

# THE HALIGRIC YEARLY MEAL GUIDE

*Regional Trinity Alignment*

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Volume IV: The Rockies & High Plains

# The Mountain Philosophy

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The Rockies Haligric Guide is calibrated for high-altitude metabolic demands and extreme environmental shifts. In an era of changing climate patterns, maintaining internal "fire" through thin air and dry blizzards is essential. This guide provides the nutritional density needed to protect your energy (Jing) against the bone-deep mountain cold.

## 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:** Repetition is the key to biological alignment. By eating the same Trinity every Monday for a month, you reduce decision fatigue and allow your body to lock into the seasonal rhythm at a cellular level.

## The Trinity Formula

Every day is a Trinity: **One Grain + One Green + One Protein**. In the Rockies, we prioritize warming grains like Rye and Buckwheat during the long winter and utilize moisture-retaining roots to combat the high-desert dryness.

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# The Haligric Yearly Meal Guide

Volume 1: Spring Quarter • Month 1: Rockies & High Plains Edition

## WEEKS 1-4: HIGH-ALTITUDE SPRING ALIGNMENT

In the Rockies, March is still a 'Winter-Spring' hybrid. To maintain **Haligricity** at high altitudes, we focus on **Deep Moistening** to combat extreme dryness and **Waking the Liver** to move stagnant winter energy. We use stewed fruits to generate fluids and pungent greens to break the mountain chill.

## The 28-Day Trinity Schedule (Rockies Weeks 1-4)

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

### 1. Rockies Trinity: Leeks & Seitan "Spring-Wake"

**The Trinity:** Farro (Grain) + Leeks/Greens (Green) + Seitan (Protein)

1. Sauté sliced leeks in olive oil until soft. 2. Add seitan medallions and a splash of vegetable broth to prevent drying. 3. Finish with fresh spinach. The pungent leeks move the Liver Qi, while the moisture protects the lungs in thin mountain air.

### 2. Deep-Moistening Stewed Pears

1. Peel and slice pears. 2. Simmer with a tiny bit of water, cinnamon, and a slice of ginger until soft and juicy. 3. Serve over warm amaranth. This is critical for high-altitude dwellers to prevent 'Lung Dryness' and 'Internal Wind'.

## Month 1: Rockies/Mountain West Shopping List

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### Produce (Moistening focus)

- Pears & Apples (Bulk - for stewing)
- Beets & Carrots (8 lbs total)
- Turnips & Cabbage (6 lbs total)
- Leeks & Scallions (6 bunches)
- Spinach, Kale, & Bok Choy (Bulk)
- Fresh Ginger Root & Garlic
- Dried Dates (for moisture retention)

### Proteins (Soy-Free)

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

- Chickpeas
- Walnuts & Pumpkin Seeds
- Flax Seeds & Hemp Hearts

### Grains & Seeds (Grounding)

- Farro & Buckwheat (Warming/Grounding)
- Wild Rice & Brown Rice
- Millet & Quinoa
- Amaranth & Teff (Nourishing)
- Steel-Cut Oats & Cornmeal

# The Haligric Yearly Meal Guide

Volume 1: Spring Quarter • Month 2: Rockies & High Plains Edition

## WEEKS 5-8: MID-SPRING HIGH-ALTITUDE ALIGNMENT

In the Rockies, April brings the 'Great Wind.' As the snow melts, the air remains brutally dry. To maintain **Haligricity**, we focus on **Anchoring the Yang** to prevent internal restlessness (Wind) and continuing to **Nourish the Yin**. We use bitter-pungent Radishes to move the Liver and heavy Root Vegetables to stay grounded against the mountain gusts.

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

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

### 1. Rockies Trinity: Asparagus & Seitan "Wind-Anchor"

**The Trinity:** Farro (Grain) + Asparagus (Green) + Seitan (Protein)

1. Roast asparagus with a light coating of olive oil. 2. Sauté seitan with garlic and a hint of cumin. 3. Serve over warm farro. Asparagus is a natural diuretic that clears heat, while farro provides the dense "Earth" energy needed to stay centered at high altitudes.

## 2. Liver-Moving Radish & Bean Sauté

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

1. Slice radishes and sauté with their greens until tender. 2. The pungent heat of the radish moves stagnant Liver Qi, helping the body adjust to the rapid spring transitions in the mountains.

## Month 2: Rockies/Mountain West Shopping List

### Produce (Moistening & Grounding)

- Asparagus (6 bunches)
- Radishes with Greens (6 bunches)
- Parsnips & Carrots (8 lbs total)
- Apples & Pears (for stewing)
- Spinach & Mustard Greens (Bulk)
- Garlic & Fresh Ginger Root
- Dates (for Yin nourishment)

### Proteins (Soy-Free)

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

- Chickpeas
- Walnuts & Sunflower Seeds
- Hemp Hearts & Flax Seeds

### Grains & Seeds

- Farro (Primary grounding grain)
- Buckwheat & Wild Rice
- Brown Rice & Millet
- Quinoa & Amaranth
- Steel-Cut Oats, Teff, & Cornmeal

# The Haligric Yearly Meal Guide

Volume 1: Spring Quarter • Month 3: Rockies & High Plains Edition

## WEEKS 9-12: LATE SPRING HIGH-ALTITUDE TRANSITION

*May in the Rockies is a time of rapid 'Ascending Qi.' While the ground finally warms, the high-altitude sun intensifies. To maintain **Haligricity**, we focus on **Clearing Liver Heat** to prevent irritability and **Deep Hydration** to combat the mountain dryness. We use **Rhubarb** to drain heat and **Asparagus** to move fluids, keeping the spirit stable before the Summer Fire arrives.*

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

Day	Warm Rising (Breakfast)	Mid-Day Trinity (Lunch)	Evening Trinity (Dinner)
9/16/23/30	Warm Quinoa w/ Rhubarb Sauce	Millet, Asparagus, Red Lentils	Wild Rice, Seitan, Steamed Spinach
10/17/24/31	Warm Steel-Cut Oats w/ Flax & Berries	Brown Rice, Bell Peppers, Chickpeas	Farro, Spring Onions & Garlic, Seitan
11/18/25/32	Warm Millet w/ Pumpkin Seeds	Quinoa, Asparagus, White Beans	Buckwheat, Mustard Greens, Seitan
12/19/26/33	Savory Teff w/ Ginger & Herbs	Millet, Spinach, Seitan	Brown Rice, Asparagus, Red Lentils
13/20/27/34	Warm Amaranth w/ Stewed Pears	Wild Rice, Bok Choy, Chickpeas	Steel-Cut Oats (Savory), Spinach, Seitan
14/21/28/35	Warm Cornmeal Mush w/ Walnuts	Brown Rice, Bell Peppers, White Beans	Quinoa, Swiss Chard, Seitan
15/22/29/36	Warm Buckwheat w/ Dates	Wild Rice, Asparagus, Red Lentils	Lentil & Pepper Stew over Farro

### 1. Rockies Trinity: High-Altitude Asparagus & Seitan

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

1. Sauté seitan medallions. 2. Add fresh asparagus spears and a splash of water to steam in-pan. 3. Quinoa is cooling and hydrating, while asparagus moves the Liver Qi, making this a perfect Rockies spring transition meal.

### 2. Rhubarb Heat-Drainer Rising

1. Simmer chopped rhubarb with ginger and a touch of maple syrup. 2. Serve over warm quinoa. The sourness and bitterness of rhubarb specifically 'drain' the rising Liver Heat that can lead to headaches and agitation in the high-mountain spring.

## Month 3: Rockies/Mountain West Shopping List

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### Produce (Heat-Clearing focus)

- Asparagus (8 bunches)
- Fresh Rhubarb (4 lbs)
- Spring Onions & Garlic
- Bell Peppers (Greenhouse - 6 total)
- Spinach, Swiss Chard, & Mustard Greens
- Pears & Berries (Moistening focus)
- Fresh Ginger Root

### Proteins (Soy-Free)

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

- Chickpeas
- Walnuts & Pumpkin Seeds
- Flax Seeds & Dates

### Grains & Seeds

- Quinoa & Millet (Hydrating/Cooling)
- Wild Rice & Brown Rice
- Farro & Buckwheat (Grounding)
- Steel-Cut Oats, Amaranth, & Teff

# The Haligric Yearly Meal Guide

Volume 2: Summer Quarter • Month 4: Rockies & High Plains Edition

## WEEKS 13-16: EARLY SUMMER HIGH-ALTITUDE FIRE ALIGNMENT

June in the Rockies brings the 'Intense Fire.' With thin air and high UV exposure, the primary threat to **Haligricity** is 'Yin Scorching.' We focus on **Nourishing the Heart** while **Guarding the Fluids**. We use bitter-cool greens to clear Heart-Fire and cooling red Apricots or Berries to protect the internal moisture from the high-desert sun.

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

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

### 1. Rockies Trinity: High-Altitude Squash & Seitan

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

1. Lightly sauté summer squash with fresh basil and a splash of water to keep it moist. 2. Sauté seitan. 3. Serve over quinoa. In the Rockies, the high UV can cause 'Heart-Fire' agitation; quinoa is the ultimate cooling grain to stabilize your Shen (spirit).

### 2. Apricot & Berry "Fluid-Guard" Breakfast

1. Lightly warm fresh berries or apricots (which are plentiful in mountain orchards). 2. Serve over warm amaranth. In TCM, apricots 'generate fluids' and help moisten the lungs—a mandatory practice for mountain living during the peak dry heat of summer.

## Month 4: Rockies/Mountain West Shopping List

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### Produce (Hydrating & Cooling)

- Fresh Berries & Apricots (8 lbs total)
- Summer Squash & Zucchini (8 lbs)
- Green Beans & Early Snap Peas (6 lbs)
- Broccoli & Kale (8 large bunches/heads)
- Fresh Basil & Mint (4 bunches each)
- Garlic & Fresh Ginger Root
- Lemon & Early Tomatoes (for moisture)

### Proteins (Soy-Free)

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

- Chickpeas
- Walnuts & Hemp Hearts
- Sunflower Seeds & Pumpkin Seeds

### Grains & Seeds

- Quinoa & Millet (Primary hydrating grains)
- Amaranth & Teff (Nourishing/Cooling)
- Wild Rice & Brown Rice
- Steel-Cut Oats & Flax Seeds

# The Haligric Yearly Meal Guide

Volume 2: Summer Quarter • Month 5: Rockies & High Plains Edition

## WEEKS 17-20: PEAK SUMMER HIGH-ALTITUDE FIRE ALIGNMENT

July in the Rockies represents the peak of the 'Fire Phase.' While the air is arid, the afternoon monsoons can bring sudden dampness. To maintain **Haligricity**, we focus on **Clearing Summer Heat** while **Protecting the Spleen**. We use cooling Cucumbers and Tomatoes to hydrate the Heart-Blood, and use Corn to support the Earth element during the monsoon shifts.

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

Day	Warm Rising (Breakfast)	Mid-Day Trinity (Lunch)	Evening Trinity (Dinner)
17/24/31/3 8	Warm Quinoa w/ Fresh Peaches	Millet, Cucumber & Tomato, White Beans	Wild Rice, Seitan, Steamed Chard
18/25/32/3 9	Warm Cornmeal Mush w/ Cherries	Brown Rice, Summer Squash, Chickpeas	Quinoa, Broccoli, Seitan
19/26/33/4 0	Warm Millet w/ Pumpkin Seeds & Mint	Buckwheat (Cooling), Corn, Red Lentils	Amaranth, Spinach, White Beans
20/27/34/4 1	Savory Teff w/ Garlic & Basil	Millet, Kale, Seitan	Brown Rice, Summer Squash, Chickpeas
21/28/35/4 2	Warm Amaranth w/ Peaches & Berries	Buckwheat, Cucumber & Tomato, 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 & Peach Zest	Wild Rice, Corn & Peppers, Chickpeas	Lentil & Tomato Stew over Quinoa

### 1. Rockies Peak Trinity: Corn, Pepper & Seitan

**The Trinity:** Quinoa (Grain) + Corn/Peppers (Green/Yellow) + Seitan (Protein)

1. Lightly sauté fresh corn off the cob with green peppers. 2. Sauté seitan medallions. 3. Serve over cooling quinoa. Corn is the essential 'Earth' food to transition the body through the humid monsoons of the high desert.

### 2. Peach & Mint "Cooling Heart" Breakfast

1. Slice fresh mountain peaches. 2. Serve over warm quinoa with fresh mint and hemp hearts. Peaches generate fluids to combat altitude dryness, while mint clears the head from intense peak-summer heat.

## Month 5: Rockies/Mountain West Shopping List

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### Produce (Hydrating & Earth-Building)

- Fresh Peaches & Cherries (8 lbs total)
- Tomatoes & Cucumbers (10 lbs total)
- Fresh Corn on the Cob (12 ears)
- Summer Squash & Bell Peppers
- Broccoli & Swiss Chard
- Fresh Basil & Mint (Bulk)
- Garlic & Fresh Ginger Root

### Proteins (Soy-Free)

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

- Chickpeas
- Walnuts & Hemp Hearts
- Pumpkin Seeds

### Grains & Seeds

- Quinoa & Millet (Primary cooling grains)
- Cornmeal (for Earth element support)
- Wild Rice & Brown Rice
- Amaranth & Teff
- Flax Seeds

# The Haligric Yearly Meal Guide

Volume 2: Summer Quarter • Month 6: Rockies & High Plains Earth Phase

## WEEKS 21-24: LATE SUMMER MOUNTAIN ALIGNMENT

August in the Rockies is the 'Center' of the year. While the sun remains sharp, the energy begins to stabilize. To maintain **Haligricity**, we focus on **Strengthening the Spleen** and **Transforming Dampness** from late-summer monsoons. We use naturally sweet Corn and Bell Peppers to support the Earth element and Plums or Apples to begin astringing energy for the coming fall.

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

Day	Warm Rising (Breakfast)	Mid-Day Trinity (Lunch)	Evening Trinity (Dinner)
21/28/35/4 2	Warm Cornmeal Mush w/ Peaches	Millet, Bell Peppers, White Beans	Wild Rice, Seitan, Steamed Chard
22/29/36/4 3	Warm Quinoa w/ Plums & Flax	Brown Rice, Summer Squash, Chickpeas	Quinoa, Broccoli, Seitan
23/30/37/4 4	Warm Millet w/ Pumpkin Seeds & Cinnamon	Buckwheat, Sweet Corn, Red Lentils	Amaranth, Spinach, White Beans
24/31/38/4 5	Savory Teff w/ Garlic & Bell Pepper	Millet, Kale, Seitan	Brown Rice, Summer Squash, Chickpeas
25/32/39/4 6	Warm Amaranth w/ Apples & Walnuts	Buckwheat, Tomato & 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 & Peppers, Chickpeas	Lentil & Tomato Stew over Quinoa

### 1. Rockies Earth Trinity: Corn, Pepper & Seitan

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

1. Lightly sauté fresh sweet corn and bell peppers. 2. Sauté seitan. 3. Serve over millet. Millet is the 'Queen of Grains' for the Spleen, helping process the erratic humidity of late-summer mountain storms.

### 2. Late Summer Plum & Amaranth "Center"

1. Slice fresh plums or early apples. 2. Serve over warm amaranth with a sprinkle of walnuts. The sour-sweet profile of plums helps 'astringe' the energy, preventing it from leaking out during the high-heat days of August.

## Month 6: Rockies/Mountain West Shopping List

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### Produce (Earth-Building & Hydrating)

- Sweet Corn (12 ears)
- Bell Peppers (Red/Yellow/Green - 10 total)
- Plums & Early Apples (8 lbs total)
- Tomatoes & Cucumbers (8 lbs total)
- Summer Squash & Zucchini
- Broccoli, Chard, & Kale
- Fresh Basil & Parsley
- Garlic & Fresh Ginger Root

### Proteins (Soy-Free)

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

### Grains & Seeds

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

# The Haligric Yearly Meal Guide

Volume 3: Autumn Quarter • Month 7: Rockies & High Plains Metal Phase

## WEEKS 25-28: EARLY AUTUMN HIGH-ALTITUDE ALIGNMENT

September in the Rockies is the 'Sharp Descent.' As the first frosts hit the high country, the air turns crisp and brutally dry. To maintain **Haligricity**, we focus on **Protecting the Lungs** and **Astringing the Qi**. We use white foods like Cauliflower and Turnips to support the Metal element and stewed Pears to moisten the interior against the mountain wind.

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

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

### 1. Rockies Metal Trinity: Turnips & Seitan

**The Trinity:** Farro (Grain) + Turnips (Green/White) + Seitan (Protein)

1. Roast turnips until tender and sweet. 2. Sauté seitan medallions with garlic and ginger. 3. Serve over warm farro. Turnips are 'Metal' element roots that clear lung stagnation—essential as the mountain air cools and dries rapidly.

### 2. Deep-Moistening Stewed Pear Rising

1. Simmer sliced pears with cinnamon and a splash of water. 2. Serve over warm amaranth. In the high-altitude Autumn, pears are the primary medicinal food used to prevent 'Lung Dryness' and a dry cough.

## Month 7: Rockies/Mountain West Shopping List

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### Produce (Moistening & Lung-Supporting)

- Pears & Apples (Bulk - for stewing)
- White Turnips with Greens (6 bunches)
- Cauliflower & Broccoli (10 heads total)
- Kale, Spinach, & Mustard Greens
- Late Summer Squash (Final harvest)
- Garlic & Fresh Ginger Root
- Dates (for Yin nourishment)

### Proteins (Soy-Free)

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

- Chickpeas
- Walnuts & Sunflower Seeds
- Hemp Hearts & Flax Seeds

### Grains & Seeds

- Farro (Grounding/Earth support)
- Buckwheat & Wild Rice (Warming/Drying)
- Millet & Quinoa (Hydrating)
- Amaranth & Teff (Nourishing)

# The Haligric Yearly Meal Guide

Volume 3: Autumn Quarter • Month 8: Rockies & High Plains (The Sharp Edge)

## WEEKS 29-32: MID-AUTUMN HIGH-ALTITUDE ALIGNMENT

October in the Rockies is 'The Sharp Edge.' As mountain winds increase and nights drop below freezing, we focus on **Consolidating the Exterior** and **Transforming Phlegm**. We use Daikon and Parsnips to clear the lungs and sour Apples to pull the energy inward, protecting the body from the thinning, cooling air.

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

Day	Warm Rising (Breakfast)	Mid-Day Trinity (Lunch)	Evening Trinity (Dinner)
29/36/43/50	Warm Steel-Cut Oats w/ Stewed Apples	Farro, Daikon Radish, White Beans	Wild Rice, Seitan, Steamed Broccoli
30/37/44/51	Warm Buckwheat w/ Walnuts & Flax	Millet, Parsnips, Chickpeas	Farro, Kale & Garlic, Seitan
31/38/45/52	Warm Amaranth w/ Stewed Pears	Quinoa, Daikon, Red Lentils	Buckwheat, Spinach, White Beans
32/39/46/53	Savory Teff w/ Garlic & Ginger	Farro, Cauliflower, Seitan	Brown Rice, Parsnips, Chickpeas

### 1. Rockies Trinity: Daikon & Parsnip "Metal Guard"

**The Trinity:** Farro (Grain) + Daikon/Parsnips (White) + Seitan (Protein)

1. Roast parsnips and daikon until caramelized. 2. Sauté seitan medallions. 3. Serve over dense farro. These white roots are the 'Metal' medicine for the high-altitude Autumn, clearing the respiratory tract and grounding the body against the wind.

## Month 8 Shopping List (Rockies)

- Daikon Radish & Parsnips (Bulk)
- Cauliflower & Broccoli
- Apples & Pears (for stewing)
- Kale, Spinach, & Mustard Greens
- Seitan (8 packs)
- White Navy Beans & Red Lentils
- Farro, Buckwheat, & Steel-Cut Oats
- Walnuts, Flax, & Ginger

# The Haligric Yearly Meal Guide

Volume 3: Autumn Quarter • Month 9: Rockies High-Altitude Consolidation

## WEEKS 33-36: LATE AUTUMN MOUNTAIN ALIGNMENT

November in the Rockies is the 'Great Hardening.' As the first heavy snows blanket the peaks, the air becomes paper-dry. To maintain **Haligricity**, we focus on **Nourishing the Kidney Yin** and **Warming the Core**. We use deep-orange Winter Squash to ground the energy and Garlic/Leeks to move the Qi through the contracting vessels.

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

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

### 1. Rockies Trinity: Butternut Squash & Seitan

**The Trinity:** Farro (Grain) + Butternut Squash (Green/Yellow) + Seitan (Protein)

1. Roast butternut squash cubes with cinnamon and garlic. 2. Sauté seitan. 3. Serve over farro. Butternut squash provides the 'Earth' sweetness needed to stabilize the Spleen as the environment turns harsh and 'Metal'.

### 2. Beet & Ginger "Blood-Warm" Sauté

**The Trinity:** Buckwheat (Grain) + Beets (Purple) + Seitan (Protein)

1. Roast storage beets. 2. Sauté with fresh ginger to ensure the cooling nature of the beet doesn't extinguish the digestive fire. This Trinity builds blood and warms the interior, essential for the high-altitude freeze.

## Month 9: Rockies/Mountain West Shopping List

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### Produce (Grounding & Warming)

- Butternut Squash & Pumpkin (12 lbs total)
- Storage Beets & Carrots (10 lbs total)
- Pears & Apples (for stewing)
- Leeks, Garlic, & Large Onions (Bulk)
- Kale, Spinach, & Swiss Chard
- Fresh Ginger Root (Bulk)
- Dates (for Yin support)

### Proteins (Soy-Free)

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

- Chickpeas
- Walnuts & Pecans
- Flax Seeds & Hemp Hearts

### Grains & Seeds

- Farro & Buckwheat (Warming/Grounding)
- Steel-Cut Oats (for viscosity)
- Wild Rice & Brown Rice
- Millet, Quinoa, & Amaranth

# The Haligric Yearly Meal Guide

Volume 4: Winter Quarter • Month 10: Rockies & High Plains (The Frozen Deep)

## WEEKS 37-40: EARLY WINTER HIGH-ALTITUDE ALIGNMENT

December in the Rockies is 'The Frozen Deep.' As the air reaches maximum desiccation and the cold penetrates the bone, we focus on **Nourishing Kidney Jing** and **Moistening the Interior**. We use Black Beans and Walnuts to fortify the lower burner and stewed Pears to protect the membranes from heater-dryness.

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

Day	Warm Rising	Mid-Day Trinity	Evening Trinity
37/44/51/5 8	Warm Rye w/ Stewed Pears	Buckwheat, Black Beans, Steamed Kale	Wild Rice, Seitan, Garlic Broccoli
38/45/52/5 9	Warm Steel-Cut Oats w/ Walnuts	Brown Rice, White Beans, Parsnips	Buckwheat, Mustard Greens, Seitan
39/46/53/6 0	Warm Millet w/ Ginger & Dates	Wild Rice, Chickpeas, Beets	Rye, Spinach, Black Beans
40/47/54/6 1	Savory Teff w/ Garlic & Kelp	Buckwheat, Black Beans, Seitan	Brown Rice, Cabbage, White Beans

### 1. Rockies Winter Trinity: Black Beans & Walnuts

**The Trinity:** Buckwheat (Grain) + Kale (Green) + Black Beans (Protein)

1. Simmer black beans with ginger. 2. Sauté seitan or beans with crushed walnuts. 3. Serve over buckwheat. This 'Water' element meal builds Kidney energy to resist the deep mountain freeze.

## Month 10 Shopping List (Rockies)

- Black Beans & White Beans
- Seitan & Walnuts
- Parsnips & Storage Beets
- Kale, Cabbage, & Broccoli
- Pears & Apples (Stewing)
- Buckwheat & Rye (Warming)
- Wild Rice & Steel-Cut Oats
- Kelp Flakes & Fresh Ginger

# The Haligric Yearly Meal Guide

Volume 4: Winter Quarter • Month 11: Rockies & High Plains (The Bone Chill)

## WEEKS 41-44: PEAK WINTER HIGH-ALTITUDE ALIGNMENT

January in the Rockies is 'The Bone Chill.' With the deepest snowpack and sub-zero nights, the external cold attempts to extinguish the **Ming Men (Life Gate) Fire**. We focus on **Protecting Kidney Yang** and **Warming the Bones**. We use warming Black Beans and pungent Garlic to keep the blood moving through the high-desert freeze.

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

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

### 1. Rockies Winter Trinity: "The Ming Men Warmer"

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

1. Sauté shredded cabbage with plenty of garlic and fresh ginger. 2. Add cooked black beans. 3. Serve over rye. Rye and ginger specifically target the Kidney Yang, providing the internal fire needed for mountain winters.

### 2. Kelp & Garlic Savory Rising

1. Prepare savory teff or steel-cut oats. 2. Stir in kelp flakes and minced garlic sautéed in a tiny amount of sesame oil. In TCM, the saltiness of kelp 'softens hardness' and guides energy to the Kidneys during the peak of the Water phase.

## Month 11: Rockies/Mountain West Shopping List

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### Produce (Internal Warming)

- Cabbage (Green/Red - 12 lbs)
- Storage Beets & Carrots (10 lbs)
- Garlic & Fresh Ginger Root (Bulk)
- Storage Onions (8 lbs)
- Broccoli & Kale (Final hardy greens)
- Apples (for baking/stewing)
- Seaweed/Kelp Flakes (Essential)

### Proteins (Soy-Free)

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

- White Navy Beans & Chickpeas
- Walnuts & Pecans
- Pumpkin Seeds & Hemp Hearts

### Grains & Seeds

- Rye & Buckwheat (Primary warming grains)
- Wild Rice & Brown Rice
- Steel-Cut Oats & Teff
- Millet, Quinoa, & Amaranth

# The Haligric Yearly Meal Guide

Volume 4: Winter Quarter • Month 12: Rockies & High Plains (The Quickening)

## WEEKS 45-48: LATE WINTER HIGH-ALTITUDE TRANSITION

February in the Rockies is 'The Quickening.' While blizzards remain common, the underground energy is shifting from Water to Wood. To maintain **Haligrity**, we focus on **Stirring the Liver Qi** and **Clearing Storage Heat**. We use pungent Sprouts and Lemon to wake the system, while maintaining warming Beets to protect the core.

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

Day	Warm Rising (Breakfast)	Mid-Day Trinity (Lunch)	Evening Trinity (Dinner)
45/52/59/6 6	Warm Amaranth w/ Stewed Pears & Lemon	Quinoa, Sprouts/Cabbage, Black Beans	Wild Rice, Seitan, Garlic Broccoli
46/53/60/6 7	Warm Steel-Cut Oats w/ Walnuts	Brown Rice, Beets, Chickpeas	Buckwheat, Mustard Greens, Seitan
47/54/61/6 8	Warm Millet w/ Pumpkin Seeds & Ginger	Wild Rice, Parsnips, Black Beans	Rye, Spinach, Seitan
48/55/62/6 9	Savory Teff w/ Garlic & Parsley	Millet, Sprouts, Seitan	Brown Rice, Cabbage, White Beans
49/56/63/7 0	Warm Buckwheat w/ Dates & Cinnamon	Rye, Beets, White Beans	Wild Rice, Kale, Chickpeas
50/57/64/7 1	Warm Cornmeal Mush w/ Pecans	Brown Rice, Parsnips, Red Lentils	Millet, Swiss Chard, Seitan
51/58/65/7 2	Warm Quinoa w/ Flax & Cardamom	Wild Rice, Beets, Chickpeas	Lentil & Root Stew over Rye

### 1. Rockies Trinity: The "Quickening" Sprouts

**The Trinity:** Quinoa (Grain) + Sprouts/Cabbage (Green) + Black Beans (Protein)

1. Sauté shredded cabbage and fresh clover or alfalfa sprouts. 2. Add cooked black beans. 3. Finish with a squeeze of fresh lemon. The lemon and sprouts 'stir' the Liver energy, preparing your body for the rapid mountain spring.

## Month 12 Shopping List (Rockies)

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### Produce (Stirring & Cleansing)

- Cabbage & Fresh Sprouts (8 lbs)
- Storage Beets & Parsnips (8 lbs)
- Garlic & Fresh Ginger Root (Bulk)
- Fresh Lemons (1 bag - Qi circulation)
- Broccoli & Kale
- Pears (Moistening focus)
- Fresh Parsley (2 bunches)

### Proteins (Soy-Free)

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

### Grains & Seeds

- Quinoa & Millet (Hydrating/Moving)
- Rye & Buckwheat (Warming)
- Wild Rice & Brown Rice
- Steel-Cut Oats, Amaranth, & Teff