

THE HALIGRIC YEARLY MEAL GUIDE

Regional Trinity Alignment

Volume V: The Pacific Northwest

The Coastal Philosophy

The PNW Haligric Guide is calibrated for the specific metabolic demands of the Cascadia region. In an era of shifting global precipitation patterns, maintaining "internal warmth" against the persistent coastal mists and seasonal dampness is vital. This guide provides the circulatory support needed to prevent "Cold-Damp" stagnation in the body.

The Calendar Decoder

Schedules are organized by date groups (e.g., **1/8/15/22**). These represent the **Day of the Week** (e.g., every Monday).

Logic: Consistency is the antidote to environmental stress. By repeating the same Trinity every Monday for a month, you reduce cognitive load and allow your biological clock to align with the regional Cascadia rhythm.

The Trinity Formula

Every day is a Trinity: **One Grain + One Green + One Protein**. In the PNW, we prioritize damp-leaching grains like Barley and pungent aromatics to ensure the coastal moisture does not settle in the joints or the respiratory system.

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The Haligric Yearly Meal Guide

Volume 1: Spring Quarter • Month 1: Pacific Northwest Edition

WEEKS 1-4: COASTAL COLD-DAMP SPRING ALIGNMENT

In the Pacific Northwest, March is characterized by 'Cold-Dampness' and heavy overcast. To maintain **Haligricity** here, we focus on **Drying Dampness** and **Warming the Yang**. We use bitter Rhubarb and pungent Leeks to move the stagnant Liver Qi, while utilizing mushrooms and sea vegetables to support the mineral-rich needs of a low-sunlight environment.

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

Day	Warm Rising (Breakfast)	Mid-Day Trinity (Lunch)	Evening Trinity (Dinner)
1/8/15/22	Warm Rye Porridge w/ Rhubarb Compote	Barley, Sautéed Mushrooms, White Beans	Wild Rice, Seitan, Steamed Kale
2/9/16/23	Warm Buckwheat w/ Ginger & Flax	Brown Rice, Leeks, Chickpeas	Farro, Mustard Greens, Seitan
3/10/17/24	Warm Millet w/ Sunflower Seeds	Barley, Carrots, Red Lentils	Quinoa, Bok Choy, White Beans
4/11/18/25	Savory Steel-Cut Oats w/ Garlic & Scallions	Millet, Cabbage, Seitan	Brown Rice, Swiss Chard, Chickpeas
5/12/19/26	Warm Amaranth w/ Walnuts & Dates	Barley, Roasted Beets, White Beans	Wild Rice, Spinach, Seitan
6/13/20/27	Warm Cornmeal Mush w/ Seaweed Flakes	Brown Rice, Mushrooms, Red Lentils	Quinoa, Mustard Greens, Seitan
7/14/21/28	Warm Quinoa w/ Stewed Apples	Barley, Carrots, Chickpeas	Lentil & Leek Stew over Rye

1. PNW Damp-Drainer: Barley, Mushrooms & Seitan

The Trinity: Barley (Grain) + Mushrooms (Green/Yellow) + Seitan (Protein)

1. Cook Barley. 2. Sauté PNW mushrooms (shiitake or oyster) with plenty of garlic and ginger. 3. Add seitan medallions. Barley is the premier grain for draining dampness, while mushrooms provide 'Wood' element energy to start the spring move.

2. Rhubarb & Ginger Warm Awakening

1. Simmer chopped rhubarb with ginger slices and a splash of water until it breaks down into a tart sauce. 2. Serve over warm rye porridge. Rhubarb's bitterness drains Liver fire, and rye's warming nature protects against the PNW chill.

Month 1: Pacific Northwest Shopping List

Produce (Damp-Draining focus)

- Fresh Rhubarb (4 lbs)
- PNW Mushrooms (Shiitake, Oyster, Maitake - 6 lbs)
- Leeks & Scallions (8 bunches)
- Carrots & Beets (8 lbs total)
- Cabbage & Kale (8 large bunches)
- Fresh Ginger Root (Bulk - Warming)
- Garlic & Bok Choy

Proteins (Soy-Free)

- Seitan (8 packs)
- White Navy Beans & Red Lentils

- Chickpeas
- Walnuts & Sunflower Seeds
- Seaweed/Kelp Flakes (Mineral support)

Grains & Seeds (Warming)

- Barley (Essential for PNW dampness)
- Rye & Buckwheat (Warming/Drying)
- Wild Rice & Brown Rice
- Millet & Quinoa
- Amaranth & Steel-Cut Oats

The Haligric Yearly Meal Guide

Volume 1: Spring Quarter • Month 2: Pacific Northwest Edition

WEEKS 5-8: MID-SPRING COASTAL DAMP ALIGNMENT

April in the PNW is the height of the 'Growing Pains' phase. While the Liver energy wants to explode upward, the lingering cold-damp air can create stagnation. To maintain **Haligricity**, we use bitter Rhubarb and Asparagus to drain excess dampness and move the Liver Qi, while keeping the digestive fire warm with Ginger and Rye.

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

Day	Warm Rising (Breakfast)	Mid-Day Trinity (Lunch)	Evening Trinity (Dinner)
5/12/19/26	Warm Rye Porridge w/ Rhubarb Compote	Barley, Asparagus, White Beans	Wild Rice, Seitan, Steamed Spinach
6/13/20/27	Warm Buckwheat w/ Ginger & Hemp	Brown Rice, Radishes, Chickpeas	Farro, Mustard Greens, Seitan
7/14/21/28	Warm Millet w/ Sunflower Seeds	Barley, Carrots, Red Lentils	Quinoa, Bok Choy, White Beans
8/15/22/29	Savory Steel-Cut Oats w/ Garlic & Scallions	Millet, Spinach, Seitan	Brown Rice, Asparagus, Chickpeas
9/16/23/30	Warm Amaranth w/ Walnuts & Dates	Barley, Roasted Beets, White Beans	Wild Rice, Mustard Greens, Seitan
10/17/24/31	Warm Cornmeal Mush w/ Seaweed Flakes	Brown Rice, Radishes, Red Lentils	Quinoa, Spinach, Seitan
11/18/25/31	Warm Quinoa w/ Stewed Apples	Barley, Carrots, Chickpeas	Lentil & Asparagus Stew over Rye

1. PNW Spring Sauté: Asparagus & Seitan

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

1. Cook Barley until tender. 2. Sauté seitan with garlic. 3. Add fresh PNW asparagus spears and cook until just tender. Barley remains our primary weapon against PNW dampness, while asparagus clears heat from the blood.

2. Pungent Radish & Liver-Moving Mash

The Trinity: Wild Rice (Grain) + Radishes (Green/White) + Chickpeas (Protein)

1. Sauté radishes and their greens. 2. Mash with chickpeas and a squeeze of lemon. The pungent property of the radish 'unblocks' the Liver Qi that often feels heavy in the rainy PNW spring.

Month 2: Pacific Northwest Shopping List

Produce (Damp-Clearing focus)

- Asparagus (8 bunches)
- Fresh Rhubarb (4 lbs)
- Radishes with Greens (6 bunches)
- Spinach & Mustard Greens (Bulk)
- Carrots & Beets (6 lbs total)
- Scallions & Fresh Ginger Root
- Garlic & Bok Choy

Proteins (Soy-Free)

- Seitan (8 packs)
- White Navy Beans & Red Lentils

- Chickpeas
- Walnuts & Sunflower Seeds
- Seaweed/Kelp Flakes

Grains & Seeds

- Barley (Primary damp-clearing grain)
- Rye & Buckwheat (Warming)
- Wild Rice & Brown Rice
- Millet & Quinoa
- Steel-Cut Oats & Amaranth

The Haligric Yearly Meal Guide

Volume 1: Spring Quarter • Month 3: Pacific Northwest Edition

WEEKS 9-12: LATE SPRING PNW LUSH PHASE

May in the PNW is the 'Green Explosion.' While the energy is rising, the coastal humidity can cause it to become stagnant. To maintain **Haligricity**, we focus on **Smoothing the Liver Qi** and **Draining Residual Dampness**. We use fresh Mint to move the stagnant energy and Snap Peas to keep the fluids circulating as the landscape reaches full bloom.

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

Day	Warm Rising (Breakfast)	Mid-Day Trinity (Lunch)	Evening Trinity (Dinner)
9/16/23/30	Warm Rye w/ Rhubarb & Mint Compote	Barley, Snap Peas, White Beans	Wild Rice, Seitan, Steamed Spinach
10/17/24/31	Warm Buckwheat w/ Fresh Ginger & Flax	Brown Rice, Asparagus, Chickpeas	Farro, Mustard Greens, Seitan
11/18/25/32	Warm Millet w/ Sunflower Seeds	Barley, Spinach, Red Lentils	Quinoa, Bok Choy, White Beans
12/19/26/33	Savory Steel-Cut Oats w/ Mint & Scallions	Millet, Snap Peas, Seitan	Brown Rice, Spinach, Chickpeas
13/20/27/34	Warm Amaranth w/ Walnuts & Dates	Barley, Bok Choy, Chickpeas	Wild Rice, Mustard Greens, Seitan
14/21/28/35	Warm Cornmeal Mush w/ Kelp Flakes	Brown Rice, Asparagus, Red Lentils	Quinoa, Spinach, Seitan
15/22/29/36	Warm Quinoa w/ Stewed Apples & Mint	Barley, Snap Peas, Chickpeas	Lentil & Pea Stew over Rye

1. PNW Smoothing Trinity: Snap Peas & Minted Seitan

The Trinity: Barley (Grain) + Snap Peas (Green) + Seitan (Protein)

1. Cook Barley. 2. Sauté seitan medallions. 3. Toss in fresh snap peas and a handful of fresh mint at the very end. The mint is a powerful 'Liver Qi smoother' for the damp coastal spring, while peas move the internal fluids.

2. Mint & Rhubarb Liver Purge

1. Simmer chopped rhubarb with fresh mint leaves and a splash of water. 2. Serve over warm rye or buckwheat. This combination clears the blood and ensures the 'Wood' element energy flows without obstruction during the long-daylight transition.

Month 3: Pacific Northwest (PNW) Shopping List

Produce (Smoothing & Draining focus)

- Snap Peas & Shelling Peas (8 lbs)
- Fresh Asparagus (6 bunches)
- Fresh Rhubarb (4 lbs)
- Fresh Mint (Bulk bunches)
- Spinach, Bok Choy, & Mustard Greens
- Scallions, Garlic, & Fresh Ginger Root
- Apples (for stewing)

Proteins (Soy-Free)

- Seitan (8 packs)
- White Navy Beans & Red Lentils

- Chickpeas
- Walnuts & Sunflower Seeds
- Seaweed/Kelp Flakes

Grains & Seeds

- Barley (Essential for PNW damp-draining)
- Rye & Buckwheat (Warming/Drying)
- Wild Rice & Brown Rice
- Millet & Quinoa
- Amaranth & Steel-Cut Oats

The Haligric Yearly Meal Guide

Volume 2: Summer Quarter • Month 4: Pacific Northwest Edition

WEEKS 13-16: EARLY SUMMER COASTAL FIRE ALIGNMENT

June in the PNW marks the transition into the 'Fire Phase.' As the rain recedes and the 'January' clouds break, we focus on **Nourishing the Heart** and **Maintaining Fluidity**. We use bitter greens to clear heart-fire and red Strawberries to harmonize the Shen (spirit), ensuring the system expands with the daylight without overheating.

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

Day	Warm Rising (Breakfast)	Mid-Day Trinity (Lunch)	Evening Trinity (Dinner)
13/20/27/3 4	Warm Quinoa w/ Fresh Strawberries	Millet, Summer Squash, White Beans	Wild Rice, Seitan, Steamed Kale
14/21/28/3 5	Warm Steel-Cut Oats w/ Hemp Hearts	Brown Rice, Snap Peas, Chickpeas	Quinoa, Broccoli, Seitan
15/22/29/3 6	Warm Millet w/ Pumpkin Seeds	Barley, Summer Squash, Red Lentils	Buckwheat, Spinach, White Beans
16/23/30/3 7	Savory Teff w/ Garlic & Parsley	Millet, Kale, Seitan	Brown Rice, Summer Squash, Chickpeas
17/24/31/3 8	Warm Amaranth w/ Berries & Mint	Barley, Snap Peas, White Beans	Quinoa, Mustard Greens, Seitan
18/25/32/3 9	Warm Cornmeal Mush w/ Walnuts	Brown Rice, Broccoli, Red Lentils	Millet, Swiss Chard, Seitan
19/26/33/4 0	Warm Quinoa w/ Flax & Cardamom	Wild Rice, Snap Peas, Chickpeas	Lentil & Squash Stew over Quinoa

1. PNW Fire Trinity: Squash & Seitan "Heart-Light"

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

1. Lightly sauté summer squash with fresh parsley and lemon juice. 2. Sauté seitan medallions until golden. 3. Serve over cooling quinoa. Squash is hydrating and easy on the 'Middle Burner,' perfect for the rising PNW summer energy.

2. Red Berry "Shen" Harmonizer

1. Lightly warm fresh PNW strawberries (do not overcook). 2. Serve over warm quinoa with a sprinkle of hemp hearts. In TCM, red foods like strawberries nourish the Heart and calm the spirit (Shen), which can become restless during the long-daylight weeks.

Month 4: Pacific Northwest Shopping List

Produce (Hydrating & Heart-Cooling)

- Fresh Strawberries (Bulk)
- Summer Squash & Zucchini (8 lbs total)
- Snap Peas (6 lbs)
- Broccoli & Kale (8 large bunches/heads)
- Fresh Parsley & Mint (4 bunches each)
- Garlic & Fresh Ginger Root
- Lemon (for Qi circulation)

Proteins (Soy-Free)

- Seitan (8 packs)
- White Navy Beans & Red Lentils

- Chickpeas
- Walnuts & Hemp Hearts
- Pumpkin Seeds

Grains & Seeds

- Quinoa & Millet (Cooling focus)
- Barley (to drain any residual dampness)
- Wild Rice & Brown Rice
- Amaranth, Teff, & Steel-Cut Oats

The Haligric Yearly Meal Guide

Volume 2: Summer Quarter • Month 5: Pacific Northwest Edition

WEEKS 17-20: PEAK SUMMER COASTAL FIRE ALIGNMENT

July in the PNW is the 'Great Expansion.' The rain has fully subsided, replaced by long days of mild heat. To maintain **Haligricity**, we focus on **Nourishing the Heart Blood** and **Moistening the Lungs** against the dry coastal breezes. We use bitter greens to drain excess fire and dark red Cherries to ground the spirit (Shen) during the peak daylight weeks.

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

Day	Warm Rising (Breakfast)	Mid-Day Trinity (Lunch)	Evening Trinity (Dinner)
17/24/31/3 8	Warm Quinoa w/ PNW Cherries	Millet, Summer Squash, White Beans	Wild Rice, Seitan, Steamed Kale
18/25/32/3 9	Warm Steel-Cut Oats w/ Raspberries	Brown Rice, Green Beans, Chickpeas	Quinoa, Broccoli, Seitan
19/26/33/4 0	Warm Millet w/ Sunflower Seeds & Mint	Barley, Summer Squash, Red Lentils	Buckwheat, Spinach, White Beans
20/27/34/4 1	Savory Teff w/ Garlic & Parsley	Millet, Green Beans, Seitan	Brown Rice, Summer Squash, Chickpeas
21/28/35/4 2	Warm Amaranth w/ Blueberries & Mint	Barley, Snap Peas, White Beans	Quinoa, Mustard Greens, Seitan
22/29/36/4 3	Warm Cornmeal Mush w/ Walnuts	Brown Rice, Broccoli, Red Lentils	Millet, Swiss Chard, Seitan
23/30/37/4 4	Warm Quinoa w/ Flax & Cherries	Wild Rice, Snap Peas, Chickpeas	Lentil & Squash Stew over Quinoa

1. PNW Peak Trinity: Green Beans & Seitan

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

1. Lightly steam green beans until bright. 2. Sauté seitan medallions. 3. Serve over cooling quinoa. Green beans are exceptionally hydrating and support the 'Earth' element during the transition to peak summer heat.

2. PNW Cherry "Shen" Anchor

1. Warm fresh PNW cherries gently. 2. Serve over warm quinoa with a dash of hemp hearts. Cherries are blood-builders in TCM and help anchor the 'Shen' (spirit) when the 16 hours of daylight can lead to restlessness.

Month 5: Pacific Northwest Shopping List

Produce (Hydrating & Heart-Nourishing)

- Fresh Cherries & Raspberries (8 lbs total)
- Blueberries (4 lbs)
- Summer Squash & Zucchini (8 lbs total)
- Green Beans (6 lbs)
- Broccoli & Kale (8 large bunches/heads)
- Fresh Parsley & Mint (4 bunches each)
- Garlic & Ginger Root

Proteins (Soy-Free)

- Seitan (8 packs)
- White Navy Beans & Red Lentils

- Chickpeas
- Walnuts & Hemp Hearts
- Sunflower Seeds

Grains & Seeds

- Quinoa & Millet (Primary cooling focus)
- Barley (to keep digestion dry/efficient)
- Wild Rice & Brown Rice
- Amaranth & Teff

The Haligric Yearly Meal Guide

Volume 2: Summer Quarter • Month 6: Pacific Northwest Earth Phase

WEEKS 21-24: LATE SUMMER COASTAL ALIGNMENT

August in the PNW is the 'Golden Stabilization.' As the long days begin to shorten, we transition into the **Earth Phase**. We focus on **Strengthening the Spleen** and **Nourishing the Fluids** against the peak seasonal dryness. We use sweet Corn and Summer Squash to stabilize the center, while utilizing dark Berries to maintain blood quality as the energy shifts.

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

Day	Warm Rising (Breakfast)	Mid-Day Trinity (Lunch)	Evening Trinity (Dinner)
21/28/35/4 2	Warm Cornmeal Mush w/ Blueberries	Millet, Summer Squash, White Beans	Wild Rice, Seitan, Steamed Chard
22/29/36/4 3	Warm Quinoa w/ Blackberries & Flax	Brown Rice, Green Beans, Chickpeas	Quinoa, Broccoli, Seitan
23/30/37/4 4	Warm Millet w/ Sunflower Seeds	Buckwheat, Sweet Corn, Red Lentils	Amaranth, Spinach, White Beans
24/31/38/4 5	Savory Teff w/ Garlic & Bell Pepper	Millet, Green Beans, Seitan	Brown Rice, Summer Squash, Chickpeas
25/32/39/4 6	Warm Amaranth w/ Plums & Walnuts	Buckwheat, Cucumber, White Beans	Quinoa, Mustard Greens, Seitan
26/33/40/4 7	Warm Cornmeal Mush w/ Walnuts	Brown Rice, Broccoli, Red Lentils	Millet, Swiss Chard, Seitan
27/34/41/4 8	Warm Quinoa w/ Flax & Cardamom	Wild Rice, Sweet Corn, Chickpeas	Lentil & Squash Stew over Quinoa

1. PNW Earth Trinity: Corn, Squash & Seitan

The Trinity: Millet (Grain) + Corn/Squash (Green/Yellow) + Seitan (Protein)

1. Lightly sauté fresh sweet corn and summer squash. 2. Sauté seitan. 3. Serve over millet. In the Earth phase, the naturally sweet flavors of corn and squash support the Spleen/Stomach during the warmest PNW weeks.

2. Blackberry & Amaranth "Shen" Anchor

1. Warm fresh PNW blackberries (the late-summer treasure). 2. Serve over warm amaranth. Blackberries are blood-tonics in TCM; their dark pigment helps nourish the Heart-Blood and stabilize the spirit as the 'Fire' of summer fades.

Month 6: Pacific Northwest (PNW) Shopping List

Produce (Earth-Building & Hydrating)

- Sweet Corn (10 ears)
- Blueberries & Blackberries (8 lbs total)
- Summer Squash & Green Beans (8 lbs total)
- Early Plums (4 lbs)
- Broccoli & Swiss Chard
- Fresh Parsley & Basil
- Garlic & Fresh Ginger Root
- Cucumbers (Hydration focus)

Proteins (Soy-Free)

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

Grains & Seeds

- Millet & Cornmeal (Primary Earth grains)
- Quinoa & Amaranth (Cooling/Hydrating)
- Wild Rice & Brown Rice
- Buckwheat & Teff

The Haligric Yearly Meal Guide

Volume 3: Autumn Quarter • Month 7: PNW (The Mist Return)

WEEKS 25-28: EARLY AUTUMN COASTAL ALIGNMENT

September in the PNW is 'The Mist Return.' As the dry summer heat transitions into cooling coastal moisture, the **Metal Phase** begins. We focus on **Supporting the Lung Qi** and **Drying Internal Dampness**. We use Pungent Leeks to circulate Qi and stewed Pears to protect the Lung lining from the shifting air.

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

Day	Warm Rising (Breakfast)	Mid-Day Trinity (Lunch)	Evening Trinity (Dinner)
25/32/39/4 6	Warm Amaranth w/ Stewed Pears	Barley, Cauliflower, White Beans	Wild Rice, Seitan, Steamed Kale
26/33/40/4 7	Warm Steel-Cut Oats w/ Hemp Hearts	Brown Rice, Leeks & Garlic, Chickpeas	Farro, Broccoli, Seitan
27/34/41/4 8	Warm Millet w/ Sunflower Seeds	Barley, Brussels Sprouts, Red Lentils	Quinoa, Bok Choy, White Beans
28/35/42/4 9	Savory Teff w/ Ginger & Parsley	Millet, Kale, Seitan	Brown Rice, Cauliflower, Chickpeas
29/36/43/5 0	Warm Buckwheat w/ Walnuts & Dates	Barley, Leeks, White Beans	Wild Rice, Mustard Greens, Seitan
30/37/44/5 1	Warm Cornmeal Mush w/ Flax	Brown Rice, Cauliflower, Red Lentils	Quinoa, Spinach, Seitan
31/38/45/5 2	Warm Quinoa w/ Pears & Cardamom	Barley, Broccoli, Chickpeas	Lentil & Cauliflower Stew over Farro

1. PNW Metal Trinity: Cauliflower & Leek "Lung-Clearer"

The Trinity: Barley (Grain) + Cauliflower/Leeks (White) + Seitan (Protein)

1. Sauté leeks and garlic until aromatic. 2. Add cauliflower florets and seitan medallions. 3. Serve over barley. Barley is essential here to drain the returning coastal dampness while the white 'Metal' vegetables support the Lungs.

2. Ginger-Pear "Mist" Protection

1. Stew fresh PNW pears with a thick slice of ginger and a dash of cinnamon. 2. Serve over warm amaranth or quinoa. In TCM, pears generate fluids to moisten the lungs, while ginger prevents those fluids from turning into phlegm in the damp PNW air.

Month 7: Pacific Northwest Shopping List

Produce (Lung-Supporting)

- PNW Pears & Apples (Bulk)
- Cauliflower & Broccoli (8 heads total)
- Leeks & Large White Onions (6 total)
- Brussels Sprouts (4 lbs)
- Kale, Spinach, & Bok Choy
- Fresh Ginger & Garlic
- Fresh Parsley

Proteins (Soy-Free)

- Seitan (8 packs)
- White Navy Beans & Red Lentils

- Chickpeas
- Walnuts & Sunflower Seeds
- Hemp Hearts

Grains & Seeds

- Barley (Primary damp-drainer)
- Farro & Buckwheat (Grounding)
- Wild Rice & Brown Rice
- Amaranth, Teff, & Steel-Cut Oats

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Volume 3: Autumn Quarter • Month 8: PNW (The Saturating Chill)

WEEKS 29-32: MID-AUTUMN COASTAL ALIGNMENT

October in the PNW is the 'Saturating Chill.' As the coastal air turns heavy with moisture, we focus on **Drying the Middle** and **Shielding the Defensive Qi**. We use Daikon and Barley to drain dampness and Miso to warm the interior against the rain.

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

Day	Warm Rising (Breakfast)	Mid-Day Trinity (Lunch)	Evening Trinity (Dinner)
29/36/43/50	Warm Rye w/ Stewed Pears & Ginger	Barley, Delicata Squash, White Beans	Wild Rice, Seitan, Steamed Brussels
30/37/44/51	Savory Oats w/ Miso & Leeks	Barley, Daikon Radish, Chickpeas	Farro, Kale & Garlic, Seitan
31/38/45/52	Warm Millet w/ Pumpkin Seeds	Barley, Brussels Sprouts, Red Lentils	Quinoa, Mustard Greens, Seitan
32/39/46/53	Warm Amaranth w/ Stewed Apples	Barley, Delicata Squash, Seitan	Brown Rice, Mushrooms, Chickpeas

1. PNW Trinity: Daikon & Barley "Damp-Drainer"

The Trinity: Barley (Grain) + Daikon/Mushrooms (White) + Seitan (Protein)

1. Sauté mushrooms and daikon. 2. Serve over barley. This combination is the ultimate PNW defense against the returning rain, ensuring the body does not become 'heavy' or 'waterlogged'.

Month 8 Shopping List (PNW)

- Daikon Radish & Delicata Squash
- Brussels Sprouts & Mushrooms
- Barley (Bulk - Primary Grain)
- Rye & Farro
- Seitan (8 packs)
- White Beans & Chickpeas
- White Miso (Chickpea or Soy-free)
- Garlic, Ginger, & Leeks

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Volume 3: Autumn Quarter • Month 9: PNW Cold-Damp Shielding

WEEKS 33-36: LATE AUTUMN COASTAL ALIGNMENT

November in the PNW is 'The Great Saturation.' As the rain becomes constant and the light fades, we focus on **Expelling Cold-Damp** and **Fortifying the Kidney Yang**. We use Kabocha squash to anchor the center and Pungent Garlic/Ginger to move the blood, ensuring the system doesn't become waterlogged before the Winter Solstice.

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

Day	Warm Rising (Breakfast)	Mid-Day Trinity (Lunch)	Evening Trinity (Dinner)
33/40/47/5 4	Warm Rye w/ Cranberries & Ginger	Barley, Kabocha Squash, White Beans	Wild Rice, Seitan, Steamed Brussels
34/41/48/5 5	Savory Oats w/ Miso & Garlic	Barley, Beets, Chickpeas	Farro, Kale & Black Pepper, Seitan
35/42/49/5 6	Warm Buckwheat w/ Walnuts & Dates	Barley, Kabocha Squash, Red Lentils	Quinoa, Mustard Greens, Seitan
36/43/50/5 7	Warm Amaranth w/ Baked Apple	Barley, Mushrooms, White Beans	Brown Rice, Beets, Chickpeas
37/44/51/5 8	Savory Teff w/ Scallions & Ginger	Barley, Kabocha Squash, Seitan	Wild Rice, Swiss Chard, Chickpeas
38/45/52/5 9	Warm Cornmeal Mush w/ Pecans	Barley, Roasted Beets, Red Lentils	Millet, Spinach, Seitan
39/46/53/6 0	Warm Quinoa w/ Flax & Cardamom	Barley, Brussels Sprouts, White Beans	Lentil & Squash Stew over Rye

1. PNW Trinity: Kabocha & Seitan "Yang-Fire"

The Trinity: Barley (Grain) + Kabocha Squash (Green/Yellow) + Seitan (Protein)

1. Roast Kabocha with skin on (provides more Earth energy).
2. Sauté seitan with fresh ginger and black pepper.
3. Serve over barley. Kabocha is drier and starchier than butternut, making it superior for absorbing the excess dampness of a PNW November.

2. Blood-Moving Beet & Garlic Trinity

The Trinity: Rye (Grain) + Beets (Purple) + White Beans (Protein)

1. Sauté roasted beets with liberal amounts of garlic. 2. This combination moves the blood and prevents 'Cold-Stagnation' in the extremities, which is a common Haligrity failure during the coastal rains.

Month 9: Pacific Northwest (PNW) Shopping List

Produce (Drying & Moving)

- Kabocha or Buttercup Squash (10 lbs)
- Storage Beets & Carrots (8 lbs total)
- Fresh Cranberries (4 lbs - No sugar)
- PNW Mushrooms (Bulk)
- Garlic & Fresh Ginger Root (Bulk)
- Leeks & Brussels Sprouts
- Kale, Mustard Greens, & Chard

Proteins (Soy-Free)

- Seitan (8 packs)
- White Navy Beans & Red Lentils

- Chickpeas
- Walnuts & Pecans
- White Miso (Soy-free)

Grains & Seeds

- Barley (Primary damp-leaching grain)
- Rye & Buckwheat (Warming/Drying)
- Farro & Steel-Cut Oats
- Wild Rice, Millet, & Quinoa

The Haligric Yearly Meal Guide

Volume 4: Winter Quarter • Month 10: PNW (The Solstice Stillness)

WEEKS 37-40: EARLY WINTER COASTAL ALIGNMENT

December in the PNW is 'The Solstice Stillness.' As the darkness reaches its peak and the cold-damp air saturates the coast, we focus on **Conserving the Kidney Essence** and **Warming the Blood**. We use Black Beans to nourish the deep interior and Kelp to provide the essential minerals needed when sunlight is most scarce.

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

Day	Warm Rising (Breakfast)	Mid-Day Trinity (Lunch)	Evening Trinity (Dinner)
37/44/51/58	Warm Rye w/ Dried Cranberries & Ginger	Barley, Brussels Sprouts, Black Beans	Wild Rice, Seitan, Steamed Kale
38/45/52/59	Savory Oats w/ Miso & Garlic	Barley, Roasted Beets, Chickpeas	Farro, Mustard Greens, Seitan
39/46/53/60	Warm Buckwheat w/ Walnuts & Dates	Barley, Storage Carrots, Red Lentils	Quinoa, Spinach, Black Beans
40/47/54/61	Savory Teff w/ Garlic & Kelp Flakes	Barley, PNW Mushrooms, Seitan	Brown Rice, Cabbage, Chickpeas
41/48/55/62	Warm Amaranth w/ Baked Apple	Barley, Brussels Sprouts, White Beans	Wild Rice, Swiss Chard, Seitan
42/49/56/63	Warm Cornmeal Mush w/ Pecans	Barley, Beets, Black Beans	Millet, Kale, Seitan
43/50/57/64	Warm Quinoa w/ Flax & Cardamom	Barley, Mushrooms, Chickpeas	Lentil & Root Stew over Rye

1. PNW Deep Winter Trinity: Black Beans & Kelp

The Trinity: Barley (Grain) + Kale/Kelp (Green) + Black Beans (Protein)

1. Simmer black beans with kelp strips or flakes and ginger. 2. Sauté kale until soft. 3. Serve over barley. This combination provides the 'Salty' and 'Dark' properties required to support the Kidney energy during the PNW's darkest weeks.

2. PNW Mushroom & Ginger "Qi-Warmer"

The Trinity: Rye (Grain) + Mushrooms (Brown/White) + Seitan (Protein)

1. Sauté seitan and mushrooms with a high ratio of fresh ginger and black pepper. 2. Serve over rye. This 'Pungent' spell moves the blood and prevents the cold-damp from settling into the joints (Winter stagnation).

Month 10: Pacific Northwest (PNW) Shopping List

Produce (Mineral-Rich & Moving)

- Brussels Sprouts & Kale (Bulk)
- Storage Beets & Carrots (8 lbs total)
- PNW Mushrooms (Oyster/Shiitake - 6 lbs)
- Cabbage & Swiss Chard
- Garlic & Fresh Ginger Root (Bulk)
- Seaweed/Kelp Flakes (Essential)
- Dried Cranberries (No sugar)

Proteins (Soy-Free)

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

- Chickpeas & Red Lentils
- Walnuts & Pecans
- White Miso (Soy-free)

Grains & Seeds

- Barley (Primary damp-draining grain)
- Rye & Buckwheat (Warming/Drying)
- Farro & Steel-Cut Oats
- Wild Rice, Millet, & Quinoa

The Haligric Yearly Meal Guide

Volume 4: Winter Quarter • Month 11: PNW (The Deep Saturation)

WEEKS 41-44: PEAK WINTER COASTAL ALIGNMENT

January in the PNW is 'The Deep Saturation.' While the Solstice has passed, the cold-dampness is at its most invasive, often settling into the joints. We focus on **Fanning the Digestive Fire** and **Warming the Kidney Yang**. We use Pungent Garlic and Ginger to repel the damp-chill and continue with Black Beans to anchor the deep essence.

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

Day	Warm Rising (Breakfast)	Mid-Day Trinity (Lunch)	Evening Trinity (Dinner)
41/48/55/6 2	Warm Rye w/ Ginger & Frozen Berries	Barley, Cabbage, Black Beans	Wild Rice, Seitan, Garlic Spinach
42/49/56/6 3	Savory Oats w/ Miso & Green Onions	Barley, Roasted Beets, Chickpeas	Farro, Mustard Greens, Seitan
43/50/57/6 4	Warm Buckwheat w/ Walnuts & Dates	Barley, Cabbage, Red Lentils	Quinoa, Spinach, Black Beans
44/51/58/6 5	Savory Teff w/ Garlic & Kelp Flakes	Barley, Leeks, Seitan	Brown Rice, Cabbage, Chickpeas
45/52/59/6 6	Warm Amaranth w/ Baked Apple & Ginger	Barley, Beets, Black Beans	Wild Rice, Kale, Seitan
46/53/60/6 7	Warm Cornmeal Mush w/ Pecans	Barley, Cabbage, Red Lentils	Millet, Swiss Chard, Seitan
47/54/61/6 8	Warm Quinoa w/ Flax & Cardamom	Barley, Leeks, White Beans	Lentil & Root Stew over Rye

1. PNW Winter Trinity: The "Damp-Repeller"

The Trinity: Barley (Grain) + Cabbage (Green) + Black Beans (Protein)

1. Sauté cabbage with a high ratio of fresh ginger and black pepper. 2. Stir in cooked black beans. 3. Serve over barley. In the peak PNW winter, the ginger 'burns off' the external dampness while barley prevents it from settling internally.

2. Blood-Warming Rye & Ginger Breakfast

1. Cook rye flakes with fresh grated ginger. 2. Stir in frozen PNW berries (raspberries or blueberries) for a burst of antioxidants. Rye is the most warming of the grains, helping to push the blood to the extremities during the coastal chill.

Month 11: Pacific Northwest (PNW) Shopping List

Produce (Internal Warming & Drying)

- Cabbage (Green/Red - 10 lbs)
- Storage Beets & Carrots (8 lbs total)
- Leeks & Garlic (Bulk)
- Fresh Ginger Root (Bulk - 2 lbs)
- Frozen PNW Berries (4 lbs)
- Kale, Spinach, & Mustard Greens
- Seaweed/Kelp Flakes (Essential)

Proteins (Soy-Free)

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

- Chickpeas & Red Lentils
- Walnuts & Pecans
- White Miso (Soy-free)

Grains & Seeds

- Barley (Primary damp-leaching grain)
- Rye & Buckwheat (Primary warming grains)
- Farro & Steel-Cut Oats
- Wild Rice, Millet, & Quinoa

YEARLY MEAL GUIDE: MONTH 12

The Pacific Northwest • The Awakening

The Monthly Trinity Schedule

This schedule completes the **Water Phase** and pivots toward **Early Wood**. These Trinities are designed to stir the Liver Qi and clear the "Bone-Dampness" of the Cascadia winter.

DATE GROUP	WARM RISING (BREAKFAST)	MID-DAY TRINITY (LUNCH)	EVENING TRINITY (DINNER)
45 / 52 / 59 / 66	Warm Rye With Grated Ginger & Lemon Zest	Barley Trinity: Barley, Fresh Sprouts & Leeks, Black Beans	Wild Rice Trinity: Wild Rice, Garlic Spinach, Seitan
46 / 53 / 60 / 67	Savory Oats With Miso, Parsley & Green Onions	Barley Trinity: Barley, Roasted Beets, Chickpeas	Farro Trinity: Farro, Mustard Greens, Seitan
47 / 54 / 61 / 68	Warm Buckwheat With Walnuts & Dates	Barley Trinity: Barley, Sautéed Mushrooms, Black Beans	Quinoa Trinity: Quinoa, Steamed Spinach, Seitan
48 / 55 / 62 / 69	Savory Teff With Minced Garlic & Lemon Juice	Barley Trinity: Barley, Fresh Sprouts, Seitan	Brown Rice Trinity: Rice, Sautéed Cabbage, Chickpeas
49 / 56 / 63 / 70	Warm Amaranth With Stewed Pears & Ginger	Barley Trinity: Barley, Beets, White Navy Beans	Wild Rice Trinity: Wild Rice, Kale, Seitan
50 / 57 / 64 / 71	Warm Cornmeal Mush With Toasted Pecans	Barley Trinity: Barley, Mushrooms, Red Lentils	Millet Trinity: Millet, Swiss Chard, Seitan
51 / 58 / 65 / 72	Warm Quinoa With Cardamom & Flax Seeds	Barley Trinity: Barley, Beets, Chickpeas	Trinity Stew: Lentil, Root, & Leek Stew over Rye

Seasonal Alignment: The Awakening

In the PNW, Month 12 is the "Spring Pivot." The drizzle remains, but the energetic shift is undeniable. We move from the deep storage of winter into the upward momentum of the spring Wood element.

The Damp-Repeller: Barley & Leeks

To ensure the final coastal winter rains don't settle into the joints, we use Barley as the anchor grain. When paired with pungent, warming Leeks, it moves the Qi through the lungs and liver, breaking up winter stagnation.

The Blood-Mover: Parsley & Lemon

Fresh parsley and lemon juice are essential this month. Parsley acts as a blood-cleanser and Qi-mover, while the sourness of lemon helps the Liver Qi expand smoothly, shedding the heavy feeling of the long Northwest winter.

Master Shopping List: Month 12 (PNW)

PRODUCE:

- Fresh Sprouts & Leeks (Bulk)
- Storage Beets & Carrots (8 lbs)
- PNW Mushrooms (Bulk)
- Fresh Parsley & Cilantro
- Kale, Spinach, & Mustard Greens
- Fresh Ginger & Garlic
- Lemons & Pears

PROTEINS:

- Seitan Medallions (8-10 packs)

- Black Beans (Dry/Jarred)
- Chickpeas & Red Lentils
- White Navy Beans
- Walnuts, Pecans, & Flax
- Soy-free White Miso

GRAINS:

- Barley (Primary Damp-Drainer)
- Rye & Buckwheat (Warming)
- Wild Rice & Brown Rice
- Farro, Teff, Amaranth, & Oats