

THE HALIGRIC YEARLY MEAL GUIDE

Regional Trinity Alignment

Volume I: Texas & The Gulf Coast

The Southern Philosophy

The Southern Haligric Guide is specifically calibrated for the Gulf Coast and the Texas plains. As global climate shifts, maintaining biological harmony with your immediate environment becomes a priority. This guide provides the metabolic stability needed to navigate intense solar heat and returning coastal dampness.

The Calendar Decoder

The schedules are grouped by numbers (e.g., **1/8/15/22**). These represent the **Day of the Week** (e.g., every Monday).

Batch Trinity Prep: By repeating the same Trinity each Monday, you simplify your kitchen rhythm and allow your body to adjust to the season on a cellular level through consistency.

The Trinity Formula

Every day is a Trinity: **One Grain + One Green + One Protein**. This formula ensures blood sugar stability and provides the specific elemental properties needed to drain dampness or cool the blood as the Texas temperatures rise.

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The Haligric Yearly Meal Guide

Volume 1: Spring Quarter • Month 1: Texas Edition (The Lush Stirring)

WEEKS 1-4: EARLY SPRING GULF COAST ALIGNMENT

March in Texas is 'The Lush Stirring.' As the humidity rises and the bluebonnets emerge, the energy shifts into the **Wood Phase**. To maintain **Haligricity**, we focus on **Smoothing the Liver Qi** and **Clearing Winter Dampness**. We use **Pungent Radishes** and **Green Onions** to mobilize energy and **Asparagus** to drain the heavy fluids of the Gulf winter.

The 28-Day Trinity Schedule (Texas Weeks 1-4)

Day	Warm Rising (Breakfast)	Mid-Day Trinity (Lunch)	Evening Trinity (Dinner)
1/8/15/22	Warm Quinoa w/ Fresh Berries	Millet, Asparagus, White Beans	Wild Rice, Seitan, Steamed Spinach
2/9/16/23	Warm Steel-Cut Oats w/ Flax Seeds	Brown Rice, Radishes & Greens, Chickpeas	Farro, Spring Onions, Seitan
3/10/17/24	Warm Millet w/ Pumpkin Seeds	Barley, Asparagus, Red Lentils	Quinoa, Mustard Greens, White Beans
4/11/18/25	Savory Teff w/ Garlic & Parsley	Millet, Spinach, Seitan	Brown Rice, Asparagus, Chickpeas
5/12/19/26	Warm Amaranth w/ Grapefruit Zest	Barley, Radishes, White Beans	Wild Rice, Mustard Greens, Seitan
6/13/20/27	Warm Cornmeal Mush w/ Walnuts	Brown Rice, Spinach, Red Lentils	Millet, Swiss Chard, Seitan
7/14/21/28	Warm Quinoa w/ Cardamom	Wild Rice, Asparagus, Chickpeas	Lentil & Radish Stew over Farro

1. Texas Spring Trinity: Asparagus & Seitan

The Trinity: Quinoa (Grain) + Asparagus (Green) + Seitan (Protein)

1. Lightly sauté seitan. 2. Flash-sauté asparagus with a hint of lemon. 3. Serve over cooling quinoa. Asparagus is the master at moving stagnant fluids in the humid Texas spring.

2. Pungent Radish "Qi-Mover"

1. Sauté radishes and their greens with spring onions. 2. The pungent property of radishes breaks up the 'heavy' winter energy and stirs the Liver Qi to prevent seasonal allergies and sluggishness.

Month 1: Texas Shopping List

Produce (Moving & Clearing)

- Asparagus (8 bunches)
- Radishes with Greens (6 bunches)
- Spring Onions & Leeks
- Fresh Spinach & Mustard Greens
- Berries (Strawberries/Blackberries)
- Grapefruit (Texas Star)
- Garlic & Fresh Ginger

Proteins (Soy-Free)

- Seitan (8 packs)
- White Navy Beans & Red Lentils
- Chickpeas
- Walnuts & Pumpkin Seeds

Grains & Seeds

- Quinoa & Millet (Light/Moving)
- Barley (Damp-draining for humidity)
- Wild Rice & Brown Rice
- Farro, Amaranth, & Teff

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Volume 1: Spring Quarter • Month 2: The Luminous Resonance Phase

WEEKS 5-8: MID-SPRING TEXAS ALIGNMENT

In Mid-Spring, Texas pulses with rapid growth. We focus on "Moving Qi" and expanding our **Haligricity**. We introduce bitter and pungent seasonal foods like radishes and spring onions to wake up the liver while maintaining the Trinity's grounding structure.

The 28-Day Trinity Schedule (Weeks 5-8)

Day	Warm Rising (Breakfast)	Mid-Day Trinity (Lunch)	Evening Trinity (Dinner)
5/12/19/26	Warm Oats w/ Strawberries & Hemp	Millet, Sugar Snap Peas, Red Lentils	Black Rice, Seitan, Sautéed Radish Greens
6/13/20/27	Savory Quinoa w/ Leeks & Sage	Wild Rice, Bok Choy, Chickpeas	Farro, Spring Onions, White Beans
7/14/21/28	Warm Buckwheat w/ Blackberry Compote	Quinoa, Steamed Spinach, Seitan	Millet, Collard Greens, Kidney Beans
8/15/22/29	Warm Amaranth w/ Walnuts & Ginger	Brown Rice, Asparagus, Red Lentils	Wild Rice, Kale, Chickpea Mash
9/16/23/30	Warm Spelt Porridge w/ Pumpkin Seeds	Barley, Snap Peas, White Beans	Steel-Cut Oats (Savory), Broccoli, Seitan
10/17/24/31	Warm Millet w/ Pecans & Cinnamon	Buckwheat, Swiss Chard, Kidney Beans	Quinoa, Spring Onions, Red Lentils
11/18/25/32	Savory Oats w/ Garlic & Radishes	Farro, Dandelion Greens, Chickpeas	Brown Rice, Bok Choy, Seitan

Main Trinity Recipes (Month 2)

1. Zesty Seitan & Spring Onion Sauté

The Trinity: Brown Rice (Grain) + Spring Onions/Bok Choy (Green) + Seitan (Protein)

1. Cook brown rice. 2. Slice 3-4 Texas spring onions and 1 pack of Seitan. 3. Sauté together with minced ginger and 1 bunch of chopped Bok Choy. 4. Season with 2 tbsp Coconut Aminos and a squeeze of lemon. 5. Serve warm to circulate the blood.

2. Snap Pea & Red Lentil Trinity

The Trinity: Millet (Grain) + Sugar Snap Peas (Green) + Red Lentils (Protein)

1. Boil 1 cup Millet in 2 cups water until fluffy. 2. Sauté sugar snap peas (whole) for 3 minutes until crisp-tender. 3. Mix with cooked red lentils. 4. Stir in a teaspoon of tahini for grounding. 5. Garnish with fresh radishes for a pungent TCM "Qi-moving" kick.

3. Savory Buckwheat & "Bitter" Greens

The Trinity: Buckwheat (Grain) + Dandelion/Collard Greens (Green) + Chickpeas (Protein)

1. Rinse buckwheat and cook until tender. 2. Steam dandelion greens or collards to reduce bitterness. 3. Sauté chickpeas with garlic and cumin. 4. Layer greens over the buckwheat and top with the chickpeas. 5. This clears Heat and supports Liver health.

Month 2: Categorized Texas Shopping List

Produce (Mid-Spring Texas)

- Sugar Snap Peas (4-5 lbs)
- Texas Spring Onions (3-4 bunches)
- Radishes with Greens (3 bunches)
- Dandelion Greens (2 bunches)
- Bok Choy & Collard Greens
- Swiss Chard & Spinach
- Asparagus (Still in season!)
- Fresh Texas Strawberries (4-6 lbs)
- Blackberries (Local if available)
- Fresh Ginger & Garlic
- Yellow Onions & Lemons

Proteins (Soy-Free)

- Seitan (Upton's or similar - 6-8 packs)
- Red Lentils (Dry)

- Chickpeas (Dry or Canned)
- White Navy Beans & Kidney Beans
- Hemp Hearts & Pumpkin Seeds
- Texas Pecans & Walnuts

Grains & Seeds

- Millet & Amaranth
- Quinoa & Buckwheat Groats
- Brown Rice & Wild Rice
- Farro & Barley
- Steel-Cut Oats & Spelt
- Flax Seeds & Chia Seeds

Pantry

- Coconut Aminos
- Tahini & Olive Oil
- Cumin, Cinnamon, Sage, Ginger Powder

Haligrig Practice: Moving the Qi

As the weather warms, your body wants to expand. While eating your Warm Rising breakfast, focus your **Thinking** on the movement of energy from your core to your limbs. Use the pungent flavor of radishes and onions in your meals to help "unlock" any winter stagnation in your **Tetra**lty.

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Volume 1: Spring Quarter • Month 3: The Haligrity Integration

WEEKS 9-12: LATE SPRING TEXAS ALIGNMENT

As Texas moves toward the heat of June, we anchor our **Haligrity**. The "Stomach Fire" must remain stable while the external heat rises. We shift toward lighter grains like Millet and cooling produce like Zucchini and Peaches, ensuring the Trinity provides grounding without heaviness.

The 28-Day Trinity Schedule (Weeks 9-12)

Day	Warm Rising (Breakfast)	Mid-Day Trinity (Lunch)	Evening Trinity (Dinner)
9/16/23/30	Warm Millet w/ Texas Peaches	Quinoa, Summer Squash, Red Lentils	Black Rice, Seitan, Steamed Collards
10/17/24/31	Warm Amaranth w/ Pecans & Cardamom	Brown Rice, Zucchini, Chickpeas	Millet, Okra (Sautéed), White Beans
11/18/25/32	Warm Buckwheat w/ Blueberry Compote	Wild Rice, Swiss Chard, Seitan	Quinoa, Green Beans, Red Lentils
12/19/26/33	Savory Oats w/ Spring Onions	Barley, Spinach, Chickpea Mash	Millet, Summer Squash, Seitan
13/20/27/34	Warm Quinoa w/ Hemp & Cinnamon	Brown Rice, Broccoli, White Beans	Steel-Cut Oats (Savory), Kale, Red Lentils
14/21/28/35	Warm Millet w/ Sunflower Seeds	Wild Rice, Bok Choy, Seitan	Quinoa, Zucchini, Kidney Beans
15/22/29/36	Warm Teff w/ Walnuts & Ginger	Buckwheat, Green Beans, Chickpeas	Brown Rice, Collard Greens, Seitan

Main Trinity Recipes (Month 3)

1. Summer Squash & Seitan "Shield"

The Trinity: Black Rice (Grain) + Summer Squash (Green/Yellow) + Seitan (Protein)

1. Simmer Black Rice. 2. Cube 2 yellow summer squashes and 1 pack of Seitan. 3. Sauté with garlic and a pinch of turmeric (for inflammation). 4. Add a splash of Coconut Aminos. 5. This meal is light on the stomach but high in protein to sustain your "Doing" through the heat.

2. Texas Peach & Millet Morning

1. Cook 1 cup Millet in 2 cups water until fluffy. 2. Slice 1 fresh Texas peach and sauté briefly in a pan with a drop of water and cinnamon until warm. 3. Top the millet with the peaches and a handful of Texas pecans. 4. Millet is a cooling grain in TCM, perfect for the late Texas spring.

3. Sautéed Okra & White Bean Trinity

The Trinity: Millet (Grain) + Okra (Green) + White Beans (Protein)

1. Slice fresh okra into rounds. 2. Sauté in a hot pan with onions and cumin until the edges are crisp (this removes the "sliminess"). 3. Add rinsed white beans and cook until heated through. 4. Serve over warm millet. Okra is a Texas staple that helps regulate blood sugar.

Month 3: Categorized Texas Shopping List

Produce (Late Spring Texas)

- Yellow Summer Squash (8-10 total)
- Zucchini (6-8 total)
- Fresh Okra (2-3 lbs)
- Texas Peaches (Local - 12 total)
- Collard Greens (4 large bunches)
- Swiss Chard & Spinach
- Green Beans (4 lbs)
- Spring Onions & Garlic
- Fresh Ginger & Lemons
- Blueberries (Local TX)

Proteins (Soy-Free)

- Seitan (Uptons or similar - 8 packs)
- Red Lentils (Dry)
- Chickpeas & White Navy Beans

- Kidney Beans
- Hemp Hearts & Sunflower Seeds
- Texas Pecans & Walnuts

Grains & Seeds

- Millet (Primary cooling grain)
- Quinoa & Wild Rice
- Black Rice & Brown Rice
- Buckwheat & Barley
- Steel-Cut Oats, Amaranth, & Teff
- Flax Seeds & Chia Seeds

Pantry

- Coconut Aminos
- Turmeric, Cumin, Cardamom, Cinnamon
- Olive Oil & Tahini

Haligrity Integration: The Grounded Circle

In Month 3, we define our **Haligrity**. As you eat, visualize your "Hala" (the luminous circle) expanding as your core is nourished. Late spring can be a time of volatile Texas weather; keep your **Feeling** calm by ensuring your **Doing** (eating these meals) is consistent. You are the grounded center of the storm.

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Volume 2: Summer Quarter • Month 4: The Heart-Fire Phase

WEEKS 13-16: EARLY SUMMER TEXAS ALIGNMENT

As the Texas Summer ignites, we enter the Heart-Fire season. The external heat is intense, so we focus on "Clearing Summer-Heat" and nourishing 'Yin' fluids. We use cooling, hydrating foods like Watermelon and Okra while maintaining the **Warm Rising** breakfast to ensure our internal digestive fire isn't extinguished by cold beverages.

The 28-Day Trinity Schedule (Weeks 13-16)

Day	Warm Rising (Breakfast)	Mid-Day Trinity (Lunch)	Evening Trinity (Dinner)
13/20/27/3 4	Warm Millet w/ Simmered Peaches	Quinoa, Sautéed Okra, Black-Eyed Peas	Wild Rice, Seitan strips, Dandelion Greens
14/21/28/3 5	Warm Amaranth w/ Hemp & Cardamom	Brown Rice, Summer Squash, Red Lentils	Millet, Steamed Spinach, White Beans
15/22/29/3 6	Warm Buckwheat w/ Blackberry Compote	Quinoa, Bok Choy, Chickpeas	Black Rice, Zucchini, Seitan
16/23/30/3 7	Savory Millet w/ Spring Onions	Barley, Collard Greens, Kidney Beans	Wild Rice, Okra, Red Lentils
17/24/31/3 8	Warm Quinoa w/ Flax & Cinnamon	Brown Rice, Green Beans, Seitan	Steel-Cut Oats (Savory), Spinach, White Beans
18/25/32/3 9	Warm Teff Porridge w/ Sunflower Seeds	Quinoa, Summer Squash, Chickpeas	Millet, Dandelion Greens, Red Lentils
19/26/33/4 0	Warm Buckwheat w/ Pecans	Wild Rice, Swiss Chard, Seitan	Lentil & Okra Stew over Brown Rice

Main Trinity Recipes (Texas Month 4)

1. Texas Black-Eyed Pea & Okra Trinity

The Trinity: Quinoa (Grain) + Okra (Green) + Black-Eyed Peas (Protein)

1. Cook Quinoa. 2. Sauté 1 cup sliced okra in a pan until edges are brown (this reduces 'damp' texture). 3. Add 1.5 cups cooked black-eyed peas and season with garlic, cumin, and a splash of Coconut Aminos. 4. Serve over the quinoa. Black-eyed peas are highly grounding for the Texas heat.

2. Heart-Clearing Dandelion & Seitan

The Trinity: Millet (Grain) + Dandelion Greens (Green) + Seitan (Protein)

1. Boil 1 cup Millet in 2 cups water. 2. Sauté Seitan strips until crispy. 3. Add 1 bunch of chopped dandelion greens; sauté until wilted. 4. The bitterness of the dandelion greens clears the 'Heart-Fire' associated with the summer season. 5. Finish with a squeeze of lemon.

3. Cooling Summer Squash Sauté

The Trinity: Wild Rice (Grain) + Summer Squash (Green/Yellow) + Red Lentils (Protein)

1. Simmer Wild Rice. 2. Slice yellow squash and zucchini into rounds. 3. Sauté with onions and a pinch of turmeric. 4. Mix in cooked red lentils. 5. This meal is hydrating and light for hot Texas afternoons.

Month 4: Categorized Texas Shopping List

Produce (Early Summer Texas)

- Fresh Okra (4-5 lbs)
- Summer Squash & Zucchini (10 total)
- Watermelon (for afternoon snacks)
- Texas Peaches (Local - 8-10 total)
- Dandelion Greens (4 bunches - clears heat)
- Spinach & Collard Greens (4 bunches each)
- Swiss Chard & Green Beans
- Yellow Onions & Garlic
- Fresh Ginger Root
- Blackberries (Local TX)

Proteins (Soy-Free)

- Seitan (Uptons or similar - 8 packs)
- Black-Eyed Peas (Dry or Canned - 6 units)
- Red Lentils (Dry - 2 lbs)

- Chickpeas & White Navy Beans
- Kidney Beans
- Hemp Hearts & Sunflower Seeds
- Texas Pecans

Grains & Seeds

- Millet (Primary cooling grain)
- Quinoa & Wild Rice
- Black Rice & Brown Rice
- Buckwheat & Barley
- Steel-Cut Oats, Amaranth, & Teff
- Flax Seeds & Chia Seeds

Pantry

- Coconut Aminos
- Turmeric, Cumin, Cardamom, Cinnamon
- Olive Oil & Tahini

Haligrig Practice: Radiating the Light

As the Texas sun reaches its zenith, your **Haligrigity** must be radiant but calm. Summer is about the Heart. Use the hydration from watermelon (eaten at room temp) and the grounding of black-eyed peas to ensure your **Feeling** stays cool even when your **Doing** is busy. You are a radiant part of the Texas whole.

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Volume 2: Summer Quarter • Month 5: Peak Fire & Earth Stability

WEEKS 17-20: MID-SUMMER TEXAS ALIGNMENT

In July, the Texas sun is relentless. We enter the Peak Fire phase. To maintain **Haligricity**, we focus on 'Nourishing the Earth' (the Spleen/Stomach) to ensure we don't burn out. We use sweet, grounding summer vegetables like Corn and Eggplant, alongside hydrating Tomatoes, while strictly maintaining the **Warm Rising** habit to stabilize the core against air conditioning and cold drinks.

The 28-Day Trinity Schedule (Weeks 17-20)

Day	Warm Rising (Breakfast)	Mid-Day Trinity (Lunch)	Evening Trinity (Dinner)
17/24/31/3 8	Warm Cornmeal Mush w/ Berries	Quinoa, Roasted Eggplant, Chickpeas	Wild Rice, Seitan, Sautéed Bell Peppers
18/25/32/3 9	Warm Millet w/ Sunflower Seeds	Brown Rice, Steamed Corn, Red Lentils	Millet, Collard Greens, White Beans
19/26/33/4 0	Warm Quinoa w/ Hemp & Peach	Barley, Sautéed Tomatoes, Seitan	Wild Rice, Zucchini, Kidney Beans
20/27/34/4 1	Savory Oats w/ Summer Squash	Millet, Green Beans, Red Lentils	Brown Rice, Okra, Seitan
21/28/35/4 2	Warm Amaranth w/ Flax	Quinoa, Bell Peppers, White Beans	Steel-Cut Oats (Savory), Spinach, Chickpeas
22/29/36/4 3	Warm Buckwheat w/ Walnuts	Brown Rice, Eggplant, Red Lentils	Millet, Swiss Chard, Seitan
23/30/37/4 4	Warm Teff w/ Chia & Cardamom	Wild Rice, Corn & Peppers, Chickpeas	Lentil & Tomato Stew over Quinoa

1. Texas Trinity: Corn, Pepper & Seitan

The Trinity: Wild Rice (Grain) + Bell Peppers/Corn (Green/Yellow) + Seitan (Protein)

1. Simmer Wild Rice. 2. Sauté sliced bell peppers and fresh corn off the cob. 3. Add Seitan strips and a pinch of smoked paprika. 4. Finish with Coconut Aminos. Corn is a sweet, grounding 'Earth' food that supports digestion in the heat.

2. Roasted Eggplant & Chickpea Bowl

The Trinity: Brown Rice (Grain) + Eggplant (Green/Purple) + Chickpeas (Protein)

1. Cube eggplant and roast at 400°F until soft. 2. Sauté chickpeas with garlic and cumin. 3. Serve over warm brown rice with a dollop of tahini. Eggplant is cooling in nature and clears 'Blood Heat'.

Month 5: Categorized Texas Shopping List

Produce (Mid-Summer Texas)

- Fresh Sweet Corn (12 ears)
- Bell Peppers (Various - 10 total)
- Large Eggplants (4 total)
- Tomatoes (Local - 6-8 lbs)
- Summer Squash & Zucchini
- Fresh Peaches & Melons
- Collard Greens & Swiss Chard
- Green Beans (4 lbs)
- Garlic, Onions, & Ginger

Proteins (Soy-Free)

- Seitan (8 packs)
- Red Lentils & Chickpeas
- White Navy Beans & Kidney Beans
- Hemp Hearts & Sunflower Seeds
- Walnuts & Flax Seeds

Grains & Seeds

- Millet & Quinoa (Cooling)
- Cornmeal (Grounding Earth element)
- Brown Rice & Wild Rice
- Barley & Buckwheat
- Steel-Cut Oats, Amaranth, & Teff

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Volume 2: Summer Quarter • Month 6: The Great Grounding

WEEKS 21-24: LATE SUMMER TEXAS ALIGNMENT

August in Texas is the "Dog Days." In TCM, this is the true Late Summer, governed entirely by the **Earth Element**. To stabilize your **Haligricity** before the autumn shift, we focus on resolving "Damp-Heat." We use drying grains like Millet and Barley alongside the final bounty of Okra and Southern Peas to anchor the center.

The 28-Day Trinity Schedule (Weeks 21-24)

Day	Warm Rising (Breakfast)	Mid-Day Trinity (Lunch)	Evening Trinity (Dinner)
21/28/35/4 2	Warm Millet w/ Fresh Figs	Barley, Sautéed Okra, Black-Eyed Peas	Wild Rice, Seitan, Steamed Collards
22/29/36/4 3	Warm Amaranth w/ Hemp & Ginger	Quinoa, Eggplant, Chickpeas	Millet, Green Beans, Red Lentils
23/30/37/4 4	Warm Quinoa w/ Cinnamon & Melon	Brown Rice, Bell Peppers, White Beans	Wild Rice, Okra, Seitan
24/31/38/4 5	Savory Buckwheat w/ Garlic Chives	Millet, Summer Squash, Red Lentils	Barley, Spinach, Seitan
25/32/39/4 6	Warm Teff w/ Flax & Cardamom	Quinoa, Eggplant, Black-Eyed Peas	Steel-Cut Oats (Savory), Kale, Chickpeas
26/33/40/4 7	Warm Cornmeal Mush w/ Walnuts	Brown Rice, Okra & Peppers, Seitan	Wild Rice, Swiss Chard, White Beans
27/34/41/4 8	Warm Steel-Cut Oats w/ Peaches	Barley, Collard Greens, Red Lentils	Lentil & Okra Stew over Millet

1. The Texas Earth Trinity: Okra & Southern Peas

The Trinity: Millet (Grain) + Okra (Green) + Black-Eyed Peas (Protein)

1. Cook Millet until fluffy. 2. Sauté okra with cumin and sea salt until the "slime" (dampness) is gone. 3. Mix in cooked black-eyed peas. 4. This combination is the ultimate "Damp-Heat" resolver for the Texas August. It grounds the Spleen and stabilizes the blood sugar.

2. Ginger-Steamed Eggplant & Seitan

The Trinity: Wild Rice (Grain) + Eggplant (Green/Purple) + Seitan (Protein)

1. Steam eggplant cubes with fresh ginger slices. 2. Sauté seitan medallions. 3. Serve over wild rice. The ginger helps the body process the "Earth" energy of the eggplant without creating stagnant dampness.

Month 6: Categorized Texas Shopping List

Produce (Late Summer Texas)

- Fresh Okra (6 lbs)
- Black-Eyed Peas (Dry or fresh shelled)
- Texas Figs (Local - 4 lbs)
- Large Eggplants (4 total)
- Bell Peppers (10 total)
- Collard Greens & Kale
- Summer Squash & Zucchini
- Cantaloupe/Honeydew Melons
- Garlic, Onions, & Ginger

Proteins (Soy-Free)

- Seitan (8 packs)
- Black-Eyed Peas & Chickpeas
- Red Lentils & White Navy Beans
- Hemp Hearts & Walnuts
- Sunflower Seeds & Flax

Grains & Seeds

- Millet (Primary Earth grain)
- Barley (Damp-leaching)
- Wild Rice & Brown Rice
- Quinoa & Amaranth
- Steel-Cut Oats, Teff, & Buckwheat

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Volume 3: Autumn Quarter • Month 7: The Metal & Lung Phase

WEEKS 25-28: EARLY AUTUMN TEXAS ALIGNMENT

September in Texas is a 'False Fall.' While the temperature remains high, the 'Metal' energy of Autumn begins to descend. We focus on 'Moistening the Lungs' to protect against the coming dry winds. We introduce white, pungent foods like Radishes and Garlic, while shifting toward more grounding Sweet Potatoes and warming Grains.

The 28-Day Trinity Schedule (Weeks 25-28)

Day	Warm Rising (Breakfast)	Mid-Day Trinity (Lunch)	Evening Trinity (Dinner)
25/32/39/4 6	Warm Steel-Cut Oats w/ Sliced Apples	Wild Rice, Sweet Potatoes, Red Lentils	Millet, Seitan strips, Sautéed Radishes
26/33/40/4 7	Warm Millet w/ Pomegranate Seeds	Brown Rice, Okra, White Beans	Quinoa, Collard Greens, Seitan
27/34/41/4 8	Warm Amaranth w/ Hemp & Ginger	Buckwheat, Bell Peppers, Chickpeas	Wild Rice, Spinach, Red Lentils
28/35/42/4 9	Savory Teff w/ Garlic Chives	Millet, Sweet Potatoes, Seitan	Brown Rice, Zucchini, White Beans
29/36/43/5 0	Warm Quinoa w/ Flax & Cinnamon	Wild Rice, Bok Choy, Chickpeas	Steel-Cut Oats (Savory), Kale, Seitan
30/37/44/5 1	Warm Buckwheat w/ Walnuts	Brown Rice, Peppers, Red Lentils	Millet, Swiss Chard, White Beans
31/38/45/5 2	Warm Cornmeal Mush w/ Pumpkin Seeds	Quinoa, Sweet Potatoes, Chickpeas	Lentil & Radish Stew over Brown Rice

1. Texas Sweet Potato & Seitan Trinity

The Trinity: Wild Rice (Grain) + Sweet Potatoes (Green/Yellow) + Seitan (Protein)

1. Roast cubed sweet potatoes with cinnamon. 2. Sauté Seitan strips with garlic and a touch of black pepper. 3. Serve over wild rice. Sweet potatoes ground the 'Earth' energy as we transition into 'Metal'.

2. Lung-Moistening Radish Sauté

The Trinity: Millet (Grain) + Radishes (Green/White) + White Beans (Protein)

1. Slice radishes and sauté with their greens until tender. 2. Add white beans and a splash of Coconut Aminos. 3. Serve over warm millet. White foods in TCM specifically nourish the Lung energy during Autumn.

Month 7: Categorized Texas Shopping List

Produce (Early Autumn Texas)

- Sweet Potatoes (10 lbs)
- Daikon or Red Radishes (6 bunches)
- Texas Apples (6 lbs)
- Pomegranates (Local if available - 4 total)
- Okra (Final 2 lbs)
- Bell Peppers & Garlic
- Spinach & Collard Greens
- Bok Choy & Kale
- Fresh Ginger Root

Proteins (Soy-Free)

- Seitan (8 packs)
- White Navy Beans & Red Lentils
- Chickpeas
- Hemp Hearts & Walnuts
- Pumpkin Seeds & Flax

Grains & Seeds

- Wild Rice & Brown Rice
- Millet & Quinoa
- Steel-Cut Oats & Buckwheat
- Amaranth & Teff
- Cornmeal

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Volume 3: Autumn Quarter • Month 8: The Gathering & Strengthening

WEEKS 29-32: MID-AUTUMN TEXAS ALIGNMENT

October in Texas finally brings the 'Great Descent' of energy. As the temperature fluctuates between late-heat and early-cold, our **Haligricity** depends on internal stabilization. We focus on 'Gathering' energy inward. We use grounding Sweet Potatoes and the white-element Turnip to support the Lungs, while utilizing Texas Pecans to nourish the Kidneys and Brain for the coming winter.

The 28-Day Trinity Schedule (Weeks 29-32)

Day	Warm Rising (Breakfast)	Mid-Day Trinity (Lunch)	Evening Trinity (Dinner)
29/36/43/5 0	Warm Steel-Cut Oats w/ Texas Pecans	Wild Rice, Roasted Turnips, Seitan	Millet, Broccoli, Red Lentils
30/37/44/5 1	Warm Millet w/ Pumpkin & Pumpkin Seeds	Brown Rice, Sweet Potato, White Beans	Quinoa, Spinach, Seitan
31/38/45/5 2	Warm Amaranth w/ Pomegranate & Walnuts	Buckwheat, Broccoli, Chickpeas	Wild Rice, Kale, Red Lentils
32/39/46/5 3	Savory Teff w/ Garlic & Ginger	Millet, Sweet Potato, Seitan	Brown Rice, Turnip Greens, White Beans
33/40/47/5 4	Warm Quinoa w/ Baked Apple	Wild Rice, Bok Choy, Chickpeas	Steel-Cut Oats (Savory), Broccoli, Seitan
34/41/48/5 5	Warm Buckwheat w/ Flax & Cinnamon	Brown Rice, Roasted Turnips, Red Lentils	Millet, Swiss Chard, White Beans
35/42/49/5 6	Warm Cornmeal Mush w/ Pecan Butter	Quinoa, Sweet Potato, Chickpeas	Lentil & Broccoli Stew over Brown Rice

1. Texas Pecan & Sweet Potato Grounding

The Trinity: Brown Rice (Grain) + Sweet Potatoes (Green/Yellow) + Seitan/Pecans (Protein)

1. Roast sweet potatoes until caramelized. 2. Sauté Seitan strips with a handful of Texas pecans. 3. Serve over warm brown rice. Pecans are traditionally used in this phase to build 'Jing' (Essence) for the colder months.

2. White Turnip & Lung Support Sauté

The Trinity: Wild Rice (Grain) + Turnips (Green/White) + White Beans (Protein)

1. Dice turnips and sauté with garlic until tender. 2. Add white navy beans and a splash of Coconut Aminos. 3. Serve over wild rice. Turnips provide the 'Metal' element pungency to keep the Lung energy moving during the Texas cedar pollen season.

Month 8: Categorized Texas Shopping List

Produce (Mid-Autumn Texas)

- Sweet Potatoes (12 lbs)
- White Turnips with Greens (6 bunches)
- Broccoli (8 heads)
- Pumpkins / Winter Squash (4 total)
- Pomegranates (6 total)
- Texas Apples (6 lbs)
- Kale & Spinach
- Swiss Chard & Bok Choy
- Garlic & Fresh Ginger

Proteins (Soy-Free)

- Seitan (8 packs)
- Texas Pecans (4 lbs)

- White Navy Beans & Red Lentils
- Chickpeas
- Walnuts & Pumpkin Seeds
- Flax Seeds

Grains & Seeds

- Wild Rice & Brown Rice
- Millet (Drying/Grinding)
- Quinoa & Buckwheat
- Steel-Cut Oats, Amaranth, & Teff
- Cornmeal

The Haligric Yearly Meal Guide

Volume 3: Autumn Quarter • Month 9: The Interiority & Solidification

WEEKS 33-36: LATE AUTUMN TEXAS ALIGNMENT

November in Texas marks the final descent. The energy of the year is now fully moving toward the roots. To stabilize your **Haligricity**, we focus on 'Solidifying the Essence' (Jing). We use hearty Winter Squash and Cabbage to build internal substance, while utilizing the warming pungency of Ginger and Garlic to move the blood as the air finally turns cold.

The 28-Day Trinity Schedule (Weeks 33-36)

Day	Warm Rising (Breakfast)	Mid-Day Trinity (Lunch)	Evening Trinity (Dinner)
33/40/47/5 4	Warm Millet w/ Texas Pecans & Ginger	Wild Rice, Roasted Pumpkin, Red Lentils	Brown Rice, Seitan, Steamed Cabbage
34/41/48/5 5	Warm Buckwheat w/ Apple & Cinnamon	Quinoa, Broccoli, White Beans	Millet, Kale, Seitan
35/42/49/5 6	Warm Amaranth w/ Persimmons & Walnuts	Buckwheat, Winter Squash, Chickpeas	Wild Rice, Spinach, Red Lentils
36/43/50/5 7	Savory Teff w/ Garlic & Black Pepper	Millet, Pumpkin, Seitan	Brown Rice, Broccoli, White Beans
37/44/51/5 8	Warm Steel-Cut Oats w/ Baked Pear	Wild Rice, Cabbage, Chickpeas	Steel-Cut Oats (Savory), Kale, Seitan
38/45/52/5 9	Warm Cornmeal Mush w/ Pecan Butter	Brown Rice, Roasted Squash, Red Lentils	Millet, Swiss Chard, White Beans
39/46/53/6 0	Warm Quinoa w/ Flax & Cardamom	Buckwheat, Broccoli, Chickpeas	Lentil & Cabbage Stew over Wild Rice

1. Texas Trinity: Pumpkin & Pecan Sauté

The Trinity: Wild Rice (Grain) + Pumpkin/Squash (Green/Yellow) + Seitan/Pecans (Protein)

1. Roast small sugar pumpkin cubes. 2. Sauté Seitan with a handful of Texas pecans and minced ginger. 3. Serve over warm wild rice. Pumpkin is a supreme 'Earth' element food that builds the Qi for the winter months.

2. Interior Warming Cabbage & Bean Sauté

The Trinity: Brown Rice (Grain) + Cabbage (Green) + White Beans (Protein)

1. Shred green cabbage and sauté with garlic until tender but slightly charred. 2. Add white navy beans and a splash of Coconut Aminos. 3. Cabbage is warming and helps clear heat from the stomach while providing the fiber needed for autumn digestion.

Month 9: Categorized Texas Shopping List

Produce (Late Autumn Texas)

- Sugar Pumpkins / Butternut Squash (8 total)
- Green Cabbage (4 large heads)
- Broccoli (10 heads)
- Texas Persimmons & Apples
- Spinach, Kale, & Swiss Chard
- Garlic & Fresh Ginger Root
- Pears (Local if available)

Proteins (Soy-Free)

- Seitan (8 packs)
- Texas Pecans (4 lbs)

- White Navy Beans & Red Lentils
- Chickpeas
- Walnuts & Pumpkin Seeds

Grains & Seeds

- Wild Rice & Brown Rice
- Millet & Buckwheat (Warming)
- Quinoa & Amaranth
- Steel-Cut Oats, Teff, & Cornmeal
- Flax Seeds & Hemp Hearts

The Haligric Yearly Meal Guide

Volume 4: Winter Quarter • Month 10: The Deep Storage & Kidneys

WEEKS 37-40: EARLY WINTER TEXAS ALIGNMENT

December in Texas is the time of the **Water Element**. In TCM, this governs the Kidneys—the foundation of your life force. To maintain **Haligricity**, we focus on 'Conserving the Yang' and 'Nourishing the Yin'. We use dark, salty-property foods like Black Beans and Seaweed, while leveraging the famous Rio Grande Valley Citrus to keep the Qi moving during the colder damp days.

The 28-Day Trinity Schedule (Weeks 37-40)

Day	Warm Rising (Breakfast)	Mid-Day Trinity (Lunch)	Evening Trinity (Dinner)
37/44/51/5 8	Warm Buckwheat w/ Pecans & Dates	Wild Rice, Roasted Turnips, Black Beans	Millet, Steamed Kale, Seitan
38/45/52/5 9	Warm Steel-Cut Oats w/ Grapefruit Zest	Brown Rice, Spinach, White Beans	Buckwheat, Broccoli, Seitan
39/46/53/6 0	Warm Millet w/ Pumpkin Seeds & Ginger	Wild Rice, Roasted Carrots, Chickpeas	Quinoa, Collard Greens, Black Beans
40/47/54/6 1	Savory Teff w/ Garlic & Black Pepper	Buckwheat, Cabbage, Seitan	Brown Rice, Spinach, White Beans
41/48/55/6 2	Warm Amaranth w/ Walnut & Cinnamon	Wild Rice, Kale, Chickpeas	Steel-Cut Oats (Savory), Broccoli, Seitan
42/49/56/6 3	Warm Cornmeal Mush w/ Pecan Butter	Brown Rice, Roasted Turnips, Black Beans	Millet, Swiss Chard, Seitan
43/50/57/6 4	Warm Quinoa w/ Flax & Cardamom	Wild Rice, Carrots & Garlic, White Beans	Lentil & Turnip Stew over Buckwheat

1. The Texas Kidney Trinity: Black Beans & Turnips

The Trinity: Buckwheat (Grain) + Turnips/Greens (Green/White) + Black Beans (Protein)

1. Roast turnips until tender. 2. Simmer black beans with a piece of kombu (seaweed) if available, or just garlic and cumin. 3. Serve over buckwheat. Black beans are shaped like kidneys and, in TCM, are the premier food for strengthening them during winter.

2. Rio Grande Winter Warming Stir-Fry

The Trinity: Wild Rice (Grain) + Kale/Citrus Zest (Green) + Seitan (Protein)

1. Sauté seitan with plenty of ginger and garlic. 2. Add chopped kale and a teaspoon of fresh grapefruit or orange zest. 3. The citrus zest helps 'circulate the Qi' to prevent winter depression while the kale builds the blood.

Month 10: Categorized Texas Shopping List

Produce (Early Winter Texas)

- Texas Grapefruit & Oranges (6 lbs)
- White Turnips & Rutabagas (6 lbs)
- Large Carrots (4 lbs)
- Kale, Spinach, & Collard Greens (Bulk)
- Cabbage & Broccoli (6 heads total)
- Garlic & Fresh Ginger Root
- Fresh Dates or Figs (Dried)

Proteins (Soy-Free)

- Seitan (8 packs)
- Black Beans (Dry - 4 lbs)

- White Navy Beans & Chickpeas
- Texas Pecans & Walnuts
- Pumpkin Seeds & Flax

Grains & Seeds

- Buckwheat (Most warming grain)
- Wild Rice & Brown Rice
- Millet & Quinoa
- Steel-Cut Oats, Amaranth, & Teff
- Cornmeal

The Haligric Yearly Meal Guide

Volume 4: Winter Quarter • Month 11: Deep Storage & Bone Health

WEEKS 41-44: MID-WINTER TEXAS ALIGNMENT

January in Texas brings the sharpest 'Northers'. The Water Element is at its peak. To maintain **Haligricity**, we focus on 'Warming the Kidneys' and 'Steeling the Bones'. We use deep-red Beets to nourish the blood and Black Beans to protect the Kidney essence, balanced by warming Texas Pecans to keep the brain sharp during the shorter days.

The 28-Day Trinity Schedule (Weeks 41-44)

Day	Warm Rising (Breakfast)	Mid-Day Trinity (Lunch)	Evening Trinity (Dinner)
41/48/55/6 2	Warm Buckwheat w/ Pecans & Maple	Wild Rice, Roasted Beets, Black Beans	Millet, Collard Greens, Seitan
42/49/56/6 3	Warm Steel-Cut Oats w/ Meyer Lemon Zest	Brown Rice, Turnips, White Beans	Buckwheat, Broccoli, Seitan
43/50/57/6 4	Warm Millet w/ Pumpkin Seeds & Cinnamon	Wild Rice, Carrots, Chickpeas	Quinoa, Kale, Black Beans
44/51/58/6 5	Savory Teff w/ Garlic & Ginger	Buckwheat, Cabbage, Seitan	Brown Rice, Spinach, White Beans
45/52/59/6 6	Warm Amaranth w/ Walnut & Dates	Wild Rice, Collards, Chickpeas	Steel-Cut Oats (Savory), Broccoli, Seitan
46/53/60/6 7	Warm Cornmeal Mush w/ Pecan Butter	Brown Rice, Roasted Beets, Black Beans	Millet, Mustard Greens, Seitan
47/54/61/6 8	Warm Quinoa w/ Flax & Cardamom	Wild Rice, Turnips & Garlic, White Beans	Lentil & Beet Stew over Buckwheat

1. Deep Texas Blood-Builder: Beets & Black Beans

The Trinity: Buckwheat (Grain) + Beets (Green/Purple) + Black Beans (Protein)

1. Roast beets in their skins; peel and dice. 2. Simmer black beans with plenty of garlic and a pinch of salt. 3. Serve over buckwheat. This Trinity is specifically designed to nourish the 'Blood' and 'Kidney Essence' during the coldest Texas month.

2. Texas Winter Bone Broth (Vegan/Soy-Free)

The Trinity: Wild Rice (Grain) + Collard Greens (Green) + Seitan (Protein)

1. Slow-simmer Seitan with garlic, ginger, and Meyer Lemon zest. 2. Add chopped collard greens and cook until tender. 3. Serve over wild rice. Collards are exceptionally high in calcium to 'Steel the Bones' in the Water phase.

Month 11: Categorized Texas Shopping List

Produce (Mid-Winter Texas)

- Red Beets & Turnips (8 lbs total)
- Texas Meyer Lemons & Grapefruit (Bulk)
- Large Carrots (6 lbs)
- Collard Greens & Kale (8 large bunches)
- Spinach & Mustard Greens
- Cabbage & Broccoli (8 heads total)
- Garlic & Fresh Ginger Root
- Dried Medjool Dates (2 lbs)

Proteins (Soy-Free)

- Seitan (8 packs)
- Black Beans (Dry - 6 lbs)

- White Navy Beans & Chickpeas
- Texas Pecans & Walnuts
- Pumpkin Seeds & Flax

Grains & Seeds

- Buckwheat & Rye (Maximum warmth)
- Wild Rice & Brown Rice
- Millet & Quinoa
- Steel-Cut Oats, Amaranth, & Teff
- Cornmeal

The Haligric Yearly Meal Guide

Volume 4: Winter Quarter • Month 12: The Final Storage & Ascending Qi

WEEKS 45-48: LATE WINTER TEXAS ALIGNMENT

February in Texas is a month of 'The Great Shift.' While the mornings remain cold (Water Phase), the first hints of Spring (Wood Phase) appear in the wind. To maintain **Haligricity**, we focus on 'Final Storage' while introducing 'Early Movement.' We use Beets to finish nourishing the blood and Spring Onions to begin waking up the Liver for the coming quarter.

The 28-Day Trinity Schedule (Weeks 45-48)

Day	Warm Rising (Breakfast)	Mid-Day Trinity (Lunch)	Evening Trinity (Dinner)
45/52/59/6 6	Warm Buckwheat w/ Pecans & Dates	Wild Rice, Roasted Beets, Black Beans	Millet, Spring Onions, Seitan
46/53/60/6 7	Warm Steel-Cut Oats w/ Grapefruit	Brown Rice, Spinach, White Beans	Buckwheat, Broccoli, Seitan
47/54/61/6 8	Warm Millet w/ Pumpkin Seeds & Ginger	Wild Rice, Roasted Carrots, Chickpeas	Quinoa, Kale, Black Beans
48/55/62/6 9	Savory Teff w/ Garlic & Scallions	Buckwheat, Cabbage, Seitan	Brown Rice, Spinach, White Beans
49/56/63/7 0	Warm Amaranth w/ Walnut & Meyer Lemon	Wild Rice, Spring Greens, Chickpeas	Steel-Cut Oats (Savory), Broccoli, Seitan
50/57/64/7 1	Warm Cornmeal Mush w/ Pecan Butter	Brown Rice, Roasted Beets, Black Beans	Millet, Mustard Greens, Seitan
51/58/65/7 2	Warm Quinoa w/ Flax & Cardamom	Wild Rice, Carrots, White Beans	Lentil & Beet Stew over Buckwheat

1. Texas Blood-Root Trinity: Beets & Spring Onions

The Trinity: Buckwheat (Grain) + Beets/Spring Onions (Green/Purple) + Black Beans (Protein)

1. Roast beets; slice thinly. 2. Sauté spring onions (early green onions) until soft. 3. Serve over buckwheat with black beans. This meal bridges the gap between Winter (roots) and Spring (onions), keeping the blood rich but the energy moving.

2. Citrus-Ginger Qi Stir-Fry

The Trinity: Wild Rice (Grain) + Spinach (Green) + Seitan (Protein)

1. Sauté seitan with fresh ginger. 2. At the end, toss in fresh spinach and a splash of Meyer Lemon juice. 3. The sour-pungent combination prepares the Liver for the Wood Element phase beginning next month.

Month 12: Categorized Texas Shopping List

Produce (Late Winter Texas)

- Red Beets (8 lbs)
- Spring Onions / Scallions (6 bunches)
- Texas Meyer Lemons & Grapefruit (Bulk)
- Spinach & Early Spring Greens (Bulk)
- Carrots (6 lbs)
- Cabbage & Broccoli (6 heads total)
- Garlic & Fresh Ginger Root

Proteins (Soy-Free)

- Seitan (8 packs)
- Black Beans (Dry - 4 lbs)
- White Navy Beans & Chickpeas
- Texas Pecans & Walnuts

Grains & Seeds

- Buckwheat & Millet
- Wild Rice & Brown Rice
- Quinoa & Amaranth
- Steel-Cut Oats, Teff, & Cornmeal