

EASTERN NUTRITION

5-DAY FOOD PLAN

From: Patricia Beretta

Date: November, 2010

Make this Food Plan your Own

This food plan should be viewed as an example of menus and dishes best suited for selected patterns of health imbalances as indicated below. It is meant to help adjust dietary habits progressively. Once the rationale for food / drink choices is understood, it is easy to adapt this plan and expand it creatively, making food planning fun and eating a renewed pleasure in life!

This food plan leverages millennia of wisdom and experience from Traditional Chinese Medicine (TCM). TCM provides an effective approach for each individual to reach and maintain good health through customized food & drink plans. TCM nutrition can be used on its own or as an adjunct to other Eastern and Western forms of treatment. This plan has been carefully designed to more specifically help people who tend to feel cold, lack digestive fire (resulting in sub-optimal digestion of food, as well as sub-optimal digestion of thoughts with worry or repetitive thoughts at times), who may grow cysts or lumps, and who get bouts of recurring symptoms with stress and frustration (eg headache, nausea, tinnitus, neck tension). In middle aged women this can be accompanied by night sweats, hot flashes (in men a similar imbalance can occur but is less obviously visible).

Such symptoms are manifestations of root imbalances that are quite frequent in our modern Western society. They are namely: Spleen Qi and Yang Vacuity, Dampness of Spleen and Phlegm, LV Qi Stagnation, and some Yin Vacuity.

Food as your Medicine

Rather than focusing on weight loss, looking at calories, food groups (carbs, lipids, proteins) or vitamins, the Chinese diet focuses on how food tangibly affects a person: warming or cooling, dispersing excessive energy or nourishing Blood, strengthening the Spleen digestion, the Liver smooth flow of Qi etc. Each of these food qualities are used to customize a person's diet depending on the physical and psychological symptoms to be alleviated. A TCM diet is not a fixed thing and will usually be adjusted when conditions or symptoms change. TCM doctors pay attention to every little detail in life, and ways to prepare food, or mind state when eating also play a significant role.

"LET FOOD BE YOUR MEDICINE AND MEDICINE YOUR FOOD".

HYPOCRATES

Five-Day Plan Overview

*"EAT BREAKFAST LIKE A KING,
LUNCH LIKE A PRINCE,
AND DINE LIKE A PAUPER"*

TRADITIONAL CHINESE SAYING

To read full recipe, go over the **dish name** and press Ctrl + mouse click (Word), or mouse click (pdf)

Day	Warm am drink	Breakfast	Am snack	Lunch	Pm snack	Dinner
	Wake your digestive fire and stimulate free energy flow with a hot sour drink - 10-30 min before breakfast	Make breakfast easy to digest and nutritious, with a whole protein.	Keep your energy up with a light morning snack and a warm drink	Lunch needs to be a substantial and balanced meal, also with a whole protein, and easy to digest	Surf towards the end of the day with a healthy snack and warm drink	Have a light dinner, but do not eat anything 3 hours before bed. Continue to have warm drinks as desired.
1	- Hot lemon with honey (1 glass hot water, ¼ lemon, 1-2 tbsps honey)	- TCM "Gloop" Protein Shake - Whole wheat or buckwheat or rye toast with honey or maple syrup	- Raisins, dried apricots, figs - Tea (eg cinnamon, pomegranate, jasmine)	- Red rice - Steamed or stirred fried veggies (green leafy etc) - Garlic Pickles or Garlic on the Grill - Tofu Grilled in Miso - Green tea	- Millet Cakes / Croquettes - Peppermint tea	- Grilled Sweet Potatoes - Carrot Ginger Soup
2	""", add cinnamon	- Mom's Sweetie Rice Cereal Nuts	- Pickled Ginger - Nuts - tea	- Autumn Chicken with Chestnut, - Broccoli, green leafy steamed veggies	- Adzuki Bean Slices - Green tea	- Vegetable Barley Pilaf - Steamed spinach
3	""" add ginger	- Delicious Quinoa Breakfast	- Broiled Fruit Kebab - Green tea	- Pumpkin Chickpeas, - Green leafy steamed veggies - Whole rice, or buckwheat noodles	- Easy Muesli Bars - Hot almond milk chocolate	- Leek "à la Vinaigrette" - Ginger Carrots - Whole grain according to taste and appetite - Chicken soup or broth
4	""" add cayenne pepper and cinnamon	- Brown Rice Cream of Cream - Nuts or dried fruit - Green tea	- Adzuki Bean Slices - Green tea	- Lamb Kebab - Steamed veggies	- Quinoa Cocoa Walnut & Ginger Cookies - Herbal Tea	- Black Bean Rice - Millet and Vegetable Miso Soup
5	Warming tea: cinnamon, fennel, chicory, liquorice, ginger	- Quinoa or rice porridge with dates and coconut	- Fresh Ginger Cake	- Moules Marinières (Mussels) or salmon or trout with veggies	- Easy Muesli Bars - Herbal tea	- Moroccan Lentils - Soup with veggies and cereal

Bridging Opposites

With this food plan, we are trying to balance out things that are sometimes opposites:

- Increasing the digestive fire by choosing foods & drinks that are Warming in nature, and making sure they are very easy to digest
- Moving Qi that may stagnate out of frustration and stress, or a sedentary lifestyle
- Balancing Yin and Yang. Yin is our cooling force and needs to be supplemented without depleting Yang, our warming force, which also needs to be strengthened

The design of this food plan balances all these as follow:

- The morning warm drink wakes up the stomach. Any cold drink would shut down the digestive fire. It has honey which stimulates digestion. Additionally it has lemon. The sour taste stimulates the TCM Liver which is responsible for smooth flow of energy, hence helping moving stagnant Qi.
- Most foods of this plan are Warming in nature, stimulating the TCM Stomach / Spleen digestive function, and tonifying Yang.
- To make sure Yin and Yang are tonified, without weakening one another, the morning dishes tend to be more Yang and Warming. The beginning of the day is the Yang time of the day, so a good time to stimulate Yang. Some evening dishes are more Yin, to tonify Yin at the end of the day. The end of the day and night are the Yin times.

Do's and Don'ts

Chinese nutrition optimizes your diet not only through a customized selection of foods & drinks, but also with the way you prepare and eat them, as well as general lifestyle recommendations.

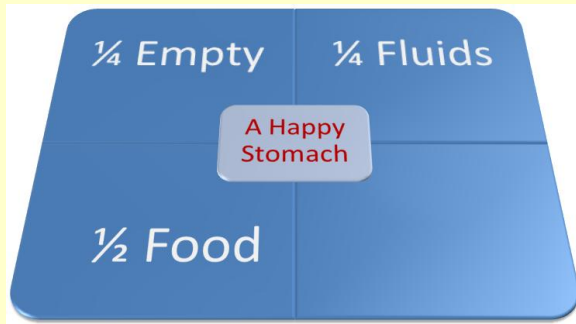
★★★★★★★★ Do's ★★★★★★★★	★★★★★★★★ Don'ts ★★★★★★★★
<p>Eat your food and drink fluids warm or at room temperature.</p> <p>Cold temperatures shut down your digestive fire. They cool down stomach enzymes below 37 C making the chemical transformation of food in your digestive system very inefficient.</p>	<p>Do not eat or drink anything frozen or just out of the fridge, or cold.</p> <p>Cold hurts the TCM Stomach / Spleen.</p> <p>Sorry if you are an ice-cream lover, and a fan of smoothy or pop on ice: they are really not good for you ☹</p>
<p>Eat cooked foods</p> <p>Cooking pre-processes foods, making them softer and easier to digest.</p>	<p>Avoid raw foods</p> <p>Raw foods hurt the TCM Stomach / Spleen</p> <p>Though many people lunch from a bowl of lettuce, tomatoes, carrots, celery etc that makes up, this is not good for you. Raw fruits e.g apples are also hard to digest. Have fruit in moderation and cooked (compote) or some berries in moderation. You will get plenty of vitamins and antioxidants if you eat lots of various vegetables.</p>

Chew well

Chewing mechanically breaks food down, saving work for the stomach. Saliva enzymes have time to act.

Leave some empty space in your stomach

After a meal there should still be room in your stomach



Preferably have warm fluids at the end / after your meal in order to humidify food in your stomach (rather than drown food into a stomach already full of fluids)

Have a diet friendly for the TCM Stomach / Spleen

When the Stomach / Spleen are not strong, food is incompletely processed and poorly transformed into energy we can use. This can result in low energy, poor blood formation resulting in lack of nourishment of the muscles and the brain. This can also result in TCM in the formation of a “residue” from incomplete digestion (like gas flowing out of the exhaust pipe of a car when the engine is cold). This residue is called Dampness. It can turn into Phlegm in the Lungs, it can lodge in the joints making them achy when the weather changes, it can make us feel heavy and unable to think clearly, or it can “congeal to form lumps.

Eat regularly, 3-5 times per day, with substantial food intake in the first half of the day and a lighter intake at the end of the day

Select good quality foods and drinks

Preferably organic.

Frozen food is fine.

The best is to get your fresh produce from local markets

No gulping of food...

Lack of chewing hurts the TCM Stomach / Spleen

Do not overeat

Too much food at once hurts the Stomach / Spleen.

Make small meals, more frequently if you tend to be hungry.

Avoid foods / drinks that hurt the Stomach / Spleen

These are:

- Cold, raw
- Sweet foods, including fruit
- Dairy
- Fried foods especially greasy deep fried
- Too spicy (like hot Tai curry dishes)

Avoid late night dinners, stop eating 3 hours before bed

But continue drinking warm fluids.

Avoid fasting

In TCM, fasting depletes the Stomach / Spleen energy. Also cleanses with cold fruit juices are not recommended: cold, sweet, no food, all these hurt the Stomach / Spleen.

Stay away from refined and processed foods

Avoid preservatives, additives, refined sugar, sweeteners.

Stay away from

The “Dirty Dozen” (see appendix of foods produced with

<p>and cook yourself. It is a lifestyle and once you are into it works perfectly well in your busy schedule.</p>
<p>Add Yang to the way you cook</p> <p>Baking, stir frying, stews (anything cooked a long time), grilling / barbecuing, adding hot spices, adding a little bit of wine, pickling in vinegar.</p>
<p>Eat mainly Warming foods, or neutral</p> <p>eg chicken, turkey, beef, trout, salmon, walnuts, chestnuts, almonds, sunflower seeds, peanuts, oats, rice, spelt, quinoa, black beans, cabbage, asparagus, onions, chives, garlic, winter squash, kale, leek, caper, cilantro, dill, fennel, pepper, curry, cinnamon, basil, rosemary, clove, cumin, sage, thyme, turmeric, dates, blackberry, coconut, cherry, jasmine tea, liquorice, chicory, fennel tea, butter, goat products, coconut milk.</p>
<p>Eat in a calm environment, and in a peaceful state of mind</p> <p>Stop and take a moment to enjoy your meals and snacks. Overall your productivity will be better because you will have more energy from digesting well.</p>
<p>Optimize food combination</p>

<p>lots of pesticides)</p>
<p>Add in moderation Yin to the way you cook</p> <p>Steaming in water, quick boiling, pickling in brine / salt. But avoid pickling in sugar: this depletes the Spleen and creates too much Cold.</p>
<p>Avoid or eat sparsely Cooling foods</p> <p>Eg shrimps, lobster, clams, crab, millet, barley, wheat, kamut, amaranth, wild rice, sprouts, cabbage, bock choy, celery, cauliflower, cucumber, bell pepper, lettuce, pumpkin, radish, spinach, yam, sweet potato, swiss card, water chestnut, mushrooms, kelp / seaweeds, spirulina, artichoke, avocado, tomato, zucchini, tarragon, peppermint, dandelion, lemon balm, marjoram, salt, black and green tea, chamomile, fruit juices, many fruits (apples, pears, peaches, bananas, blueberries, cranberries, strawberries, citrus fruits, kiwi, melon, papaya, mango), dairy products especially milk, soy products.</p> <p>However, it is better to still eat fresh veggies rich in fibres and vitamins, so keep in your diet steamed veggies especially green leafy (bock choy, spinach, chard).</p> <p>But it is still better to avoid fruits, especially raw: apple, pear, banana.</p> <p>It is good to have in moderation Cooling foods that either nourish Yin, or help resolve Dampness: barley, yam, celery, asparagus, broccoli, dark green leafy vegetables.</p>
<p>Do not eat on the go, do not skip meals, do not eat while very upset</p> <p>It is important to calm your nervous system when eating and make it an enjoyable experience. We need our parasympathetic relaxed nervous response to digest, we do not digest well in the fight & flight mode.</p> <p>In TCM the Liver should be able to promote a smooth flow of energy while eating & digesting, otherwise its stagnation will "bully" the digestive system of the Stomach / Spleen.</p>
<p>Avoid some food combinations</p> <p>No doubling up: Avoid multiple types of animal proteins, or multiple types of lipids, or multiple types of starches during the same meal. Eg for proteins: no meat and yogurt in the same meal, for fats: no dairy and olive oil, for starch:</p>

<p>Balance work and play</p> <p>Implement relaxing routines and strategies to cope with stress and emotions such as frustration, anger, fear or sadness</p>
<p>Exercise and get fresh air</p> <p>Exercising according to your natural make up improves digestion and reduces stress.</p> <p>Fresh air increases oxygenation and energy levels.</p>
<p>Stay warm</p> <p>Wear several layers of clothing so that you can add / remove according to need, especially cover up when going out in the winter.</p> <p>Use hot pads on your low back and/or belly at night.</p> <p>Have hot bathes with Epson salt (1-2 cup per bath for 20 min)</p>

<p>no rice and noodles.</p> <p>No meat + starch: Avoid combining meat and starch in the same meal. Eg no rice and chicken, no egg and toast, no bacon and potato.</p>
<p>Avoid overwork, avoid excessive or persistent emotions</p> <p>Overwork or lack of sleep depletes the Yin.</p> <p>Anger hurts the Liver.</p> <p>Worry hurts the Spleen.</p> <p>Sadness hurts the Lungs.</p> <p>Also, excessive sexual activity depletes the Yang: so enjoy in moderation, like every good thing in life.</p>
<p>Avoid being too sedentary</p> <p>This depletes the Stomach / Spleen, and stagnates Liver energy.</p>
<p>Protect against cold and wind</p> <p>Avoid drafts and wind (scarf, hat, coat), protect the neck area, the low back and belly.</p>

Recipes

Day 1

TCM "Gloop" Protein Shake

★★★★★★★★	
Ingredients	
<u>Gloop Powder (prepare in advance):</u> - 1 cup whey protein isolate or rice or hemp protein powder - 1 cup ground almond (or coconut) - 1 cup nutritional yeast (or skip, or replace by spirulina) - 1 cup of wheat germ	
<u>One Serving of Gloop:</u> - ¼ to ½ cup of Gloop Powder - 1 cup pomegranate or coconut juice - ½ cup goat yogurt (or skip yogurt or replace by a daily portion of pro-biotics) - ½ to ¾ cup fresh berries or fruit (frozen OK as long as warmed up): blackberry, lychee, apricot, plum - 1-2 tbsp sunflower seed or walnut oil, or half of both - 1 egg, optionally - Spice: cinnamon, ginger, turmeric, etc according to taste - Optional sweetener: 1-2 tbsp honey, or pollen / royal jelly, or rice syrup, or molasses, or maple syrup	
Prep Time	5min
★★★★★★★★	

★★★★★★★★	
Directions	
1. Prepare "Gloop" powder: mix powder ingredients. Store in fridge for re-use 2. Remove 1 serving of powder and ingredients from fridge several hours ahead of time, or warm-up Gloop before drinking 3. Place Gloop powder and other ingredient in blender. Mix thoroughly	
Cook time	
0min	
★★★★★★★★	

Many shakes recommended by western nutritionists for their protein, vitamin (eg B12), omega 3 or anti-oxidant qualities are way too Damp in TCM terms because of milk (whether cow or soy), banana, apple / orange / grape juice, frozen berries and fruits, as well as being consumed very cold. Several adjustments have been made to the original recipe from a naturopathic doctor, to make it more Warming and less Dampening. Hopefully this version is as yummy as the original!

To prepare your own almond milk powder:

<http://www.vegetarian-cooking-recipes-tips.com/almond-milk.html>

To prepare your own almond milk: <http://drbenkim.com/almond-milk-recipe.htm>

But frankly, almond milk is so easy to find that I'd save the time...

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Garlic Pickles

From "Natural Remedies from the Japanese Kitchen", Hiroko Fukuhara and Yasuko takahata, Weatherhill, p62

★★★★★★★★★★	
Ingredients (6 servings)	
- 2 heads garlic - 1/3 cup soysauce - 1 tbsp mirin or sherry	
Prep Time	5min
★★★★★★★★★★	

★★★★★★★★★★	
Directions	
1. Peel the garlic and place it in a glass bottle 2. Poor the soy sauce and mirin into the bottle, put on the lid, and shake so that the garlic is covered. 3. Marinate for at least 10 min., the longer the better	
The sauce marinade also makes an excellent dressing for other foods.	
Marinade time	>10min
★★★★★★★★★★	

Adding a little sourness to your lunch to move Liver Qi, these pickles bring the health benefits from garlic: warming, good for digestion, for liver, anti-carcinogenic, tonic for circulation.

If raw garlic is too much for you in the above Garlic Pickles, replace by Garlic on the Grill.

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Garlic on the Grill

If raw garlic is too much for you in the above garlic Pickles, replace by Garlic on the Grill: put the whole garlic unpeeled in the oven, broil for 10-15 minutes, open the skin and eat each clove with tea spoon. Also a delicious appetizer by the campfire (simply put garlic in aluminum foil and into the fire).

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Tofu Grilled in Miso

From "Natural Remedies from the Japanese Kitchen", Hiroko Fukuhara and Yasuko Takahata, Weatherhill, p123

★★★★★★★★★★	
Ingredients (6 servings)	
- 1 ½ block firm tofu - 1 cup miso - 4 tbsp sesame paste - 2-3 tbsp rice wine or sherry (or Japanese mirin) - shaved lemon peel and seaweed flakes for garnish	

★★★★★★★★★★	
Directions	
1. Cut tofu into 8 equal size pieces and place them on a baking pan. 2. Prepare the miso mixture by stirring together the miso, sesame paste and wine. 3. Coat tofu with miso mixture 4. Bake at 480 F for 10 min 5. - Move to a serving plate and garnish with lemon peel and seaweeds flakes	

Prep Time 5min

★★★★★★★★

Marinate time 10 min

★★★★★★★★

This a marinated tofu dish. Tofu can be marinated in many ways before baking or stir frying. For instance a marinade of olive oil or sesame oil, soy sauce, herbes de Provence (rosemary, thyme, oregano, basil, sage, bay leaf, fennel) is another nice option.

Some research showed that tofu + green tea is good for estrogen-positive breast cancer.

Miso probably originated in China about 2,500 years ago and is made by combining cooked soybeans, mold (ie koji – miso contains lactobacillus), salt, and grains such as barley or rice, then fermenting for 6 months to 2 years. It is now widely used in the Japanese diet. It is believed to help the body expel toxins (including helping with the effect of radiations, pollution, smoking), and to be good for the stomach and the liver. Red miso is good all year round, darker miso is more salted and was fermented longer and is better in the winter (in moderation).

It is better to use fresh miso paste. The one I use is from www.traditionmiso.com and can be found locally.

Miso paste can be diluted in hot water and makes a nice easy to prepare soup of its own (1 tsp for a cup of hot water). Traditionally a little tofu and nori seaweed is added. Miso is also a great condiment for various dishes.

Sesame paste can be found in Asian and natural food stores or prepared as follow: roast 1 cup of sesame seeds in a pan until they begin to release their oil, then grind them in a mortar for 5 min until smooth (make ½ cup of paste).

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[Millet Cakes / Croquettes](#)

Adapted from “la Cuisine Saine”, Rosemay Stanton, Könemann, p94

★★★★★★★★

Ingredients (6 servings)

Croquettes:

- 1 cup millet
- 2.5 cups water
- 1 cup mashed winter squash
- ½ cup oatmeal
- ½ minced shallot
- 1 whisked egg
- 2 tea spoons Dijon mustard

Sauce:

- 1 cup goat yogurt
- 2 tea spoons Dijon mustard
- 1 soup spoon fresh minced spearmint

★★★★★★★★

Directions

1. Put millet and water in a pan. Bring to boil, cover, simmer for 35 min. (millet will absorb water and become sticky)
2. Add remaining ingredients. Stir well and make 6 cakes / croquettes.
3. Glaze each side in a pan (or broil in oven), for 10 minutes in total
4. Sauce: mix ingredients

Prep Time 15min

★★★★★★★★

Cook time 45min

★★★★★★★★

A nice balanced afternoon snack or light dinner to nourish Yin, providing some whole protein (egg):

- millet nourishes Yin,

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[Grilled Sweet Potatoes](#)

From “Healing with Whole Foods – Asian Traditions and Modern Traditions”. Paul Pitchford. North Atlantic Books. P566

★★★★★★★★

Ingredients

- 4 sweet potatoes, cut into 1-inch rounds
- Béchamel Sauce, yields 1 cup:
 - 3 tbsp extra-virgin olive oil (or 3 tbsp butter)
 - 5 tbsp flour (eg rice, quinoa, whole wheat)
 - 1 cup almond milk
 - dash of nutmeg
 - sea salt

Prep Time 15min

★★★★★★★★

★★★★★★★★

Directions

1. Steam potatoes until tender
2. In parallel prepare the Béchamel:
 - a. Heat oil in heavy sauce pan, stir in flour and whisk 1-2 min over low heat (until the paste becomes golden, but not dark brown).
 - b. Add heated milk. Stir briskly to mix all flour with milk, crushing dollops. Return to low heat but make sure sauce does not boil. Stir continuously until sauce turns from milk-like liquid to a thicker liquid.
 - c. Add seasonings
3. Arrange pieces of sweet potatoes on skewers and cover with sauce
4. Broil 1-2 min.
5. Cover again and turn over. Broil 1-2 min

Cook time 5min

★★★★★★★★

Sweet potatoes nourish Yin, almond milk is Warming, so a nice balance.

A grilled Bechamel dish is a French tradition with a variety of vegetables: endives, leeks, potatoes. We usually add Swiss cheese in the Bechamel and also on top of the dish: yummy once grilled, but here alas! we are limiting our dairy intake ☺. I’d still go for that though.

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[Carrot Ginger Soup](#)

From Eastern Nutrition class potluck

★★★★★★★★

Ingredients

- ½ medium butternut squash
- 2 tablespoons coconut oil

★★★★★★★★

Directions

1. Seed squash and roast in oven for 30-40 min or until soft. Allow to cool then scoop out the flesh.

- 1 onion, diced
- 1 lb. carrots - peeled and diced
- 3 cloves garlic, crushed or to taste
- 1 (2 inch) piece fresh ginger, peeled and thinly sliced (to taste)
- 4 cups water
- salt and pepper to taste
- 1 pinch ground cinnamon

Prep Time 10min
★★★★★★★★★★

2. Heat oil in saucepan. Add onion and garlic, cook till onion is translucent. Add water, squash, carrots and ginger. Bring to a boil, reduce heat and cook for at least another half hour.
3. Puree and serve

Cook time 45min
★★★★★★★★★★

An excellent soup to strengthen the Spleen, and it really tastes wonderful!

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Day 2

Mom's Sweet Rice Cereal

The authors says it's what his mother used to make when a child.

From <http://www.food.com/recipe/moms-sweet-rice-cereal-338491>

★★★★★★★★★★

Ingredients

- 1 ½ cup rice (white or brown, cook ahead of time in 2-3 cup water and drain)
- 1 tbsp butter
- Honey or maple syrup, to taste
- ¼ cup almond or goat milk
- 1 sprinkle cinnamon, fenugreek, and/or ginger powder

Prep Time 5min
★★★★★★★★★★

★★★★★★★★★★

Directions

1. Cook or warm up rice.
2. Add honey / maple syrup and butter, stir to combine
3. Serve in cereal bowl, add warm milk and sprinkle with spices.

Cook time depends on rice type, 20-45 min, or as congee > 3hr
★★★★★★★★★★

A great way to start the day, nourishing, warming, and soothing. The more the rice is cooked, the easiest it is to digest. Add Warming spices to taste. You can also add either nuts or dried fruits.

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Pickled Ginger

From "Natural Remedies from the Japanese Kitchen", Hiroko Fukuhara and Yasuko Takahata, Weatherhill, p66

★★★★★★★★★★
Ingredients (6 servings)
- 5 fresh ginger roots - ½ cup sake, or sherry - 1 tbsp honey - 1 tbsp salt - ¼ cup apple cider vinegar (or regular vinegar)
Prep Time 5min ★★★★★★★★★★

★★★★★★★★★★
Directions
1. Slice the ginger into very thin slices then toss in boiling water. Boil for about 30 sec, then drain and press out any excess water 2. Marinate the ginger slices in the vinegar and honey for at least 10 min, longer if possible
Cook time <1min Marinate time >10min ★★★★★★★★★★

Warming to lift up your Spleen, sour to help the Liver.

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Autumn Chicken with Chestnut

From Eastern Nutrition class potluck.

★★★★★★★★★★
Ingredients (4 servings)
- 300g chicken breast, cut in small strips - 150g roasted and peeled chestnuts - 2 onions - 1 garlic clove - ½ fennel (vegetable and leaves) - 4 tbsp extra-virgin olive oil - 2 tbsp soya sauce or some sea salt - spices: pepper, clove, dry ginger powder, dill, fennel, rosemary - optionally: 2 spoons of rice wine
Prep Time 15min ★★★★★★★★★★

★★★★★★★★★★
Directions
1. Chop onions and garlic, slice & dice fennel vegetable, break chestnut in chunks. 2. Heat olive oil in a large skillet set over medium heat. Add onion and garlic, and stir until onions turn yellow / light brown. 3. Add diced fennel and stir a minute or two. 4. Add chicken, chestnut and spices. 5. Stir dynamically for about 5 min, until chicken is cooked through. 6. To make chicken meat more tender, optionally add half a small glass of water, or wine.
Cook time 15min ★★★★★★★★★★

This delicious recipe works especially well in the fall when chestnuts are around, but can be prepared all year round with ready to eat 100% natural chestnuts from Cesares, found in local food stores eg Zehrs.

Ingredients and preparation method have been carefully selected to warm up your digestive fire, and increase your overall energy and body heat in a balanced manner. Chicken and chestnut

are Warming, as well as fennel, onion, garlic and the chosen spices, and also the wine. Quick cooking of foods cut in small pieces and dynamic stirring while cooking adds Yang.

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[Adzuki Bean Slices](#)

From “Breakfast, Lunch, Tea, the Many Little Meals of Rose Bakery”, Rose Carrarini, Phaidon
The author is an English woman who runs trendy and successful bakeries in Paris

<p>★★★★★★★★★★</p> <p>Ingredients (15-20 squares)</p> <p>- 1 (large ☺) cup adzuki beans, soaked overnight in 3 x their volume of water</p> <p>- 1 (small ☺) cup brown sugar – preferably replace with molasses or maple syrup</p> <p>- 2 tbsp honey</p> <p>- 1 teaspoon natural vanilla extract</p> <p>- 2/3 cup unsalted butter (plus extra for greasing)</p> <p>- 2/3 cup flour (all purpose, whole wheat, or rice flour)</p> <p>- 1 cup ground almond</p> <p>- 2/3 cup rice flour</p> <p>- Pinch of salt</p>	<p>★★★★★★★★★★</p> <p>Directions</p> <ol style="list-style-type: none"> 1. Cook the adzuki beans in a way that limits flatulence (see below). 2. When the beans are completely soft, drain them and put them back in the saucepan 3. Add 1/2 cup of the sugar, and the honey and vanilla extract. Stir over a low heat for ~ 5 min until the sugar is dissolved 4. Put into a food processor and blend till smooth. Set aside to cool 5. Pre-heat oven to 180°C/350°F 6. Butter a 8x11 inch baking tin and line it with parchment paper 7. Mix flour, ground almonds. Rice flour, remaining sugar and salt until mixture is quite crumbly 8. Press half the prepared mixture into the prepared tin 9. Spread adzuki paste evenly over the top and sprinkle the remaining crumble mixture. 10. Bake 25-30 min till topping is golden and crisp 11. When cold, cut into squares (or eat like a crumble)
<p>Prep Time 10min</p> <p>★★★★★★★★★★</p>	<p>Cook time 2 hr</p> <p>★★★★★★★★★★</p>

Adzuki or aduki or azuki beans are widely used in Asian dishes and pastries. They are a big thing in the macrobiotic diet.

They are high in fibres, proteins and iron. Like many beans in TCM they are considered to tonify the Kidneys. They are said to reduce swelling and disperse stagnation, and drain Damp conditions.

But they can make you quite gasy...

How to prevent flatulence:

1. Soak the beans overnight
2. Drain the beans, put them in a saucepan, cover with fresh water and bring to boil

3. Drain them again, put them back in the saucepan with same amount of fresh water. Then turn the heat down and simmer the beans for ~ 1 ½ hours until they are very soft. Keep adding water if they start to dry out, and skim the surface carefully

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[Vegetable Barley Pilaf](#)

Adapted from http://www.canadianliving.com/food/vegetable_barley_pilaf.php

<p>★ ★ ★ ★ ★ ★ ★ ★ ★ ★</p> <p>Ingredients</p> <ul style="list-style-type: none"> - 1 tbsp extra-virgin olive oil - 1 onion, chopped - 2 cloves garlic, minced - 1 tbsp minced lemon rind - ½ tsp sea salt - ½ tsp pepper - 1 zucchini, chopped. In season replace with ~ 10-15 asparagus heads - 1 sweet red pepper, chopped. Possibly skip or replace with ½ leek or 2 celery ribs - 1 cup pearl barley - 1 bay leaf - 2 ½ cups vegetable or chicken stock - 1 cup frozen vegetable blend, or own blend: red and green cabbage minced, carrots, kale, peas etc - 2 tbsp minced cilantro 	<p>★ ★ ★ ★ ★ ★ ★ ★ ★ ★</p> <p>Directions</p> <ol style="list-style-type: none"> 1. In heavy saucepan, heat oil over medium heat. Fry onion, garlic, lemon rind, salt and pepper until onion is softened, about 3 min 2. Add zucchini / asparagus, red pepper / leek / celery. Cook, stirring, until vegetables are slightly softened, about 3-5 min. 3. Stir in barley and cook, stirring frequently until browned. 4. Add stock and bay leaf, and bring to a boil. Cover and simmer over medium heat until barley is tender, 30-45 min. 5. Add vegetable blend, tossing with fork. Cover and heat through for 5 min. 6. Stir in cilantro
<p>Prep Time 15min</p> <p>★ ★ ★ ★ ★ ★ ★ ★ ★ ★</p>	<p>Cook time 60-75min</p> <p>★ ★ ★ ★ ★ ★ ★ ★ ★ ★</p>

This dish has a balanced Warming and Cooling quality. With pearl barley, asparagus, celery, it is good for Dampness.

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Day 3

Delicious Quinoa Breakfast

Recipe adapted from various online sources, eg

<http://eatthecookie.wordpress.com/2010/03/28/sweet-quinoa-breakfast-cereal/>

★★★★★★★★★★
Ingredients (3-4 servings)
- 1 cup red quinoa (or white quinoa) - 1 cup almond milk (or rice milk) - 1 cup water - A sprinkle of salt - 1 tbsp honey - ½ tsp cinnamon - 2 tbsp flax meal (optional) - ¼ cup raisin - nuts: almonds, walnuts, sunflower seeds to taste
Prep Time 10min
★★★★★★★★★★

★★★★★★★★★★
Directions
1. Toast nuts in a pan (no need for oil), or put in oven, broil for 1-2 min, flip side and broil again 1-2 min. 2. Rinse quinoa in cold water well, drain water in a colander with a dishtowel 3. Place quinoa, and all ingredients except for nuts into a pot, stir well to combine, and turn heat on medium. Bring to a boil. Let cereal boil for 15 min with lid off, stirring frequently and adding water if needed. 4. Turn heat off, place lid on pot. Let sit for 5-10 min to absorb liquid. 5. Serve with nuts, a few drops of almond milk, and some honey if you need it.
Cook time 20min
★★★★★★★★★★

To simplify the recipe and save time, the quinoa grain can be replaced by quinoa flakes, which are prepared like instant oatmeal.

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Broiled Fruit Kebab

Recipe inspired from various online sources.

★★★★★★★★★★
Ingredients
- 1 to 2 cups of fruit: apricot (dried or fresh), figs (""), papaya, plums, dates, coconut meat, even squash - 2 tbsp maple syrup - Sprinkle of ginger, cinnamon, cayenne pepper, anise, cumin, turmeric or any Warming spice, nutmeg, to taste
Prep Time 10min
★★★★★★★★★★

★★★★★★★★★★
Directions
1. Cut fruits in cubes. Thread onto skewer. 2. Place skewer on baking sheet, glaze with maple syrup and sprinkle with spices 3. Broil until slightly bubbly, ~ 2min on each side
Cook time 5min
★★★★★★★★★★

Avoid eating raw fruit, especially in the cool / cold seasons. Cooked is a great way to enjoy their sweetness and delicate flavors. Compotes are a good alternative.

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Pumpkin Chickpeas

Someone cooked according to the macrobiotics diet for me once. I reproduced the recipe by memory, illustrating how simple it is ☺.

<p>★ ★ ★ ★ ★ ★ ★ ★ ★ ★</p> <p>Ingredients</p> <ul style="list-style-type: none"> - ½ cup chickpeas - 1 winter squash - 2 or 3 red onions - 2 cups water - 2 tbsp extra-virgin olive oil - salt - spices: nutmeg, caraway fruits or seeds, turmeric, sprinkle of cinnamon
<p>Prep Time 15min</p> <p>★ ★ ★ ★ ★ ★ ★ ★ ★ ★</p>

<p>★ ★ ★ ★ ★ ★ ★ ★ ★ ★</p> <p>Directions</p> <ol style="list-style-type: none"> 1. Soak chickpeas in 2 cups of water the night before (or alternatively used canned chickpeas). Drain them, put them in pan, cover with fresh water and bring to a boil (this step can be skipped). Drain and remove from pan 2. Slice onions. Warm oil in pan with high heat, add onions, stir dynamically until translucent or caramelized. 3. Add chickpeas, water, and spices. Bring to boil, then simmer for 40-45 min. Add water as needed. 4. While chickpeas are cooking, cut squash in cubes (if organic, leave the skin). Then place pumpkin cubes in pan. Simmer for another 20 min. 5. Remove excess water (can be used as soup) and serve.
<p>Cook time 60-70min</p> <p>★ ★ ★ ★ ★ ★ ★ ★ ★ ★</p>

Another nice bean dish. Combining a legume (lentils, beans, chickpeas) with a whole grain (whole rice, buckwheat) provides all the amino-acids of a whole protein. Other non animal whole proteins, on their own, are quinoa and tofu.

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Easy Muesli Bars

Adapted from Mayo Clinic recipe <http://www.mayoclinic.com/health/healthy-recipes/NU00327> .

<p>★ ★ ★ ★ ★ ★ ★ ★ ★ ★</p> <p>Ingredients (24 bars)</p> <ul style="list-style-type: none"> - 2 ½ cup old-fashioned rolled oats - ½ cup spelt flour (or other flour) - ½ cup ground almond - ½ cup toasted wheat germ

<p>★ ★ ★ ★ ★ ★ ★ ★ ★ ★</p> <p>Directions</p> <ol style="list-style-type: none"> 1. Preheat the oven to 325 F. Lightly coat a 9-by-13-inch baking pan with olive oil cooking spray. 2. In a large bowl, combine the oats, flour, ground almonds, wheat germ, almonds, plums,
--

- ½ cup sliced / flakes almonds or pecans or walnuts
- ½ cup plums (preferred to apples), chopped
- ½ cups raisins
- ½ tsp salt
- 1 cup dark honey
- ½ cup natural unsalted peanut or almond butter
- 1 tbsp extra-virgin olive oil
- 2 tsp vanilla extract

Prep Time 10min

★★★★★★★★

raisins and salt. Stir well to blend and set aside.

3. In a small saucepan, stir together the honey, peanut butter and olive oil over medium-low heat until well blended. Don't let the mixture boil. Stir in the vanilla. Add the warm honey mixture to the dry ingredients and stir quickly until well combined. The mixture should be sticky but not wet.
4. Pat the mixture evenly into the prepared baking pan. Press firmly to remove any air pockets. Bake just until the edges begin to brown, about 25 minutes. Let cool in the pan on a wire rack for 10 minutes, and then cut into 24 bars. When just cool enough to handle, remove the bars from the pan and place them on the rack to cool completely. Store the bars in airtight containers in the refrigerator

Cook time 25min

★★★★★★★★

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Leek “à la Vinaigrette”

Something I grew up with, and very simple to make. For Vinaigrette (salad dressing) like for Bechamel, detailing out ingredients and directions got me thinking (you've just learnt it from your Mom and do it with your eyes closed...)

★★★★★★★★

Ingredients

- 2-3 leeks
- 2 cups water
- sea salt
- Vinaigrette (salad dressing):
 - 2 tbsp Dijon mustard
 - 1 tbsp vinegar
 - 5-7 tbsp extra-virgin olive oil (works better if oil is cool)
 - salt
 - seasoning to taste: garlic powder, rosemary, curry, fresh cilantro, parsley or dill, basil etc

★★★★★★★★

Directions

1. Wash leek and cut in 2-inches pieces. Check at junction of green and white for dirt and clean or remove outer layer to wash.
2. Bring water to a boil, add salt, add leeks. Cook for 10 min or until leek is tender
3. Prepare Vinaigrette dressing:
 - a. Mix well Dijon mustard and vinegar
 - b. Progressively add oil making sure it mixes well with mustard + vinegar, until mix is smooth, and tastes nice. Excess oil will prevent ingredients to stay together
4. Serve leeks in people's plate, let people add Vinaigrette and eat leeks and Vinaigrette together in their plate, or mix together in a dish like a warm leek salad.

Prep Time 10min

★★★★★★★★★★

Cook time 30min

★★★★★★★★★★

A simple family dish. Vinaigrette dressing tastes very nice with many warm vegetables, not just with raw lettuce and salads. For instance Vinaigrette is a nice way to accommodate boiled potatoes (instead of butter).

Leek is Warming, and a very nice change in our usual diet. Mustard, vinegar and olive oil are Warming.

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[Ginger Carrots](#)

From “Healing with Whole Foods – Asian Traditions and Modern Traditions”. Paul Pitchford. North Atlantic Books. P558

★★★★★★★★★★

Ingredients

- 4 carrots sliced diagonally
- 1 tsp grated ginger
- 1 tsp sesame oil (optional)
- Sea salt to taste

Prep Time 5min

★★★★★★★★★★

★★★★★★★★★★

Directions

1. Sauté carrots 3 min
2. Add ginger and salt
3. Cover and shake pan counterclockwise
4. Cook 30 min on low heat until tender (add water if carrots burn)

Cook time 35min

★★★★★★★★★★

Another simple dish.

Carrots strengthen the Spleen and nourish Yin. Ginger is warming.

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Day 4

[Brown Rice Cream of Cream](#)

From “Natural Remedies from the Japanese Kitchen”, Hiroko Fukuhara and Yasuko Takahata, Weatherhill, p42

★★★★★★★★★★

Ingredients

- 1 cup brown rice
- 8 cups water
- 2/3 tsp salt
- sesame salt and Japanese pickled plums optionally
- pumpkin seeds, sesame seeds

★★★★★★★★★★

Directions

1. Wash brown rice thoroughly and drain. Place in pressure cooker and toast the rice lightly and evenly over high heat, for ~ 10 min.
2. Add water and salt. Seal pressure cooker lid. Cook over high heat until pressurized. Then turn heat down to low and cook for 30 min.
3. After rice finished cooking, let cooker sit with lid on for 20 min.

Prep Time 10min ★★★★★★★★★★

<ol style="list-style-type: none"> 4. Remove the lid, place the cooked rice mixture in a blender. Blend until smooth, add salt to taste if needed. 5. Serve the hot mixture in soup bowls and sprinkle with sesame salt, or sesame seeds 6. Place some pumpkin seeds in the middle of each bowl for decoration 7. Can be eaten with pickled Japanese plums
Cook time 30min ★★★★★★★★★★

Brown rice has a great nutritional value and prepared that way is very easy to digest. Some believe it has anticancer properties.

Add spices, nuts or fruit to taste.

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[Lamb Kebab](#)

From French recipe web site www.marmiton.org ,
http://www.marmiton.org/Recettes/Recette_kebab-d-agneau_83609.aspx

★★★★★★★★★★ Ingredients (4 servings)
<ul style="list-style-type: none"> - 750g boneless lamb leg - 1 diced onion - 1 tsp paprika - 1 tsp ground cumin - 2 tbsp chiselled parsley or cilantro - 2 tbsp extra-virgin olive oil - salt, paper
Prep Time 15min ★★★★★★★★★★

★★★★★★★★★★ Directions
<ol style="list-style-type: none"> 1. Cut lamb meat in 3 cm cubes and put in container with onion, paprika, cumin, parsley. Add pepper. Stir meat to cover with sauce. Cover. Leave in the fridge to marinate for 2 hr. 2. Thread meat onto skewer. Barbecue or broil for a bout 6 min, turning them and covering with more marinade
Cook time 6 min Marinade time 2 hr ★★★★★★★★★★

Easy to make, tasty, nice to share with friends, Warming.

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Quinoa Cocoa Walnut & Ginger Cookies

From Eastern Nutrition class potluck

★★★★★★★★★★

Ingredients (2-3 dozens cookies)

- 2 1/2 cups whole wheat pastry flour
- 1 teaspoon baking soda
- 1 teaspoon baking powder (aluminum free if possible)
- 3/4 teaspoon fine-grain sea salt
- 1 cup unsalted butter, at room temperature
- 1 1/2 cups natural sugar cane (use less if desired)
- 3 large eggs
- 3 teaspoons pure vanilla extract
- 2 cups cooked quinoa
- 2 teaspoons cayenne pepper (more if desired)
- 3/4 cup chopped toasted walnuts
- 3/4 cup chopped crystallized ginger
- 1 cup pure cocoa powder
- 3/4 cup rolled oats

Prep Time 10min

★★★★★★★★★★

★★★★★★★★★★

Directions

1. Preheat oven to 325 degrees F, position racks in the upper half of the oven, and line 2 baking sheets with parchment paper.
2. Combine the flour, baking soda, baking powder, cocoa, cayenne pepper, and salt in a bowl and whisk to combine.
3. In a separate large bowl or stand mixer, cream the butter until light and fluffy, then beat in the sugar. Mix in the eggs one at a time, incorporating each fully before adding the next and scraping down the sides of the bowl a few times. Stir in the vanilla until evenly incorporated. Add the flour mixture in about 4 increments, stirring between each addition. At this point, you should have a moist, uniform dough. Stir in the quinoa, walnuts, ginger and oats and mix only until the quinoa is evenly distributed.
4. Let cookie dough stand for 15 min optionally
5. Drop 1 large tablespoon of the dough on the prepared baking sheets for each cookie.
6. Bake for 10 or 12 minutes, until medium firm top and bottom.

Cook time 15min

★★★★★★★★★★

Warming and nourishing, and very yummy!

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Black Bean Rice

From "Natural Remedies from the Japanese Kitchen", Hiroko Fukuhara and Yasuko Takahata, Weatherhill, p38

★★★★★★★★★★

Ingredients

- 1/2 cup black beans
- 2 cups brown rice
- 3 1/2 cups water
- sesame salt or salt for seasoning

★★★★★★★★★★

Directions

1. Place the black beans in a frying pan and gently roast them, taking care not to burn them, over medium heat for 3-4 min until fragrant
2. Place brown rice and roasted beans in

<p>Prep Time 10min</p> <p>★★★★★★★★★★</p>

<p>pressure cooker and add water</p> <ol style="list-style-type: none"> 3. Cook over high heat until pressurized, then lower heat to medium and cook for 20 min. 4. Remove from heat and allow to depressurize. 5. Serve, sprinkled with sesame salt or seasoning of your choice.
<p>Cook time 30min</p> <p>★★★★★★★★★★</p>

Black beans are Warming and good for Dampness, and stimulate the appetite, benefiting the Spleen. This is a simple dish to give your digestive some rest while nourishing your system.

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Millet and Vegetable Miso Soup

From “Natural Remedies from the Japanese Kitchen”, Hiroko Fukuhara and Yasuko Takahata, Weatherhill, p78

<p>★★★★★★★★★★</p> <p>Ingredients</p>
<ul style="list-style-type: none"> - ½ cup millet - 3 cups soup stock - 1/3 cup miso - 1 small bunch of spinach or some other green vegetable (kale, asparagus,) - 1 inch carrot
<p>★★★★★★★★★★</p> <p>Prep Time 10min</p> <p>★★★★★★★★★★</p>

<p>★★★★★★★★★★</p> <p>Directions</p>
<ol style="list-style-type: none"> 1. Wash the millet and simmer in the soup stock for 10 min, until soft 2. Cut greens into ½ long pieces. Cut carrots into matching sticks. 3. Add carrots and veggies to mixture. Add miso and stir.
<p>★★★★★★★★★★</p> <p>Cook time 5min</p> <p>★★★★★★★★★★</p>

Yin and Blood nourishing.

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Fresh Ginger Cake

From “Breakfast, Lunch, Tea, the Many Little Meals of Rose Bakery”, Rose Carrarini, Phaidon. P 134

The author is an English woman who runs trendy and successful bakeries in Paris

<p>★★★★★★★★★★</p> <p>Ingredients (8 servings)</p>
<ul style="list-style-type: none"> - 1/3 cup unsalted butter, softened, plus extra for greasing - ¾ cup plain flour (or rice flour)

<p>★★★★★★★★★★</p> <p>Directions</p>
<ol style="list-style-type: none"> 1. Preheat oven to 350 F / 180 C 2. Butter a 10 inch loaf tin and line its base with parchment paper 3. In a bowl, sift the dry ingredients together:

- 2/3 cup wholewheat flour (or quinoa or buckwheat flour)
- 1 tsp baking powder
- 1 tsp ground cinnamon
- ½ tsp mixed spices
- pinch of cayenne pepper
- 2 rounded tbsp ground ginger
- ¼ tsp salt
- 1/3 cup dark brown sugar (or substitute with maple syrup)
- ¾ cup boiling water
- 2 tbsp honey
- 2 tbsp grated fresh ginger
- 2tbsp molasses
- ¾ tsp baking soda (bicarbonate of soda)
- 2 eggs, beaten

Prep Time 20min



- both flours, baking powder, cinnamon, mixed spice, cayenne, ground ginger, and salt
- 4. In another bowl, beat together the butter, sugar, honey, and fresh ginger
- 5. In a third bowl, beat the molasses with ½ tsp of the baking soda), and add this mixture to the butter & sugar mixture
- 6. In a jar, combine the remaining ¼ tsp of baking soda with ¾ cup boiling water. Pour it all in the butter & sugar mixture, mix well
- 7. Add all of the dry ingredients and fold in well, then mix the eggs
- 8. Pour the mixture into the prepared tin and bake for about 35 min or until a knife inserted in the centre comes out clean
- 9. Remove from oven, cool the cake in tin, and take out. Enjoy!

Cook time 40 min



This is a cross between a cake and a bread, and does not taste too sweet. So it relaxes a bit the no sugar diet with something Warming (ginger, cinnamon, spices). To relax the no dairy diet even more, it is wonderful toasted and eaten warm with butter ☺

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Moules Marinières (Mussels)

Another of these recipes you grow up with, and need to think hard to put into words...



Ingredients (3-4 servings)

- 2 kg live mussels
- 3 tbsp white wine, or rice wine
- 1 ¼ cup water
- 1 big celery stalk
- 1-2 carrots
- 2 onions
- 3 garlic cloves
- 2 bay leaves
- 2-3 tbsp extra-virgin olive oil
- ½ cup parsley



Directions

1. Clean mussels (scrub & scrap shells, pull out beards). Discard any broken mussel or any that does not close when tapped)
2. Chop onions and garlic, dice celery and carrots.
3. Broil the above in oil for ~ 5 min, stirring well
4. Add mussels, bay leave, water and wine. Mix well.
5. Stem and grossly cut parsley and add to mix.
6. Cover and cook over medium/high heat for 10 min, shaking or stirring , until all mussels are open.
7. Remove liquid and use as a soup.
8. Serve mussels, eat by using one mussel shell to

Prep Time 10min ★★★★★★★★

pick up mussel meat from each shell. Or prepare mussels out of shell before serving.
Cook time 5min ★★★★★★★★

Mussels are Yin and Blood nourishing, and help resolve Dampness.

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Moroccan Lentils

From French recipe web site www.marmiton.org ,
http://www.marmiton.org/Recettes/Recette_lentilles-a-la-marocaine_44564.aspx


★★★★★★★★
Ingredients (4 servings)
<ul style="list-style-type: none"> - 1 cup dry lentils - 3-4 garlic cloves - 1 shallot - 1 onion - 2-3 tbsp extra-virgin olive oil - 3-6 ripe tomatoes (depending on size) - ½ tsp ground ginger - ½ tsp paprika - ½ tsp cumin
Prep Time 10min ★★★★★★★★

★★★★★★★★
Directions
<ol style="list-style-type: none"> 1. Several hours or the night before, soak lentils in water. Remove water, cook lentils in pan or pressure cooker till soft but still able to absorb water from sauce. (or use canned lentils ☺) 2. Puree garlic, mince onion and shallot. Broil in pan with olive oil. 3. Peel tomatoes, cut in very small dices. Add to garlic etc mix, and broil for a few min. 4. Add seasoning and herbs. 5. Add sauce to lentils and continue cooking, adding water as needed until lentils are soft and cooked
Cook time 1 hr Soak time >2 hr with dry lentils ★★★★★★★★

A nice way to eat lentils. Lentils help resolve Dampness. The seasoning makes this dish Warming.


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The “Dirty Dozen”



**EWG'S SHOPPER'S
GUIDE TO PESTICIDES™**

DIRTY DOZEN™ <i>Buy These Organic</i>		CLEAN 15™ <i>Lowest in Pesticides</i>	
WORST	1 Celery	BEST	1 Onions
	2 Peaches		2 Avocado
	3 Strawberries		3 Sweet Corn
	4 Apples		4 Pineapple
	5 Blueberries		5 Mangos
	6 Nectarines		6 Sweet Peas
	7 Bell Peppers		7 Asparagus
	8 Spinach		8 Kiwi
	9 Cherries		9 Cabbage
	10 Kale/Collard Greens		10 Eggplant
	11 Potatoes		11 Cantaloupe
	12 Grapes (Imported)		12 Watermelon
			13 Grapefruit
			14 Sweet Potato
			15 Honeydew Melon

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www.foodnews.org

<http://www.foodnews.org/walletguide.php?key=39231758>

<http://itunes.apple.com/us/app/dirty-dozen/id312336368?mt=8>