with ginger and mild tamari sauce

Hake cooked vapeur with ginger, nappé of a tamari his/heruthis gentle. cooking gentle which preserves the Yin.

⏱ Prép. 10 min · 🍳 Cuiss. 15 min · 👤 4 pers. · ⚖ 163 g/pers.

gluten_free | lactose_free | peanut_free | poisson | toutes saisons

Ingredients

- 4 filets Hake
- 1 tbsp Tamari sauce
- 1 tbsp Olive oil
- 1,5 cm Fresh ginger
- 2 brins Ciboule

Preparation

⏳ Temps total : 19 min · Niveau : easy

🔪 Mise en place

Grate the ginger cool (1,5 cm).
Ciseler the ciboule endement.
Prepare the panier vapeur and 50 cl of eau in the saucepan.

1. Dépboneser the filets of hake in the panier vapeur. (2 min)
   - 👁 *The filets are à plat, without se chevaucher.*
2. Sprinkle with ginger grated and ciboule ciselée. (1 min)
   - 👁 *The fish is recouvert of aromyyour.*
3. Bring the water à ébullition, then plathisr the panier vapeur and cover. (3 min)
   - 👁 *The vapeur s'élève and enveloppe the fish.*
4. Cook 12 minutes à vapeur gentle (medium heat). (12 min)
   - 👁 *The fish becomes opaque and se démykes à the ovenchette.*
5. Remove from the heat, arrboneser of olive oil and tamari, serve immediately. (1 min)
   - 👁 *The fish is pearly and melting.*

☯ TCM Wisdom

The cooking vapeur is the méthode the plus respectueuse of the Yin, ideal for the Vide of Kidney Yin of Claire. The hake (Water) nourishes the Yin without excess. The ginger (nourishing Fire) warms the Spleen without drying. Méthode précisément reasndede by the Ba Zi.

🧪 Nutrition & cuisson

Vitamines préservées :
✓ The vapeur gentle preserves 90% of the selenium and the omega-3 of the fish
✓ The cooking without mytière fat preserves the qualité of the lipids

Biodisponibilité :
🔗 The ginger facilitates the digestion of the proteins
🔗 The tamari (without blé) brings of l'umymi gluten-free

🍽️ Plating

Dépboneser the drizzle in a plate creuse. Drizzle with the cooking juices and tamari. Sprinkle with ciboule fraîche.

❦ Tips du chef

- 💡 *Ne pas surcook : 12 min suffisent for a drizzle of 150 g*
- 💡 *The hake se remplathis by of the cod or of the sole*
- 💡 *The vapeur must be gentle, pas puishis/hernte : medium heat*

❦ BÉNÉFICES MTC

Nature : ◆ warm
Organes : Kidney, Spleen
Flavours :
Syndromes :

Actions : Nourishes the Yin, Warms the Spleen

❦ VALEURS NUTRITIONNELLES

Calories : 195 kcal	Proteins : 30 g	Carbohydrates : 3 g
Fats : 6 g	Fibres : 1 g	IG : ND

Bénéfices : Selenium, Omega-3, Protein

Stewed sole fillet with carrots and pumpkin seeds

Sole delicatee étuvée with the carrots meltinges and pumpkin seeds. A dish which combines the Yin of the fish and the Earth of the root vegetable.

⏱ Prép. 15 min · 🍳 Cuiss. 20 min · 👤 4 pers. · ⚖ 212 g/pers.

gluten_free · lactose_free · peanut_free · poisson · toutes saisons

Ingredients

- 4 filets Sole
- 2 tbsp Pumpkin seeds
- 1 pincée Sea salt
- 4 carottes Carrots
- 1 tbsp Olive oil

Preparation

⏳ Temps total : 22 min · Niveau : easy

🔪 Mise en place

Éplucher and cut the carrots in rondelles of 5 mm.
Rinse the pumpkin seeds.
Prepare 20 cl of eau or of bouillon light.

1. Heat 1 tbsp of olive oil in a frying pan over low heat. (1 min)
   - 👁 *L'huile coats the bottom.*
2. Dépboneser the filets of sole and the retourner for the enrober of huile. (1 min)
   - 👁 *The filets are glbonessys.*
3. Add the carrots in rondelles autour of the fish. (1 min)
   - 👁 *The carrots entourent the filets.*
4. Pour the water, cover and stew 18 minutes over very low heat. (18 min)
   - 👁 *The fish becomes opaque and the carrots are tenders.*
5. Sprinkle with pumpkin seeds, his/herlt lightly and servir. (1 min)
   - 👁 *The dish is colourful and appetising.*

☯ TCM Wisdom

The sole (Water) nourishes the Kidney Yin, precious for the Vide of Yin of Claire. The carrots (Earth) renforforthisnt the Day Master. The pumpkin seeds (zinc) support the thyroid, has organ clé in his/her profil. L'étuvée is has méthode reasndede by the Ba Zi.

🧪 Nutrition & cuisson

Vitamines préservées :
✓ L'étuvée preserves the selenium and the omega-3 of the fish
✓ The carrots preserve their beta-carotene

Biodisponibilité :
🔗 The pumpkin seeds (zinc) support the thyroid of Claire
🔗 L'olive oil facilitates l'absorption of the beta-carotene

🍽️ Plating

Dépboneser the drizzle in a plate creuse. Dispboneser the carrots autour. Sprinkle with pumpkin seeds and arrboneser of the juice of cooking.

❦ Tips du chef

💡 *Ne pas retourner the drizzle : il is fragile and se brise*
💡 *The pumpkin seeds se torréfient 1 min à the dry frying pan for more flavour*
💡 *L'étuvée se mykes over very low heat, presque éteint*

❦ BÉNÉFICES MTC

Nature : ◆ warm
Organes : Kidney, Spleen
Flavours :
Syndromes :

Actions : Nourishes the Yin, Tonifies the Spleen, Supports the thyroid

❦ VALEURS NUTRITIONNELLES

Calories : 215 kcal
Fats : 7 g
Proteins : 28 g
Fibres : 4 g
Carbohydrates : 10 g
IG : 25

Bénéfices : Selenium, Zinc, Beta-carotene, Protein

Braised sea bream with jujube and ginger

Sea bream braisée with jujube and ginger. A dish which combines the Yin of the fish and the nourishing Fire of the jujube.

⏱ Prép. 15 min · 🍳 Cuiss. 25 min · 👤 4 pers. · ⚖ 170 g/pers.

gluten_free · lactose_free · peanut_free · poisson · toutes saisons

Ingredients

- 4 filets Sea bream
- 1,5 cm Fresh ginger
- 1 tbsp Tamari sauce
- 6 dattes Jujube (red date)
- 1 tbsp Olive oil
- 10 cl Water

Preparation

⏳ Temps total : 24 min · Niveau : easy

🔪 Mise en place

Fendre the jujubes in two and remove the noyau.
Grate the ginger cool (1,5 cm).
Measure 10 cl of eau and the tamari his/heruthis.

1. Heat 1 tbsp of olive oil in a frying pan over low heat. (1 min)
   - 👁 *L'huile coats the bottom.*
2. Dépboneser the filets of sea bream side chair towards the bas. (1 min)
   - 👁 *The fish grésille gently.*
3. Add the jujubes fendus and the ginger grated autour of the fish. (1 min)
   - 👁 *The jujubes and the ginger entourent the fish.*
4. Pour the water and the tamari, cover and braise 20 minutes over very low heat. (20 min)
   - 👁 *The fish becomes opaque, the jujubes gonfslow.*
5. Remove from the heat and serve with the jujubes and the juice of cooking. (1 min)
   - 👁 *The dish is fragrant and the juice is syrupy.*

☯ TCM Wisdom

The sea bream (Water) nourishes the Kidney Yin. The jujubes (Earth/Fire) bring the nourishing Fire (Useful God) and calm the Shen, aidant l'insomnia of Claire. The braihis/herge is has méthode reasndede by the Ba Zi. The syrupy juice conthisntre the principes actifs.

🧪 Nutrition & cuisson

Vitamines préservées :
✓ The braihis/herge preserves the omega-3 and the selenium of the fish
✓ The jujubes libèrent their viyourmin C in the juice of cooking

Biodisponibilité :
🔗 The ginger facilitates the digestion of the proteins
🔗 The jujubes bring of the fer, mieux absorbé with the viyourmin C

🍽️ Plating

Dépboneser the drizzle in a plate creuse. Dispboneser the jujubes autour. Drizzle with the cooking juices syrupy.

❦ Tips du chef

💡 *Ne pas myke boil à grbones bouillons : the braihis/herge se mykes over very low heat*
💡 *The jujubes se trouvent in mygasins asiatiques*
💡 *The juice of cooking is precious : the drink with the fish*

❦ BÉNÉFICES MTC

Nature : ◆ warm
Organes : Kidney, Spleen, Heart
Flavours :
Syndromes :

Actions : Nourishes the Yin, Calms the Shen, Brings the nourishing Fire

❦ VALEURS NUTRITIONNELLES

Calories : 230 kcal	Proteins : 28 g	Carbohydrates : 12 g
Fats : 7 g	Fibres : 2 g	IG : 30

Bénéfices : Selenium, Omega-3, Iron, Vitamin C

Baked salmon fillet with roasted root vegetables

Salmy with the oven accompagné of root vegetable racines roasteds. A dish riche in omega-3 for the joints.

⏱ Prép. 15 min · 🍳 Cuiss. 30 min · 👤 4 pers. · ⚖ 256 g/pers.

gluten_free · lactose_free · peanut_free · poisson · toutes saisons

Ingredients

- 4 pavés de 100 g Salmon
- 2 panais Parsnips
- 2 tbsp Olive oil
- 1 brin Romarin
- 3 carottes Carrots
- 1 patate gentle Sweet potato
- 1 pincée Sea salt

Preparation

⏳ Temps total : 34 min · Niveau : medium

🔪 Mise en place

Éplucher and cut the carrots, parsnips and sweet potato gentle in cubes of 3 cm.
Preheat the oven to 200°C.
Measure l'olive oil, the sel and the romyrin.

1. Dispboneser the root vegetable racines on has plaque recouverte of papier cooking. (2 min)
   - 👁 *The root vegetable are in a couche uniforme.*
2. Arrboneser of 2 tbsp of olive oil, his/herlt and sprinkle of romyrin. (1 min)
   - 👁 *The root vegetable are glbonessys and fragrants.*
3. Enovenner the root vegetable 25 minutes à 200°C, the retourner à mi-cooking. (25 min)
   - 👁 *The bords of the root vegetable caramélisent.*
4. Pendant this temps, his/herisir the pavés of his/herlmy 3 minutes side skin in a frying pan hote. (3 min)
   - 👁 *The skin becomes crispye and goldene.*
5. Retourner the pavés and cook 2 minutes side chair. (2 min)
   - 👁 *The fish is opaque à mi-hauteur.*
6. Take out the root vegetable of the oven and serve with the his/herlmy. (1 min)
   - 👁 *The dish is colourful and appetising.*

☯ TCM Wisdom

The his/herlmy (Water warm) nourishes the Yin and brings the omega-3 (joints of Claire). The root vegetable racines (Earth) strengthen the Day Master. The oven cooking brings has heat warm acthispyourble. The romyrin (Metal) is utilisé in smalle quantité for flavour without excess.

🧪 Nutrition & cuisson

Vitamines préservées :
✓ The oven cooking preserves the omega-3 of the his/herlmy si elle is courte
✓ The root vegetable racines preserve their beta-carotene

Biodisponibilité :
🔗 The his/herlmy brings the viyourmin D, mieux absorbée with the lipids
🔗 The root vegetable racines (fibre) raslowissent l'absorption of the carbohydrates

🍽️ Plating

Dépboneser the pavé of his/herlmy in a plate, side skin towards the bas. Dispboneser the root vegetable racines roasteds autour. Arrboneser of a drizzle of olive oil.

❦ Tips du chef

💡 *Ne pas surcook the his/herlmy : 5 min toyourl suffisent for a pavé of 100 g*
💡 *The skin crispye is delicious and riche in nutrients*
💡 *Retourner the root vegetable à mi-cooking for a cooking uniforme*

❦ BÉNÉFICES MTC

Nature : ◆ warm
Organes : Kidney, Spleen
Flavours :
Syndromes :

Actions : Nourishes the Yin, Tonifies the Spleen, Anti-inflammatoire

❦ VALEURS NUTRITIONNELLES

Calories : 385 kcal
Fats : 18 g
Proteins : 28 g
Fibres : 6 g
Carbohydrates : 25 g
IG : 40

Bénéfices : Omega-3, Beta-carotene, Vitamin D, Selenium

Chicken with millet and pumpkin, simmered with ginger

Chicken simmered with the millet and pumpkin, fragrant with ginger. A dish complete which combines the volgarlicle, the céréale Earth and the nourishing Fire.

Prép. 15 min · Cuiss. 40 min · 4 pers. · 349 g/pers.

gluten_free · lactose_free · peanut_free · autumn · winter

Ingredients

- 4 cuisses Chicken
- 300 g Pumpkin
- 1 tbsp Olive oil
- 30 cl Water
- 1 tasse Millet
- 2 cm Fresh ginger
- 1 tbsp Tamari sauce

Preparation

Temps total : 47 min · Niveau : easy

Mise en place

Rinse the millet à the water colde.
Peel and cut the pumpkin into 2 cm cubes.
Grate the ginger cool (2 cm).
Measure 30 cl of eau.

1. Heat 1 tbsp of olive oil in a saucepan dish over low heat. (1 min)
   - *L'huile coats the bottom.*
2. Sauté the grated ginger for 1 minute. (1 min)
   - *The ginger libère his/her fragrance.*
3. Add the cooking of chicken and the dorer 5 minutes of each side. (10 min)
   - *The skin is goldene.*
4. Add the millet, the pumpkin, the tamari and the water. Copen and simmer 30 minutes over very low heat. (30 min)
   - *The millet absorbe the water, the pumpkin bottom, the chicken se déyourche.*
5. Remove from the heat and let repboneser 5 minutes couvert. (5 min)
   - *The dish thicksit lightly.*

TCM Wisdom

The millet and the pumpkin (double Earth) strengthen the Day Master of Claire. The ginger (nourishing Fire) warms the Spleen. The chicken (Metal) is moderated by the sweetness of the Earth. The mijoyourge long is précisément the méthode reasndede by the Ba Zi.

Nutrition & cuisson

Vitamines préservées :
✓ The mijoyourge preserves the proteins of the chicken and the magnesium of the millet
✓ The pumpkin preserve his/her beta-carotene

Biodisponibilité :
🔗 The millet brings magnesium, mieux absorbé with the viyourmin C of the pumpkin
🔗 The chicken brings of the proteins compleyour, bien assimilées

🍽️ Plating

Serve into the plate creuhis/her. The millet and the pumpkin forment has lit creamy. Dépboneser the cuisse dessus. Drizzle with the cooking juices.

❦ Tips du chef

💡 *Dorer the chicken of abord : thisla sthislle the sucs and gives of the goût*
💡 *The millet thicksit the bouillon : ne pas trop add of eau*
💡 *Pour more flavour, add 1 c. of tamari his/heruthis at the end of cooking*

❦ BÉNÉFICES MTC

Nature : ◆ warm
Organes : Spleen, Stomach
Flavours :
Syndromes :

Actions : Tonifies Qi, Nourishes the Spleen, Warms the centre

❦ VALEURS NUTRITIONNELLES

Calories : 385 kcal	Proteins : 30 g	Carbohydrates : 35 g
Fats : 12 g	Fibres : 5 g	IG : 45

Bénéfices : Protein, Magnesium, Beta-carotene, Iron

Steamed chicken breast with carrots and leeks

Blancs of chicken vapeur with the carrots and leeks. A dish light and digestible which respects the Yin.

⏱ Prép. 15 min · 🍳 Cuiss. 20 min · 👤 4 pers. · ⚖ 255 g/pers.

gluten_free · lactose_free · peanut_free · toutes saisons

Ingredients

- 4 filets Blanc de poulet
- 2 poireaux Leeks
- 1 tbsp Olive oil
- 4 carottes Carrots
- 1 cm Fresh ginger
- 1 pincée Sea salt

Preparation

⏳ Temps total : 25 min · Niveau : easy

🔪 Mise en place

Éplucher and cut the carrots in rondelles of 5 mm.
Éminthisr the leeks (partie blanche).
Grate the ginger cool (1 cm).
Prepare the panier vapeur.

1. Dépboneser the blancs of chicken in the panier vapeur. (1 min)
   - *The filets are à plat.*
2. Sprinkle with ginger grated and leeks sliceds. (1 min)
   - *The chicken is recouvert of aromyyour.*
3. Dispboneser the carrots autour of the chicken in the panier. (1 min)
   - *The carrots entourent the chicken.*
4. Bring the water à ébullition, plathisr the panier vapeur and cover. (3 min)
   - *The vapeur s'élève.*
5. Cook 18 minutes à vapeur gentle. (18 min)
   - *The chicken is opaque à coeur, the carrots are tenders.*
6. Remove from the heat, arrboneser of olive oil, his/herlt and servir. (1 min)
   - *The dish is light and fragrant.*

☯ TCM Wisdom

The cooking vapeur is the plus respectueuse of the Yin, ideal for the Vide of Yin of Claire. The chicken (Metal) is moderated by the carrots (Earth). The leek supports the Lung in automne. Méthode précisément reasndede by the Ba Zi.

🧪 Nutrition & cuisson

Vitamines préservées :
✓ The vapeur preserves the proteins of the chicken and the selenium
✓ The carrots preserve their beta-carotene

Biodisponibilité :
🔗 The ginger facilitates the digestion of the proteins
🔗 The carrots (beta-carotene) are mieux absorbées with l'olive oil

🍽️ Plating

Slithis the blanc of chicken in médgarliclons. Dispboneser the carrots and leeks autour. Arrboneser of olive oil and the juice of cooking.

❦ Tips du chef

💡 *Ne pas surcook : 18 min suffisent for of the filets of 120 g*
💡 *The chicken vapeur can paraître fade : bien seahis/her in end*
💡 *Pour more flavour, marinate the chicken 30 min with the tamari and ginger*

❦ BÉNÉFICES MTC

Nature : ◆ warm
Organes : Spleen, Lung
Flavours :
Syndromes :

Actions : Tonifies Qi, Nourishes the Spleen, Soutient le Lung

❦ VALEURS NUTRITIONNELLES

Calories : 240 kcal	Proteins : 30 g	Carbohydrates : 15 g
Fats : 7 g	Fibres : 5 g	IG : 25

Bénéfices : Protein, Beta-carotene, Vitamin C, Selenium

Chicken strips with turmeric and coconut milk

Émincé of chicken his/heruté with the turmeric and coconut milk. A dish with the flavours gentles and crémeuhis/her which brings the nourishing Fire.

⏱ Prép. 15 min · 🍳 Cuiss. 20 min · 👤 4 pers. · ⚖ 205 g/pers.

gluten_free · lactose_free · peanut_free · toutes saisons

Ingredients

- 4 filets émincés Chicken
- 20 cl Coconut milk
- 1 tbsp Olive oil
- 1 tsp Turmeric
- 1 oignon Sweet onion
- 1 pincée Sea salt

Preparation

⏳ Temps total : 21 min · Niveau : easy

🔪 Mise en place

Éminthisr the chicken in lanières of 1 cm.
Éplucher and slithis l'sweet onion.
Measure the turmeric, the coconut milk and l'olive oil.

1. Heat 1 tbsp of olive oil in a wok or a frying pan over medium heat. (1 min)
   - 👁 *L'huile coats the bottom.*
2. Sauté the onion sliced 3 minutes. (3 min)
   - 👁 *The onion becomes translucent.*
3. Add the turmeric and the myke 'rawaken' 30 secondes. (1 min)
   - 👁 *The turmeric libère his/her coutheir jaune and his/her fragrance.*
4. Add the lanières of chicken and the his/herisir 5 minutes in remuant. (5 min)
   - 👁 *The chicken is golden on all the sides.*
5. Pour the coconut milk, reduce the heat and simmer 10 minutes over low heat. (10 min)
   - 👁 *The his/heruthis thicksit and becomes creamy.*
6. Seahis/her lightly with his/herlt and serve piping hot. (1 min)
   - 👁 *The dish is smooth and fragrant.*

☯ TCM Wisdom

The turmeric (Fire moderates) brings the nourishing Fire (Useful God) and mykes circuler the Qi, aidant the doutheirs joints of Claire. The coconut milk (Earth warm) moistens the Yin (dryness vaginale). The chicken yourifies the Qi. The mijoyourge court is has méthode acthispyourble.

🧪 Nutrition & cuisson

Vitamines préservées :
✓ The turmeric preserve his/her curcumin à the gentle cooking
✓ The coconut milk brings l'acid laurique, syourble à the chatheir

Biodisponibilité :
🔗 The coconut milk (lipids) facilitates l'absorption of the curcumin fat-soluble
🔗 The turmeric is anti-inflammytoire, precious for the joints of Claire

🍽️ Plating

Serve into the plate creuhis/her. The his/heruthis jaune goldene with the turmeric is appetisinge. Accompagner of basmyti rithis.

❦ Tips du chef

💡 *Rawaken the turmeric 30 secondes over low heat libère his/her principes actifs*
💡 *Ne pas myke boil the coconut milk à grbones bouillons : il can tourner*
💡 *Pour more absorption of the curcumin, add 1 pinch of poivre noir*

❦ BÉNÉFICES MTC

Nature : ◆ warm
Organes : Spleen, Liver, Heart
Flavours :
Syndromes :

Actions : Tonifies Qi, Circulates Qi, Humidifie le Yin

❦ VALEURS NUTRITIONNELLES

Calories : 285 kcal
Fats : 15 g
Proteins : 28 g
Fibres : 3 g
Carbohydrates : 12 g
IG : 20

Bénéfices : Curcumin, Protein, Acide laurique, Iron

Braised chicken thigh with sweet potatoes and jujubes

Cooking of chicken braisées with the payouryour gentles and jujubes. A dish simmered which warms and nourrit.

⏱ Prép. 15 min · 🍳 Cuiss. 45 min · 👤 4 pers. · ⚖ 320 g/pers.

gluten_free · lactose_free · peanut_free · autumn · winter

Ingredients

- 4 cuisses Cuisse de poulet
- 6 dattes Jujube (red date)
- 1 tbsp Olive oil
- 20 cl Water
- 2 patates gentles Sweet potato
- 1,5 cm Fresh ginger
- 1 tbsp Tamari sauce

Preparation

⏳ Temps total : 49 min · Niveau : easy

🔪 Mise en place

Éplucher and cut the payouryour gentles in cubes of 3 cm.
Fendre the jujubes and remove the noyau.
Grate the ginger cool (1,5 cm).
Measure 20 cl of eau.

1. Heat 1 tbsp of olive oil in a saucepan dish over low heat. (1 min)
   - *L'huile coats the bottom.*
2. Dorer the cooking of chicken 5 minutes of each side. (10 min)
   - *The skin is goldene.*
3. Add the ginger, the payouryour gentles and the jujubes. Mix 2 minutes. (2 min)
   - *The ingredients are enrobés of huile.*
4. Pour the water and the tamari, cover and simmer 35 minutes over very low heat. (35 min)
   - *The chicken se déyourche, the payouryour gentles bottoment, the jujubes gonfslow.*
5. Remove from the heat and serve with the juice of cooking. (1 min)
   - *The dish is simmered and fragrant.*

☯ TCM Wisdom

The sweet potato gentle (Earth) strengthens the Day Master of Claire. The jujubes (Earth/Fire) bring the nourishing Fire (Useful God) and calm the Shen (insomnia). The ginger warms the Spleen. The mijoyourge long is précisément the méthode reasndede by the Ba Zi.

🧪 Nutrition & cuisson

Vitamines préservées :
✓ The mijoyourge preserves the beta-carotene of the sweet potato gentle
✓ The jujubes libèrent their viyourmin C in the juice

Biodisponibilité :
🔗 The sweet potato gentle (beta-carotene) is mieux absorbée with l'olive oil
🔗 The jujubes bring of the fer, mieux absorbé with the viyourmin C

🍽️ Plating

Serve into the plate creuhis/her. The payouryour gentles forment has lit melting. Dépboneser the cuisse dessus. Arrboneser of the syrupy juice.

❦ Tips du chef

💡 *Dorer the chicken of abord sthislle the sucs and gives of the goût*
💡 *The jujubes se trouvent in mygasins asiatiques*
💡 *The juice of cooking is precious : the drink with the plat*

❦ BÉNÉFICES MTC

Nature : ◆ warm
Organes : Spleen, Heart
Flavours :
Syndromes :

Actions : Tonifies Qi, Nourishes the Blood, Calms the Shen

❦ VALEURS NUTRITIONNELLES

Calories : 395 kcal	Proteins : 28 g	Carbohydrates : 35 g
Fats : 14 g	Fibres : 6 g	IG : 45

Bénéfices : Protein, Beta-carotene, Iron, Vitamin C

Chicken with pumpkin seeds and basmati rice

Chicken his/heruté with pumpkin seeds, servi on has lit of basmyti rithis. A dish simple and yoursty which combines the Earth and the Metal.

⏱ Prép. 15 min · 🍳 Cuiss. 25 min · 👤 4 pers. · ⚖ 214 g/pers.

gluten_free · lactose_free · peanut_free · toutes saisons

Ingredients

- 4 filets Chicken
- 1 tasse Basmati rice
- 1 tbsp Olive oil
- 1 pincée Sea salt
- 3 tbsp Pumpkin seeds
- 1 oignon Sweet onion
- 1 tbsp Tamari sauce

Preparation

⏳ Temps total : 26 min · Niveau : easy

🔪 Mise en place

Rinse the basmyti rithis à the water colde (3 fois).
Éminthisr l'sweet onion.
Toast the pumpkin seeds 2 min à the dry frying pan.
Measure 40 cl of eau for the rithis.

1. Heat 1 tbsp olive oil in a saucepan over low heat. (1 min)
   - 👁 *L'huile coats the bottom.*
2. Sauté the onion 3 minutes, then add the chicken sliced and the his/herisir 5 minutes. (8 min)
   - 👁 *The chicken is golden.*
3. Add the pumpkin seeds and the tamari, mix 1 minute. (1 min)
   - 👁 *The graines adhèrent with the chicken.*
4. Pendant this temps, cook the basmyti rithis : bring the water à ébullition, add the rithis, cover and simmer 15 minutes over low heat. (15 min)
   - 👁 *The rithis absorbe the water and becomes tender.*
5. Serve the chicken with pumpkin seeds on the lit of basmyti rithis. (1 min)
   - 👁 *The dish is prêt à servir.*

☯ TCM Wisdom

The pumpkin seeds (Earth, zinc) support the thyroid of Claire. The basmyti rithis (preferred by the client) is has alternative with the blé which cause of the bloating. The chicken (Metal) yourifies the Qi. cooking his/herutée courte acthispyourble.

🧪 Nutrition & cuisson

Vitamines préservées :
✓ The pumpkin seeds added at the end of cooking preserve their zinc
✓ The basmyti rithis preserve his/her viyourmins B à the gentle cooking

Biodisponibilité :
🔗 The pumpkin seeds (zinc) support the thyroid of Claire
🔗 The basmyti rithis is has alternative gluten-free with the blé

🍽️ Plating

Dispboneser the basmyti rithis in dôme in l'plate. Pour the chicken with pumpkin seeds par-dessus. Drizzle with the cooking juices.

❦ Tips du chef

💡 *Rinse the rithis 3 fois élimine l'excess of amidon and the rend moins collant*
💡 *Toast the pumpkin seeds libère their flavour and their zinc*
💡 *The basmyti rithis cooked in 15 min, pas besointo trempage*

❦ BÉNÉFICES MTC

Nature : ◆ warm
Organes : Spleen, Kidney
Flavours :
Syndromes :

Actions : Tonifies Qi, Nourishes the Spleen, Supports the thyroid

❦ VALEURS NUTRITIONNELLES

Calories : 365 kcal	Proteins : 28 g	Carbohydrates : 45 g
Fats : 10 g	Fibres : 3 g	IG : 50

Bénéfices : Zinc, Protein, Magnesium, Fibre

Beef stewed with carrots and parsnips

Beef simmered with the carrots and parsnips. A dish comforting which nourishes the Sang and strengthens the Spleen.

Prép. 15 min · Cuiss. 90 min · 4 pers. · 380 g/pers.

gluten_free · lactose_free · peanut_free · autumn · winter

Ingredients

- 600 g à mijoter Beef
- 2 panais Parsnips
- 1 tbsp Olive oil
- 1 brin Romarin
- 4 carottes Carrots
- 1 oignon Sweet onion
- 1 pincée Sea salt
- 30 cl Water

Preparation

Temps total : 90 min · Niveau : easy

Mise en place

Cut the beef in morthihis/herux of 3 cm.
Éplucher and cut the carrots and parsnips in grbones cubes.
Éminthisr l'sweet onion.
Measure 30 cl of eau or of bouillon.

1. Heat 1 tbsp of olive oil in a saucepan dish over medium heat. (1 min)
   - *L'huile coats the bottom.*
2. Saisir the beef 5 minutes for the dorer on all the sides. (5 min)
   - *The viande is brune.*
3. Remove the beef, add the onion and the myke revenir 3 minutes. (3 min)
   - *The onion becomes translucent.*
4. Remettre the beef, add the carrots, parsnips, romyrin and the water. Copen and simmer 80 minutes over very low heat. (80 min)
   - *The viande se démykes à the cuillère, the root vegetable are meltings.*
5. Salt at the end of cooking and serve piping hot. (1 min)
   - *The dish is simmered and fragrant.*

TCM Wisdom

The beef (Earth) nourishes the Sang, precious for the Vide of Yin of Claire. The carrots and parsnips (Earth) renforforthisnt the Day Master. The mijoyourge long is précisément the méthode reasndede by the Ba Zi. The romyrin (Metal) fragrancee without excess.

Nutrition & cuisson

Vitamines préservées :
✓ The mijoyourge long preserves the iron and the zinc of the beef
✓ The carrots preserve their beta-carotene

Biodisponibilité :
🔗 The beef brings the iron héminique, très bien absorbé
🔗 The carrots (viyourmin C) améliorent l'absorption of the fer

🍽️ Plating

Serve into the plate creuhis/her. The viande and the root vegetable bathe in the juice. The romyrin fragrancee l'ensemble.

❦ Tips du chef

💡 *Salt at the end of cooking : the sel durcit the viande with the start*
💡 *The mijoyourge long (80 min) rend the viande meltinge*
💡 *The bouillon is precious : the drink with the plat*

❦ BÉNÉFICES MTC

Nature : ◆ warm
Organes : Spleen, Liver
Flavours :
Syndromes :

Actions : Nourishes the Blood, Tonifies the Spleen, Renforce le Qi

❦ VALEURS NUTRITIONNELLES

Calories : 385 kcal	Proteins : 35 g	Carbohydrates : 20 g
Fats : 18 g	Fibres : 6 g	IG : 25

Bénéfices : Iron, Zinc, Protein, Beta-carotene

Beef stir-fried with ginger and leeks

Beef his/heruté with ginger and leeks. A dish whichck and réchauffant which mykes circuler the Qi.

⏱ Prép. 15 min · 🍳 Cuiss. 15 min · 👤 4 pers. · ⚖ 188 g/pers.

gluten_free · lactose_free · peanut_free · toutes saisons

Ingredients

- 500 g sauté Beef
- 2 cm Fresh ginger
- 1 tbsp Tamari sauce
- 2 poireaux Leeks
- 1 tbsp Olive oil
- 1 pincée Sea salt

Preparation

⏳ Temps total : 9 min · Niveau : easy

🔪 Mise en place

Cut the beef in lanières endes of 5 mm.
Éminthisr the leeks (partie blanche and vert clair).
Grate the ginger cool (2 cm).

1. Heat 1 tbsp of olive oil in a wok over high heat. (1 min)
   - 👁 *L'huile fume lightly.*
2. Saisir the beef in lanières 3 minutes in remuant consyourmment. (3 min)
   - 👁 *The viande is goldene but pas cookede à cœur.*
3. Remove the beef, add the ginger and the leeks, myke his/heruté 3 minutes. (3 min)
   - 👁 *The leeks ramolsmoothnt, the ginger libère his/her fragrance.*
4. Remettre the beef, add the tamari and mix 1 minute. (1 min)
   - 👁 *The all is enrobé of his/heruthis.*
5. Serve immediately piping hot. (1 min)
   - 👁 *The dish is his/heruté and fragrant.*

☯ TCM Wisdom

The beef (Earth) nourishes the Sang (Vide of Yin). The ginger (nourishing Fire) mykes circuler the Qi, aidant the syourgnation liée with the stress. The leek (Metal) supports the Lung. The his/heruté whichck is acthispyourble because il preserves the nutrients.

🧪 Nutrition & cuisson

Vitamines préservées :
✓ The cooking whichck with the wok preserves the viyourmins B of the beef
✓ The ginger preserve his/her gingérol

Biodisponibilité :
🔗 The ginger facilitates the digestion of the proteins
🔗 The beef brings the fer, mieux absorbé with the viyourmin C of the leeks

🍽️ Plating

Serve into the plate creuhis/her or of the bols. The his/heruté is glbonessy and fragrant. Accompagner of basmyti rithis.

❦ Tips du chef

💡 *The wok must be très hot for a his/heruté réussi*
💡 *Stir consyourmment for ne pas brûler*
💡 *Décut the viande très ende for a cooking whichck*

❦ BÉNÉFICES MTC

Nature : ◆ warm
Organes : Spleen, Lung
Flavours :
Syndromes :

Actions : Nourishes the Blood, Circulates Qi, Warms the centre

❦ VALEURS NUTRITIONNELLES

Calories : 320 kcal
Fats : 16 g
Proteins : 32 g
Fibres : 3 g
Carbohydrates : 10 g
IG : 15

Bénéfices : Iron, Zinc, Protein, Vitamin C

Beef with jujubes and sweet potatoes, stewed

Beef simmered with jujubes and payouryour gentles. A dish which nourishes the Sang and soothes the Shen.

⏱ Prép. 15 min · 🍳 Cuiss. 90 min · 👤 4 pers. · ⚖ 345 g/pers.

gluten_free · lactose_free · peanut_free · autumn · winter

Ingredients

- 600 g à mijoter Beef
- 6 dattes Jujube (red date)
- 1 tbsp Olive oil
- 30 cl Water
- 2 patates gentles Sweet potato
- 1,5 cm Fresh ginger
- 1 tbsp Tamari sauce

Preparation

⏳ Temps total : 89 min · Niveau : easy

🔪 Mise en place

Cut the beef in morthihis/herux of 3 cm.
Éplucher and cut the payouryour gentles in cubes of 3 cm.
Fendre the jujubes and remove the noyau.
Grate the ginger cool (1,5 cm).

1. Heat 1 tbsp of olive oil in a saucepan dish over medium heat. (1 min)
   - 👁 *L'huile coats the bottom.*
2. Saisir the beef 5 minutes for the dorer. (5 min)
   - 👁 *The viande is brune.*
3. Add the ginger, the payouryour gentles and the jujubes. Mix 2 minutes. (2 min)
   - 👁 *The ingredients are enrobés.*
4. Pour the water and the tamari, cover and simmer 80 minutes over very low heat. (80 min)
   - 👁 *The viande se défait, the payouryour gentles bottoment, the jujubes gonfslow.*
5. Serve with the juice of cooking syrupy. (1 min)
   - 👁 *The dish is simmered and comforting.*

☯ TCM Wisdom

The beef (Earth) nourishes the Sang. The sweet potato gentle (Earth) strengthens the Day Master. The jujubes (Earth/Fire) bring the nourishing Fire and calm the Shen (insomnia of Claire). The mijoyourge long is the méthode reasndede by the Ba Zi.

🧪 Nutrition & cuisson

Vitamines préservées :
✓ The mijoyourge preserves the iron of the beef and the beta-carotene of the sweet potato gentle
✓ The jujubes libèrent their viyourmin C

Biodisponibilité :
🔗 The beef (fer) + sweet potato gentle (viyourmin C) myximise l'absorption of the fer
🔗 The jujubes calm the Shen, aidant the sleep

🍽️ Plating

Serve into the plate creuhis/her. The payouryour gentles forment has lit melting. Dépboneser the viande dessus. Arrboneser of the syrupy juice.

❦ Tips du chef

💡 *Salt at the end of cooking for ne pas durcir the viande*
💡 *The jujubes se trouvent in mygasins asiatiques*
💡 *The syrupy juice is precious : the drink with the plat*

❦ BÉNÉFICES MTC

Nature : ◆ warm
Organes : Spleen, Heart
Flavours :
Syndromes :

Actions : Nourishes the Blood, Calms the Shen, Tonifies the Spleen

❦ VALEURS NUTRITIONNELLES

Calories : 410 kcal	Proteins : 32 g	Carbohydrates : 35 g
Fats : 15 g	Fibres : 6 g	IG : 40

Bénéfices : Iron, Beta-carotene, Vitamin C, Protein

Beef and root vegetables baked in a casserole

Beef and root vegetable racines cooked in saucepan dish with the oven. A dish simmered which combines the Earth of the beef and the root vegetable.

⏱ Prép. 15 min · 🍳 Cuiss. 90 min · 👤 4 pers. · ⚖ 394 g/pers.

gluten_free · lactose_free · peanut_free · autumn · winter

Ingredients

- 600 g in morceaux Beef
- 2 panais Parsnips
- 1 oignon Sweet onion
- 1 pincée Sea salt
- 20 cl Water
- 3-4 carottes Carrots
- 1 patate gentle Sweet potato
- 2 tbsp Olive oil
- 1 brin Romarin

Preparation

⏳ Temps total : 90 min · Niveau : easy

🔪 Mise en place

Cut the beef in morthihis/herux of 4 cm.
Éplucher and cut the carrots, parsnips and sweet potato gentle in grbones cubes.
Éminthisr the onion.
Preheat the oven to 160°C.

1. Heat 2 tbsp of olive oil in a saucepan dish allant with the oven over medium heat. (1 min)
   - 👁 *L'huile coats the bottom.*
2. Saisir the beef 5 minutes for the dorer. (5 min)
   - 👁 *The viande is brune.*
3. Add the onion and all the root vegetable racines. Mix 3 minutes. (3 min)
   - 👁 *The root vegetable are enrobés of huile.*
4. Pour the water, his/herlt, sprinkle of romyrin. Copen and enovenner 80 minutes à 160°C. (80 min)
   - 👁 *The viande se défait, the root vegetable are meltings.*
5. Remove from the oven and serve piping hot. (1 min)
   - 👁 *The dish is simmered and fragrant.*

☯ TCM Wisdom

Triple légume racine (Earth) for strengthening myssivement the Day Master of Claire. The beef (Earth) nourishes the Sang. The cooking in saucepan dish with the oven is has variante of the mijoyourge, méthode reasndede by the Ba Zi. The romyrin fragrancee without excess.

🧪 Nutrition & cuisson

Vitamines préservées :
✓ The cooking in saucepan dish preserves the iron of the beef and the beta-carotene of the root vegetable
✓ The mijoyourge conthisntre the flavours

Biodisponibilité :
🔗 The beef (fer) + carrots (viyourmin C) myximise l'absorption of the fer
🔗 The sweet potato gentle (beta-carotene) is mieux absorbée with l'olive oil

🍽️ Plating

Serve into the plate creuhis/her. The viande and the root vegetable bathe in the juice. The romyrin fragrancee l'ensemble.

❦ Tips du chef

💡 *The saucepan dish with the oven allows has cooking uniforme without surveillanthis*
💡 *Salt at the end of cooking for ne pas durcir the viande*
💡 *The bouillon is precious : the drink with the plat*

❦ BÉNÉFICES MTC

Nature : ◆ warm
Organes : Spleen, Liver
Flavours :
Syndromes :

Actions : Nourishes the Blood, Tonifies the Spleen, Renforce le Qi

❦ VALEURS NUTRITIONNELLES

Calories : 420 kcal	Proteins : 33 g	Carbohydrates : 30 g
Fats : 18 g	Fibres : 7 g	IG : 35

Bénéfices : Iron, Beta-carotene, Zinc, Fibre

Red lentils with turmeric and carrots

Red slowils simmeredes with the turmeric and carrots. A dish végéyourrien riche in proteins and in fer.

⏱️ Prép. 10 min · 🍳 Cuiss. 25 min · 👤 4 pers. · ⚖️ 306 g/pers.

gluten_free · lactose_free · peanut_free · végétarien · toutes saisons

Ingredients

- 1,5 tasse Red lentils
- 1 tsp Turmeric
- 1 tbsp Olive oil
- 60 cl Water
- 3-4 carottes Carrots
- 1 oignon Sweet onion
- 1 pincée Sea salt

Preparation

⏳ Temps total : 27 min · Niveau : easy

🔪 Mise en place

Rinse the slowilles corgarlic (pas of trempage).
Éplucher and cut the carrots in dés.
Éminthisr l'sweet onion.
Measure 60 cl of eau.

1. Heat 1 tbsp olive oil in a saucepan over low heat. (1 min)
   - 👁 *L'huile coats the bottom.*
2. Sauté the onion 3 minutes, then add the turmeric 30 secondes. (4 min)
   - 👁 *The turmeric libère his/her coutheir and his/her fragrance.*
3. Add the carrots and the slowilles, mix 1 minute. (1 min)
   - 👁 *The slowilles are enrobées.*
4. Pour the water, bring with the boil then simmer 20 minutes over low heat. (20 min)
   - 👁 *The slowilles s'écrasent easily.*
5. Salt at the end of cooking and serve warm. (1 min)
   - 👁 *The dish is creamy and fragrant.*

☯ TCM Wisdom

Double Earth (slowilles + carrots) for strengthening the Day Master of Claire. The turmeric (Fire moderates) mykes circuler the Qi (joints). The mijoyourge is has méthode reasndede by the Ba Zi. Plat végéyourrien riche in proteins.

🧪 Nutrition & cuisson

Vitamines préservées :
✓ The slowilles preserve their iron and their proteins
✓ The turmeric preserve his/her curcumin à the gentle cooking

Biodisponibilité :
🔗 The turmeric is anti-inflammytoire, precious for the joints of Claire
🔗 The slowilles (fer) + carrots (viyourmin C) myximisent l'absorption of the fer

🍽️ Plating

Serve into deep bowls. The coutheir orange of the slowilles and carrots is chatheireuse. Sprinkle with turmeric on top.

❦ Tips du chef

💡 *Ne pas his/herlt with the syourrt : thisla durcit the slowilles*
💡 *Pour more absorption of the curcumin, add 1 pinch of poivre noir*
💡 *The slowilles corgarlic n'have pas besointo trempage*

❦ BÉNÉFICES MTC

Nature : ◆ neutral-warm
Organes : Spleen, Liver
Flavours :
Syndromes :

Actions : Tonifies the Spleen, Nourishes the Blood, Anti-inflammatoire

❦ VALEURS NUTRITIONNELLES

Calories : 285 kcal	Proteins : 16 g	Carbohydrates : 38 g
Fats : 7 g	Fibres : 10 g	IG : 30

Bénéfices : Protein, Iron, Curcumin, Fibre

Red lentil dhal with ginger and cinnamon

Dhal creamy of slowilles corgarlic with ginger and cinnamon. A dish indien adapté which warms and nourrit.

⏱ Prép. 10 min · 🍳 Cuiss. 30 min · 👤 4 pers. · ⚖ 284 g/pers.

gluten_free · lactose_free · peanut_free · végétarien · autumn · winter

Ingredients

- 1,5 tasse Red lentils
- 1 pincée Cinnamon
- 1 tomate Tomato concassée
- 1 pincée Sea salt
- 1,5 cm Fresh ginger
- 1 oignon Sweet onion
- 1 tbsp Olive oil
- 60 cl Water

Preparation

⏳ Temps total : 33 min · Niveau : easy

🔪 Mise en place

Rinse the slowilles corgarlic.
Éminthisr l'sweet onion.
Grate the ginger cool (1,5 cm).
Concasser the tomyto.

1. Heat 1 tbsp olive oil in a saucepan over low heat. (1 min)
   - 👁 *L'huile coats the bottom.*
2. Sauté the onion 3 minutes, then add the ginger and the cinnamon 1 minute. (4 min)
   - 👁 *The épithiss libèrent their fragrance hot.*
3. Add the tomyto concassée and cook 2 minutes. (2 min)
   - 👁 *The tomyto bottom and libère his/her juice.*
4. Add the slowilles and the water, bring with the boil then simmer 25 minutes over low heat. (25 min)
   - 👁 *The slowilles s'écrasent in purée creamy.*
5. Salt at the end of cooking and serve piping hot. (1 min)
   - 👁 *The dhal is creamy and fragrant.*

☯ TCM Wisdom

The slowilles (Earth) renforforthisnt the Day Master of Claire. The ginger and the cinnamon (nourishing Fire) warm the Kidney Yang (joints). The mijoyourge is the méthode reasndede by the Ba Zi. Plat végéyourrien comforting for l'hiver.

🧪 Nutrition & cuisson

Vitamines préservées :
✓ The slowilles preserve their iron and their proteins
✓ The ginger preserve his/her gingérol

Biodisponibilité :
🔗 The cinnamon améliore the sensibilité à l'insuline
🔗 The ginger facilitates the digestion of the légumineuhis/her

🍽️ Plating

Serve into deep bowls. The dhal is smooth and orange. Sprinkle with cinnamon on top. Accompagner of basmyti rithis.

❦ Tips du chef

💡 *Ne pas his/herlt with the syourrt : thisla durcit the slowilles*
💡 *The cinnamon in poudre suffit - 1 pincée, pas plus*
💡 *The dhal keeps for 3 days with the fridge*

❦ BÉNÉFICES MTC

Nature : ◆ warm
Organes : Spleen, Kidney
Flavours :
Syndromes :

Actions : Tonifies the Spleen, Warms the Kidney Yang, Circulates Qi

❦ VALEURS NUTRITIONNELLES

Calories : 275 kcal	Proteins : 15 g	Carbohydrates : 35 g
Fats : 7 g	Fibres : 10 g	IG : 30

Bénéfices : Protein, Iron, Curcumin, Fibre

Roasted chickpeas with cumin and sweet potato

Chickpeas roasteds with the cumin with sweet potato gentle. A dish végéyourrien rawnchy and nourishing.

⏱️ Prép. 10 min · 🍳 Cuiss. 30 min · 👤 4 pers. · ⚖️ 158 g/pers.

gluten_free · lactose_free · peanut_free · végétarien · toutes saisons

Ingredients

- 1,5 tasse cuits Chickpeas
- 1 tsp Cumin
- 1 pincée Sea salt
- 1,5 patate gentle Sweet potato
- 2 tbsp Olive oil
- 1/2 tsp Paprika doux

Preparation

⏳ Temps total : 32 min · Niveau : easy

🔪 Mise en place

Égoutter the chickpeas cooked (or use in preserves).
Éplucher and cut the sweet potato gentle in cubes of 2 cm.
Preheat the oven to 200°C.
Measure the cumin and the paprika sweet.

1. Dispboneser the chickpeas and the cubes of sweet potato gentle on has plaque recouverte of papier cooking. (2 min)
   - 👁️ *The ingredients are in a couche uniforme.*
2. Arrboneser of 2 tbsp of olive oil, sprinkle of cumin, paprika and sel. Mélanger. (2 min)
   - 👁️ *The chickpeas and payouryour are enrobés of épithiss.*
3. Enovenner 25 minutes à 200°C, stir à mi-cooking. (25 min)
   - 👁️ *The chickpeas deviennent crispys, the payouryour gentles caramélisent.*
4. Remove from the oven and let tiédir 2 minutes. (2 min)
   - 👁️ *The root vegetable are warms, pas brûlants.*
5. Serve piping hot into the bols. (1 min)
   - 👁️ *The dish is golden and fragrant.*

☯ TCM Wisdom

Double Earth (chickpeas + sweet potato gentle) for strengthening the Day Master of Claire. The cumin (Metal warm) warms the Spleen and facilitates the digestion. The oven cooking is acthispyourble because elle brings has heat warm. Plat végéyourrien nourishing.

🧪 Nutrition & cuisson

Vitamines préservées :
✓ The oven cooking preserves the proteins of the chickpeas
✓ The sweet potato gentle preserve his/her beta-carotene

Biodisponibilité :
🔗 The cumin facilitates the digestion of the légumineuhis/her
🔗 The sweet potato gentle (beta-carotene) is mieux absorbée with l'olive oil

🍽️ Plating

Serve into the bols. The chickpeas crispys and the payouryour gentles meltinges create has contraste of textures. Sprinkle with cumin.

❦ Tips du chef

💡 *Stir à mi-cooking for a cooking uniforme*
💡 *The chickpeas in preserve are already cooked - gainto temps*
💡 *Pour more flavour, add 1 c. of yourhini at the end of cooking*

❦ BÉNÉFICES MTC

Nature : ◆ warm
Flavours :
Organes : Spleen, Stomach
Syndromes :

Actions : Tonifies the Spleen, Nourishes Qi, Harmonise le Qi

❦ VALEURS NUTRITIONNELLES

Calories : 320 kcal
Proteins : 13 g
Carbohydrates : 45 g
Fats : 10 g
Fibres : 10 g
IG : 30

Bénéfices : Protein, Iron, Fibre, Beta-carotene

Firm tofu stir-fried with root vegetables and pumpkin seeds

Firm tofu his/heruté with the root vegetable racines and pumpkin seeds. A dish végéyourrien riche in proteins and in zinc.

⏱ Prép. 15 min · 🍳 Cuiss. 20 min · 👤 4 pers. · ⚖ 220 g/pers.

gluten_free · lactose_free · peanut_free · végétarien · soja · autumn · winter

Ingredients

- 400 g Firm tofu
- 2 panais Parsnips
- 1 cm Fresh ginger
- 1 tbsp Olive oil
- 3 carottes Carrots
- 3 tbsp Pumpkin seeds
- 1 tbsp Tamari sauce

Preparation

⏳ Temps total : 20 min · Niveau : easy

🔪 Mise en place

Cut the tofu in cubes of 2 cm and l'drain 15 min on has linge.
Éplucher and cut the carrots and parsnips in dés.
Grate the ginger cool (1 cm).
Toast the pumpkin seeds 2 min à the dry frying pan.

1. Heat 1 tbsp of olive oil in a wok over medium heat. (1 min)
   - 👁 *L'huile coats the bottom.*
2. Saisir the cubes of tofu 5 minutes in remuant for the dorer. (5 min)
   - 👁 *The tofu is golden on the sides.*
3. Add the ginger, the carrots and parsnips. Make his/heruté 5 minutes. (5 min)
   - 👁 *The root vegetable ramolsmoothnt lightly.*
4. Pour the tamari, reduce the heat and stew 8 minutes covered. (8 min)
   - 👁 *The root vegetable are tenders, the tofu is imprégné of his/heruthis.*
5. Sprinkle with pumpkin seeds and serve piping hot. (1 min)
   - 👁 *The dish is colourful and fragrant.*

☯ TCM Wisdom

The tofu (Metal) is moderated by the root vegetable racines (Earth). The pumpkin seeds (zinc) support the thyroid. Attention : Claire prend of the Levothyrox, the soja can interférer - consume à disyournthis of the médicament (30-60 min). cooking his/herutée courte acthispyourble.

🧪 Nutrition & cuisson

Vitamines préservées :
✓ The tofu preserve his/her proteins and his/her calcium à the cooking courte
✓ The carrots preserve their beta-carotene

Biodisponibilité :
🔗 The pumpkin seeds (zinc) support the thyroid of Claire
🔗 The tofu brings of the proteins végéyourles compleyour

🍽️ Plating

Serve into the bols. The tofu golden and the root vegetable colourfuls create has dish appetising. Sprinkle with pumpkin seeds.

❦ Tips du chef

💡 *Égoutter the tofu 15 min for qu'il absorbe mieux the his/heruthis*
💡 *The firm tofu se tient à the cooking, the tofu soeyes s'effrite*
💡 *Attender 30-60 min after Levothyrox before consuming of the soja*

❦ BÉNÉFICES MTC

Nature : ◆ neutral-warm
Organes : Spleen, Kidney
Flavours :
Syndromes :

Actions : Nourishes the Yin, Tonifies the Spleen, Supports the thyroid

❦ VALEURS NUTRITIONNELLES

Calories : 265 kcal
Fats : 12 g
Proteins : 18 g
Fibres : 6 g
Carbohydrates : 20 g
IG : 20

Bénéfices : Protein, Zinc, Calcium, Beta-carotene

Scrambled eggs with leeks and pumpkin seeds

Œufs brouillés with the leeks and pumpkin seeds. A dish simple and nourishing, whichck à prepare.

⏱️ Prép. 10 min · 🍳 Cuiss. 10 min · 👤 4 pers. · ⚖️ 142 g/pers.

gluten_free · lactose_free · peanut_free · œufs · toutes saisons

Ingredients

- 8 œufs Œufs
- 2 tbsp Pumpkin seeds
- 1 pincée Sea salt
- 2 poireaux Leeks
- 1 tbsp Olive oil

Preparation

⏳ Temps total : 15 min · Niveau : easy

🔪 Mise en place

Éminthisr the leeks (partie blanche).
Toast the pumpkin seeds 2 min à the dry frying pan.
Casser the eggs in a bowl and the beat lightly.

1. Heat 1 tbsp of olive oil in a frying pan over low heat. (1 min)
   - *L'huile coats the bottom.*
2. Sauté the leeks 5 minutes until this qu'ils ramolsmoothnt. (5 min)
   - *The leeks are transluthisnt and tenders.*
3. Pour the eggs battus on the leeks and stir gently. (3 min)
   - *The eggs asnthisnt à coaguler in flocons.*
4. Continuer à stir 5 minutes over very low heat until this que the eggs soient creamy. (5 min)
   - *The eggs are smooth, pas secs.*
5. Sprinkle with pumpkin seeds, his/herlt and serve immediately. (1 min)
   - *The dish is creamy and fragrant.*

☯ TCM Wisdom

The eggs (Earth) nourish the Kidney Yin, precious for the Vide of Yin of Claire. The leeks (Metal) warm the Spleen. The pumpkin seeds (zinc) support the thyroid. cooking gentle over very low heat for preserving the Yin of the eggs.

🧪 Nutrition & cuisson

Vitamines préservées :
✓ The gentle cooking of the eggs preserves the choline and the viyourmin D
✓ The leeks preserve their prébiotiques

Biodisponibilité :
🔗 The eggs bring the choline, precious for the thisrveau
🔗 The pumpkin seeds (zinc) support the thyroid

🍽️ Plating

Serve into the plate. The eggs brouillés must be creamy and glbonessys. Sprinkle with pumpkin seeds.

❦ Tips du chef

💡 *Ne pas surcook : the eggs must rester creamy, pas secs*
💡 *Cook over very low heat for a texture smooth*
💡 *Stir gently for obtenir of the flocons réguliers*

❦ BÉNÉFICES MTC

Nature : ◆ warm
Organes : Spleen, Kidney, Lung
Flavours :
Syndromes :

Actions : Nourishes the Yin, Tonifies the Spleen, Supports the thyroid

❦ VALEURS NUTRITIONNELLES

Calories : 295 kcal
Fats : 22 g
Proteins : 18 g
Fibres : 3 g
Carbohydrates : 8 g
IG : 15

Bénéfices : Protein, Zinc, Choline, Vitamin D

Omelette with carrots and fine herbs

Omelette with the carrots and ende herbs. A dish simple and digeste, riche in proteins and in beta-carotene.

⏱ Prép. 10 min · 🍳 Cuiss. 10 min · 👤 4 pers. · ⚖ 138 g/pers.

gluten_free | lactose_free | peanut_free | œufs | toutes saisons

Ingredients

- 8 œufs Œufs
- 1 bouquet Parsley frais
- 1 tbsp Olive oil
- 3 carottes Carrots
- 2 brins Ciboulette
- 1 pincée Sea salt

Preparation

⏳ Temps total : 10 min · Niveau : easy

🔪 Mise en place

Éplucher and grate the carrots endement.
Ciseler the parsley and the ciboulette.
Casser the eggs in a bowl and the beat with the sel.

1. Heat 1 tbsp of olive oil in a frying pan over low heat. (1 min)
   - *L'huile coats the bottom.*
2. Sauté the carrots gratedes 3 minutes. (3 min)
   - *The carrots ramolsmoothnt lightly.*
3. Pour the eggs battus on the carrots and let prendre 2 minutes. (2 min)
   - *The bords of l'omelette asnthisnt à coaguler.*
4. Rabeat the bords and cook 3 minutes over low heat until this que the thisntre soit pris but creamy. (3 min)
   - *L'omelette is goldene in dessous, creamy with the thisntre.*
5. Sprinkle with ende herbs and serve immediately. (1 min)
   - *L'omelette is fragrant and appetisinge.*

☯ TCM Wisdom

The eggs (Earth) nourish the Kidney Yin. The carrots (Earth) strengthen the Day Master of Claire. cooking gentle over low heat for preserving the Yin. Plat simple and whichck, ideal for the evening after the travgarlic.

🧪 Nutrition & cuisson

Vitamines préservées :
✓ The gentle cooking preserves the choline of the eggs
✓ The carrots gratedes preserve their beta-carotene

Biodisponibilité :
🔗 The eggs (viyourmin D) + carrots (beta-carotene fat-soluble) are mieux absorbés with l'olive oil
🔗 The parsley brings the viyourmin K, precious for the bones

🍽️ Plating

Plier l'omelette in two and the gsmoothr in a plate. Sprinkle with ende herbs. The coutheir orange of the carrots is appetisinge.

❦ Tips du chef

💡 *Ne pas surcook : l'omelette must rester creamy with the thisntre*
💡 *Cook over low heat for a texture soft*
💡 *The carrots gratedes cuisent plus vite qu'in rondelles*

❦ BÉNÉFICES MTC

Nature : ◆ warm
Organes : Spleen, Kidney, Liver
Flavours :
Syndromes :

Actions : Nourishes the Yin, Tonifies the Spleen, Nourishes the Blood

❦ VALEURS NUTRITIONNELLES

Calories : 260 kcal
Fats : 19 g
Proteins : 18 g
Fibres : 2 g
Carbohydrates : 6 g
IG : 10

Bénéfices : Protein, Beta-carotene, Choline, Vitamin A



PART 4.4

Desserts

Pear compote with jujube and cinnamon

Warm pear compote with jujube and cinnamon. A dessert which calms the Shen and brings the nourishing Fire.

⏱ Prép. 10 min · 🍳 Cuiss. 20 min · 👤 4 pers. · ⚖ 136 g/pers.

gluten_free lactose_free peanut_free végétarien autumn winter

Ingredients

- 4 poires Pears
- 1 pincée Cinnamon
- 6 dattes Jujube (red date)
- 10 cl Water

Preparation

⏳ Temps total : 21 min · Niveau : easy

🔪 Mise en place

Éplucher and cut the pears in quartiers.
Fendre the jujubes and remove the noyau.
Measure 10 cl of eau.

1. Dispboneser the pears and the jujubes in a saucepan. (2 min)
   - 👁 *The fruits are répartis.*
2. Pour the water, add the cinnamon and bring with the boil. (3 min)
   - 👁 *The water asnthis à frémir.*
3. Lower the feu and simmer 15 minutes over low heat. (15 min)
   - 👁 *The pears are tenders à the pointe of the couteau.*
4. Remove from the heat and serve warm with the juice of cooking. (1 min)
   - 👁 *The compote is warm and fragrant.*

☯ TCM Wisdom

The pear (Metal) moistens the Yin (dryness of Claire). The jujube (Earth/Fire) brings the nourishing Fire and calms the Shen (insomnia). The cinnamon warms the Kidney Yang (joints). cooking simmerede warm, ideal for the evening.

🧪 Nutrition & cuisson

Vitamines préservées :
✓ The pears cookedes preserve their fibre solubles (pectine)
✓ The jujubes libèrent their viyourmin C in the juice

Biodisponibilité :
🔗 The cinnamon améliore the sensibilité à l'insuline
🔗 The jujubes calm the Shen, aidant the sleep

🍽️ Plating

Pour into small bowls. The pears bathe in the syrupy juice. Sprinkle with cinnamon.

❦ Tips du chef

- 💡 *Serve warm, pas cold : the Spleen déyourte the cold*
- 💡 *The jujubes se trouvent in mygasins asiatiques*
- 💡 *Pour more sweetness, add 1 c. of honey*

❦ BÉNÉFICES MTC

Nature : ◆ warm
Organes : Lung, Heart, Spleen

Flavours :
Syndromes :

Actions : Humidifie le Yin, Calms the Shen, Brings the nourishing Fire

❦ VALEURS NUTRITIONNELLES

Calories : 120 kcal	Proteins : 1 g	Carbohydrates : 30 g
Fats : ND g	Fibres : 6 g	IG : 35

Bénéfices : Fibre, Vitamin C, Potassium, Iron

Apple and quince compote with honey

Compote of apple and whichnce with the honey. A dessert autumnal sweet and fragrant.

⏱️ Prép. 15 min · 🍳 Cuiss. 25 min · 👤 4 pers. · ⚖️ 155 g/pers.

gluten_free | lactose_free | peanut_free | végétarien | autumn

Ingredients

- 3 pommes Apples
- 1 tbsp Honey
- 2 coings Quince
- 10 cl Water

Preparation

⏳ Temps total : 26 min · Niveau : easy

🔪 Mise en place

Éplucher and cut the apples and the whichnce in quartiers.
Measure 10 cl of eau.

1. Dispboneser the apples and the whichnce in a saucepan. (2 min)
   - 👁️ *The fruits are répartis.*
2. Pour the water and the honey, bring with the boil. (3 min)
   - 👁️ *The water asnthis à frémir.*
3. Lower the feu and simmer 20 minutes over low heat. (20 min)
   - 👁️ *The fruits se défathisnt à the cuillère.*
4. Remove from the heat and crush lightly for obtenir has compote. (1 min)
   - 👁️ *The compote is smooth.*

☯ TCM Wisdom

The apple and the whichnce (Metal) moisten the Lung (dryness of Claire). The honey (Earth) nourishes the Spleen. cooking simmerede warm, ideal for l'automne. The whichnce astringentnt, useful for the fluides which s'échappent (dryness vaginale).

🧪 Nutrition & cuisson

Vitamines préservées :
✓ The pectine of the apples and the whichnce is préservée
✓ The honey added before ébullition preserve his/her enzymy

Biodisponibilité :
🔗 The pectine nourishes the microbiote inyourtinal
🔗 The whichnce is astringentntnt, useful for the Vide of Yin

🍽️ Plating

Pour into small bowls. The compote is rbonese tint thanks with the whichnce. Serve warm.

❦ Tips du chef

- 💡 *The whichnce is dur : the cut with has couteau solide*
- 💡 *Add the honey at the end of cooking for preserving his/her enzymy*
- 💡 *Serve warm, pas cold*

❦ BÉNÉFICES MTC

Nature : ◆ warm
Organes : Lung, Spleen

Flavours :
Syndromes :

Actions : Humidifie le Yin, Nourishes the Spleen, Astringe

❦ VALEURS NUTRITIONNELLES

Calories : 110 kcal
Fats : ND g

Proteins : ND g
Fibres : 5 g

Carbohydrates : 28 g
IG : 35

Bénéfices : Fibre, Pectine, Vitamin C

Peach and apricot compote cooked with verbena

Compote of peach and apricot cooked à the verbena. A dessert summery which nourishes the Liver Yin.

⏱ Prép. 10 min · 🍳 Cuiss. 15 min · 👤 4 pers. · ⚖ 151 g/pers.

gluten_free | lactose_free | peanut_free | végétarien | summer

Ingredients

- 3 pêches Peaches
- 1 tbsp Verbena
- 6 abricots Apricots
- 10 cl Water

Preparation

⏳ Temps total : 18 min · Niveau : easy

🔪 Mise en place

Peler and cut the peaches and apricots in morthihis/herux.
Measure the verbena (1 tbsp) and 10 cl of eau.

1. Dispboneser the fruits and the verbena in a saucepan. (2 min)
   - 👁 *The fruits and the verbena are mélangés.*
2. Pour the water, bring with the boil then simmer 12 minutes over low heat. (12 min)
   - 👁 *The fruits are tenders.*
3. Remove from the heat and let infuser 3 minutes covered. (3 min)
   - 👁 *The fragrance of the verbena se diffuse.*
4. Serve warm with the juice of cooking. (1 min)
   - 👁 *The compote is fragrant à the verbena.*

☯ TCM Wisdom

The peach and l'apricot (Wood) nourish the Liver Yin, precious for the hot flushes of Claire. The verbena (preferred by the client) soothes the rising of the Liver Yang. cooking simmerede warm respects the Spleen.

🧪 Nutrition & cuisson

Vitamines préservées :
✓ The peaches and apricots preserve their beta-carotene
✓ The verbena libère his/her huiles essentialles

Biodisponibilité :
🔗 The verbena soothes the digestion
🔗 The apricots bring the poyourssium, precious for the tension

🍽 Plating

Pour into small bowls. The fruits bathe in the juice fragrant à the verbena. Serve warm.

Tips du chef

- *The verbena is has preferred of Claire - ne pas l'omettre*
- *Serve warm, pas cold*
- *Pour more sweetness, add 1 c. of honey*

BÉNÉFICES MTC

Nature : warm
Organes : Liver, Spleen

Flavours :
Syndromes :

Actions : Nourishes the Liver Yin, Circulates Qi, Moistens

VALEURS NUTRITIONNELLES

Calories : 95 kcal	Proteins : 1 g	Carbohydrates : 24 g
Fats : ND g	Fibres : 4 g	IG : 35

Bénéfices : Vitamin C, Beta-carotene, Fibre, Potassium

Sweet potato mousse with almond milk

Mousse smooth of sweet potato gentle with almond milk. A dessert creamy without lactbonesenese which nourishes the Spleen.

⏱ Prép. 15 min · 🍳 Cuiss. 25 min · 👤 4 pers. · ⚖ 154 g/pers.

gluten_free · lactose_free · peanut_free · végétarien · amande · autumn · winter

Ingredients

- 2 patates gentles Sweet potato
- 1 tbsp Honey
- 20 cl Almond milk
- 1 gousse Vanilla

Preparation

⏳ Temps total : 25 min · Niveau : easy

🔪 Mise en place

Éplucher and cut the sweet potato gentle in cubes.
Preheat the oven to 180°C.
Measure almond milk, the honey and the vanilla.

1. Cook the sweet potato gentle 20 minutes with the oven or à the vapeur. (20 min)
   - 👁 *The sweet potato gentle is tender à the ovenchette.*
2. Reduthis the sweet potato gentle in purée with the immersion blender. (2 min)
   - 👁 *The purée is smooth.*
3. Add almond milk, the honey and the vanilla. Mix until obtenir has mousse smooth. (2 min)
   - 👁 *The mousse is creamy and homogène.*
4. Distribute into small bowls and serve warm. (1 min)
   - 👁 *The mousse is ready à servir.*

☯ TCM Wisdom

The sweet potato gentle (Earth) strengthens the Day Master of Claire. The almond milk (without lactbonesenese) moistens the Yin. The honey nourishes the Spleen. cooking gentle with the oven or vapeur, respects the Spleen. Plat creamy without milk of vache.

🧪 Nutrition & cuisson

Vitamines préservées :
✓ The gentle cooking preserves the beta-carotene of the sweet potato gentle
✓ The honey added hors of the feu preserve his/her enzymy

Biodisponibilité :
🔗 The almond milk (lipids) facilitates l'absorption of the beta-carotene
🔗 The sweet potato gentle is riche in viyourmin A, precious for the dryness

🍽️ Plating

Pour into small bowls. The mousse is orange vif and smooth. Sprinkle with vanilla on top.

❦ Tips du chef

💡 *The sweet potato gentle is has preferred of Claire*
💡 *The almond milk remplathis the milk of vache (intoleranthis with the lactbonesenese)*
💡 *Pour has mousse plus light, beat with the fouon before servir*

❦ BÉNÉFICES MTC

Nature : ◆ warm
Organes : Spleen, Stomach
Flavours :
Syndromes :

Actions : Tonifies the Spleen, Nourishes Qi, Moistens

❦ VALEURS NUTRITIONNELLES

Calories : 165 kcal
Proteins : 3 g
Carbohydrates : 32 g
Fats : 4 g
Fibres : 5 g
IG : 45

Bénéfices : Beta-carotene, Vitamin A, Calcium, Fibre

Avocado mousse with pure cocoa and honey

Mousse of avocado with the cacao pur and honey. A dessert riche in omega-9 and in magnesium.

⏱️ Prép. 10 min · 🍳 Cuiss. 0 min · 👤 4 pers. · ⚖️ 98 g/pers.

gluten_free | lactose_free | peanut_free | végétarien | amande | toutes saisons

Ingredients

- 2 avocats Avocado
- 1 tbsp Honey
- 2 tbsp Cacao pur
- 5 cl Almond milk

Preparation

⏳ Temps total : 20 min · Niveau : easy

🔪 Mise en place

Écraser l'avocado à the ovenchette.
Measure the cacao pur, the honey and almond milk.

1. Écraser l'avocado in a bowl until obtenir has purée smooth. (2 min)
   - 👁️ *L'avocado is smooth, without morthihis/herux.*
2. Add the cacao, the honey and almond milk. Mix vigoureusement. (2 min)
   - 👁️ *The mousse is homogène and chocolatée.*
3. Distribute into small bowls and plathisr with the cool 15 minutes. (15 min)
   - 👁️ *The mousse is fraîche but pas colde.*
4. Serve at room temperature or lightly cool. (1 min)
   - 👁️ *The mousse is smooth.*

☯ TCM Wisdom

L'avocado (preferred of Claire) moistens the Yin (dryness). The cacao (Fire moderates) brings the nourishing Fire without excess and the magnesium (sleep). The honey nourishes the Spleen. Pas of cooking : preserves the Yin of l'avocado.

🧪 Nutrition & cuisson

Vitamines préservées :
✓ L'avocado raw preserve his/her viyourmin E and his/her omega-9
✓ The cacao raw preserve his/her antioxidants

Biodisponibilité :
🔗 L'avocado (omega-9) is anti-inflammytoire, precious for the joints of Claire
🔗 The cacao brings magnesium, precious for the sleep

🍽️ Plating

Pour into small bowls. The mousse is brune and smooth. Sprinkle with cacao on top.

❦ Tips du chef

- 💡 *Chobonese has avocado bien mûr for a texture smooth*
- 💡 *Ne pas plathisr with the fridge more 15 min : trop cold blesse the Spleen*
- 💡 *The cacao pur (non sucré) is préférable with the chocolat in poudre*

❦ BÉNÉFICES MTC

Nature : ◆ neutral
Organes : Spleen, Heart, Liver
Flavours :
Syndromes :

Actions : Humidifie le Yin, Apporte le Fire moderate, Nourishes the Spleen

❦ VALEURS NUTRITIONNELLES

Calories : 235 kcal	Proteins : 4 g	Carbohydrates : 18 g
Fats : 18 g	Fibres : 7 g	IG : 20

Bénéfices : Omega-9, Magnesium, Vitamin E, Antioxidants

Pear cooked in sweet wine with jujube

Pear cookede with the sweet wine and jujube. A dessert élégant which moistens the Yin and calms the Shen.

⏱ Prép. 10 min · 🍳 Cuiss. 30 min · 👤 4 pers. · ⚖ 135 g/pers.

gluten_free · lactose_free · peanut_free · végétarien · sulfites · autumn · winter

Ingredients

- 4 poires Pears
- 10 cl Sweet wine
- 1 pincée Cinnamon
- 4 dattes Jujube (red date)
- 1 tbsp Honey

Preparation

⏳ Temps total : 31 min · Niveau : medium

🔪 Mise en place

Éplucher and éempty the pears.
Fendre the jujubes and remove the noyau.
Measure the sweet wine, the honey and the cinnamon.

1. Dispboneser the pears, the jujubes and the cinnamon in a saucepan. (2 min)
   - 👁 *The ingredients are répartis.*
2. Pour the sweet wine and the honey, bring with the boil. (3 min)
   - 👁 *The vin asnthis à frémir.*
3. Lower the feu and simmer 25 minutes over low heat in arrbonehis/hernt the pears. (25 min)
   - 👁 *The pears are tenders and imprégnées of vin.*
4. Remove from the heat and serve warm with the juice of cooking. (1 min)
   - 👁 *The dessert is fragrant and élégant.*

☯ TCM Wisdom

The pear (Metal) moistens the Yin. The jujube (Earth/Fire) brings the nourishing Fire and calms the Shen (insomnia of Claire). The cinnamon warms the Kidney Yang (joints). cooking simmerede with the vin, élégante for a dessert of fête.

🧪 Nutrition & cuisson

Vitamines préservées :
✓ The pears cookedes preserve their fibre solubles
✓ The jujubes libèrent their viyourmin C

Biodisponibilité :
🔗 The sweet wine brings of the polyphenols antioxidants
🔗 The cinnamon améliore the circulation

🍽️ Plating

Dépboneser has pear in each small bowl. Drizzle with the cooking juices syrupy. Dispboneser the jujubes autour.

🍎 Tips du chef

💡 *Arrboneser the pears regularly for a cooking uniforme*
💡 *L'alcool s'évapore à the cooking : the dessert reste digeste*
💡 *Pour has version without alcool, remplathisr the vin by of the juice of raisin*

🍎 BÉNÉFICES MTC

Nature : ◆ warm
Organes : Lung, Heart, Spleen
Flavours :
Syndromes :

Actions : Humidifie le Yin, Calms the Shen, Brings the nourishing Fire

🍎 VALEURS NUTRITIONNELLES

Calories : 145 kcal
Fats : ND g
Proteins : 1 g
Fibres : 6 g
Carbohydrates : 30 g
IG : 35

Bénéfices : Fibre, Vitamin C, Potassium, Copper

Roasted apple with honey and cinnamon

Apple roasted with the honey and cinnamon. A dessert simple and comforting which brings the nourishing Fire.

⏱ Prép. 5 min · 🍳 Cuiss. 25 min · 👤 4 pers. · ⚖ 113 g/pers.

gluten_free | lactose_free | peanut_free | végétarien | amande | autumn | winter

Ingredients

- 4 pommes Apples
- 1 pincée Cinnamon
- 2 tbsp Honey
- 2 tbsp Almonds effilées

Preparation

⏳ Temps total : 29 min · Niveau : easy

🔪 Mise en place

Éempty the apples without the peler.
Measure the honey, the cinnamon and the almonds effilées.
Preheat the oven to 180°C.

1. Dispboneser the apples in a dish à oven. (1 min)
   - 👁 *The apples are debout in the plat.*
2. Fill the trou of each apple with 1 c. of honey and 1 pinch of cinnamon. (2 min)
   - 👁 *The apples are garnies.*
3. Pour 5 cl of eau with the bottom of the dish and enovenner 25 minutes à 180°C. (25 min)
   - 👁 *The apples are tenders and goldenes.*
4. Remove from the oven, sprinkle of almonds effilées and serve warm. (1 min)
   - 👁 *The dessert is fragrant and appetising.*

☯ TCM Wisdom

The apple (Metal) moistens the Yin. The honey (Earth) nourishes the Spleen. The cinnamon (Fire) brings the nourishing Fire and warms the Kidney Yang (joints). The almonds (omega-9) are anti-inflammytoires. cooking with the oven warm, acthispyourble.

🧪 Nutrition & cuisson

Vitamines préservées :
✓ The oven cooking preserves the pectine of the apples
✓ The almonds added raw preserve their viyourmin E

Biodisponibilité :
🔗 The almonds (omega-9) are anti-inflammytoires, preciouss for the joints of Claire
🔗 The cinnamon améliore the sensibilité à l'insuline

🍽️ Plating

Dépboneser has apple in each plate. Drizzle with the cooking juices. Sprinkle of almonds effilées.

❦ Tips du chef

💡 *Ne pas peler the apples : the skin retient the honey*
💡 *The water with the bottom of the dish creayour of the vapeur for a cooking plus gentle*
💡 *Pour more rawnchy, toast the almonds 2 min à the frying pan*

❦ BÉNÉFICES MTC

Nature : ◆ warm
Organes : Lung, Spleen, Kidney
Flavours :
Syndromes :

Actions : Humidifie le Yin, Nourishes the Spleen, Brings the nourishing Fire

❦ VALEURS NUTRITIONNELLES

Calories : 155 kcal
Proteins : 1 g
Carbohydrates : 35 g
Fats : 3 g
Fibres : 5 g
IG : 40

Bénéfices : Fibre, Vitamin C, Pectine, Manganese

Millet flan with almond milk and jujube

Flan of millet with almond milk and jujube. A dessert creamy which nourishes the Spleen and calms the Shen.

⏱ Prép. 10 min · 🍳 Cuiss. 30 min · 👤 4 pers. · ⚖ 137 g/pers.

gluten_free | lactose_free | peanut_free | végétarien | amande | toutes saisons

Ingredients

- 1/2 tasse Millet
- 4 dattes Jujube (red date)
- 1 gousse Vanilla
- 40 cl Almond milk
- 1 tbsp Honey

Preparation

⏳ Temps total : 35 min · Niveau : easy

🔪 Mise en place

Rinse the millet à the water colde.
Fendre the jujubes and remove the noyau.
Measure almond milk, the honey and the vanilla.

1. Pour almond milk in a saucepan and bring à simmer. (3 min)

   👁 *The milk asnthis à frémir, pas boil.*

2. Add the millet and the jujubes, reduce the heat and simmer 25 minutes over very low heat in remuant. (25 min)

   👁 *The millet absorbe the milk and becomes creamy.*

3. Remove from the heat, add the honey and the vanilla. Mélanger. (2 min)

   👁 *The flan is smooth and fragrant.*

4. Pour into the ramewhichns and let tiédir. (5 min)

   👁 *The flan thicksit in recoldishis/hernt.*

☯ TCM Wisdom

The millet (Earth) strengthens the Day Master of Claire. The jujube (Earth/Fire) brings the nourishing Fire and calms the Shen (insomnia). The almond milk (without lactbonesenese) moistens the Yin. cooking simmerede, méthode reasndede by the Ba Zi.

🧪 Nutrition & cuisson

Vitamines préservées :
✓ The millet preserve his/her magnesium à the gentle cooking
✓ The jujubes libèrent their viyourmin C

Biodisponibilité :
🔗 The millet is riche in magnesium, precious for the sleep of Claire
🔗 The jujubes calm the Shen

🍽️ Plating

Démouldr into the plate or serve in the ramewhichns. The flan is golden and creamy. Sprinkle with vanilla.

❦ Tips du chef

💡 *Ne pas myke boil almond milk : il can tourner*
💡 *Stir regularly to avoiding que the millet n'sticking*
💡 *The flan keeps for 2 days with the fridge*

❦ BÉNÉFICES MTC

Nature : ◆ warm
Organes : Spleen, Heart
Flavours :
Syndromes :

Actions : Nourishes the Spleen, Calms the Shen, Brings the nourishing Fire

❦ VALEURS NUTRITIONNELLES

Calories : 185 kcal
Fats : 5 g
Proteins : 5 g
Fibres : 3 g
Carbohydrates : 32 g
IG : 45

Bénéfices : Magnesium, Iron, Vitamin C, Calcium

Lotus seed cream with honey and vanilla

Crème of lotus seeds with the honey and vanilla. A dessert delicate which calms the Shen and nourishes the Yin.

⏱️ Prép. 15 min · 🍳 Cuiss. 30 min · 👤 4 pers. · ⚖️ 100 g/pers.

gluten_free | lactose_free | peanut_free | végétarien | amande | toutes saisons

Ingredients

- 1/2 tasse Lotus seeds
- 1 tbsp Honey
- 30 cl Almond milk
- 1 gousse Vanilla

Preparation

⏳ Temps total : 30 min · Niveau : easy

🔪 Mise en place

Make tremper the lotus seeds 2 heures à the water colde (or use of the précookedes).
Measure almond milk, the honey and the vanilla.

1. Égoutter the lotus seeds and the plathisr in a saucepan with almond milk. (2 min)
   - 👁️ *The graines bathe in the milk.*
2. Bring à simmer, then reduce the heat and simmer 25 minutes over very low heat. (25 min)
   - 👁️ *The lotus seeds are tenders.*
3. Remove from the heat, add the honey and the vanilla. Blend with the immersion blender. (2 min)
   - 👁️ *The crème is smooth and smooth.*
4. Pour into small bowls and serve warm. (1 min)
   - 👁️ *The crème is ready à servir.*

☯ TCM Wisdom

The lotus seeds (Earth) calm the Shen and support the Kidney Yin, precious for l'insomnia and the Vide of Yin of Claire. The honey (Earth) nourishes the Spleen. The almond milk (without lactbonesenese) moistens the Yin. cooking simmerede, méthode reasndede by the Ba Zi.

🧪 Nutrition & cuisson

Vitamines préservées :
✓ The lotus seeds preserve their magnesium à the gentle cooking
✓ The honey added hors of the feu preserve his/her enzymy

Biodisponibilité :
🔗 The lotus seeds calm the Shen, preciouss for the sleep of Claire
🔗 The magnesium of the lotus and almond milk aide à the détente

🍽️ Plating

Pour into small bowls. The crème is blanche and delicatee. Sprinkle with vanilla on top.

❦ Tips du chef

- 💡 *The lotus seeds se trouvent in mygasins asiatiques*
- 💡 *The trempage 2h ramollit the graines and reduces the temps of cooking*
- 💡 *Pour more sweetness, add 1 c. of honey*

❦ BÉNÉFICES MTC

Nature : ◆ neutral-warm
Organes : Spleen, Heart, Kidney
Flavours :
Syndromes :

Actions : Calms the Shen, Nourishes the Yin, Supports the Kidney

❦ VALEURS NUTRITIONNELLES

Calories : 140 kcal	Proteins : 5 g	Carbohydrates : 22 g
Fats : 4 g	Fibres : 3 g	IG : 35

Bénéfices : Magnesium, Protein, Calcium, Iron

Millet semolina cake with dates and almonds

Gâteau of semould of millet with the dayour and almonds. A dessert nourishing which combines the Earth and the nourishing Fire.

⏱ Prép. 15 min · 🍳 Cuiss. 35 min · 👤 4 pers. · ⚖ 159 g/pers.

gluten_free · lactose_free · peanut_free · végétarien · amande · toutes saisons

Ingredients

- 1 tasse Millet semolina
- 1/3 tasse Almonds
- 1 tbsp Honey
- 6 dattes Dates
- 30 cl Almond milk
- 1 tbsp Olive oil

Preparation

⏳ Temps total : 45 min · Niveau : medium

🔪 Mise en place

Rinse the semould of millet.
Dénoyauter and cut the dayour in morthihis/herux.
Concasser the almonds.
Preheat the oven to 180°C.

1. Pour almond milk in a saucepan and bring à simmer. (3 min)
   - 👁 *The milk asnthis à frémir.*
2. Add the semould of millet, reduce the heat and simmer 15 minutes in remuant. (15 min)
   - 👁 *The semould absorbe the milk and thicksit.*
3. Remove from the heat, add the dayour, the almonds, the honey and l'huile. Mélanger. (2 min)
   - 👁 *The preparation is homogène.*
4. Pour in a mould huilé and enovenner 20 minutes à 180°C. (20 min)
   - 👁 *The gâteau is golden and ferme with the toucher.*
5. Remove from the oven and let tiédir before démouldr. (5 min)
   - 👁 *The gâteau se démould easily.*

☯ TCM Wisdom

The semould of millet (Earth) strengthens the Day Master of Claire. The dayour (Earth/Fire) bring the nourishing Fire. The almonds (omega-9) are anti-inflammytoires (joints). cooking with the oven acthispyourble, gâteau without blé ni lactbonesenese.

🧪 Nutrition & cuisson

Vitamines préservées :
✓ The millet preserve his/her magnesium à the cooking
✓ The almonds preserve their viyourmin E

Biodisponibilité :
🔗 The dayour (Earth/Fire) bring the fer, mieux absorbé with the viyourmin C
🔗 The almonds (omega-9) are anti-inflammytoires

🍽️ Plating

Démouldr and cut in parts. The gâteau is golden and sprinkled with almonds. Serve warm.

❦ Tips du chef

💡 *Ne pas myke boil almond milk : il can tourner*
💡 *The gâteau keeps for 3 days with the fridge*
💡 *Pour more soft, add 1 c. of huile of coco*

❦ BÉNÉFICES MTC

Nature : ◆ warm
Organes : Spleen, Heart
Flavours :
Syndromes :

Actions : Nourishes the Spleen, Brings the nourishing Fire, Tonifies Qi

❦ VALEURS NUTRITIONNELLES

Calories : 310 kcal
Fats : 11 g
Proteins : 8 g
Fibres : 5 g
Carbohydrates : 45 g
IG : 50

Bénéfices : Magnesium, Iron, Protein, Fibre



PART 4.5

Snacks

Roasted almonds and pumpkin seeds

Toasted almonds and pumpkin seeds. A simple snack and nourishing, riche in magnesium and zinc.

⏱️ Prép. 5 min · 🍳 Cuiss. 5 min · 👤 1 pers. · ⚖️ 70 g/pers.

gluten_free · lactose_free · peanut_free · végétarien · amande · toutes saisons

Ingredients

- 30 g Almonds
- 20 g Pumpkin seeds

Preparation

⏳ Temps total : 7 min · Niveau : easy

🔪 Mise en place

Toast the almonds 3 min à the dry frying pan.
Toast the pumpkin seeds 2 min à the dry frying pan.

1. Heat has frying pan over low heat without mytière grasse. (1 min)
   - 👁️ *The frying pan is hote.*
2. Toast the almonds 3 minutes in remuant. (3 min)
   - 👁️ *The almonds risesnt has fragrance of noisette and dorent.*
3. Remove the almonds and toast the pumpkin seeds 2 minutes. (2 min)
   - 👁️ *The graines gonfslow lightly.*
4. Mix and preserves in a bocal hermétique. (1 min)
   - 👁️ *The mixture is prêt à grignoter.*

☯ TCM Wisdom

The almonds (moderate Metal) nourish the Yin. The pumpkin seeds (Earth, zinc) support the thyroid of Claire. Snack without cooking, at room temperature. Idéale for the magnesium (sleep) and the zinc (thyroid).

🧪 Nutrition & cuisson

Vitamines préservées :
✓ The torréfaction preserve the magnesium of the almonds and the zinc of the pumpkin seeds
✓ The viyourmins E are syourbles à the torréfaction gentle

Biodisponibilité :
🔗 The almonds (omega-9) are anti-inflammytoires for the joints of Claire
🔗 The pumpkin seeds (zinc) support the thyroid

🍽️ Plating

Present in a small bowl or a savoury basket. The mixture is golden and fragrant.

Tips du chef

- 💡 *Ne pas brûler : toast over very low heat*
- 💡 *Conserve in a bocal hermétique 2 semyines*
- 💡 *A poignée (30 g) by snack suffit*

BÉNÉFICES MTC

Nature : ◆ neutral
Organes : Spleen, Kidney, Lung

Flavours :
Syndromes :

Actions : Nourishes the Yin, Supports the thyroid, Moistens

VALEURS NUTRITIONNELLES

Calories : 380 kcal	Proteins : 12 g	Carbohydrates : 12 g
Fats : 32 g	Fibres : 7 g	IG : 15

Bénéfices : Magnesium, Zinc, Vitamin E, Omega-9

Apple compote in a jar

Compote of apple in bocal, à reheat gently. A snack gentle which moistens the Yin.

⏱ Prép. 10 min · 🍳 Cuiss. 20 min · 👤 3 pers. · ⚖ 104 g/pers.

gluten_free · lactose_free · peanut_free · végétarien · toutes saisons

Ingredients

- 3 pommes Apples
- 1 pincée Cinnamon
- 1 tsp Honey

Preparation

⏳ Temps total : 19 min · Niveau : easy

🔪 Mise en place

Éplucher and cut the apples in morthihis/herux.
Measure the honey and the cinnamon.

1. Dispboneser the apples in a saucepan with 5 cl of eau. (2 min)
   - 👁 *The apples are recouveryour of eau.*
2. Add the honey and the cinnamon, bring with the boil then simmer 15 minutes over low heat. (15 min)
   - 👁 *The apples se défathisnt à the cuillère.*
3. Remove from the heat and crush lightly. (1 min)
   - 👁 *The compote is smooth.*
4. Distribute into the bocaux and reheat gently before consuming. (1 min)
   - 👁 *The compote is warm and ready.*

☯ TCM Wisdom

The apple (Metal) moistens the Yin (dryness of Claire). The cinnamon (Fire) brings the nourishing Fire and warms the Kidney Yang (joints). The honey nourishes the Spleen. Réheat gently, pas cold : the Spleen déyourte the cold.

🧪 Nutrition & cuisson

Vitamines préservées :
✓ The pectine of the apples is préservée
✓ The cinnamon preserve his/her principes actifs

Biodisponibilité :
🔗 The cinnamon améliore the sensibilité à l'insuline
🔗 The pectine nourishes the microbiote

🍽 Plating

Pour in a small bocal. Réheat gently before consuming. The compote is warm and fragrant.

Tips du chef

- *Réheat gently à the saucepan, pas with the micro-ondes fort*
- *The compote keeps for 5 days with the fridge*
- *Pour more fragrance, add 1 pinch of vanilla*

BÉNÉFICES MTC

Nature : warm
Organes : Lung, Spleen

Flavours :
Syndromes :

Actions : Humidifie le Yin, Nourishes the Spleen

VALEURS NUTRITIONNELLES

Calories : 85 kcal	Proteins : ND g	Carbohydrates : 22 g
Fats : ND g	Fibres : 4 g	IG : 35

Bénéfices : Fibre, Pectine, Vitamin C

Energy balls with dates and almonds

Boules of energy with the dayour and almonds. A snack savoury and nourishing, without cooking.

⏱️ Prép. 15 min · 🍳 Cuiss. 0 min · 👤 10 pers. · ⚖️ 30 g/pers.

gluten_free | lactose_free | peanut_free | végétarien | amande | toutes saisons

Ingredients

- 10 dattes Dates
- 2 tbsp Pumpkin seeds
- 2/3 tasse Almonds
- 1 tbsp Cacao pur

Preparation

⏳ Temps total : 22 min · Niveau : easy

🔪 Mise en place

Dénoyauter the dayour.
Concasser the almonds.
Measure the pumpkin seeds and the cacao.

1. Blend the dayour, the almonds, the pumpkin seeds and the cacao with the blender. (2 min)
   - 👁️ *The mixture forme has pâte homogène.*
2. Façonner of the boules of 3 cm of diamètre between the myins. (5 min)
   - 👁️ *The boules are uniformy and tiennent.*
3. Réserver with the cool 15 minutes for the raffermir. (15 min)
   - 👁️ *The boules are fermy.*

☯ TCM Wisdom

The dayour (Earth/Fire) bring the nourishing Fire. The almonds (omega-9) are anti-inflammytoires (joints of Claire). The pumpkin seeds (zinc) support the thyroid. Snack without cooking, savoury and énergihis/hernte.

🧪 Nutrition & cuisson

Vitamines préservées :
✓ Pas of cooking : touyour the viyourmins are préservées
✓ The almonds raw preserve their viyourmin E

Biodisponibilité :
🔗 The dayour (fer) + almonds (viyourmin E) are has combo anti-fatigue
🔗 The cacao (magnesium) aide à the détente

🍽️ Plating

Present in a savoury basket or a small bol. The boules are brunes and appetisinges.

Tips du chef

- *Mains humides for façonner : the pâte ne colle pas*
- *Conserve 1 semyine with the fridge*
- *Pour more flavour, rouler in the cacao*

BÉNÉFICES MTC

Nature : ◆ neutral
Organes : Spleen, Heart, Kidney

Flavours :
Syndromes :

Actions : Nourishes the Blood, Brings the nourishing Fire, Supports the thyroid

VALEURS NUTRITIONNELLES

Calories : 105 kcal
Fats : 4 g

Proteins : 3 g
Fibres : 2 g

Carbohydrates : 18 g
IG : 45

Bénéfices : Iron, Magnesium, Zinc, Antioxidants

Rice pudding with almond milk and cinnamon

Rithis with almond milk and cinnamon. A snack creamy and comforting, without lactbonesenese.

⏱️ Prép. 5 min · 🍳 Cuiss. 30 min · 👤 2 pers. · ⚖️ 246 g/pers.

gluten_free · lactose_free · peanut_free · végétarien · amande · toutes saisons

Ingredients

- 1/2 tasse Basmati rice
- 1 pincée Cinnamon
- 40 cl Almond milk
- 1 tsp Honey

Preparation

⏳ Temps total : 29 min · Niveau : easy

🔪 Mise en place

Rinse the basmyti rithis.
Measure almond milk, the cinnamon and the honey.

1. Pour almond milk in a saucepan and bring à simmer. (3 min)
   - 👁️ *The milk asnthis à frémir.*
2. Add the rithis and the cinnamon, reduce the heat and simmer 25 minutes in remuant. (25 min)
   - 👁️ *The rithis absorbe the milk and becomes creamy.*
3. Remove from the heat, add the honey and mix. (1 min)
   - 👁️ *The rithis with the milk is smooth and fragrant.*

☯ TCM Wisdom

The basmyti rithis (preferred of Claire) nourishes the Spleen. The cinnamon (Fire) brings the nourishing Fire and warms the Kidney Yang (joints). The almond milk (without lactbonesenese) moistens the Yin. cooking simmerede, méthode reasndede by the Ba Zi.

🧪 Nutrition & cuisson

Vitamines préservées :
✓ The rithis preserve his/her viyourmins B à the gentle cooking
✓ The cinnamon preserve his/her principes actifs

Biodisponibilité :
🔗 The almond milk (calcium) + rithis (carbohydrates) bring of l'energy
🔗 The cinnamon améliore the sensibilité à l'insuline

🍽️ Plating

Pour in a bol. The rithis with the milk is creamy and fragrant à the cinnamon. Serve warm.

Tips du chef

- *Ne pas myke boil almond milk : il can tourner*
- *Stir regularly to avoiding que the rithis n'sticking*
- *The rithis with the milk keeps for 2 days with the fridge*

BÉNÉFICES MTC

Nature : warm
Organes : Spleen, Kidney

Flavours :
Syndromes :

Actions : Nourishes the Spleen, Warms the Kidney Yang

VALEURS NUTRITIONNELLES

Calories : 240 kcal
Fats : 6 g

Proteins : 5 g
Fibres : 1 g

Carbohydrates : 40 g
IG : 50

Bénéfices : Calcium, Magnesium, Manganese

Almond butter toast with pear compote

Tartines of purée of almond and compote of pear. A snack nourishing on pain (without blé exthisssive).

⏱️ Prép. 5 min · 🍳 Cuiss. 0 min · 👤 1 pers. · ⚖️ 191 g/pers.

lactose_free | peanut_free | végétarien | amande | blé | toutes saisons

Ingredients

- 2 tartines Pain (without blé excessive)
- 4 tbsp Compote de poire
- 2 tbsp Almond butter
- 1 pincée Cinnamon

Preparation

⏳ Temps total : 5 min · Niveau : easy

🔪 Mise en place

Toaster the pain lightly.
Prepare the compote of pear (or use has compote alle ready).
Measure the purée of almond and the cinnamon.

1. Toaster 2 tranches of pain lightly. (2 min)
   - 👁️ *The pain is golden.*
2. Spread each tranche of purée of almond. (1 min)
   - 👁️ *The purée recouvre the pain.*
3. Add 2 c. of compote of pear on each yourrtine. (1 min)
   - 👁️ *The compote recouvre the purée.*
4. Sprinkle with cinnamon and serve immediately. (1 min)
   - 👁️ *The yourrtines are prêyour.*

☯ TCM Wisdom

The purée of almond nourishes the Yin (dryness of Claire). The compote of pear moistens the Lung. The cinnamon (Fire) brings the nourishing Fire. Pain in smalle quantité (limit the blé which cause of the bloating). Snack whichck and nourishing.

🧪 Nutrition & cuisson

Vitamines préservées :
✓ The purée of almond raw preserve his/her viyourmin E and his/her omega-9
✓ The compote of pear preserve his/her pectine

Biodisponibilité :
🔗 The purée of almond (omega-9) is anti-inflammytoire for the joints of Claire
🔗 The cinnamon améliore the sensibilité à l'insuline

🍽️ Plating

Dispboneser the yourrtines in a plate. The purée of almond and the compote create has contraste of textures. Sprinkle with cinnamon.

❦ Tips du chef

- 💡 *Use of the pain complete or with the levain for more digestibility*
- 💡 *The purée of almond se trouve in mygasin bio*
- 💡 *Limit à 2 yourrtines : the blé in excess cause of the bloating*

❦ BÉNÉFICES MTC

Nature : ◆ neutral-warm
Organes : Spleen, Kidney

Flavours :
Syndromes :

Actions : Nourishes the Yin, Moistens, Warms the Kidney Yang

❦ VALEURS NUTRITIONNELLES

Calories : 340 kcal	Proteins : 8 g	Carbohydrates : 45 g
Fats : 15 g	Fibres : 5 g	IG : 45

Bénéfices : Omega-9, Vitamin E, Fibre, Manganese

Dried figs and walnuts

Dried figs and walnuts. A simple snack and nourishing, riche in omega-3.

⏱️ Prép. 0 min · 🍳 Cuiss. 0 min · 👤 1 pers. · ⚖️ 90 g/pers.

gluten_free | lactose_free | peanut_free | végétarien | noix | toutes saisons

Ingredients

- 4 figues Dried figs
- 10 noix Walnuts

Preparation

⏳ Temps total : 3 min · Niveau : easy

🔪 Mise en place

Rinse the figs séchées à the water colde.
Casser the walnuts in morthihis/herux of 1 cm.

1. Dispboneser the figs and the walnuts in a small bol. (1 min)
   - 👁️ *The mixture is prêt à grignoter.*
2. Mix carefully for distribute the figs and the walnuts. (1 min)
   - 👁️ *The figs moelleuhis/her and the walnuts rawnchyes are mélangées.*
3. Serve immediately at room temperature. (1 min)
   - 👁️ *The snack is ready.*

☯ TCM Wisdom

The figs (Earth) nourish the Sang. The walnuts (Wood) nourish the Kidney Yin (thisrveau, mémoire). Snack without cooking, savoury. The omega-3 of the walnuts are precious for the joints of Claire.

🧪 Nutrition & cuisson

Vitamines préservées :
✓ The figs séchées preserve their iron and their poyourssium
✓ The walnuts raw preserve their omega-3

Biodisponibilité :
🔗 The walnuts (omega-3) are anti-inflammytoires for the joints of Claire
🔗 The figs (fibre) promote the transit

🍽️ Plating

Present in a small bol. The contraste between the figs moelleuhis/her and the walnuts rawnchyes is appetising.

Tips du chef

- *Chobonese of the figs séchées non sulfitées*
- *The walnuts keeps for 1 mois with the cool*
- *A poignée (30 g) by snack suffit*

BÉNÉFICES MTC

Nature : ◆ neutral
Organes : Spleen, Kidney

Flavours :
Syndromes :

Actions : Nourishes the Blood, Nourishes the Kidney Yin, Moistens

VALEURS NUTRITIONNELLES

Calories : 280 kcal	Proteins : 5 g	Carbohydrates : 35 g
Fats : 15 g	Fibres : 6 g	IG : 45

Bénéfices : Omega-3, Fibre, Magnesium, Iron

Hot almond milk with honey and cinnamon

Almyd milk hot with the honey and cinnamon. A boishis/her comforting which brings the nourishing Fire.

⏱️ Prép. 2 min · 🍳 Cuiss. 5 min · 👤 1 pers. · ⚖️ 262 g/pers.

gluten_free | lactose_free | peanut_free | végétarien | amande | autumn | winter

Ingredients

- 1 tasse Almond milk
- 1 pincée Cinnamon
- 1 tsp Honey

Preparation

⏳ Temps total : 5 min · Niveau : easy

🔪 Mise en place

Measure almond milk, the honey and the cinnamon.
Prepare has saucepan and has yoursse.

1. Pour almond milk in a saucepan and heat over low heat. (3 min)
   - 👁️ *The milk is warm, pas bouillant.*
2. Remove from the heat, add the honey and the cinnamon. Mélanger. (1 min)
   - 👁️ *The boishis/her is fragrant.*
3. Pour in a yoursse and drink piping hot. (1 min)
   - 👁️ *The boishis/her is comforting.*

☯ TCM Wisdom

The almond milk (without lactbonesenese) moistens the Yin (dryness of Claire). The cinnamon (Fire) brings the nourishing Fire and warms the Kidney Yang (joints). The honey nourishes the Spleen. Woodhis/her hote comforting, ideal for l'hiver.

🧪 Nutrition & cuisson

Vitamines préservées :
✓ The almond milk preserve his/her calcium and his/her viyourmin E
✓ The honey added hors of the feu preserve his/her enzymy

Biodisponibilité :
🔗 The cinnamon améliore the sensibilité à l'insuline
🔗 The almond milk (calcium) supports the bones

🍽️ Plating

Pour in a grande yoursse. The boishis/her is goldene and fragrant à the cinnamon. Drink piping hot.

Tips du chef

- *Ne pas myke boil almond milk : il can tourner*
- *Drink piping hot for reheat the Spleen*
- *Pour more fragrance, add 1 pinch of vanilla*

BÉNÉFICES MTC

Nature : warm
Organes : Spleen, Kidney, Heart

Flavours :
Syndromes :

Actions : Nourishes the Spleen, Warms the Kidney Yang, Brings the nourishing Fire

VALEURS NUTRITIONNELLES

Calories : 120 kcal	Proteins : 2 g	Carbohydrates : 18 g
Fats : 4 g	Fibres : 1 g	IG : 40

Bénéfices : Calcium, Vitamin E, Manganese

Millet and pumpkin seed patties

Galetyour of millet and pumpkin seeds. A snack crispye and nourishing.

⏱️ Prép. 15 min · 🍳 Cuiss. 20 min · 👤 4 pers. · ⚖️ 85 g/pers.

gluten_free | lactose_free | peanut_free | végétarien | toutes saisons

Ingredients

- 1/2 tasse Millet
- 1/2 oignon Sweet onion
- 1 pincée Sea salt
- 2 tbsp Pumpkin seeds
- 1 tbsp Olive oil
- 15 cl Water

Preparation

⏳ Temps total : 33 min · Niveau : easy

🔪 Mise en place

Rinse the millet à the water colde.
Éminthisr endement l'sweet onion.
Measure the pumpkin seeds and l'olive oil.

1. Cook the millet 20 minutes in 15 cl of eau his/herlée over low heat. (20 min)
   - 👁 *The millet absorbe the water and becomes tender.*
2. Mix the millet cooked, the onion sliced, the pumpkin seeds and the sel. (2 min)
   - 👁 *The mixture is homogène.*
3. Façonner of the galetyour of 1 cm of thickur. (3 min)
   - 👁 *The galetyour tiennent.*
4. Heat 1 c. of olive oil in a frying pan and dorer the galetyour 4 minutes of each side. (8 min)
   - 👁 *The galetyour are goldenes and crispyes.*

☯ TCM Wisdom

The millet (Earth) strengthens the Day Master of Claire. The pumpkin seeds (zinc) support the thyroid. cooking frying pan warm. Galetyour gluten-free, alternative with the blé which cause of the bloating.

🧪 Nutrition & cuisson

Vitamines préservées :
✓ The millet preserve his/her magnesium à the cooking
✓ The pumpkin seeds added raw preserve their zinc

Biodisponibilité :
🔗 The millet (magnesium) aide with the sleep of Claire
🔗 The pumpkin seeds (zinc) support the thyroid

🍽️ Plating

Dispboneser the galetyour in a plate. Elles are goldenes and crispyes. Serve warm.

❦ Tips du chef

- 💡 *Façonner the galetyour with of the myins humides*
- 💡 *Ne pas trop the retourner : elles are fragiles*
- 💡 *Pour more flavour, add 1 c. of tamari in the mixture*

❦ BÉNÉFICES MTC

Nature : ◆ warm
Organes : Spleen, Kidney

Flavours :
Syndromes :

Actions : Nourishes the Spleen, Supports the thyroid, Tonifies Qi

❦ VALEURS NUTRITIONNELLES

Calories : 145 kcal
Fats : 5 g

Proteins : 5 g
Fibres : 3 g

Carbohydrates : 22 g
IG : 45

Bénéfices : Magnesium, Zinc, Fibre, Manganese

Roasted sweet potato slices with honey

Tranches of sweet potato gentle roasted with the honey. A snack gentle and nourishing, riche in beta-carotene.

⏱ Prép. 5 min · 🍳 Cuiss. 25 min · 👤 2 pers. · ⚖ 113 g/pers.

gluten_free · lactose_free · peanut_free · végétarien · autumn · winter

Ingredients

- 1 patate gentle Sweet potato
- 1 tbsp Olive oil
- 1 tbsp Honey
- 1 pincée Cinnamon

Preparation

⏳ Temps total : 29 min · Niveau : easy

🔪 Mise en place

Éplucher and cut the sweet potato gentle in tranches of 5 mm.
Preheat the oven to 200°C.
Measure the honey, l'olive oil and the cinnamon.

1. Dispboneser the tranches of sweet potato gentle on has plaque recouverte of papier cooking. (2 min)
   - 👁 *The tranches are in a couche uniforme.*
2. Arrboneser of olive oil and enovenner 25 minutes à 200°C. (25 min)
   - 👁 *The tranches are tenders and caramélisées.*
3. Remove from the oven, badigeonner of honey and sprinkle of cinnamon. (1 min)
   - 👁 *The tranches are glbonessyes and fragranyour.*
4. Serve warm. (1 min)
   - 👁 *The snack is ready.*

☯ TCM Wisdom

The sweet potato gentle (Earth) strengthens the Day Master of Claire. The cinnamon (Fire) brings the nourishing Fire and warms the Kidney Yang (joints). The honey nourishes the Spleen. cooking with the oven warm, acthispyourble. Snack gentle and nourishing.

🧪 Nutrition & cuisson

Vitamines préservées :
✓ The oven cooking preserves the beta-carotene of the sweet potato gentle
✓ The honey added after cooking preserve his/her enzymy

Biodisponibilité :
🔗 The sweet potato gentle (beta-carotene) is mieux absorbée with l'olive oil
🔗 The cinnamon améliore the sensibilité à l'insuline

🍽️ Plating

Dispboneser the tranches in a plate. Elles are goldenes and fragranyour. Serve warm.

❦ Tips du chef

💡 *The sweet potato gentle is has preferred of Claire*
💡 *Badigeonner the honey after cooking for preserving the enzymy*
💡 *Pour more rawnchy, toast of the almonds in garniture*

❦ BÉNÉFICES MTC

Nature : ◆ warm
Organes : Spleen, Kidney
Flavours :
Syndromes :

Actions : Tonifies the Spleen, Warms the Kidney Yang, Nourishes Qi

❦ VALEURS NUTRITIONNELLES

Calories : 195 kcal
Proteins : 2 g
Carbohydrates : 35 g
Fats : 6 g
Fibres : 4 g
IG : 45

Bénéfices : Beta-carotene, Vitamin A, Fibre, Manganese

Millet mug cake with cocoa and almonds

Mug cake of millet with the cacao and almonds. A snack whichck with the micro-ondes, riche in magnesium.

⏱️ Prép. 5 min · 🍳 Cuiss. 2 min · 👤 1 pers. · ⚖️ 135 g/pers.

gluten_free | lactose_free | peanut_free | végétarien | amande | toutes saisons

Ingredients

- 3 tbsp Farine de millet
- 1 tbsp Almonds effilées
- 6 cl Almond milk
- 1 tbsp Cacao pur
- 1 tbsp Honey
- 1 tsp Olive oil

Preparation

⏳ Temps total : 6 min · Niveau : easy

🔪 Mise en place

Measure the farine of millet, the cacao, the almonds effilées, the honey, almond milk and l'huile.
Prepare has yoursse allant with the micro-ondes.

1. Dans has yoursse allant with the micro-ondes, mix the farine, the cacao, the honey, l'huile and almond milk. (2 min)
   - 👁️ *The pâte is smooth and homogène.*
2. Sprinkle of almonds effilées. (1 min)
   - 👁️ *The almonds recouvrent the surface.*
3. Cook 2 minutes with the micro-ondes à puishis/hernthis moyenne. (2 min)
   - 👁️ *The gâteau has levé and is ferme with the toucher.*
4. Let tiédir 1 minute before démouldr. (1 min)
   - 👁️ *The gâteau se démould easily.*

☯ TCM Wisdom

The farine of millet (Earth) strengthens the Day Master of Claire. The cacao (Fire moderates) brings the nourishing Fire and the magnesium (sleep). The almond milk (without lactbonesenese) moistens the Yin. Snack whichck, gluten-free ni lactbonesenese.

🧪 Nutrition & cuisson

Vitamines préservées :
✓ The cooking courte with the micro-ondes preserves the nutrients
✓ The cacao preserve his/her antioxidants

Biodisponibilité :
🔗 The cacao (magnesium) aide with the sleep of Claire
🔗 The millet (magnesium) aide à the détente

🍽️ Plating

Démouldr in a plate. The mug cake is bombé and chocolaté. Serve warm.

🍯 Tips du chef

💡 *Ne pas surcook : 2 min suffisent, sinon the gâteau is sec*
💡 *Mix vigoureusement to avoiding the grumeaux*
💡 *Pour more soft, add 1 c. of honey*

🍯 BÉNÉFICES MTC

Nature : ◆ warm
Organes : Spleen, Heart
Flavours :
Syndromes :

Actions : Nourishes the Spleen, Apporte le Fire moderate, Moistens

🍯 VALEURS NUTRITIONNELLES

Calories : 250 kcal
Fats : 10 g
Proteins : 7 g
Fibres : 4 g
Carbohydrates : 35 g
IG : 45

Bénéfices : Magnesium, Iron, Antioxidants, Théobromine



PART 4.6

Therapeutic Infusions

Evening Yin Infusion (chamomile, verbena, jujube)

🌡️ Eau a 90 degC · ⏳ Infusion 10 min · 🕐 soir (1h avant le coucher) · 🧉 Max 1 tasse(s)/jour

gluten_free lactose_free peanut_free végétarien toutes saisons

🌿 Ingredients

- Chamomile (1 tbsp)
- Verbena (1 tbsp)
- Jujube (red date) (2 dattes fendues)

🫖 Preparation

1. Verser 250 ml d'eau frémissante (90°C) sur les plantes et les dattes fendues
2. Laisser infuser 10 minutes à couvert
3. Filtrer les plantes
4. Boire tiède, 1h avant le coucher

❦ Propriétés Therapeutics

Nature : tiède
Flavours : douce, amère légère
Organes : Foie, Cœur, Rate
Actions : Nourrit le Yin, Calme le Shen, Fait descendre le Yang du Foie

Kidney and Joints Infusion (lotus, goji, jujube)

🌡️ Eau a 100 degC · ⏳ Infusion 10 min · 🕐 matin (après le petit-déjeuner, vers 9h) · 🧉 Max 1 tasse(s)/jour

gluten_free lactose_free peanut_free végétarien toutes saisons

🌿 Ingredients

- Lotus seeds (1 tsp)
- Goji (10 baies)
- Jujube (red date) (1 datte fendue)

🫖 Preparation

1. Porter 250 ml d'eau à ébullition
2. Verser sur les graines de lotus, les baies de goji et la datte fendue
3. Laisser mijoter 10 minutes à feu doux (décoction douce)
4. Filtrer et boire tiède

❦ Propriétés Therapeutics

Nature : neutre-tiède
Flavours : douce, acide douce
Organes : Rein, Foie, Rate
Actions : Nourrit le Yin du Rein, Soutient les articulations, Apaise la fatigue

Digestion and Energy Infusion (ginger, cinnamon)

Eau a 95 degC · Infusion 7 min · après le déjeuner · Max 1 tasse(s)/jour

gluten_free lactose_free peanut_free végétarien autumn winter

Ingredients

- Fresh ginger (2-3 tranches fines)
- Cinnamon (1 petite pincée)

Preparation

1. Porter 250 ml d'eau à ébullition (95°C)
2. Verser sur les tranches de gingembre et la cannelle
3. Laisser infuser 5-7 minutes à couvert
4. Boire tiède, après le déjeuner

Propriétés Therapeutics

Nature : tiède-chaude
Flavours : piquante, douce
Organes : Rate, Rein
Actions : Réchauffe la Rate, Soutient le Yang du Rein, Fait circuler le Qi

Contre-indications

- chaleur plénitude
- transpiration profuse

Hot Flushes Infusion (chrysanthemum, mint)

🌡️ Eau a 90 degC · ⏳ Infusion 5 min · 🕐 après-midi (ou à l'apparition d'une bouffée) · 🧉 Max 2 tasse(s)/jour

gluten_free lactose_free peanut_free végétarien toutes saisons

🌿 Ingredients

- Chrysanthemum (1 tsp)
- Mint (1 tsp)

🫖 Preparation

1. Porter 250 ml d'eau à 90°C (avant ébullition)
2. Verser sur les fleurs de chrysanthème et les feuilles de menthe
3. Laisser infuser 5 minutes à couvert
4. Filtrer et boire tiède-tiède-frais (pas froid)

🍃 Propriétés Therapeutics

Nature : tiède-frais
Flavours : amère, douce, piquante légère
Organes : Foie, Poumon
Actions : Clarifie la Chaleur Vide, Fait descendre le Yang du Foie, Apaise les bouffées

⚠️ Contre-indications

- vide de Yang
- froid abdominal

Morning Tonic Infusion (ginger, honey)

🌡️ Eau a 95 degC · ⏳ Infusion 5 min · 🕐 matin (au réveil, 30-60 min après Levothyrox) · 🧉 Max 1 tasse(s)/jour

gluten_free lactose_free peanut_free végétarien toutes saisons

🌿 Ingredients

- Fresh ginger (2-3 tranches fines)
- Honey (1 tsp (moderate))

🫖 Preparation

1. Porter 250 ml d'eau à 95°C
2. Verser sur les tranches de gingembre
3. Laisser infuser 5 minutes
4. Retirer le gingembre, ajouter le miel hors du feu
5. Boire chaud

❦ Propriétés Therapeutics

Nature : tiède-chaude
Flavours : piquante, douce
Organes : Rate, Estomac
Actions : Réchauffe la Rate, Soutient le Yang du Rein, Réveille le Qi digestif

⚠️ Contre-indications

- chaleur plénitude

Recipe Index

Retrouvez vos recettes selon différents critères pour faciliter votre quotidien.

Par Element Dominant

Catégorie	Recettes
key	Terre
recipes	Pumpkin soup with ginger and pumpkin seeds Carrot and sweet potato velvety soup with cumin Leek and millet soup with jujube Warm salad of roasted carrots and pumpkin seeds Cooked beetroot and fresh goat's cheese salad Daikon and carrot tartare with mild rice vinegar Butternut squash soup with coconut milk and cinnamon Warm salad of red lentils and carrots with cumin Parsnip and leek velvety soup with ginger Avocado and mango tartare with toasted sesame Cod fillet en papillote with ginger and leeks Steamed hake with ginger and mild tamari sauce Stewed sole fillet with carrots and pumpkin seeds Braised sea bream with jujube and ginger Baked salmon fillet with roasted root vegetables Chicken with millet and pumpkin, simmered with ginger Steamed chicken breast with carrots and leeks Chicken strips with turmeric and coconut milk Braised chicken thigh with sweet potatoes and jujubes Chicken with pumpkin seeds and basmati rice Beef stewed with carrots and parsnips Beef stir-fried with ginger and leeks Beef with jujubes and sweet potatoes, stewed Beef and root vegetables baked in a casserole Red lentils with turmeric and carrots Red lentil dhal with ginger and cinnamon Roasted chickpeas with cumin and sweet potato Firm tofu stir-fried with root vegetables and pumpkin seeds Scrambled eggs with leeks and pumpkin seeds Omelette with carrots and fine herbs Pear compote with jujube and cinnamon Apple and quince compote with honey Peach and apricot compote cooked with verbena Sweet potato mousse with almond milk

	Avocado mousse with pure cocoa and honey Pear cooked in sweet wine with jujube Roasted apple with honey and cinnamon Millet flan with almond milk and jujube Lotus seed cream with honey and vanilla Millet semolina cake with dates and almonds Roasted almonds and pumpkin seeds Apple compote in a jar Energy balls with dates and almonds Rice pudding with almond milk and cinnamon Almond butter toast with pear compote Dried figs and walnuts Hot almond milk with honey and cinnamon Millet and pumpkin seed patties Roasted sweet potato slices with honey Millet mug cake with cocoa and almonds Evening Yin Infusion (chamomile, verbena, jujube) Kidney and Joints Infusion (lotus, goji, jujube) Digestion and Energy Infusion (ginger, cinnamon) Hot Flushes Infusion (chrysanthemum, mint) Morning Tonic Infusion (ginger, honey) Millet porridge with almond milk and jujube Basmati rice porridge with almond milk and cinnamon Millet and sweet potato porridge with honey Millet patties with almonds and pumpkin seeds Eggy bread with almond milk and cinnamon Scrambled eggs with almond milk and fine herbs Rice soup with jujube and lotus seeds Almond butter toast with apple compote Quinoa bowl with almond milk, almonds and dates Millet cream with almond milk, honey and cinnamon

✦ Par Ingrédient Principal

Catégorie	Recettes
Almond butter	Almond butter toast with pear compote Almond butter toast with apple compote
Almond milk	Sweet potato mousse with almond milk Millet flan with almond milk and jujube Lotus seed cream with honey and vanilla Rice pudding with almond milk and cinnamon

	Hot almond milk with honey and cinnamon Millet porridge with almond milk and jujube Basmati rice porridge with almond milk and cinnamon Eggy bread with almond milk and cinnamon Scrambled eggs with almond milk and fine herbs Quinoa bowl with almond milk, almonds and dates Millet cream with almond milk, honey and cinnamon
Almonds	Millet semolina cake with dates and almonds Roasted almonds and pumpkin seeds Energy balls with dates and almonds Millet patties with almonds and pumpkin seeds Quinoa bowl with almond milk, almonds and dates
Almonds effilées	Millet mug cake with cocoa and almonds
Apples	Apple and quince compote with honey Roasted apple with honey and cinnamon Apple compote in a jar
Apricots	Peach and apricot compote cooked with verbena
Avocado	Avocado and mango tartare with toasted sesame Avocado mousse with pure cocoa and honey
Basmati rice	Chicken with pumpkin seeds and basmati rice Rice pudding with almond milk and cinnamon Basmati rice porridge with almond milk and cinnamon Rice soup with jujube and lotus seeds
Beef	Beef stewed with carrots and parsnips Beef stir-fried with ginger and leeks Beef with jujubes and sweet potatoes, stewed Beef and root vegetables baked in a casserole
Blanc de poulet	Steamed chicken breast with carrots and leeks
Butternut squash	Butternut squash soup with coconut milk and cinnamon
Cacao pur	Avocado mousse with pure cocoa and honey Millet mug cake with cocoa and almonds
Carrots	Carrot and sweet potato velvety soup with cumin Warm salad of roasted carrots and pumpkin seeds Daikon and carrot tartare with mild rice vinegar Warm salad of red lentils and carrots with cumin Stewed sole fillet with carrots and pumpkin seeds Baked salmon fillet with roasted root vegetables Steamed chicken breast with carrots and leeks

	Beef stewed with carrots and parsnips Beef and root vegetables baked in a casserole Red lentils with turmeric and carrots Firm tofu stir-fried with root vegetables and pumpkin seeds Omelette with carrots and fine herbs
Chamomile	Evening Yin Infusion (chamomile, verbena, jujube)
Chicken	Chicken with millet and pumpkin, simmered with ginger Chicken strips with turmeric and coconut milk Chicken with pumpkin seeds and basmati rice
Chickpeas	Roasted chickpeas with cumin and sweet potato
Chrysanthemum	Hot Flushes Infusion (chrysanthemum, mint)
Ciboulette	Scrambled eggs with almond milk and fine herbs
Cinnamon	Butternut squash soup with coconut milk and cinnamon Red lentil dhal with ginger and cinnamon Pear compote with jujube and cinnamon Roasted apple with honey and cinnamon Apple compote in a jar Rice pudding with almond milk and cinnamon Hot almond milk with honey and cinnamon Digestion and Energy Infusion (ginger, cinnamon)
Coconut milk	Butternut squash soup with coconut milk and cinnamon Chicken strips with turmeric and coconut milk
Cod	Cod fillet en papillote with ginger and leeks
Compote de poire	Almond butter toast with pear compote
Compote de pomme	Almond butter toast with apple compote
Cooked beetroot	Cooked beetroot and fresh goat's cheese salad
Cuisse de poulet	Braised chicken thigh with sweet potatoes and jujubes
Cumin	Carrot and sweet potato velvety soup with cumin Warm salad of red lentils and carrots with cumin Roasted chickpeas with cumin and sweet potato
Daikon (white radish)	Daikon and carrot tartare with mild rice vinegar
Dates	Millet semolina cake with dates and almonds Energy balls with dates and almonds

Dried figs	Dried figs and walnuts
Farine de millet	Millet mug cake with cocoa and almonds Millet cream with almond milk, honey and cinnamon
Firm tofu	Firm tofu stir-fried with root vegetables and pumpkin seeds
Fresh ginger	Pumpkin soup with ginger and pumpkin seeds Parsnip and leek velvety soup with ginger Cod fillet en papillote with ginger and leeks Steamed hake with ginger and mild tamari sauce Braised sea bream with jujube and ginger Beef stir-fried with ginger and leeks Red lentil dhal with ginger and cinnamon Digestion and Energy Infusion (ginger, cinnamon) Morning Tonic Infusion (ginger, honey)
Fresh goat's cheese	Cooked beetroot and fresh goat's cheese salad
Goji	Kidney and Joints Infusion (lotus, goji, jujube)
Hake	Steamed hake with ginger and mild tamari sauce
Honey	Apple and quince compote with honey Sweet potato mousse with almond milk Avocado mousse with pure cocoa and honey Roasted apple with honey and cinnamon Lotus seed cream with honey and vanilla Apple compote in a jar Hot almond milk with honey and cinnamon Roasted sweet potato slices with honey Morning Tonic Infusion (ginger, honey) Basmati rice porridge with almond milk and cinnamon Millet and sweet potato porridge with honey Millet cream with almond milk, honey and cinnamon
Jujube (red date)	Leek and millet soup with jujube Braised sea bream with jujube and ginger Braised chicken thigh with sweet potatoes and jujubes Beef with jujubes and sweet potatoes, stewed Pear compote with jujube and cinnamon Pear cooked in sweet wine with jujube Millet flan with almond milk and jujube Evening Yin Infusion (chamomile, verbena, jujube) Kidney and Joints Infusion (lotus, goji, jujube) Millet porridge with almond milk and jujube Rice soup with jujube and lotus seeds

Leeks	Leek and millet soup with jujube · Parsnip and leek velvety soup with ginger · Cod fillet en papillote with ginger and leeks · Steamed chicken breast with carrots and leeks · Beef stir-fried with ginger and leeks · Scrambled eggs with leeks and pumpkin seeds
Lotus seeds	Lotus seed cream with honey and vanilla · Kidney and Joints Infusion (lotus, goji, jujube) · Rice soup with jujube and lotus seeds
Mango	Avocado and mango tartare with toasted sesame
Mild rice vinegar	Daikon and carrot tartare with mild rice vinegar
Millet	Leek and millet soup with jujube · Chicken with millet and pumpkin, simmered with ginger · Millet flan with almond milk and jujube · Millet and pumpkin seed patties · Millet porridge with almond milk and jujube · Millet and sweet potato porridge with honey · Millet patties with almonds and pumpkin seeds
Millet semolina	Millet semolina cake with dates and almonds
Mint	Hot Flushes Infusion (chrysanthemum, mint)
Œufs	Scrambled eggs with leeks and pumpkin seeds · Omelette with carrots and fine herbs · Eggy bread with almond milk and cinnamon · Scrambled eggs with almond milk and fine herbs
Olive oil	Warm salad of roasted carrots and pumpkin seeds · Roasted sweet potato slices with honey
Pain (without blé excessive)	Almond butter toast with pear compote · Eggy bread with almond milk and cinnamon · Almond butter toast with apple compote
Parsley frais	Omelette with carrots and fine herbs
Parsnips	Parsnip and leek velvety soup with ginger · Baked salmon fillet with roasted root vegetables · Beef stewed with carrots and parsnips · Beef and root vegetables baked in a casserole · Firm tofu stir-fried with root vegetables and pumpkin seeds
Peaches	Peach and apricot compote cooked with verbena

Pears	Pear compote with jujube and cinnamon Pear cooked in sweet wine with jujube
Pumpkin	Pumpkin soup with ginger and pumpkin seeds Chicken with millet and pumpkin, simmered with ginger
Pumpkin seeds	Pumpkin soup with ginger and pumpkin seeds Warm salad of roasted carrots and pumpkin seeds Stewed sole fillet with carrots and pumpkin seeds Chicken with pumpkin seeds and basmati rice Scrambled eggs with leeks and pumpkin seeds Roasted almonds and pumpkin seeds · Energy balls with dates and almonds Millet and pumpkin seed patties Millet patties with almonds and pumpkin seeds
Quince	Apple and quince compote with honey
Quinoa	Quinoa bowl with almond milk, almonds and dates
Red lentils	Warm salad of red lentils and carrots with cumin Red lentils with turmeric and carrots Red lentil dhal with ginger and cinnamon
Rocket	Cooked beetroot and fresh goat's cheese salad
Salmon	Baked salmon fillet with roasted root vegetables
Sea bream	Braised sea bream with jujube and ginger
Sole	Stewed sole fillet with carrots and pumpkin seeds
Sweet onion	Millet and pumpkin seed patties
Sweet potato	Carrot and sweet potato velvety soup with cumin Braised chicken thigh with sweet potatoes and jujubes Beef with jujubes and sweet potatoes, stewed Roasted chickpeas with cumin and sweet potato Sweet potato mousse with almond milk Roasted sweet potato slices with honey Millet and sweet potato porridge with honey
Sweet wine	Pear cooked in sweet wine with jujube
Tamari sauce	Steamed hake with ginger and mild tamari sauce
Toasted sesame	Avocado and mango tartare with toasted sesame

Turmeric	Chicken strips with turmeric and coconut milk Red lentils with turmeric and carrots
Verbena	Peach and apricot compote cooked with verbena Evening Yin Infusion (chamomile, verbena, jujube)
Walnuts	Dried figs and walnuts

Calendar of 24 Solar Terms

Ce calendrier est personnalise pour votre profil Ba Zi. Les indicateurs (FAVORABLE / ATTENTION / SAISON CLE) guident vos choix alimentaires selon la saison.

Spring

Periode	Debut	Fin	Element	Conseil
Lichun (Début du Printemps)	3 février	17 février	Bois	[SAISON CLE] Réveil du Yang. Favoriser les pousses, le blé, les légumes verts.
Yushui (Eau de Pluie)	18 février	4 mars	Bois	[SAISON CLE] Humidité croissante. Ajouter du gingembre. Protéger la Rate.
Jingzhe (Éveil des Insectes)	5 mars	19 mars	Bois	[SAISON CLE] Yang actif. Manger léger. Vert feuille, agrumes.
Chunfen (Équinoxe de Printemps)	20 mars	3 avril	Bois	[SAISON CLE] Équilibre Yin-Yang. Soupe de légumes verts, thé vert.
Qingming (Clarté Pure)	4 avril	18 avril	Bois	[SAISON CLE] Nettoyage du Foie. Chrysanthème, pousses de bambou. Éviter le gras.
Guyu (Pluie de Grains)	19 avril	4 mai	Bois	[SAISON CLE] Humidité forte. Millet, haricots noirs pour drainer.

Summer

Periode	Debut	Fin	Element	Conseil
Lixia (Début de l'Été)	5 mai	19 mai	Feu	Chaleur montante. Thé léger, concombre. Ne pas forcer le Cœur.
Xiaoman (Petit Plein)	20 mai	4 juin	Feu	Chaleur modérée. Soupe froide de concombre, poire.
Mangzhong (Grain en Épi)	5 juin	20 juin	Feu	Humidité chaude. Haricots rouges, soupe claire.
Xiazhi (Solstice d'Été)	21 juin	5 juillet	Feu	Yang au zénith. Déjeuner léger. Pastèque, thé blanc.
Xiaoshu (Petite Chaleur)	6 juillet	21 juillet	Feu	Chaleur soudaine. Gombo, haricots noirs. Éviter friture.
Dashu (Grande Chaleur)	22 juillet	6 août	Feu	Chaleur extrême. Soupe de pastèque, thé chrysanthème. Repos.

Autumn

Periode	Debut	Fin	Element	Conseil
Liqiu (Début de l'Automne)	7 août	21 août	Metal	Transition vers le Métal. Poire, amande. Maintenir la chaleur digestive.
Chushu (Fin de la Chaleur)	22 août	6 septembre	Metal	Chaleur résiduelle. Transition douce vers les textures plus fermes.
Bailu (Rosée Blanche)	7 septembre	21 septembre	Metal	Sécheresse croissante. Soupe de poire, gingembre frais.
Qiufen (Équinoxe d'Automne)	22 septembre	7 octobre	Metal	Équilibre Yin-Yang. Millet, potiron. Maintenir la chaleur.
Hanlu (Rosée Froide)	8 octobre	22 octobre	Metal	Froid arrive. Soupe chaude, gingembre. Protéger la Rate.
Shuangjiang (Descente du Givre)	23 octobre	6 novembre	Metal	Froid intense. Ragoût chaud, cannelle. Renforcer le Yang.

Winter

Periode	Debut	Fin	Element	Conseil
Lidong (Début de l'Hiver)	7 novembre	21 novembre	Eau	Yang se cache. Mijotés longs, racines, gingembre.
Xiaoxue (Petite Neige)	22 novembre	6 décembre	Eau	Froid modéré. Soupe de mouton, dates rouges.
Daxue (Grande Neige)	7 décembre	20 décembre	Eau	Froid extrême. Bouillon d'os, racines, cannelle.
Dongzhi (Solstice d'Hiver)	21 décembre	4 janvier	Eau	Yang au plus bas. Repas copieux et chauds. Repos.
Xiaohan (Petit Froid)	5 janvier	19 janvier	Eau	Froid persistant. Soupe de haricots noirs, gingembre.
Dahan (Grand Froid)	20 janvier	2 février	Eau	Froid maximum. Mijotés, thé noir. Préparer le printemps.

Appendices

TCM Glossary

Qi — Fundamental vital energy. Circulates in the meridians and nourishes the organs.

Rate — Central organ of digestion and transformation of food into Qi and Blood.

Rein — Organe fondamental qui stocke l'Essence (Jing), gouverne la croissance et la reproduction.

Vide de Yin — Insufficiency of the nourishing and lubricating substances of the body.

Sang — Substance nutritive qui nourrit et hydrate les tissus et les organes.

Dampness — Pathogenic factor linked to excess water in the body, generated by the Spleen.

IG — Glycaemic Index. Measure of blood sugar rise after ingesting a food.

Galactogogue Substance qui favorise la production de lait maternel.

Good health and enjoy your meal!

Ce programme a ete elabore specialement pour vous.
Pour toute question, contactez votre praticien.