

THE HALIGRIC YEARLY MEAL GUIDE

Regional Trinity Alignment

Volume III: California (The Golden State)

The California Philosophy

The California Haligric Guide is designed for the diverse microclimates of the Pacific coast and the fertile valleys. As shifting global patterns influence the state's agriculture and temperature, this guide provides the metabolic adaptability required to navigate the cooling coastal fog and the drying inland heat.

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: By repeating the same Trinity each Monday for a month, you establish a consistent rhythm that allows your body to align with California's unique seasonal shifts at a cellular level.

The Trinity Formula

Every day is a Trinity: **One Grain + One Green + One Protein**. In California, we emphasize hydrating, mineral-rich greens and versatile grains like Quinoa and Wild Rice to maintain balance through the state's long growing seasons.

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The Haligric Yearly Meal Guide

Volume 1: Spring Quarter • Month 1: California Edition

WEEKS 1-4: CALIFORNIA COASTAL EARLY SPRING ALIGNMENT

California's Spring is characterized by "Wind" and "Dryness" in many regions. To anchor your **Haligricity** here, we focus on nourishing the 'Yin' and protecting the Liver. We utilize the bounty of coastal greens and aromatic herbs to move the Qi gently without over-drying the system.

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

Day	Warm Rising (Breakfast)	Mid-Day Trinity (Lunch)	Evening Trinity (Dinner)
1/8/15/22	Warm Quinoa w/ Citrus Zest & Hemp	Wild Rice, Braised Artichokes, Seitan	Millet, Sautéed Fennel, Red Lentils
2/9/16/23	Warm Amaranth w/ Sliced Avocado (Warm)	Brown Rice, Asparagus, Chickpeas	Farro, Arugula (Wilted), Savory Seitan
3/10/17/24	Warm Steel-Cut Oats w/ Chia & Berries	Quinoa, Steamed Spinach, White Beans	Buckwheat, Snap Peas, Red Lentils
4/11/18/25	Savory Millet w/ Fresh Herbs	Brown Rice, Kale, Kidney Beans	Wild Rice, Roasted Cauliflower, Seitan
5/12/19/26	Warm Buckwheat w/ Flax & Almonds	Millet, Chard, Chickpea Mash	Farro, Bok Choy, White Beans
6/13/20/27	Warm Spelt Porridge w/ Pumpkin Seeds	Quinoa, Asparagus, Red Lentils	Brown Rice, Fennel & Celery, Seitan
7/14/21/28	Warm Teff w/ Walnuts & Dates	Wild Rice, Spinach, White Beans	Lentil & Vegetable Stew over Quinoa

Regional Trinity Recipes (CA Month 1)

1. Coastal Artichoke & Seitan Braise

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

1. Simmer Wild Rice. 2. Clean and quarter fresh artichoke hearts (or use frozen/canned in water). 3. Sauté Seitan strips with sliced fennel. 4. Add artichokes and a splash of vegetable broth and Coconut Aminos. 5. Cover and simmer until artichokes are tender. This meal is aromatic and moves Liver Qi.

2. Warm Quinoa & Arugula Glow Bowl

The Trinity: Quinoa (Grain) + Arugula (Green) + White Beans (Protein)

1. Cook Quinoa. 2. In a pan, lightly warm white beans with garlic. 3. Throw in a large handful of fresh arugula; stir for only 30 seconds until just barely wilted. 4. Serve over the quinoa with a drizzle of lemon-tahini dressing. The bitterness of arugula clears internal heat.

Month 1: California Shopping List

Produce (California Early Spring)

- Artichokes (Fresh or hearts in water)
- Fresh Fennel (3-4 bulbs)
- Asparagus (4 bunches)
- Arugula (Large tubs/bags)
- Spinach & Kale
- Bok Choy & Swiss Chard
- Cauliflower (2 heads)
- Avocados (Local CA)
- Lemons & Oranges (for zest/juice)
- Fresh Herbs (Parsley, Cilantro, Mint)
- Fresh Ginger & Garlic

Proteins (Soy-Free)

- Seitan (Uptons or similar - 6-8 packs)
- Red Lentils (Dry)

- Chickpeas & White Navy Beans
- Kidney Beans
- Hemp Hearts (Moistening for CA dryness)
- Almonds & Pumpkin Seeds

Grains & Seeds

- Quinoa (Moistening for CA dry-heat)
- Wild Rice & Brown Rice
- Farro & Millet
- Steel-Cut Oats & Amaranth
- Buckwheat, Spelt, & Teff
- Flax Seeds & Chia Seeds

Pantry

- Coconut Aminos
- Tahini & Olive Oil
- Cumin, Cardamom, Sea Salt

The Haligric Yearly Meal Guide

Volume 1: Spring Quarter • Month 2: California Edition

WEEKS 5-8: MID-SPRING CALIFORNIA RESONANCE

*Mid-Spring in California brings the first stone fruits and the height of the pea harvest. We continue to nourish the Yin while moving the Liver Qi. The air can be windy and volatile, so we anchor our **Haligricity** with moistening grains and aromatic Trinity combinations.*

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

Day	Warm Rising (Breakfast)	Mid-Day Trinity (Lunch)	Evening Trinity (Dinner)
5/12/19/26	Warm Oats w/ Apricots & Almonds	Millet, Spring Peas, Red Lentils	Wild Rice, Seitan, Braised Fava Beans
6/13/20/27	Savory Quinoa w/ Spring Onions	Brown Rice, Artichoke Hearts, Chickpeas	Farro, Sautéed Chard, White Beans
7/14/21/28	Warm Amaranth w/ Flax & Berries	Quinoa, Steamed Spinach, Seitan	Millet, Asparagus, Kidney Beans
8/15/22/29	Warm Buckwheat w/ Dates & Walnuts	Brown Rice, Snap Peas, Chickpea Mash	Wild Rice, Roasted Fennel, Red Lentils
9/16/23/30	Warm Spelt Porridge w/ Pumpkin Seeds	Farro, Broccoli, White Beans	Steel-Cut Oats (Savory), Spinach, Seitan
10/17/24/31	Warm Millet w/ Sunflower Seeds	Quinoa, Kale, Red Lentils	Brown Rice, Artichokes, Chickpeas
11/18/25/32	Savory Oats w/ Garlic & Parsley	Buckwheat, Dandelion Greens, Seitan	Farro, Snap Peas, White Beans

Regional Trinity Recipes (CA Month 2)

1. Fava Bean & Seitan Spring Sauté

The Trinity: Wild Rice (Grain) + Fava Beans/Spring Onions (Green) + Seitan (Protein)

1. Shell and blanch fava beans. 2. Sauté sliced seitan with spring onions. 3. Toss in the fava beans and a splash of Coconut Aminos. 4. Serve over warm wild rice. Fava beans are excellent for moving Qi and building Blood in the spring.

2. Warm Apricot & Almond Oats

1. Cook steel-cut oats. 2. Gently simmer sliced fresh apricots with a pinch of cardamom. 3. Top oats with the warm apricots and toasted almond slivers. 4. Almonds are particularly moistening for the California climate.

Month 2: California Shopping List

Produce (California Mid-Spring)

- Fresh Apricots (4 lbs)
- Fava Beans or Spring Peas (5 lbs in pod)
- Artichokes (4-6 large)
- Spring Onions (3 bunches)
- Dandelion Greens & Spinach
- Kale & Swiss Chard
- Asparagus & Fennel
- Fresh Berries & Dates
- Fresh Herbs (Parsley, Mint, Cilantro)
- Fresh Ginger & Garlic

Proteins (Soy-Free)

- Seitan (Uptons or similar - 6-8 packs)
- Red Lentils (Dry)
- Chickpeas & White Navy Beans

- Kidney Beans
- Hemp Hearts & Pumpkin Seeds
- Almonds & Walnuts

Grains & Seeds

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

Pantry

- Coconut Aminos
- Tahini & Olive Oil
- Cardamom & Cumin

The Haligric Yearly Meal Guide

Volume 1: Spring Quarter • Month 3: California Edition

WEEKS 9-12: LATE SPRING CALIFORNIA ALIGNMENT

As California transitions toward the golden dry heat of June, we anchor our **Haligricity**. We focus on 'Clearing Heat' while nourishing the Yin fluids. We utilize the arrival of early stone fruits and berries to provide vibrant energy, paired with cooling grains to stabilize the core.

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

Day	Warm Rising (Breakfast)	Mid-Day Trinity (Lunch)	Evening Trinity (Dinner)
9/16/23/30	Warm Quinoa w/ Fresh Cherries	Millet, Zucchini, Red Lentils	Wild Rice, Braised Artichokes, Seitan
10/17/24/31	Warm Amaranth w/ Berries & Flax	Brown Rice, Snap Peas, Chickpeas	Farro, Sautéed Spinach, Savory Seitan
11/18/25/32	Warm Millet w/ Sliced Avocado (Warm)	Quinoa, Summer Squash, White Beans	Buckwheat, Bok Choy, Red Lentils
12/19/26/33	Savory Teff w/ Spring Onions	Brown Rice, Broccoli, Kidney Beans	Millet, Kale, Seitan w/ Coconut Aminos
13/20/27/34	Warm Steel-Cut Oats w/ Hemp Seeds	Farro, Asparagus, Chickpea Mash	Quinoa, Snap Peas, Seitan
14/21/28/35	Warm Buckwheat w/ Dates & Almonds	Wild Rice, Swiss Chard, White Beans	Millet, Summer Squash, Red Lentils
15/22/29/36	Warm Spelt w/ Walnut & Berries	Brown Rice, Collard Greens, Seitan	Lentil & Zucchini Stew over Quinoa

Regional Trinity Recipes (CA Month 3)

1. California Zucchini & Seitan Sauté

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

1. Cook Quinoa. 2. Slice early summer zucchini and Seitan strips. 3. Sauté in a pan with fresh mint and lemon zest (very cooling for CA air). 4. Splash with Coconut Aminos. 5. Serve over the quinoa. This meal is light and helps prevent internal heat buildup.

2. Warm Cherry & Quinoa Rising

1. Cook 1 cup Quinoa. 2. Pit and halve 1/2 cup fresh California cherries. 3. Warm the cherries in a small pan with a dash of water until they release their juice. 4. Top the warm quinoa with the cherries and a tablespoon of hemp hearts. Cherries nourish the blood and Heart energy.

Month 3: California Shopping List

Produce (California Late Spring)

- Fresh Cherries (4 lbs)
- Mixed Berries (Strawberries/Raspberries)
- Early Zucchini & Summer Squash (8 total)
- Artichokes (Final Harvest - 4 total)
- Snap Peas (4 lbs)
- Avocado (Local CA - 8 total)
- Spinach, Chard, & Bok Choy
- Fresh Mint & Parsley

Proteins (Soy-Free)

- Seitan (8 packs)
- Red Lentils (Dry)
- Chickpeas & White Beans
- Hemp Hearts & Almonds

Grains & Seeds

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

The Haligric Yearly Meal Guide

Volume 2: Summer Quarter • Month 4: California Edition

WEEKS 13-16: EARLY SUMMER CALIFORNIA ALIGNMENT

In California, Early Summer is a time of abundance. As we enter the Heart-Fire season, our goal is to nourish the 'Yin' to prevent dryness from the increasing heat. We use hydrating fruits like stone fruits and figs, paired with bitter arugula and cooling cucumbers to maintain an unwavering Haligricity.

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

Day	Warm Rising (Breakfast)	Mid-Day Trinity (Lunch)	Evening Trinity (Dinner)
13/20/27/3 4	Warm Quinoa w/ Fresh Apricots	Millet, Cooling Cucumbers (Warmed), Red Lentils	Wild Rice, Seitan strips, Wilted Arugula
14/21/28/3 5	Warm Amaranth w/ Figs & Hemp	Brown Rice, Bell Peppers, Chickpeas	Farro, Sautéed Chard, White Beans
15/22/29/3 6	Warm Millet w/ Plum Compote	Quinoa, Bok Choy, Seitan	Buckwheat, Green Beans, Red Lentils
16/23/30/3 7	Savory Teff w/ Herbs	Barley, Collard Greens, Kidney Beans	Wild Rice, Zucchini, Chickpeas
17/24/31/3 8	Warm Steel-Cut Oats w/ Walnuts	Brown Rice, Spinach, Seitan	Quinoa, Bell Peppers, White Beans
18/25/32/3 9	Warm Spelt w/ Sunflower Seeds	Millet, Summer Squash, Chickpeas	Wild Rice, Arugula, Red Lentils
19/26/33/4 0	Warm Buckwheat w/ Dates	Quinoa, Swiss Chard, Seitan	Lentil & Cucumber Stew over Brown Rice

Regional Trinity Recipes (CA Month 4)

1. Wilted Arugula & Seitan "Spirit-Cooler"

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

1. Cook Wild Rice. 2. Sauté Seitan strips with garlic. 3. At the last moment, toss in three large handfuls of fresh arugula. 4. Stir for only 30 seconds until just wilted. 5. The bitter flavor of the arugula drains the 'Heart-Fire', while the wild rice provides grounding.

2. Warm Plum & Millet Awakening

1. Simmer sliced fresh plums with a tiny bit of water and cardamom until they soften. 2. Serve over steaming millet. Plums are highly moistening for the Yin, helping to counteract the dry California heat.

Month 4: California Shopping List

Produce (California Early Summer)

- Fresh Apricots & Plums (5 lbs total)
- Fresh Figs (Local CA - 2 lbs)
- Cucumbers (8-10 - use for Trinity warmth)
- Arugula (4 large tubs - the bitter fire-clearer)
- Bell Peppers (Red/Orange - 6 total)
- Spinach & Swiss Chard
- Summer Squash & Zucchini
- Fresh Herbs (Mint, Parsley)
- Garlic & Lemons

Proteins (Soy-Free)

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

- Kidney Beans
- Hemp Hearts & Sunflower Seeds
- Walnuts & Dates (Yin-nourishing)

Grains & Seeds

- Quinoa & Millet (Nourishing/Cooling)
- Wild Rice & Brown Rice
- Farro & Buckwheat
- Steel-Cut Oats, Amaranth, & Spelt
- Teff & Flax Seeds

Pantry

- Coconut Aminos
- Cardamom & Cumin
- Olive Oil & Tahini

The Haligric Yearly Meal Guide

Volume 2: Summer Quarter • Month 5: California Edition

WEEKS 17-20: MID-SUMMER CALIFORNIA ALIGNMENT

July in California is a peak of solar energy. As we navigate the dry heat, our **Haligricity** depends on nourishing the 'Yin' and protecting the fluids. We leverage the incredible bounty of Heirloom Tomatoes and Melons for hydration, while grounding the Earth element with Corn and Eggplant to prevent 'floating fire' (anxiety/restlessness).

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

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

1. Heirloom Tomato & Seitan Sauté

The Trinity: Quinoa (Grain) + Heirloom Tomatoes (Green/Red) + Seitan (Protein)

1. Cook Quinoa. 2. Slice Seitan into medallions and sear. 3. Add thick slices of California heirloom tomatoes; sauté for only 1-2 minutes so they stay juicy but warm. 4. Season with fresh basil and Coconut Aminos. Tomatoes nourish the 'Yin' and clear heat.

2. Golden CA Corn & Pepper Trinity

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

1. Simmer Wild Rice. 2. Sauté corn off the cob and diced peppers with a pinch of cumin. 3. Add chickpeas. 4. This combination is sweet and grounding, supporting the Spleen during the 'Late Summer' transition.

Month 5: California Shopping List

Produce (Mid-Summer California)

- Heirloom Tomatoes (8-10 lbs)
- Fresh Sweet Corn (10 ears)
- Bell Peppers (Various - 8 total)
- Eggplants (4 total)
- Melons (Cantaloupe/Honeydew - 4 total)
- Table Grapes (Local CA - 4 lbs)
- Arugula & Collard Greens
- Swiss Chard & Spinach
- Fresh Basil, Mint, & Parsley

Proteins (Soy-Free)

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

Grains & Seeds

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

The Haligric Yearly Meal Guide

Volume 2: Summer Quarter • Month 6: California Edition

WEEKS 21-24: LATE SUMMER CALIFORNIA ALIGNMENT

August in California is the height of the 'Earth' energy. While the valley heat remains, the coastal fog may bring dampness. We focus on 'Clearing Damp' and 'Gently Warming the Middle.' We use the final surge of Melons and Figs to nourish the fluids, while grounding with Millet and Peppers to maintain our Haligricity center.

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

Day	Warm Rising (Breakfast)	Mid-Day Trinity (Lunch)	Evening Trinity (Dinner)
21/28/35/4 2	Warm Millet w/ Fresh Figs	Quinoa, Bell Peppers, Red Lentils	Wild Rice, Seitan, Wilted Arugula
22/29/36/4 3	Warm Amaranth w/ Grapes & Walnuts	Brown Rice, Eggplant, Chickpeas	Farro, Sautéed Spinach, White Beans
23/30/37/4 4	Warm Quinoa w/ Cinnamon & Peach	Millet, Summer Squash, Seitan	Wild Rice, Tomatoes, Red Lentils
24/31/38/4 5	Savory Buckwheat w/ Fresh Herbs	Barley, Collard Greens, Kidney Beans	Brown Rice, Peppers & Corn, Seitan
25/32/39/4 6	Warm Teff w/ Flax & Cardamom	Quinoa, Eggplant, White Beans	Steel-Cut Oats (Savory), Kale, Chickpeas
26/33/40/4 7	Warm Cornmeal Mush w/ Sunflower Seeds	Brown Rice, Tomatoes, Red Lentils	Millet, Swiss Chard, Seitan
27/34/41/4 8	Warm Steel-Cut Oats w/ Melon slices (Warm)	Wild Rice, Peppers, Chickpeas	Lentil & Tomato Stew over Quinoa

1. California Earth Trinity: Peppers & Seitan

The Trinity: Brown Rice (Grain) + Bell Peppers (Green/Red) + Seitan (Protein)

1. Cook Brown Rice. 2. Sauté a mix of colorful California peppers with garlic. 3. Add seitan medallions. 4. Peppers are warming and help move stagnant Qi during the humid August afternoons in the valleys.

2. Warm Fig & Millet Rising

1. Cook 1 cup Millet in 2 cups water. 2. Slice 3-4 fresh California figs and place them on top of the steaming millet for 2 minutes to warm through. 3. Top with toasted walnuts. Figs are the ultimate Late-Summer 'Earth' food for nourishing the fluids without causing dampness.

Month 6: California Shopping List

Produce (Late Summer California)

- Fresh Figs (Local CA - 5 lbs)
- Bell Peppers (Red/Orange/Yellow - 12 total)
- Tomatoes (Local - 8 lbs)
- Table Grapes (4 lbs)
- Melons (Cantaloupe/Honeydew - 4 total)
- Eggplants & Summer Squash
- Arugula, Kale, & Collard Greens
- Fresh Basil, Mint, & Thyme
- Garlic, Onions, & Fresh Ginger

Proteins (Soy-Free)

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

Grains & Seeds

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

The Haligric Yearly Meal Guide

Volume 3: Autumn Quarter • Month 7: California Edition

WEEKS 25-28: EARLY AUTUMN CALIFORNIA ALIGNMENT

In California, September is often the warmest month, yet the underlying energy is shifting. To maintain **Haligricity**, we focus on nourishing 'Yin' to combat the peak dry-heat. We use Pomegranates and Persimmons to moisten the Lungs and generate fluids, while utilizing the white Metal-element bounty of Cauliflower to prepare for the change in season.

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

Day	Warm Rising (Breakfast)	Mid-Day Trinity (Lunch)	Evening Trinity (Dinner)
25/32/39/4 6	Warm Quinoa w/ Pomegranate Seeds	Millet, Roasted Cauliflower, Red Lentils	Wild Rice, Seitan, Sautéed Bell Peppers
26/33/40/4 7	Warm Amaranth w/ Sliced Persimmons	Brown Rice, Broccoli, Chickpeas	Farro, Swiss Chard, White Beans
27/34/41/4 8	Warm Buckwheat w/ Dates & Almonds	Quinoa, Cauliflower, Seitan	Wild Rice, Spinach, Red Lentils
28/35/42/4 9	Savory Teff w/ Garlic & Herbs	Millet, Zucchini, Chickpeas	Brown Rice, Bell Peppers, Seitan
29/36/43/5 0	Warm Steel-Cut Oats w/ Apple Compote	Wild Rice, Bok Choy, White Beans	Steel-Cut Oats (Savory), Kale, Red Lentils
30/37/44/5 1	Warm Millet w/ Pumpkin Seeds	Brown Rice, Cauliflower, Seitan	Quinoa, Swiss Chard, Chickpeas
31/38/45/5 2	Warm Amaranth w/ Walnuts & Cinnamon	Wild Rice, Peppers, White Beans	Lentil & Cauliflower Stew over Brown Rice

1. CA Cauliflower & Seitan Metal Trinity

The Trinity: Quinoa (Grain) + Cauliflower (Green/White) + Seitan (Protein)

1. Cook Quinoa. 2. Sauté Seitan medallions with garlic and a touch of ginger. 3. Add cauliflower florets and a splash of water to steam in the pan. 4. Finish with Coconut Aminos. This meal supports the Lung energy during the California dry transition.

2. Warm Persimmon & Amaranth Awakening

1. Slice ripe Fuyu persimmons. 2. Gently warm them in a pan with a splash of water until they are tender. 3. Serve over warm amaranth. Persimmons are a TCM superfood for 'Moistening the Lungs' and stopping dry coughs.

Month 7: California Shopping List

Produce (Early Autumn California)

- Pomegranates (Local CA - 6 total)
- Fuyu Persimmons (8-10 total)
- CA Apples (6 lbs)
- Cauliflower (4 large heads)
- Bell Peppers (Various - 8 total)
- Broccoli & Bok Choy
- Spinach & Swiss Chard
- Kale & Garlic
- Fresh Ginger Root
- Medjool Dates (2 lbs)

Proteins (Soy-Free)

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

Grains & Seeds

- Quinoa & Amaranth (Moistening for CA dryness)
- Wild Rice & Brown Rice
- Millet & Buckwheat
- Steel-Cut Oats, Teff, & Farro

The Haligric Yearly Meal Guide

Volume 3: Autumn Quarter • Month 8: California Descending Phase

WEEKS 29-32: MID-AUTUMN CALIFORNIA ALIGNMENT

In October, the California sun begins to soften, and the Santa Ana winds may bring sudden dryness. To maintain **Haligricity**, we focus on 'Nourishing the Yin' and 'Moistening the Interior'. We use the peak harvest of Persimmons and Walnuts to protect the Lungs and Brain, while grounding with Winter Squash as the energy of the year begins its descent.

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

Day	Warm Rising (Breakfast)	Mid-Day Trinity (Lunch)	Evening Trinity (Dinner)
29/36/43/5 0	Warm Amaranth w/ Persimmons	Millet, Roasted Butternut Squash, Red Lentils	Wild Rice, Seitan medallions, Sautéed Broccoli
30/37/44/5 1	Warm Quinoa w/ Pomegranate & Walnuts	Brown Rice, Winter Squash, White Beans	Farro, Swiss Chard, Seitan
31/38/45/5 2	Warm Buckwheat w/ Dates & Cinnamon	Quinoa, Broccoli, Chickpeas	Wild Rice, Spinach, Red Lentils
32/39/46/5 3	Savory Teff w/ Ginger & Herbs	Millet, Winter Squash, Seitan	Brown Rice, Mustard Greens, White Beans
33/40/47/5 4	Warm Steel-Cut Oats w/ Baked Pear	Wild Rice, Bok Choy, Chickpeas	Steel-Cut Oats (Savory), Broccoli, Seitan
34/41/48/5 5	Warm Millet w/ Pumpkin Seeds	Brown Rice, Roasted Butternut, Red Lentils	Farro, Kale, White Beans
35/42/49/5 6	Warm Amaranth w/ Almonds & Honey	Quinoa, Winter Squash, Chickpeas	Lentil & Squash Stew over Brown Rice

1. CA Butternut Squash & Walnut Trinity

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

1. Roast cubed butternut squash with a touch of sage. 2. Sauté Seitan with crushed California walnuts. 3. Serve over warm farro. Walnuts are shaped like the brain and, in TCM, nourish the Kidney and Brain energy for the darkening months.

2. Warm Persimmon & Amaranth Bowl

1. Cook amaranth. 2. Slice Hachiya or Fuyu persimmons and warm them gently in a saucepan with a dash of water. 3. Serve over the amaranth with a sprinkle of hemp hearts. Persimmons are the 'Gem of the Orient' in TCM, specifically used to moisten the Lungs during dry autumns.

Month 8: California Shopping List

Produce (Mid-Autumn California)

- Fuyu & Hachiya Persimmons (10 lbs)
- Pomegranates (6 total)
- Butternut or Delicata Squash (6 total)
- Broccoli & Broccoli Rabe (8 heads)
- CA Apples & Pears (8 lbs total)
- Medjool Dates (2 lbs)
- Kale, Swiss Chard, & Mustard Greens
- Fresh Sage & Rosemary
- Garlic & Fresh Ginger

Proteins (Soy-Free)

- Seitan (8 packs)
- Fresh CA Walnuts (4 lbs)

- White Navy Beans & Red Lentils
- Chickpeas
- Almonds & Pumpkin Seeds
- Hemp Hearts

Grains & Seeds

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

The Haligric Yearly Meal Guide

Volume 3: Autumn Quarter • Month 9: California Edition

WEEKS 33-36: LATE AUTUMN CALIFORNIA ALIGNMENT

In California, November is the 'Great Condensing.' As the days shorten, we focus on 'Consolidating the Spirit' and 'Nourishing the Roots.' We use the final harvest of Persimmons to moisten the Lungs against dry winds, while utilizing Winter Squash and hearty Greens to ground our Haligricity center.

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

Day	Warm Rising (Breakfast)	Mid-Day Trinity (Lunch)	Evening Trinity (Dinner)
33/40/47/5 4	Warm Amaranth w/ Persimmons & Ginger	Millet, Roasted Butternut Squash, Red Lentils	Wild Rice, Seitan, Steamed Kale
34/41/48/5 5	Warm Quinoa w/ Pomegranate & Walnuts	Brown Rice, Winter Squash, White Beans	Farro, Sautéed Chard, Seitan
35/42/49/5 6	Warm Buckwheat w/ Dates & Cinnamon	Quinoa, Cauliflower, Chickpeas	Wild Rice, Spinach, Red Lentils
36/43/50/5 7	Savory Teff w/ Garlic & Herbs	Millet, Winter Squash, Seitan	Brown Rice, Mustard Greens, White Beans
37/44/51/5 8	Warm Steel-Cut Oats w/ Baked Pear	Wild Rice, Bok Choy, White Beans	Steel-Cut Oats (Savory), Kale, Seitan
38/45/52/5 9	Warm Millet w/ Pumpkin Seeds	Brown Rice, Roasted Butternut, Red Lentils	Farro, Swiss Chard, White Beans
39/46/53/6 0	Warm Amaranth w/ Almonds & Cardamom	Quinoa, Winter Squash, Chickpeas	Lentil & Squash Stew over Brown Rice

1. CA Delicata Squash & Seitan Sauté

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

1. Roast Delicata squash rings with sage. 2. Sauté Seitan strips with garlic. 3. Serve over warm farro. Delicata is easy to prepare and provides the 'Earth' energy needed for the California autumn transition.

2. Warm Persimmon & Amaranth Awakening

1. Simmer sliced ripe persimmons in a pan with a splash of water and ginger. 2. Serve over warm amaranth. Persimmons are essential for moistening the throat as the Santa Ana winds or dry air move through California.

Month 9: California Shopping List

Produce (Late Autumn California)

- Fuyu & Hachiya Persimmons (10 lbs)
- Pomegranates (6 total)
- Butternut & Delicata Squash (8 total)
- Cauliflower & Broccoli (8 heads total)
- CA Apples & Pears (8 lbs total)
- Medjool Dates (2 lbs)
- Kale, Swiss Chard, & Mustard Greens
- Fresh Sage & Rosemary
- Garlic & Fresh Ginger

Proteins (Soy-Free)

- Seitan (8 packs)
- CA Walnuts (4 lbs)
- White Navy Beans & Red Lentils
- Chickpeas
- Almonds & Pumpkin Seeds

Grains & Seeds

- Farro & Buckwheat (Warming)
- Wild Rice & Brown Rice
- Millet & Quinoa
- Amaranth & Teff
- Steel-Cut Oats & Flax

The Haligric Yearly Meal Guide

Volume 4: Winter Quarter • Month 10: California Edition

WEEKS 37-40: EARLY WINTER CALIFORNIA ALIGNMENT

December in California is the 'Season of Conservation.' While the air is crisp and the rain may arrive, we focus on 'Consolidating the Jing' (Essence). We utilize the final bounty of Persimmons and the arrival of Citrus to keep the Qi moving, while grounding our Haligricity with hearty Black Beans and Walnuts to support the Kidney energy.

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

Day	Warm Rising (Breakfast)	Mid-Day Trinity (Lunch)	Evening Trinity (Dinner)
37/44/51/5 8	Warm Amaranth w/ Dates & Walnuts	Millet, Roasted Cauliflower, Black Beans	Wild Rice, Seitan, Steamed Kale
38/45/52/5 9	Warm Quinoa w/ Orange Zest & Hemp	Brown Rice, Broccoli, White Beans	Buckwheat, Avocado (Warm), Seitan
39/46/53/6 0	Warm Buckwheat w/ Pomegranate Seeds	Wild Rice, Roasted Carrots, Chickpeas	Quinoa, Spinach, Black Beans
40/47/54/6 1	Savory Teff w/ Garlic & Ginger	Buckwheat, Cauliflower, Seitan	Brown Rice, Spinach, White Beans
41/48/55/6 2	Warm Steel-Cut Oats w/ Baked Pear	Wild Rice, Kale, Chickpeas	Buckwheat, Mustard Greens, Seitan
42/49/56/6 3	Warm Millet w/ Sunflower Seeds	Brown Rice, Broccoli, Black Beans	Millet, Swiss Chard, Seitan
43/50/57/6 4	Warm Amaranth w/ Flax & Cardamom	Wild Rice, Carrots, White Beans	Lentil & Kale Stew over Buckwheat

1. CA Winter Kidney Trinity: Black Beans & Walnuts

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

1. Simmer black beans with a strip of kombu. 2. Sauté seitan with crushed California walnuts. 3. Serve over warm buckwheat with steamed kale. This combination provides the deep, salty-property energy required to nourish the Kidneys during the Winter solstice.

2. Citrus-Zest Warming Seitan

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

1. Sauté seitan with minced ginger and garlic. 2. Add broccoli florets and the zest of one California orange. 3. The citrus zest acts as a 'Qi-mover' to prevent stagnation during the darker days, while the wild rice grounds the energy.

Month 10: California Shopping List

Produce (Early Winter California)

- CA Oranges & Mandarins (8 lbs)
- Pomegranates & Persimmons (Final Harvest)
- Cauliflower & Broccoli (10 heads total)
- Avocado (Local CA - 8 total)
- Large Carrots (4 lbs)
- Kale, Spinach, & Mustard Greens (Bulk)
- Medjool Dates (2 lbs)
- Garlic & Fresh Ginger Root

Proteins (Soy-Free)

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

- White Navy Beans & Chickpeas
- CA Walnuts & Almonds
- Pumpkin Seeds & Hemp Hearts

Grains & Seeds

- Buckwheat (Warming for Winter)
- Wild Rice & Brown Rice
- Millet & Quinoa
- Steel-Cut Oats, Amaranth, & Teff
- Flax Seeds & Chia Seeds

The Haligric Yearly Meal Guide

Volume 4: Winter Quarter • Month 11: California Edition

WEEKS 41-44: MID-WINTER CALIFORNIA ALIGNMENT

In California, January is the peak of the 'Water Element'. To maintain **Haligricity**, we focus on 'Consolidating the Kidney Essence' (Jing) while navigating the wet, cool coastal air. We use dark, salty-property Black Beans and Walnuts for bone and kidney health, balanced by the bright, Qi-moving citrus of Blood Oranges and Kumquats.

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

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

1. CA Midnight Trinity: Black Beans & Avocado

The Trinity: Buckwheat (Grain) + Kale/Warm Avocado (Green) + Black Beans (Protein)

1. Simmer black beans with ginger. 2. Warm thick slices of avocado gently in a pan (do not cook through). 3. Serve over hot buckwheat with steamed kale. The 'healthy fats' of CA avocado nourish the Kidney Yin, while the dark beans protect the Jing.

2. Blood Orange & Ginger Qi-Mover

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

1. Sauté seitan with fresh ginger. 2. Add broccoli and the zest and juice of half a Blood Orange at the very end. 3. This 'Pungent-Sour' combination moves the stagnant Qi often felt during California's rainy season.

Month 11: California Shopping List

Produce (Mid-Winter California)

- CA Blood Oranges & Kumquats (Bulk)
- Avocado (Local CA - 8-10 total)
- Broccoli & Cauliflower (10 heads total)
- Large Carrots (6 lbs)
- Kale, Spinach, & Mustard Greens (Bulk)
- Medjool Dates (2 lbs)
- Garlic & Fresh Ginger Root

Proteins (Soy-Free)

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

- White Navy Beans & Chickpeas
- CA Walnuts & Almonds
- Hemp Hearts

Grains & Seeds

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

The Haligric Yearly Meal Guide

Volume 4: Winter Quarter • Month 12: California Edition

WEEKS 45-48: LATE WINTER CALIFORNIA ALIGNMENT

In California, February is the 'Threshold Month.' While the nights are cool, the daylight hours begin to stir the Liver energy. To maintain **Haligricity**, we focus on 'Final Consolidation' while gently waking the Qi. We use Avocado and Walnuts to finish nourishing the Kidney Yin, while using the first 'Early Spring' Asparagus to begin cleansing the system for the coming year.

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

Day	Warm Rising (Breakfast)	Mid-Day Trinity (Lunch)	Evening Trinity (Dinner)
45/52/59/6 6	Warm Amaranth w/ Dates & Walnuts	Millet, Roasted Broccoli, Black Beans	Wild Rice, Seitan, Steamed Kale
46/53/60/6 7	Warm Quinoa w/ Blood Orange Zest	Brown Rice, Cauliflower, White Beans	Buckwheat, Avocado (Warm), Seitan
47/54/61/6 8	Warm Buckwheat w/ Ginger & Kumquats	Wild Rice, Asparagus, Chickpeas	Quinoa, Spinach, Black Beans
48/55/62/6 9	Savory Teff w/ Garlic & Scallions	Buckwheat, Broccoli, Seitan	Brown Rice, Spinach, White Beans
49/56/63/7 0	Warm Steel-Cut Oats w/ Baked Pear	Wild Rice, Asparagus, Chickpeas	Buckwheat, Mustard Greens, Seitan
50/57/64/7 1	Warm Millet w/ Pumpkin Seeds	Brown Rice, Roasted Carrots, Black Beans	Millet, Swiss Chard, Seitan
51/58/65/7 2	Warm Amaranth w/ Almonds & Cardamom	Wild Rice, Broccoli, White Beans	Lentil & Asparagus Stew over Buckwheat

1. Early-Spring Trinity: Asparagus & Seitan

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

1. Sauté seitan with garlic. 2. Toss in fresh asparagus spears; cook only until bright green. 3. Serve over warm quinoa. Asparagus is the first sign of the 'Wood' element; it clears heat from the blood and gently wakes up the Liver.

2. Kidney-Nourishing Walnut & Avocado Bowl

The Trinity: Buckwheat (Grain) + Warm Avocado (Green) + Walnuts (Protein)

1. Simmer buckwheat. 2. Lightly sear seitan with crushed walnuts. 3. Top with warm avocado slices. This combination provides the deep healthy fats necessary to finish the Winter quarter with strong Kidney Yin.

Month 12: California Shopping List

Produce (Late Winter California)

- Early Asparagus (4 bunches)
- Blood Oranges & Kumquats (Bulk)
- Avocado (Local CA - 8 total)
- Broccoli & Cauliflower (8 heads total)
- Scallions & Spring Onions (6 bunches)
- Kale, Spinach, & Mustard Greens (Bulk)
- Garlic & Fresh Ginger Root
- Medjool Dates (2 lbs)

Proteins (Soy-Free)

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

Grains & Seeds

- Buckwheat & Millet (Warming)
- Wild Rice & Brown Rice
- Quinoa & Amaranth
- Teff & Steel-Cut Oats