

# YIN YANG

*diet*

*Yin Deficiency*



# yin yang diet: yin deficiency

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*interactive  
e-book*

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A close-up photograph of fresh green parsley leaves resting on a rustic, weathered wooden surface. The parsley is vibrant green and has a feathery texture. The wood is dark brown with visible grain and some wear. The background is softly blurred, showing more of the wooden surface.

# introduction

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# welcome to the yin yang diet!

Hi there, we're so glad you've shown up for yourself! Whether you're living with a serious chronic illness or you've simply lost your mojo, the Yin Yang Diet (YYD) will help reboot your energy and reawaken your *joie de vivre*.

We are acupuncturists Sara and Tara, and we've simplified the super-effective healing wisdom of Traditional Chinese Medicine (TCM) into dietary practices you can easily apply in your very own kitchen, using everyday ingredients.

Key word here: easy. We're busy working moms, so we made sure there'd be no fussing about with translating esoteric terms or hunting down weird ingredients. A trip to your local grocery store and you're ready to roll.



## how does the yin yang diet work?

The goal of the Yin Yang Diet is to turn your gut-brain connection back on and drastically reduce – if not eliminate – your symptoms. We want to get you feeling great again (or maybe even for the first time).

The Yin Yang Diet succeeds where other diets fail for two reasons. First, it's not a fad. Traditional Chinese diet therapy has been tested and proven over thousands of years. And second, it's not one-size-fits-all. The Yin Yang Diet is tailored to your specific constitution at this moment in time.

Based on your quiz results, you'll learn how to combine foods into specific "food formulas" to relieve your symptoms and rebuild your resilience.

Generations of TCM practitioners observed that each food has certain qualities that affect our bodies in specific ways. For example, they noticed that some foods heat the body, while others cool it. Some foods are drying, others hydrating.

Your body, too, has specific qualities, which the quiz is designed to identify. You may be deficient in a certain essential quality or have too much of another. The Yin Yang Diet matches your body's imbalances with the foods known by TCM to bring them back into balance.

Each of the five diet plans is flexible. Can't find an ingredient? Want to retrofit a favourite recipe using the Yin-Yang principles? No problem, we'll show you how to be a creative kitchen ninja.

Once you get the basic approach to your particular imbalance, you'll know how to swap out unhelpful ingredients for the healing foods in the charts below.

The essence of yin and yang is dynamic change. This means the diet that works for you today might not work next year, or even next month. This is short-term food therapy for your beautiful bod as it is right now. That's what the quiz is for, to find out where you're at NOW and what you need to rebalance.

We are thrilled to have you here and we invite you to ponder:

What would it feel like to have all the energy you need to love your life, live your purpose, and help your family and community thrive?

Read on and find out!

## what's happening in your body when your yin is deficient?

Pssst, hey you. Yes, you, the one who gets more done in a day than anyone else. The super-achiever who feels so good when others rave about your ability to tear through tasks at warp speed. What could possibly go wrong with whipping through life like a Tasmanian Devil, trailing a wake of (self) destruction?

Well, here's the deal: your pace is unsustainable. Your energy is sapped, zapped, and depleted. You've been running on fumes for a while now, probably years. Simply put, you're exhausted. You dream of finding that magical Fountain of Youth to keep you going, but you've tried everything and nothing has given you back your old pizzazz.

*yin deficiency  
can be described  
as adrenal  
fatigue, in which  
your batteries  
are deeply  
drained.*

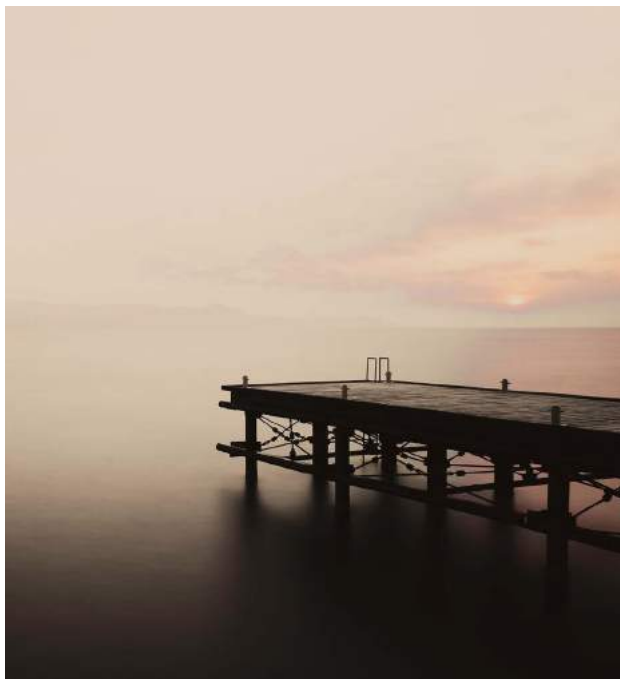


When Yin is deficient, your nervous system is strung out, leading to a typical pattern of symptoms.

Physical symptoms can be heat-like, such as hot flashes, night sweats, low-grade fever, hot hands and feet, a flushed face, and sore joints. You might also experience dryness such as a dry cough, dry mouth and throat, and a tendency to sip small amounts of fluid all day.

Emotionally and mentally, you may feel restless, easily agitated, frazzled, anxious, irritable, or on edge, with a tendency toward self-criticism and uneasiness.

Yin deficiency can be described as adrenal fatigue, in which your batteries are deeply drained. You've got an abundance of fake/false energy, making you feel simultaneously wired and tired. Ever stay up watching late-night TV even though you're utterly wiped out? That's a classic Yin-deficiency sign, and a red flag alerting you to begin nourishing and replenishing your Yin.



To understand Yin deficiency, it helps to get your head around Yin and Yang, the complementary forces of nature at the core of traditional Chinese medicine (TCM). Yang is active, light, and warm; it brings change. Yin, is quiet, dark, and cool; it maintains stability.

Yin and Yang are constantly at play through all of nature. Take an egg and sperm, for example. The sperm remains true to Yang in its explosive, penetrating nature. The egg remains true to Yin, waiting patiently in a calm, controlled environment. Life begins when they come together to create a fertilized embryo. Yin and Yang are not separate or static. They are constantly balancing and depending upon each other.

We see this in the black and white Yin Yang symbol, where each is contained within the other amidst a swirl of movement.

Yin and Yang are active in our bodies as the parasympathetic and sympathetic nervous systems. You may not be familiar with these terms, but you know how they make you feel.

The sympathetic nervous system is Yang in nature; it responds to stimuli, gets you moving, and creates the fight-flight sensations that bombard you daily, keeping you addicted to a frenetic pace and overwork.

The parasympathetic nervous system is Yin in nature; it is responsible for your body's rest-and-digest function. You know that feeling of "ahhhh" when you sink into the couch at the end of the day? That's your parasympathetic nervous system recovering and replenishing from the general overstimulation of your life. In other words, it's your Yin being nourished. It's the real-deal Fountain of Youth you've been looking for in all the wrong places.

## let's talk goals

Physically, nourished Yin carries fluids, nutrients, and vital messages throughout your whole body, keeping you grounded and fertile, and constantly refilling your well of reserve energy.

Emotionally and mentally, Yin shows up as inner calm, self-acceptance, and the ability to be deeply present to your life. Yin provides a still point, an anchor for all the activity of Yang in your days. Nourished Yin gives you the capacity to self-soothe and continuously restore your physical and mental energy.

Your battery will be charged up with the goodness of whole, nourishing foods. No more running on fumes. Kiss false energy goodbye. You might not even return to your regular cuppa Joe because you've grown to love having energy that's steady, calm, and grounded.



## let's talk food

We're going to get you set up so you have everything you need to heal from Yin deficiency right here in your kitchen. We'll also encourage you to get outside and soak up the healing power of nature (walk in the woods, anyone?), but first, let's get you nourished.

The name of the game for all of the Yin Yang Diets is eating whole foods. But for building Yin, the QUALITY of your food is as important as WHAT you eat. The life force in your food is the ultimate healer, and that depends on HOW the food is grown.



Yin deficient people need replenishing from the deepest source of nourishment, Mother Earth. Only food grown in dark, mineral-rich soil, tended by meaningful stewardship, fertilized with organic matter, and picked at the peak of ripeness will contain the nourishment your body is craving. Your Yin (and Momma Earth) will love you right back.

So, join the slow food movement. Whenever you can, buy locally grown organic food and support artisans who choose and combine ingredients with patience and care. Check out your local farmer's market. Scandalize the neighbours by planting raised beds in

your front yard. No yard? Grow some greens on your patio or herbs in a window, or see if there's any space in a community garden.

OK, let's get specific. What are the foods that will help you rebuild Yin so you can feel replenished, at ease, and clear-minded?

We've got three words for you: dark, watery, and salty.

Dark-coloured foods, like blackberries, black beans, and black sesame seeds, are powerhouse Yin builders.

Foods with a high water content will quench your thirst and cool down your body and mind. All fruits are nutrient dense and excellent for hydrating the body, but the best Yin builders are the watery ones, like melons, oranges, and dark-coloured berries. Veggies with a high water content, like water chestnuts and cucumbers, are especially thirst quenching and excellent for cooling down a hot, agitated mind and body.

Naturally salty foods, like pork, seaweed, fish, and oysters, are also great Yin builders. Pork is our top meat choice for its health benefits. As for seafood, eating white fish has more of a cooling effect on the body than pink-fleshed fish like salmon. Seaweeds are highly therapeutic, so be sure to include them. An easy snack is a sheet of nori, the seaweed used for wrapping sushi. Enjoy its light crunchiness right out the bag or get creative and wrap it around some leftover stir-fried veggies and rice and call it lunch. For a quick hit of mineral-rich coolness, toss some kelp (aka kombu) or seaweed salt into your soup or stock.



Interestingly, eating dairy is encouraged for replenishing Yin. (You're welcome!) Deeply nourishing and calming, milk from a mammal is the ultimate life-sustaining food for development and growth. Did you know that milk contains morphine-like proteins called casomorphins that have an opioid effect on the body? They induce a sense of calm, happiness, and relaxation, which is exactly what you need when you're Yin deficient. But don't overdo it, as a small amount goes a long way and over-consumption can have the opposite effect. Buy the best quality milk you can find, ideally from organic, grass-fed, happy animals.

NOT eating certain foods will also help you get your mojo back. Your body is already depleted and parched, so eating foods that burn up fluids will make your symptoms worse. This means you should avoid overeating foods that are hot and spicy, like mouth-burning chili peppers, cinnamon, and an excess of ginger.

Alcohol and stimulants like caffeine, cigarettes, and marijuana consume Yin quickly, so steer clear for now. If you love the taste of coffee, Dandy Blend is an excellent alternative. If you need a little bit of caffeine to help you through the transition, green tea will give you energy while cooling your body.

Our goal for you is to become a Yin-building kitchen ninja, choosing and preparing nutrient-dense foods and tossing the crave-inducing processed junk that keeps you down. We want to make it easy for you to rebuild the deep energy reserves you need to move forward with your life.



# let's get started

Your symptoms are the warning lights on the dashboard. Congratulations for having the self-love to stop and check your engine.

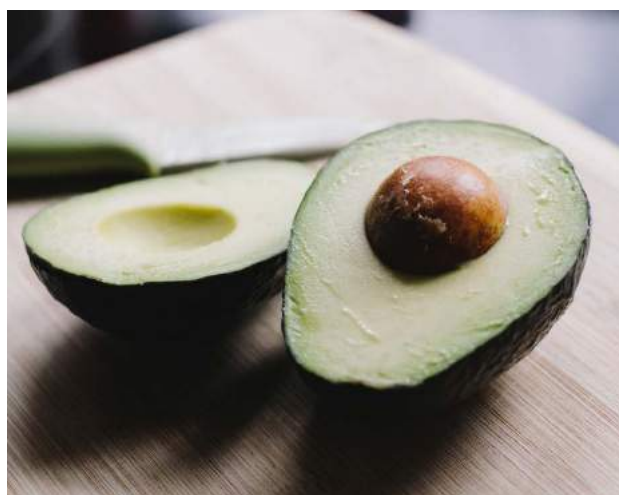
You might be a little annoyed with us, because we're going to encourage you to eliminate all the crutches that keep your false energy going during the day. You'll probably want to fight us and cheat on the diet. But you've landed here for a reason. Deep down, you know the way you've been living is not sustainable.

Yes, it's hard to give up being admired for your jaw-dropping ability to get shit done. But as your frazzled nerves get soothed and replenished by this diet, you'll start moving through your day with grounded energy and a youthful sense of ease. This will not only feel amazing, it may just inspire people around you to up their own self-care game. Instead of just impressing, you'll be sharing the love.

Here's how we'll roll.

First, we've got a few healthy guidelines to help you rebalance your beautiful bod.

Then, there's the quiz (aka practitioner on a page). We suggest you do the quiz before you start, and check in again after two weeks on the diet to redo it and track your progress. If your symptoms persist, continue for another two weeks. If you still have some residual symptoms, please reach out to us or visit your local acupuncturist. Some people stay on the plan for up to three months or longer.



Got questions? [Check our FAQs](#) and see if we've answered them. If not, get in touch.

Then you've got the food chart. Think of this as your cheat sheet for choosing foods that are amazingly powerful Yin builders. You might want to print this up and stick it on your fridge.

Next is a few neat little lists, including our favourite Yin-building beverages and some foods we recommend avoiding.

And then there's the heart and soul of this program: sample meal plans, two weeks of grocery lists, and yummy healing recipes. You'll find everything you need to (1) plan, (2) shop, (3) cook, and (4) eat!



The foods you'll be eating are dark in colour, deeply hydrating, and naturally salty to help you calm your nervous system and restore your energy.

And you'll experience these positive changes without the adverse side effects that can be caused by high-dose supplements or gimmicky processed "superfoods."

If this healing plan sounds weird and overwhelming, take a breath. You don't need to understand the theory behind the Yin Yang Diet for it to work. Just pick up a few foods from the grocery lists, choose a couple of recipes that appeal to you, and dive in. Have fun shopping for new ingredients. Experiment and notice how you feel.

It's this simple: eat these slow, sustainably grown foods and feel better. Soon, you'll start to get the hang of picking Yin-

building foods and even modifying your favourite recipes to include them. Let Mother Earth and your kitchen heal you.

We're right here with you, ready to take you on this Yin-building journey. Happy transformation in mind, body, and soul. Your friends may not recognize you when you rock up to the next dinner party all calm, cool, and confidently collected.

*Sara & Tara*



# healthy guidelines to support your healing

Along with your diet plan, we recommend some simple daily practices for ramping up your healing. Proper hydration, skin brushing, adequate sleep, and exercise are among our favourite tools for achieving optimal health.

## hydration

Most of us are walking around dehydrated on a daily basis. Here's an easy equation for determining how much room temperature water YOUR body needs.



### CALCULATION:

body weight (lbs.) / 2 = daily water consumption  
(convert into ounces)

ie. 150 lbs / 2 = 75 oz (75 oz of water consumption per day is ideal for an individual of 150 lbs.)

## sleep

Sleep as much as your body desires. For most people this falls between 7 and 9 hours. You will know you've had enough sleep when you feel rested upon waking in the morning.



Make sure to be in bed by 11 p.m. because the energy of the liver uses this time to prepare for its restorative healing, which begins at 1 a.m.

When you first start sleeping more, you may want to sleep 10 to 12 hours a night.

This is perfectly normal, so enjoy it!

Being in an unbalanced state, you've likely been running on false energy (aka adrenaline). As you begin to heal, adrenaline reduces and your body feels exhausted.

Don't worry, you'll eventually catch up and your body will self-regulate into a 7- to 9-hour sleep routine.

## Yin-building activities

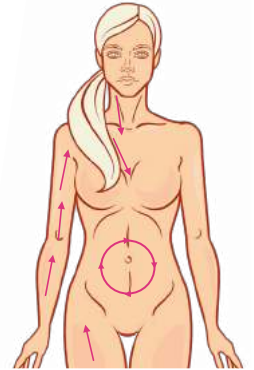
Exercise is wonderful for your physical and emotional body. Moving three times a week is ideal. Slow movements that are peaceful and introspective are exactly what you need. Restoring activities such as Yin and restorative yoga, a slow walk in the woods, swimming, gardening, snowshoeing, and meditation are the best for replenishing Yin. Extra points for replacing bright lights and blue screens with candlelight after sundown.



## skin brushing

Dry brushing is wonderful for promoting detoxification through the skin. Its many benefits include:

- reducing stress
- improving digestion
- creating glowing skin
- enhancing lymph detoxification (which is also immune boosting)
- possibly reducing cellulite
- increasing circulation



Skin brushing is quick and easy, taking about a minute or so. Use a natural bristle brush, loofah, or exfoliating mitt.

Each night before bed, start at your feet and brush your skin using light circular motions up towards your heart.

Then start from your hands and go up your arms towards your heart.

Focus on the areas that have a lot of lymph nodes: behind your knees, inner thighs, underarms and neck.

Avoid brushing over varicose veins, your face or any irritated skin.

# quiz - track your progress

We think you've landed here 'cause you're ready for a change, and one of the most effective tools for change is self-awareness, aka tracking your progress.

If you're already seeing an acupuncturist or TCM practitioner, tracking is part of what they'll be doing for you.

If you're flying solo, you'll need a good "before" picture of your symptoms so you can see what's working. Think of this quiz as your practitioner on a page.

We encourage everyone to do the quiz, whether or not you're under the care of a practitioner.

Before you start the diet, do the quiz by checking what applies to you over the last 30 to 90 days.

Then, after you've completed 2 weeks (or maybe longer) of the diet, come back and redo the quiz to evaluate your changes.

This quiz allows you to stay in control by comparing your totals: before and after.



Watch your total score decrease over time. Track your progress and be accountable to your health. HONOUR yourself for making the difficult (but worthwhile) choice to take steps toward a better and healthier you. YOU GOT THIS!

You may have had these symptoms at various times in the past, but we want you to rate only the ones you have experienced in the **last 30 - 90 days**.

- 0 - **Never** or almost never have the symptom
- 1 - **Occasionally** have it, but symptoms are **mild**
- 2 - **Occasionally** have it, and symptoms are **severe**
- 3 - **Frequently** have it, but symptoms are **mild**
- 4 - **Frequently** have it, and symptoms are **severe**





# food chart

FRUITS	VEGETABLES	GRAINS	PROTEIN*	ADDITIONAL
bananas	avocados	millet	cow dairy	coconut milk
blackberries	beets	barley	goat dairy	organic soy milk
raspberries	string beans	rice	eggs	organic goat dairy
blueberries	lettuce/greens	teff	pork	nuts - especially:
mulberries	cucumbers	quinoa	duck	cashews
persimmons	organic potatoes	amaranth	white fish	walnuts
organic grapes	zucchini	kamut	sardines	seeds - especially:
cantaloupe	sprouts		clams	black sesame seeds
watermelon	organic tomatoes		oysters	peppermint
melons	organic spinach		soy/tofu	nettle
organic pears	bok choy		black soybeans	cilantro
oranges	cauliflower		mung beans	marjoram
goji berries	water chestnuts		black beans	gelatin
kiwis			kidney beans	seaweed
			lima beans	salt

## FOODS TO AVOID

shrimp	spicy foods	alcohol	coffee
genetically modified foods	red meat	lots of ginger	non-organic foods

- \* All protein is organic.
- \* Tip: No cigarettes

# beverages for building yin

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## *how to steep a medicinal tea*

Making medicinal tea is almost as easy as boiling water. Not surprisingly, step 1 is to boil some water.

The medicinal potency of your tea depends on how many tea bags you use and how long you let them steep.

For most teas, use one tea bag per each cup (8 ounces) of water. If you're making just one cup, you can pop your tea bag right into the cup and pour the boiled water in. Or use your favourite teapot for larger quantities.



For steeping time, check the tea company's box to see what they recommend. Ideally, leave your tea to steep, covered, for at least 15 minutes. The longer the tea steeps, the more potent its medicine. Covering the infusion keeps any volatile oils in your tea, along with the tea's energetic warmth, for greater healing benefits.

If you want an extra-potent medicinal tea (especially helpful before bedtime), use 2 tea bags per cup of water and allow to steep for at least 20 minutes. (Beware, though, that longer steeping increases the chance that your tea might taste a bit unpleasant, due to its medicinal phytochemicals.)

## *daily green drink*

Spirulina – 1 glass per day, following the serving size on the bottle

## *herbal coffee*

Dandy Blend - Coffee Substitute

## *herbal hot and iced medicinal teas*

Traditional Medicinals have some great Yin-building tea blends - [www.TraditionalMedicinals.com](http://www.TraditionalMedicinals.com)

- Nettle Leaf
- Burdock with Nettle Leaf
- Green Tea
- Peppermint
- Lemon Balm
- Hibiscus
- Mother's Milk  
Shatavari Cardamom (NOT just for moms, amazing for men and women)
- Tulsi (Holy Basil) from Organic India  
- Tulsi Tea ([OrganicIndiaUSA.com](http://OrganicIndiaUSA.com))



# foods to avoid

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## THE *Dirty Dozen*

Who wants more pesticides?

We didn't think so. That's why we're sharing a handy little list called the "Dirty Dozen." Now you'll be able to avoid those fruits and vegetables with the highest levels of pesticide residues. We recommend you purchase the organically grown alternatives.

Thanks to the Environmental Working Group, we get an update of the worst offenders each year. It's worth checking the [ewg.org](http://ewg.org) website for changes. For example, in 2019 kale jumped onto the list for the first time, hitting third place!

You might ask, can't we just wash off the pesticides? Apparently not. Fruits you would normally wash, like apples and grapes, were in fact washed before being tested, just as bananas are peeled. So, these ratings are based on the pesticide residues left on the produce after washing or peeling.

Pesticides are toxic by design. They are created to kill living organisms such as insects, plants, and fungi. Some pesticides have been linked to a variety of health problems, including:

- Brain and nervous system toxicity
- Cancer
- Hormone disruption
- Skin, eye, and lung irritation

## *GMO Foods*

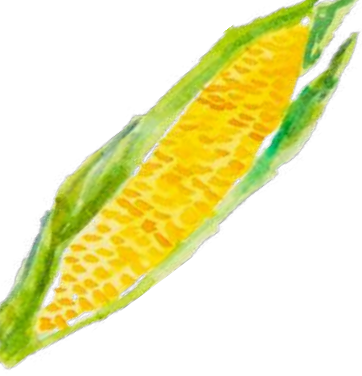
Some people say genetically modified organisms (GMOs) are safe to eat. We don't think so, and we recommend you avoid them.

While there have been no human safety trials on GMO foods, many animal trials have shown that the gut microbiomes of test animals are drastically altered. The good bacteria is killed off, leaving only the bad/pathogenic bacteria.

Anecdotal evidence from human consumption has shown possible health issues including IBS, mood and sleep disorders, autoimmune diseases, diabetes, and autism.

Below is a list of ingredients that are derived from, and contain, GMO foods. We believe it's essential to avoid these foods in their GMO form. If you cannot find them as organic or non-GMO, do not eat them. The effect of these GMO foods is counterproductive to your health and can stall, if not reverse, all the good work you're doing.





## *GMO Foods*

- Alfalfa -
- Canola Oil -
- Corn -
- Cottonseed Oil -
- Soy Beans -
- Papaya -
- Sugar Beet -
- Zucchini (green & yellow) -
- All Animal Products: Eggs,  
Milk, Meat, Gelatin



## *THE Dirty Dozen*

1. Strawberries
2. Spinach
3. Kale
4. Nectarines
5. Apples
6. Grapes
7. Peaches
8. Cherries
9. Pears
10. Tomatoes
11. Celery
12. Potatoes



# sample meal plans

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While the Yin Yang Diet puts the health FARMacy right in your own kitchen, this food is not just healing. Our wholehearted belief is that food should be fun and enjoyable too.

But the fun factor can take a dive when you're faced with figuring out what to put on the table for dinner ... and lunch ... and don't forget breakfast. Three meals a day, seven days a week – plus, you'll be trying to use a bunch of ingredients that might be new to you. Phew.

A huge part of your Yin-Yang-Diet success will be figuring out what a day of meals might actually look like. If this feels a teeny bit daunting, fear not, we'll have you expertly wrangling these food formulas into plates of deliciousness in no time.

We've mapped out four days of meal plans for each week. On the other days, repeat your favourites, retrofit family recipes with Yin-building ingredients, and improvise!

Plan, shop, cook, eat. Reheat the next day and eat again. That, my friends, is your path to well being.

In fact, instead of giving you a bunch of food rules to follow, we're inviting you to break some rules.

Why not have dinner for breakfast, leftovers for lunch, breakfast for

dinner, and lunch for breakfast? Why not double or triple that batch of handheld food (like the Swiss Chard Bacon Frittata on page 60) and take it as a snack on the go?

POOF, you've got so many more options when you break the rules. Way to make life easier!

Without your familiar "go to's," you'll sometimes feel like there's not much left to eat. We get that. But these meal plans will keep you groovin' all day long with yummy healing alternatives. Check the food chart (page 19) for individual foods you can easily grab on the go, like an impromptu trail mix, or rice crackers and nut butter. Get curious and experiment. Expand your culinary horizons! Try weird stuff, you might like it.

Above all we want you to listen to your body. Some days you might need more protein. Other days you may be less hungry. Sometimes you just need some comfort food, and we've got recipes for that too (like the Cauliflower Crusted Pizza on page 36).

The best meal plans are built around food you love. Isn't it great to know that the foods in the Yin Yang Diet will love you right back?

You're here to heal and we are proud of you.

*week 1 sample meal plan*

	DAY 1	DAY 2	DAY 3	DAY 4
BREAKFAST	Mulberry Walnut Banana Oatmeal with a cup of green tea	Banana Teff Pancakes with Fresh Berries	Glass Noodle Soup with Meatballs	Cacao Berry Smoothie
SNACK	Coconut yogurt with fresh berries	Avocado slices wrapped in roasted seaweed snacks (we like Sea Snax brand)	Toasted Banana Teff Pancakes and cashew butter with a cup of nettle tea	Walnuts and seed mix with dried mulberries and goji berries
LUNCH	Lemon Chestnut Tuna Salad	Cilantro Mung Beans & Rice with a cup of lemon balm tea	Beet Salad with Crumbled Goat Cheese & Black Sesame Seeds	Miso Soup with Veggies & Tofu
SNACK	Banana and cashew butter	Persimmon wedges with thinly sliced prosciutto	Sliced vegetables and a hard-boiled egg	Delicious Black Bean Brownies with a cup of Shatavari Cardamom tea
DINNER	Cilantro Mung Beans & Rice	Glass Noodle Soup with Meatballs	Cauliflower Crusted Pizza & Delicious Black Bean Brownies	Sautéed Portobello with Crumbled Goat Cheese & Millet

*week 2 sample meal plan*

	DAY 1	DAY 2	DAY 3	DAY 4
BREAKFAST	Blueberry Pear Smoothie	Swiss Chard Bacon Frittata	Lemon Blueberry "Top of the Muffin to You!" with a cup of holy basil tea	Sweet Potato Hash with Eggs & Mixed Greens and leftover root veggies from last night
SNACK	Walnuts and seed mix with dried mulberries and goji berries with a cup of burdock and nettle tea	Small bowl of red or black grapes	Cup of bone broth	Berries and diced kiwi with a squeeze of lime juice and a cup of hibiscus tea
LUNCH	Deli Ham & Avocado Wraps	Mung Bean Hummus Platter & Veggies	Barley Mushroom Cucumber Salad & Quinoa Mung Bean Broccoli Soup	Sautéed Swiss chard, fried egg, tomatoes and quinoa in a rice or coconut wrap
SNACK	Organic pear and organic cheddar cheese slices	Gluten-free bread with black sesame seed butter and drizzle of raw honey with a cup of peppermint tea	Rice crackers with goat cheese	Lemon Blueberry "Top of the Muffin to You!"
DINNER	Swiss Chard Bacon Frittata	Black Bean Burgers & Barley Mushroom Cucumber Salad	Pan-Seared Lemon Fish with Roasted Root Vegetables	Beet Risotto



# grocery list | *week 1*

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This is your master list of all the foods you'll need for the week 1 Yin-building recipes.

## FRUIT

- Bananas
- Blueberries
- Raspberries
- Blackberries
- Dried mulberries
- Lemon
- Lime

## STAPLES

- Sea salt
- Black pepper
- Teff flour
- Tapioca flour
- Baking powder
- Baking soda
- Coconut palm (or organic) sugar
- Almond milk
- Chia seeds
- Pure maple syrup
- Cacao nibs
- Organic mayonnaise
- Olive oil
- Balsamic vinegar
- Organic tomato (or pizza) sauce
- Vegetable broth
- Organic chicken broth
- Tamari organic soy sauce or Bragg Liquid Aminos
- Virgin coconut oil
- Unsweetened cacao powder
- Pure vanilla extract

## VEGETABLES

- Organic celery
- Water chestnuts (canned)
- Medium-large beets
- Green beans
- Organic alfalfa sprouts
- Organic miso paste
- Leafy green veggies, (bok choy, organic kale, Chinese broccoli)
- Baby bok choy
- Mushrooms
- Cauliflower
- Organic yellow and red sweet bell pepper
- Organic zucchini
- Organic sun-dried tomatoes
- Portobello mushrooms
- Red onion
- Yellow onions
- Avocado
- Organic tomatoes
- Organic potatoes
- Cucumber
- Organic cherry tomatoes
- Black olives
- Medium sweet potatoes
- Organic kale
- Carrots
- Garlic

## DAIRY (ALL ORGANIC)

- Butter
- Eggs
- Soft goat cheese
- Mozzarella cheese

## MEAT & PROTEIN

- Walnut halves
- Tuna (canned)
- Extra-firm organic tofu
- Firm white fish fillets
- Organic mung beans
- Organic black beans (canned)
- Ground organic pork

## GRAINS

- Gluten-free rolled oats or quick oats
- Millet
- Quinoa
- Brown rice (basmati or short grain)
- Soft organic corn tortillas
- Mung bean vermicelli (cellophane noodles)

## SPICES & HERBS

- Black or white sesame seeds
- Bunch parsley
- Bunch cilantro
- Dried Basil
- Dried oregano





breakfast

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# banana teff pancakes with fresh berries

Once you've tasted these, you'll want to whip up a batch every weekend. Teff is a tiny brown grain that's very high in minerals and amazing at replenishing your Yin. Sit down and slowly savour this meal. Wherever you have to be, it can wait. Every bite you take is setting you up for a well-nourished day.

— SERVES: 4 —

## *ingredients*

- 1 cup teff flour (we use Bob's Red Mill)
- 1/4 cup tapioca flour
- 1 tsp baking powder
- 1/2 tsp baking soda
- 2 tbsp coconut palm (or organic) sugar
- pinch sea salt
- 1 1/4 cups almond milk
- 1 tbsp chia seeds, ground in coffee grinder or Vitamix
- 1 organic egg, beaten
- 2 tbsp organic butter (plus extra butter or virgin coconut oil for cooking)
  
- 1 banana, thinly sliced
- fresh berries: blueberries, raspberries, blackberries
- pure maple syrup

## *directions*

In a large mixing bowl, combine the flours, baking powder, baking soda, sugar, and salt.

In a medium bowl, whisk together the milk and ground chia seeds. Whisk in the beaten egg and melted butter. Allow the mixture to thicken for about 1 to 2 minutes and then whisk vigorously again.

Immediately pour the wet mixture into the dry mixture and whisk until thoroughly combined.

Fold in the banana slices.

Heat a frying pan to low-medium, melt some butter or coconut oil, and pour in the batter in batches to make medium-sized pancakes. Cook until bubbles appear in the tops and the sides begin to look dry. Flip and cook the other side for about 1 to 2 minutes.

Serve topped with berries and a drizzle of maple syrup.

### **SUBSTITUTE TIP:**

As a therapeutic alternative, try replacing the almond milk with organic soy or coconut milk.

# cacao berry smoothie

*This is a great quick breakfast or snack. The bad news: remember that cold foods can put out your digestive "fire" so be sure to let this warm up to room temperature before drinking. In fact, keep smoothies to about 3 or 4 a week, as too many can impair your digestion. The good news? Chocolate for breakfast, yo!*

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**SERVES: 2**

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## *ingredients*

- 1 banana, broken into chunks
- 1 cup berries: blackberries, blueberries, raspberries
- 2 tbsp cacao nibs (we use Navitas Naturals)
- 2 cups almond milk

## *directions*

Toss the banana chunks, berries, and cacao nibs into a blender or Vitamix and pour in the almond milk. Blend for about 30 seconds, until thoroughly combined.

Serve sprinkled with a few cacao nibs.

### **SUBSTITUTE TIP:**

You can substitute organic soy or coconut milk for the almond milk.



# mulberry walnut banana oatmeal

Go ahead, sing it, you know you want to: "Here we go 'round the mulberry bush ..."  
Seriously, though, mulberries are so delicious, you'll want to munch on them as a snack and we say, "DO IT." Packed with Yin-nourishing goodness, mulberries add a sweet depth to this classic dish. A patient of ours feeds them to her toddler grandson and now he asks for "nanaberries."

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**SERVES: 2**

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## *ingredients*

- 2 cups water
- 1 cup uncooked gluten free rolled or quick oats
- 1 banana, sliced
- 1/2 cup walnut halves
- 4 tbsp dried mulberries (we use Navitas Naturals)
- optional: almond/organic soy/coconut milk

## *directions*

In a medium saucepan, bring the water and oats to a boil, then turn down and simmer for about 5 minutes, stirring a few times. Adjust the liquid and cooking time to your liking. Some people like their oats porridgy, while others like them al dente.

Serve topped with fruit and walnuts. You can pour on a little bit of almond/soy/rice milk if you like.



lunch

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# lemon chestnut tuna salad

*Tuna salad with the crunchy twist of water chestnuts! Honestly, why don't we eat more water chestnuts? Their crunchy texture is so satisfying. They're also a mighty Yin booster. This delightful salad makes for a great sandwich, or top it with some mixed greens, tomato, sprouts, and avocado. Refreshing and crunchalicious!*

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**SERVES: 3**

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## *ingredients*

- 1 can tuna (Raincoast Trading Tuna is our favourite)
- 2 tbsp organic mayonnaise
- 1 stalk organic celery, finely diced
- 1/4 cup water chestnuts, finely diced (about 6-8)
- 1/4 cup minced fresh parsley
- 1/2 tsp dried basil
- 1/4 of a lemon, juiced (to taste)
- sea salt and freshly ground black pepper, to taste
- gluten-free bread
- toppings: organic tomato, avocado, sprouts

## *directions*

Drain the tuna, place it in a medium bowl, and flake it with a fork. Add the mayonnaise and combine well. Mix in the celery, chestnuts, parsley, and basil. Squeeze in the lemon juice to taste, and season with salt and pepper.

Toast gluten-free bread and pile on the tuna salad. Top with slices of tomato, thick chunks of avocado, and sprouts.

# beet salad with crumbled goat cheese & black sesame seeds

*Beets take some time to cook, BUT they're one of the most nourishing foods you can eat. We love having beets on hand, so why not cook up a large batch to sustain you through the week? The major Yin producers here are black sesame seeds and goat cheese. The salad itself takes only a couple of minutes to prepare, once you've got the beets ready, so it's a great recipe to keep on standby.*

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**SERVES: 2**

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## *ingredients*

- 3 medium-large beets
- 1/2 tsp sea salt
- 3 cups green beans, ends trimmed off
- 2 tsp olive oil
- 1-2 tsp balsamic vinegar
- 4 tbsp soft organic goat cheese
- 1 package organic alfalfa sprouts
- 2 tsp black sesame seeds (white are fine, if you can't find black)
- sea salt and freshly ground black pepper, to taste

## *directions*

Scrub the beets and put them into a pot large enough to cover them with water by 2 inches. Add the 1/2 tsp salt, bring to a boil, and cook for about 45 minutes, or until tender when pierced with a fork.

Meanwhile, steam the green beans for about 2 minutes, until bright green and still crunchy.

When the beets are cooked, drain them and let them cool. Once cool enough to handle, slip off the skins with a paper towel. Cut the beets into bite-sized chunks.

To serve, divide the beets and beans onto two plates and drizzle with the olive oil and balsamic vinegar. Crumble the goat cheese ovetop and pile on a handful of alfalfa sprouts. Sprinkle with the sesame seeds and season with salt and pepper. Fast, nourishing, and delicious!



# miso soup with veggies & tofu

*Easy, simplified Japanese food right in your own house! Mineral-rich soups like this one, with tofu and veggies, are excellent at hydrating and rebuilding your body. No need for takeout, you've officially graduated to being a kitchen wiz with this replenishing meal.*

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**SERVES: 2**

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## *ingredients*

- 4 cups water
- 4 tbsp organic miso paste (ideally white miso)
- 1/2 cup leafy green veggies, chopped (bok choy, organic kale, Chinese broccoli)
- 1/2 cup sliced mushrooms
- 1/2 cup extra-firm organic tofu, cut into 1/2-inch cubes

## *directions*

In a medium saucepan, bring the water to a boil, reduce to a low simmer, add in the mushrooms, green veggies and tofu and simmer for about 3 to 5 minutes.

Remove from heat and stir in the miso paste until dissolved. Serve.

dinner

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# cauliflower-crust pizza

*When the moon hits your eye like a big cauliflower pizza pie, that's AMORE. You'll be serenading yourself and your guests with this tasty new take on an old classic. How can these simple, easy-to-find ingredients be so deliciously renewing? It's a pizza-pie miracle!*

— SERVES: 4 —

## *ingredients*

- 2 cups roughly chopped cauliflower
- 2 tbsp olive oil
- 1 tsp dried basil
- 1/2 tsp dried oregano
- freshly ground black pepper, to taste
- 1 cup grated organic mozzarella cheese (plus more for sprinkling, if desired)
- 1 organic egg, beaten
- 1/2 organic sweet bell pepper, sliced in rings
- 1/2 cup diced mushrooms
- 1/2 cup diced organic zucchini
- 1/4 cup organic tomato (or pizza) sauce
- 4-6 organic sundried tomatoes, diced

## *directions*

Preheat the oven to 400°F. Prepare a parchment-lined (or greased) baking sheet.

Shred the cauliflower either by briefly pulsing in a food processor or Vitamix or by grating with the large holes of a cheese grater. You're going for pieces the size of rice grains.

In a large frying pan, heat 1 tablespoon of the olive oil over medium heat. Sauté the grated cauliflower, stirring every few minutes to prevent it from browning. Sprinkle with the basil, oregano, and pepper and continue cooking for about 8 minutes, or until tender.

In a medium mixing bowl, combine the cooked cauliflower with the cheese and egg.

On the prepared baking sheet, press the cauliflower "dough" into an 8- to 9-inch circle about 1/4 inch thick.

Bake for 25 to 30 minutes, until the crust is set and beginning to turn golden brown.

While the crust is baking, heat the remaining tablespoon of olive oil over medium heat and sauté the pepper rings, mushrooms, and zucchini for about 3 to 5 minutes, until slightly tender.

To assemble, spread the sauce on the crust and top with the vegetable mixture, sundried tomatoes, and an extra sprinkling of cheese, if desired.

Set the oven to broil, pop in the pizza, and cook for about 3 minutes. Keep an eye on it so it doesn't burn.

Slice, serve, and savour! And maybe brag a little about making something so good.

# sautéed portobello with crumbled goat cheese & millet

*Who needs a plate when you have a portobello mushroom? Well, ok, you still do. But, portobellos make great vessels for all those YIN-NOURISHING FOODS such as millet, goat cheese, butter, and bok choy. This scrumptious dinner is a cinch to prepare if you have some cooked millet on hand. And why not eat more millet? This quick-cooking, gluten-free grain cooks up light and fluffy in a jiff, and you can substitute it for rice in many recipes.*

— **SERVES: 4** —

## *ingredients*

- 2 cups millet
- 4 cups vegetable stock
- 1 tsp organic butter
- 1 tbsp olive oil
- 4 portobello mushrooms, stems removed, caps wiped clean
- 1/2 red onion, sliced into rings and separated
- 1 organic yellow bell pepper, sliced into rings
- pinch of sea salt and freshly ground black pepper
- 6 cups of baby bok choy
- 4 tbsp organic goat cheese

## *directions*

In a medium saucepan, cook the millet in the stock for about 10 to 15 minutes, or until all the liquid is absorbed. Have a bit more stock on hand to add if the grains dry out before they're soft.

In a medium frying pan, heat the butter and olive oil over medium heat and toss in the mushroom caps. Cover with a lid and cook for about 10 minutes.

Add in the onion and pepper rings, season with salt and pepper, and cook, stirring occasionally, for an additional 10 minutes, or until all the veg is tender and juicy.

Meanwhile, steam the bok choy in a steamer basket for 2 to 3 minutes.

To serve, place a scoop of millet on each plate, and top with a mushroom cap, the sautéed veggies, and a tablespoon of crumbled goat cheese.

# fish tacos

*We always order the fish tacos when we're at a restaurant. They're just such a treat. Well, we're pretty excited that now we can chow down on this fave right at home. White fish, avocado, tomatoes, and sprouts are excellent Yin builders, so these are not only tasty and easy to prepare, they're healing too.*

**SERVES: 4**

## *ingredients*

- 1 lb firm white fish fillets
- juice from 1 lime
- sea salt and freshly ground black pepper, to taste
- 1 avocado, diced
- 2 tbsp finely diced organic sweet bell pepper
- 2 tbsp finely diced red onion
- 2 medium organic tomatoes, diced
- 1 tsp olive oil
- 1/4 cup minced cilantro
- 2 tbsp olive oil
- fresh soft organic corn tortillas
- 1 package organic alfalfa sprouts

## *directions*

Place the fillets in a shallow dish (like a pie plate), squeeze juice from 1/2 the lime over top, and sprinkle with salt and pepper. Marinate for about 20 minutes.

Meanwhile, set out two small mixing bowls.

In bowl #1, combine the avocado, pepper, onion, juice from remaining half of the lime, and a pinch of salt and pepper.

In bowl #2, combine the tomatoes, olive oil, cilantro, and a pinch of salt and pepper.

Preheat the oven to 400°F.

Heat the 2 tbsp of olive oil over medium heat in a frying pan. Cook the fish for about 3 minutes on each side, or until done to your liking.

Heat the corn tortillas in the oven for 1 to 2 minutes, until warm but still soft.

To serve, spoon fish into the centre of each tortilla, top with the avocado and tomato salsas, and top with a handful of alfalfa sprouts. Enjoy!

### **INGREDIENT TIP:**

Fresh, soft corn tacos are usually found in the refrigerator or freezer section of your health food store.



# niçoise salad

*Bonjour, mes amis, aujourd'hui nous allons manger comme the French. Thanks to a little town named Nice, we get to say this all day with a French accent. This recipe is jam-packed with healing properties like tuna, potatoes, cucumbers, green beans ...well, let's just say that nearly every ingredient here will reignite your sparkle.*

— **SERVES: 4** —

## *ingredients*

- 4 large organic potatoes, cut into 1-inch cubes (use thin-skinned like Yukon Gold)
- 1 1/2 tbsp olive oil
- 1/4 cup minced parsley
- sea salt and freshly ground black pepper, to taste
- 2 cups green beans
- juice of 1 lemon
- 1/4 cucumber, cut lengthwise into quarters
- 1/2 pint organic cherry tomatoes, cut in half
- 1/4 cup black olives
- 4 hard-boiled organic eggs, shelled and cut in half
- 1 can tuna (Raincoast Trading Tuna is our favourite)

## *directions*

In a medium saucepan, bring the potatoes to a boil in salted water to cover until they are fork tender (about 10 minutes). Drain, place in a medium bowl, and toss with the olive oil, parsley, and a pinch of salt and pepper. Set aside.

Wash and trim the ends off the green beans and steam for about 1 to 2 minutes, or until they turn bright green. Put in a bowl and toss with the lemon juice.

To serve, arrange the cooked potatoes and lemony beans on a platter. Add the cucumber, cherry tomatoes, black olives, eggs, and flaked tuna. Bon appétit!

# basil zucchini quinoa soup

Got leftovers? Those veggies that have been in your fridge for the past week are begging to heal you. The real flavour factor in this dish is the basil, so go ahead and be generous, or take it one step further and replace with at least twice as much fresh basil. Either way, you've just created a dish you'll want to go back to for seconds. Zucchini and quinoa are certified top-notch Yin builders, and adding them to a hydrating soup base will amplify their healing credentials.

— SERVES: 4 —

## *ingredients*

- 1/2 cup onion, diced
- 2 tbsp olive oil
- 3 cups peeled and diced sweet potatoes
- 1 cup diced organic zucchini
- 8 cups vegetable broth
- 3/4 cup quinoa, rinsed
- 1 tsp dried basil
- 1 bunch organic kale, finely chopped
- sea salt and freshly ground black pepper, to taste

## *directions*

In a large saucepan or stock pot, sauté the onion in the olive oil over medium heat until soft (about 5 minutes).

Add your broth, sweet potatoes, and quinoa and bring to a boil. Reduce the heat and cook for another 20 minutes, until the quinoa looks plump and cooked. Add in the zucchini and kale and cook for another 10 minutes. Stir in the basil and remove from the heat. Season to taste.

### **INGREDIENT TIP:**

Try garnishing your soup with a dollop of organic sour cream or yogurt to really boost its Yin-nourishing properties.

# cilantro mung beans & rice

*We love 3-for-1 meals around here: breakfast, lunch, and dinner is served. If mung beans came in a can, this dish would be even easier but, alas, these little babies need cooking. Say so long to all-day heat waves in your body. This curative dish will transform you with every bite.*

— SERVES: 4 —

## *ingredients*

- 1 cup dried mung beans
- 2 cups brown rice (we like basmati or short grain)
- 1 tbsp olive oil
- 1 small onion, diced
- 1 large organic zucchini, quartered lengthwise and roughly chopped (about 1 cup)
- 1-2 carrots, grated
- 1 1/2 tbsp tamari organic soy sauce (or Bragg's Liquid Aminos)
- 1/2 cup minced cilantro

## *directions*

Rinse the mung beans and bring them to a boil in a medium saucepan with 3 cups of water. Turn the heat down, cover and simmer on low until done, about 45 to 60 minutes.

Meanwhile, in another medium saucepan, cook the rice according to the directions on the package.

In a large frying pan, heat the olive oil over medium heat and sauté the onion until soft and translucent. Add in the zucchini and carrots and cook for about 5 minutes, until crisp-tender.

Add the cooked mung beans to the pan along with the tamari soy sauce and cilantro, and combine well. Remove from heat.

To serve, put a large scoop of hot rice on a plate and heap with the veggies and beans.

# glass noodle soup with meatballs

No matter where we are, we always source the ingredients for this soup. You'll find us taking a chapter from our very own book and eating this delicious dish for dinner, then for breakfast the next morning. It's amazing! Added bonus: kids love to slurp it. You can just sit back and think to yourself, ya, that's right, nourish your Yin, baby!

SERVES: 4

## ingredients

- 1 lb ground organic pork
- 1 organic egg, beaten
- 1 garlic clove, minced
- 1/4 cup minced cilantro
- 1/2 tsp sea salt
- freshly ground black pepper
- 2 tbsp tapioca flour (or any gluten-free flour like brown rice, quinoa, or teff)
- 2 tbsp olive oil
- 8 cups organic chicken broth
- 2 carrots, thinly sliced
- 3 bunches mung bean vermicelli (cellophane noodles)
- 3 cups finely chopped organic kale

## directions

In a medium bowl, thoroughly combine the pork, egg, garlic, cilantro, salt, pepper, and tapioca flour. Roll into 1-inch balls (you should get about 12).

Heat the olive oil in a frying pan over medium heat, and brown the meatballs on all sides. Place on a paper-towel-lined plate.

In a large saucepan or stock pot, bring the chicken broth to a boil. Gently drop in the browned meatballs, reduce the heat, and simmer gently for 10 minutes.

Add the carrots and vermicelli to the pot and simmer for another 5 minutes. Add in the kale and turn off the heat.

Serve immediately in big, gorgeous, steaming bowls.

### INGREDIENT TIP:

For the mung bean noodles, we use Longkou Vermicelli, a common brand found in the international section of most grocery stores. Google "mung bean vermicelli" to source them online.





dessert



# delicious black bean brownies

*OMG CHOCOLATE!!! You can confidently show up to your next dinner party rockin' brownies. Once everyone is hooked, you can drop the bomb that they're actually healthy because they're made with black beans. We had to "retest" this recipe a few times because the brownies kept disappearing ... into our bellies and we couldn't get out the door with a full pan!*

MAKES 8X8-INCH PAN

## *ingredients*

- 14-oz can organic black beans, drained and rinsed
- 2 organic eggs, beaten
- 3 tbsp melted organic butter (or virgin coconut oil)
- 1/2 cup coconut palm (or organic) sugar
- 1/2 cup unsweetened cocoa powder
- 1/2 tsp baking powder
- 1 tsp pure vanilla extract

## *directions*

Preheat the oven to 350°F. Grease an 8x8-inch baking pan with butter or coconut oil.

Blend all ingredients in a food processor or Vitamix until mixture is smooth. Be sure there are no chunks of black beans or it won't taste right.

Pour the brownie mixture into the prepared baking pan, spreading evenly. Don't worry if it doesn't look like enough, as it will puff up a bit while cooking. Bake for 25 minutes.

Allow to cool before eating, as the brownies will be quite crumbly while hot.

### **INGREDIENT TIP:**

If using virgin coconut oil, add 1/4 tsp sea salt to the recipe.

# grocery list | *week 2*

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This is your master list of all the foods you'll need for the week 2 Yin-building recipes.

## STAPLES

- Sea salt
- Black pepper
- Teff flour
- Tapioca flour
- Baking powder
- Baking soda
- Pure vanilla extract
- Chia seeds
- Almond milk
- Coconut palm (or organic) sugar
- Olive oil
- Balsamic vinegar
- Dijon mustard
- Tamari organic soy sauce or Bragg Liquid Aminos
- Sesame oil
- Apple cider vinegar
- Tahini (sesame seed paste)
- Vegetable broth
- Organic chicken broth

## GRAINS

- Millet
- Quinoa
- Arborio rice
- Brown rice
- Barley
- Brown rice tortilla wraps
- Gluten-free crackers
- Gluten-free bread crumbs
- Gluten-free buns

## VEGETABLES

- Garlic
- Medium-large sweet potatoes
- Mixed greens
- Organic tomatoes
- Avocados
- Button mushrooms
- Carrots
- Green onions
- Cucumber
- Organic celery
- Organic sweet bell peppers
- Black olives
- Organic alfalfa sprouts
- Yellow and green zucchinis
- Swiss chard
- Collard greens
- Acorn squashes
- Onions
- Beets
- Organic Yukon gold potatoes
- Broccoli
- Green beans
- Water chestnuts (canned)

## DAIRY (ALL ORGANIC)

- Butter
- Eggs
- Plain yogurt or sour cream
- Parmesan cheese (or old white cheddar)
- Vanilla yogurt

## FRUIT

- Bananas
- Organic pears
- Lemons
- Raspberries

## MEAT & PROTEIN

- Organic deli ham
- White fish (cod, halibut, tilapia, etc.)
- Organic bacon
- Organic black beans
- Mung beans

## SPICES & HERBS

- Pumpkin seeds
- Parsley
- Cilantro
- Dried sage
- Dried basil



breakfast

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# lemon blueberry

## “top of the muffin to you!”

*You know you only want the muffin top. Hey, we're not judging. With a nod to Seinfeld for keeping us entertained in the '90s, bake up a batch of these muffins, pull off the stump, and savour. The sour hit of lemon and the sweet burst of blueberries will have you tucking them into your lunch for a healthy afternoon pick-me-up. Pair with a cup of lemon balm tea and enjoy.*

MAKES 1 DOZEN

### *ingredients*

- 1 1/2 cups teff flour (we use Bob's Red Mill)
- 1/2 cup tapioca flour
- 2 tsp baking powder
- 1/2 tsp baking soda
- 2 tbsp chia seeds (preferably black), ground in coffee grinder or Vitamix
- 2 organic eggs, beaten
- 2 bananas, mashed
- 1 cup almond milk (or organic soy or rice milk)
- 1/3 cup melted organic butter (or virgin coconut oil)
- 1/2 cup coconut palm (or organic) sugar
- zest of 1 lemon (top layer only, not bitter white underneath)
- 1 cup blueberries

### *directions*

Preheat the oven to 350°F. Grease a 12-muffin pan.

In a medium bowl, combine the dry ingredients

In a large bowl, beat together the eggs and mashed bananas, then stir in the milk, melted butter, sugar, and lemon zest.

Slowly add the dry ingredients, stirring after each addition. Fold in the blueberries.

Pour the batter into the prepared muffin pan. Bake for 30 minutes or until a knife inserted in the centre comes out clean. Let cool before serving.

#### **INGREDIENT TIP:**

Use black chia seeds because black foods are more potent Yin builders.

#### **HELPFUL TIP:**

Parchment muffins liners make for quick and easy cook and clean up, instead of greasing the pan.



# blueberry pear smoothie

*The combination of pear and blueberry makes a delicious breakfast that hydrates and soothes body and mind. However, when it comes to hydrating your Yin, ice cold drinks can weaken your digestive "fire." Remember, to keep your gut functioning optimally so it can break down your food and produce Yin, eat mostly room-temperature and warm foods.*

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**SERVES: 2**

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## *ingredients*

- 1 banana, cut into chunks
- 1 ripe organic pear, cut into chunks
- 1 cup blueberries
- 2 cups almond milk (or rice or organic soy)
- 1 tbsp chia seeds (preferably black), ground in coffee grinder or Vitamix

## *directions*

Combine all ingredients in a blender or Vitamix and blend until smooth (about 30 seconds).

Let warm up to room temperature and serve sprinkled with a few extra chia seeds.

# sweet potato hash with eggs & mixed greens

*This recipe pays homage to a sweet little breakfast joint we love in East Vancouver, with its quaint retro vibe. Going there feels like stepping into Mom's kitchen. Cultivate your Yin with eggs and greens and nurture your digestion with the sweet potato hash. If you've got sweet taters left over from the night before, this breakfast whips up in a snap.*

— **SERVES: 4** —

## *ingredients*

- 2 large sweet potatoes (we like to mix sweet potatoes and yams)
- 2 tbsp olive oil
- 1/2 tsp sea salt
- freshly ground black pepper, to taste
- 8 organic eggs
- 1 tbsp organic butter (or virgin coconut oil)
- 6 cups mixed greens, washed and dried
- olive oil
- balsamic vinegar
- salt and freshly ground black pepper, to taste

## *directions*

Peel the sweet potatoes and chop them into 1-inch cubes. Place in a medium saucepan, cover in salted water, and bring to a boil. Cook until fork tender, about 8 to 10 minutes. Drain and set aside.

In a medium frying pan, heat the olive oil over medium heat. Spread the cooked potatoes in a single layer and season with salt and pepper. Fry until lightly browned, turning frequently.

In a separate frying pan, heat the butter over medium heat and fry the eggs, over easy.

Put a handful of mixed greens onto each plate and very lightly drizzle with some olive oil and balsamic vinegar (a little vinegar goes a long way). Plate your sweet potato hash on the side and top with 2 eggs per serving.



lunch

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# deli ham & avocado wraps

*Ummm, yes please, I'd like to order a deli ham wrap. Oh wait, I'm the cook. No worries, this is so easy, I'll have it whipped up in minutes. Make these lunches to go for the rest of your crew knowing you'll be enjoying yours in peace and quiet, slow-food Yin style! Ham is one of the best meats to hydrate dryness and calm your nerves, so pile it on and recharge your batteries.*

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**SERVES: 2**

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## *ingredients*

- 2 brown rice tortilla wraps (we use Food For Life brand)
- 6 slices organic deli ham
- mixed greens
- 1 organic tomato, diced
- 1 avocado, sliced
- Dijon mustard

## *directions*

Preheat the oven to 350°F.

Pop the tortilla wraps in the oven and warm them for a minute or two, until they're soft and chewy (but not crispy).

Spread a little Dijon mustard on each wrap and top with 3 slices of ham, a handful of mixed greens, diced tomato, and sliced avocado.

Wrap up and enjoy your quick-and-easy lunch.



# barley mushroom cucumber salad

Say so long to night sweats and fiery sensations that heat up your days. You'll be cool as a cucumber with this salad. Allow the flavours to mingle by tossing it together at the beginning of the week, and have on hand for a quick lunch or as a side dish with grilled fish.

— **SERVES: 4** —

## *ingredients*

- 1 cup barley (or quinoa for a gluten-free option), rinsed
- 1 tbsp olive oil
- 5 cups sliced button mushrooms
- 2 carrots, grated
- 2 green onions, thinly sliced
- 1 cup diced cucumber
- 1/4 cup minced cilantro
- 2 tbsp tamari organic soy sauce (or Bragg Liquid Aminos)
- 1 tbsp sesame oil
- 1 tbsp apple cider vinegar
- freshly ground black pepper, to taste

## *directions*

In a medium saucepan, cook the barley with 3 cups of water for 45 to 60 minutes. Drain and set aside.

In a large frying pan, heat the olive oil over medium heat. Sauté the mushrooms until soft and most of the liquid has evaporated. Set aside.

In a medium bowl, combine the cooked barley and mushrooms with the carrots, green onions, cucumber, and cilantro. Drizzle over the sesame oil, tamari soy sauce, and apple cider vinegar, and blend well. Grind in a little pepper, and you're all set to cool that fire.

# mung bean hummus platter

Satisfy your inner snacker with this hummus and crudité's combo. The pulse and power of this dish lies in the medicinal properties of the mung beans. These amazing little guys are able to detox and cool that deep-burning fire and nourish you from the inside out.

— **SERVES: 4** —

## *ingredients*

- 1/2 cup dried mung beans
- 1/4 cup tahini (sesame seed paste)
- 1/2 cup water
- 1 garlic clove, minced
- 1/2-1 tsp sea salt
- juice of 1/2 lemon

### **Serve with:**

- organic celery sticks
- carrot sticks
- organic sweet bell peppers
- cucumber slices
- black olives
- gluten-free crackers (Mary's Gone Crackers are a favourite)

## *directions*

To cook the mung beans, in a medium saucepan bring the rinsed beans to boil with 1 1/2 cups of water. Reduce the heat and simmer, covered, for 45 to 60 minutes, until beans are tender. If the beans are drying out before they're cooked, add a bit more water. If there is water left at the end, drain off mung beans.

In a food processor, combine the cooked beans with the tahini, garlic, water, salt, and lemon, and blend until smooth and creamy. If the mixture is too thick, add a little more water.

Serve in a bowl with an assortment of fresh vegetables and gluten-free crackers.

### **HELPFUL TIP:**

While you're at it, whip up a double batch of hummus so you'll have enough for making the Black Bean Burgers (coming up next).



dinner

# black bean burgers

*We're all about harnessing the superpower of leftovers to make meal prep a breeze. If you whipped up extra Mung Bean Hummus for that last lunch recipe, you'll have these burgers plated in no time. Invite the neighbors over. You don't have to mention the healing power of food, just say "it's burger time!"*

**SERVES: 4**

## *ingredients*

- 14-oz can organic black beans, rinsed and drained
- 1/2 cup diced organic green pepper
- 1 clove garlic, minced
- 1/4 cup hummus (hello, leftovers!)
- 1 organic egg, beaten
- 1/4 cup minced cilantro
- 3/4 tsp sea salt
- freshly ground black pepper, to taste
- 1/2 cup gluten-free bread crumbs
- olive oil for frying
- 4 gluten-free buns

## *Toppings*

*(feel free to get creative):*

- organic tomato slices
- sautéed veggies (zucchini, sweet bell peppers, Swiss chard, etc.)
- organic alfalfa sprouts
- cucumber slices
- avocado slices

## *directions*

In a medium bowl, mash up the black beans with a potato masher or chop roughly in a food processor (but leave it chunky). Stir in the green pepper, garlic, hummus, egg, cilantro, salt, and pepper until well combined.

Add in enough bread crumbs to make patties that hold together and are not too sticky. You may need a little more or less. Form into 4 burger-sized patties.

Heat 1 tbsp of olive oil in a frying pan over medium-low heat and cook the patties until they are golden, about 3 to 4 minutes on each side.

Serve on a toasted gluten-free bun with any or all of the toppings.

### **INGREDIENT TIP:**

If you don't have gluten-free bread crumbs on hand, you can grind a toasted or stale piece of gluten-free bread in your food processor or coffee grinder.



# stuffed acorn squash

*Raise your hand if you love a good night's sleep. We thought so. This nourishing dish has the healing properties to help cool that inner fire so you'll wake rested in the morning. Watch out, night sweats and troubled sleep, because greens, millet, and squash are coming for you.*

**SERVES: 4**

## *ingredients*

- 1 1/2 cups vegetable broth
- 1/2 cup millet
- 2 acorn squash (about 1 lb each)
- 2 tbsp olive oil
- 1 onion, diced
- 1 organic sweet red bell pepper, diced
- 1/2 cup sliced button mushrooms
- 3 cups chopped collard greens
- 1/2 tsp dried sage
- 1/2 tsp sea salt
- freshly ground black pepper, to taste
- 1/4 cup pumpkin seeds

## *directions*

In a large saucepan or stock pot, bring the broth and millet to a boil. Reduce heat to a low simmer and cook, covered, for about 20 minutes, until all the liquid is absorbed. Remove from the heat, fluff with a fork, and set aside.

Meanwhile, heat the olive oil in a large frying pan over medium heat, and sauté the onion until soft and translucent. Add the pepper and mushrooms, and cook until soft. Add the chopped collard greens, sprinkle with sage, salt, and pepper, and cook until the greens have wilted.

Preheat the oven to 400°F.

Add the cooked millet to the vegetable mixture and stir until combined. Stir in the pumpkin seeds.

Cut each acorn squash in half, scoop out the seeds, and place on a baking sheet. Drizzle each half with a little bit of olive oil, stuff with the millet and vegetable mixture, and cover with foil.

Bake for 60 to 80 minutes, until the acorn squash is fork tender. Remove the foil about 10 minutes before the end of baking to brown the filling a bit.

# pan-seared lemon fish with roasted root vegetables

*Move over, block-o-fish, there's a new dish in town. This recipe is the ultimate food formula. The bounty of the sea combines with the earth power of root vegetables; together, they work double time hydrating your essence and boosting your energy.*

SERVES: 4

## *ingredients*

- 2 medium beets, peeled and cut into small wedges
- 2 organic Yukon gold potatoes, cut into small wedges
- 2 tbsp olive oil
- sea salt and freshly ground black pepper, to taste
- 4 8-oz fillets of white fish (cod, halibut, tilapia, etc.)
- 1 lemon
- 2 tbsp olive oil
- 1/4 cup minced parsley

## *directions*

Preheat the oven to 425°F. Line a baking sheet with parchment paper.

Spread the beet and potato wedges over the baking sheet in a single layer, drizzle with olive oil, and toss to coat. Sprinkle with salt and pepper.

Bake for 20 minutes and stir to prevent the veggies from burning on the bottom. Bake for another 20 to 25 minutes, or until golden brown and fork tender.

Wash the fish fillets and pat dry with paper towels. Season with a light sprinkling of salt and pepper.

Heat a frying pan over medium-high heat and pour in the olive oil. Place the fillets in the pan, making sure not to overcrowd them. Cook for about 3 to 5 minutes on each side. Once the fillets are almost cooked, squeeze fresh lemon juice over them. Sprinkle with a little bit of extra salt and top with freshly minced parsley.

Plate up with the baked root veg and a fresh green salad.

# lemon quinoa soup

*This recipe proves that the power of food as medicine is right there in your very own fridge. Ever wake up with a dry, sore throat? Call your local acupuncturist, then whip up this soup. The warm broth will nurse you back to health while the mung beans, lemon, and zucchini will ease your throat STAT. Simple and satisfying, this soup has with a nice twist courtesy of the fresh-squeezed lemon.*

— **SERVES: 4** —

## *ingredients*

- 1 cup dry mung beans
- 3 cups water
- 1 small onion, diced
- 1 tbsp olive oil
- 1/2 cup quinoa
- 8 cups vegetable broth
- 1 bunch broccoli, chopped into small pieces (about 4 cups)
- 1 small organic yellow zucchini, thinly sliced (green zucchini is also good)
- 1 lemon
- sea salt and freshly ground black pepper, to taste
- optional: organic plain yogurt or sour cream

## *directions*

In a medium saucepan, bring the mung beans and water to a boil. Reduce the heat to low and simmer, covered, for 45 to 60 minutes, until tender. If there is water left, drain. You'll have extra mung beans to use for other meals.

In a large saucepan or stock pot, heat the olive oil over medium heat and sauté the onion until soft and translucent. Stir in the quinoa and add the broth. Bring to a boil, reduce the heat, and simmer for about 20 minutes, or until the quinoa seems plump and cooked.

Add 2 cups of the cooked mung beans and simmer for an additional 5 minutes. Add the broccoli and zucchini, cover the pot, remove from heat, and let sit for a minute or two. When the veggies are bright green, the soup's ready.

Serve with a squeeze of lemon juice and some salt and pepper. You can also top with a small dollop of plain yogurt or sour cream.

# beet risotto

Yell “PINK RICE is ready” and watch as curious faces rock up to your table. With their long, penetrating roots gathering all the nutrients you need to heal, beets truly take on the pulse of the earth. This one-dish wonder is sure to spark a deeply rooted love of self on your healing journey.

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**SERVES: 4**

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## *ingredients*

- 2 medium-large beets
- 2 tbsp olive oil
- 1 small onion, diced
- 1 1/2 cups Arborio rice
- 4 1/2 cups organic chicken (or vegetable) broth
- 1 cup chopped green beans
- 2 tbsp organic butter
- 1/4 cup grated organic Parmesan cheese (or old white cheddar)
- freshly ground black pepper, to taste

## *directions*

Place the beets in a medium saucepan with water to cover. Bring to a lively boil and cook for about 45 minutes, until fork tender. You may need to add more water as it evaporates. Drain and let cool. Use a paper towel to peel off the skins (it's fast, easy, and clean). Chop into 1-inch cubes.

In a large saucepan or stock pot, sauté the onion in olive oil over medium heat until soft, making sure not to brown.

Stir in the Arborio rice and begin adding broth, 1/2 cup at a time, slowly stirring after each addition until it's almost absorbed (about 2 minutes).

Once you have poured in half the stock, add the chopped green beans, then continue adding the broth.

When the broth is all absorbed, add in the chopped beets, butter, cheese, and pepper. Stir until combined and serve piping hot and pink!



# swiss chard bacon frittata

*Hello, breakfast for dinner or dinner for breakfast. Either way, welcome to Club Medicine. Worth skipping your local drive-thru for, this frittata begs to be eaten cold standing at the counter. Eggs, chard, and pork are super Yin-boosting foods, channeling your force within and calming your body and mind.*

— **SERVES: 4-6** —

## *ingredients*

- 2 slices organic bacon
- 8 large organic eggs
- sea salt and freshly ground black pepper, to taste
- 1/2 cup chopped onion
- 1 small sweet potato, halved lengthwise and thinly sliced
- 4 cups chopped Swiss chard

## *directions*

Preheat the oven to 425°F.

In a large, oven-proof frying pan over low heat, cook the bacon until golden. Drain on a paper towel, allow to cool, and chop into small pieces.

Pour out about half of the bacon grease and leave a very thin layer covering the bottom of the pan.

In a medium bowl, beat the eggs with a pinch of salt and pepper.

Over medium heat, sauté the onion in the remaining bacon grease until soft and translucent. Add the sweet potato and cook until soft, about 10 minutes. Add the chard and toss around until it's wilted.

Turn the heat down to low-medium. Pour the egg mixture over the vegetables and sprinkle on the bacon evenly. Cook for 2 minutes without stirring.

Place the frying pan into the oven and bake for 20 to 30 minutes, until the frittata is puffy and set in the middle.

Slice into 6 pieces and serve with a mixed green salad.

# super green veggie & chestnut stir-fry

*For us, stir-fry is code for “clean out the fridge.” Mix this up with any veggies from the food chart, but be sure to include the water chestnuts. These crunchy little morsels are mighty Yin builders and bring any stir-fry to life.*

**SERVES: 4**

## *ingredients*

- 2 cups brown rice
- 4 cups water
- 1 tbsp olive oil
- 1 small onion, diced
- 1 cup button mushrooms (any variety), diced
- 1 small organic zucchini, diced
- 1/2 organic yellow/orange bell pepper, diced
- 233-ml can or 3/4 cup water chestnuts, sliced
- 4 cups chopped Swiss chard
- 1/2 tsp dried basil
- 2 tbsp tamari organic soy sauce (or Bragg Liquid Aminos)
- freshly ground black pepper, to taste

## *directions*

In a large saucepan, bring the rice to a boil in the water. Turn the heat down and simmer for 45 to 60 minutes, until done, adding more water if the grains start to dry out before they're cooked.

In a large frying pan, heat the olive oil over medium heat. Add the onion and sauté for 1 to 2 minutes, until soft and translucent.

Add the mushrooms, zucchini, and bell pepper, and cook until softened, about 5 to 7 minutes.

Add the water chestnuts and Swiss chard, and continue cooking until the greens begin to wilt. Sprinkle on the basil and soy sauce and stir for a minute. Season with pepper.

Serve over top of steaming hot brown rice.

### **HELPFUL TIP**

Why not cook up a big batch of brown rice the night before or on the weekend and stash it in the fridge. That way, you can roll this out in a flash.

dessert

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# caramelized bananas with raspberries

*Hot caramelized bananas, anyone? Umm, yes please. Satisfy your sweet tooth while replenishing your body's radiance with this sumptuously healthy dessert. Have this a few nights a week as a special treat. You not only deserve it, you owe it to yourself.*

— SERVES: 2 —

## *ingredients*

- 3 tbsp organic butter
- 3 tbsp coconut palm sugar (or organic sugar)
- 1 banana, sliced in half lengthwise
- 1/2 tsp pure vanilla extract
- organic vanilla yogurt
- small container fresh raspberries

## *directions*

In a medium frying pan, melt the butter and sugar together over medium-high heat. Add the banana halves and cook, stirring, for about 3 minutes or until bubbly and caramelized.

Pour in the vanilla and stir for another 30 seconds. Take off the heat.

To serve, fill small bowls with yogurt and pour the hot banana and caramel sauce on top. Sprinkle on some fresh raspberries and enjoy.



# frequently asked questions

## YOU MIGHT BE WONDERING ...

### *Can I really do this?*

Yes, you can! You've made it this far, so what's holding you back?

Fear of change? We get it, you're worried about how you're going to pull this off while keeping the rest of your life on track. Setting realistic goals is your first step to making changes. This is not an all-or-nothing diet. What might be a realistic expectation for you at first? Small steps are often the most powerful, so get real about what actually feels doable.

How about choosing just 1 to 3 recipes for the week? Pick a few that sound the most delicious to you and try them out. If you don't like (or can't find) certain ingredients, change them up with foods from the food chart (page 19).

If this style of cooking and planning is new to you, give yourself lots of time and try not to get discouraged. Keep making an effort, and you'll naturally become more present and mindful of what you're putting on the table and into your body.

### *Will I have to stay on the Yin Yang Diet forever?*

No, these plans are designed for short-term use, to balance and heal your current symptoms. Most people stay on the plan for 2 to 4 weeks. We suggest you check in after two weeks on the diet and redo the quiz to track your progress (page 17).

If your symptoms persist, continue for another two weeks. Some people stay on the plan for up to three months.

If new symptoms flare up, take the quiz again to help you determine which Yin Yang Diet is best for you now.

For maximum benefit, we strongly suggest working with an acupuncturist or traditional Chinese medicine practitioner as you do the Yin Yang Diet.

### *What if I can't find some of the ingredients at my store?*

You can always substitute with similar foods from the food chart (page 19). You'll also find lots of alternatives suggested in the recipes. If you're determined to use a food you can't find locally, try shopping online (hello, Amazon).

## *Do I really have to give up coffee?*

Yes, we encourage you to do your best to eliminate coffee, or at the very least substitute it with something like Dandy Blend coffee. If a coffee detox – or even just the thought of it – hits you hard, that’s a good sign you need to take a break from it.

What’s so important about giving coffee a rest? You’ll no longer be covering up your low energy with a stimulant. Now, you’ll be able to bring your depleted energy back up naturally with foods, rather than a caffeine fix. As a transition, try green tea. It contains caffeine, but it’s less taxing on your system and has added antioxidants.

## *I’m vegetarian, vegan, celiac, dairy-free, egg-sensitive, etc.*

### *Can I still use the recipes?*

Yes, use the food chart (page 19) as your ultimate guide and modify the recipes to fit your needs. Get creative by using your own recipes and subbing in food-chart ingredients where you can. The more you use the recipes, the better you’ll get at improvising healing meals based on the food formula. As long as you’re using the food-chart ingredients, you’ll be healing your symptoms.

## *Can I do this diet while I’m pregnant?*

Yes, but we have two main suggestions.

First, make sure you’re consuming enough calories. Do not eliminate nuts, seeds, and fats, as these foods will help meet the caloric levels you need to grow a new life.

And second, avoid the daily green drinks (spirulina, chlorella, wheatgrass), as greens can have a detox effect, and you don’t want toxins flooding into your bloodstream while you’re pregnant.

The great news is that eliminating processed foods and all sources of gluten will radically benefit your gut and overall health, and the health of your growing baby. Please consult your family physician and an acupuncturist or traditional Chinese medicine practitioner to help guide you through your dietary changes.

## *Can I do the Yin Yang Diet while I'm breastfeeding?*

Yes, food is one of the safest forms of medicine and a great way to influence the health of both you and your baby.

Our main suggestion is that you maintain an adequate caloric intake. This is as essential when you're breastfeeding as it was during pregnancy. Healthy fats are also essential to a baby's brain development, so make sure you keep foods in your diet that contain good fats.

Please also consult your family physician and an acupuncturist or traditional Chinese medicine practitioner to help guide you through your dietary changes.

## *Can my child eat these meals with me?*

Absolutely! Kids are surrounded by processed foods, so they'll benefit hugely from these truly nourishing alternatives. (Many of our recipes are kid tested!)

Remember, though, this is YOUR diet, not theirs. Be respectful of their routine and keep serving them their regular foods alongside the Yin Yang recipes. For example, when we're following one of the diet plans, the whole family eats one of the dinner recipes together, but we still serve our kids their regular breakfast, lunch, and snacks.

If you do make changes to your child's diet, make sure their caloric needs are still being met. They're growing like weeds, and they need the energy.

Find ways to nurture a love for healthy foods while your kids are young. Involve them in shopping and meal prep when you have time. They'll learn valuable life skills and feel a sense of ownership over what's on their plate. Get them hooked on whole foods now, and they'll thank you in the end – with their glowing good health!

## *When and how fast should I start the diet?*

The key is to set yourself up for success. We find it's best not to start on a major holiday, birthday, vacation, or around any other celebration that's likely to tempt you to "cheat."

Diving in with both feet is great, but you can also take a slow approach, confident that changing even 20 percent of your meals will help reduce symptoms.

However, to be rewarded with the deepest health transformation, you'll need to take on 100 percent of the program.

## *I'm spending a lot of time cooking, is this normal?*

Yes, when you first change your diet, you'll spend more time prepping and cooking. The Yin Yang Diet is based on traditional Chinese herbal medicine, which uses food as the remedy. Remind yourself that you're not just cooking, you're replacing all those bottles of pills with personalized therapeutic food formulas.

Your results will be worth the extra time. Have faith in yourself as you work these new kitchen practices into your routine. Change takes courage and self-love. We know you can do it!

## *What is the gut-brain connection and why does it matter?*

Your gut and brain are intimate partners, rather like Yin and Yang. They are constantly sending physical and chemical signals to each other in what's called the gut-brain axis. Your brain and gut have a constant and direct effect on each other – and the rest of your body, too.

Until recently, conditions in the brain, like depression and anxiety, were thought to trigger conditions in the gut like IBS, Crohn's, pain, and bloating. But current thinking says it may be the other way around: trouble in the gut disrupts the brain, triggering mood changes.

This intimate gut-brain connection is why healing your gut can go such a long way toward clearing up "brain issues" like brain fog and anxiety. In fact, the gut is now called the second brain or enteric nervous system (ENS), the first brain being the central nervous system (CNS).

When you're not feeding your body foods that nourish, or you're eating in a stressed and hurried state, your gut sends harmful messages to the brain and can cause inflammation throughout the body.

But by eating specific foods that rebalance your current symptoms, your gut begins to heal, which in turn heals your brain. Incorporating some of our lifestyle suggestions, such as exercise and meditation, will further heal your brain, which in turn circles back to heal your gut.

The Yin Yang Diet helps your gut and brain support each other and brings you back into whole-body-and-mind harmony.

Throughout all of our meal plans you'll find the tools you need to rebuild a balanced system from brain to gut to toes.



# meet sara and tara

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We are Tara Akuna and Sara Ward, and we don't just want you to feel a little bit better.

Nuh-uh.

We want to get you up dancing again instead of feeling like crap and spending half your life obsessing over how to get better. No more fad diets or celebrity "experts." We created the Yin Yang Diet so you can take control of your own damn healing.

We're acupuncturists and co-owners of the Village Community Acupuncture in Vancouver, BC, and we're here to teach you how to heal yourself with ancient kitchen wisdom. You can toss those pricey supplements and so-called superfoods. All you're going to need is ordinary foods from the grocery store and farmer's market.

The Yin Yang Diet grew out of our unshakable belief in food as medicine and our determination to be in charge of our own healing.

Pop quiz! (Every bio should have one, right?) Read the following paragraph and see if you can spot the theme:

Here's what you'll find us doing most days: talking about food, sharing food, experimenting with food, and meal-prepping for the week ahead. Tara's a tidy cook who follows recipes to a T, while Sara's a kitchen tornado who can't follow directions to save her life. Sara needs a big sharp chef's knife while Tara uses one puny steak knife to prepare all her meals. We are, however, united in our belief that food is nonnegotiable. From quality ingredients to how we eat and who we eat with, food brings us not only wellness but a sense of connection to our bodies, families, community, and planet.

Okay, hands up everyone who guessed that FOOD is at the centre of what we do? Well done, you!

The Yin Yang Diet is not just a product we're flogging. It's how we feed our own families and live our lives. Sure, we make grateful use of modern medicine, but food is our first



line of defence. It forms the very foundation of our healing journey.

In our acupuncture practices and our lives (hello, postpartum insomnia), we've seen Chinese food therapy work wonders. But, after slogging through confusing Traditional Chinese Medicine texts and boring food lists, we wondered: does tapping into ancient wisdom have to be so damn complicated?

We didn't think so. As busy working moms and rebellious acupuncturists, we decided to shake up our industry by going DIY with TCM.

The Yin Yang Diet is our toolkit for your self-transformation. Simple, accessible, affordable, and tailored to your specific health pattern, the Yin Yang Diet is ready to use right out of the box. No esoteric terms, back bends, or mind-numbing concepts, we promise.

Just kitchen medicine for every body.

And did we mention that we love food? Right from the get-go, we knew the YYD would have to be FUN and taste flat-out freakin' DELICIOUS. So, not only has each recipe been

tested by us, it's won the coveted seal of approval from friends, family, and tiny, picky children.

If you want to know about us, know this: We laugh all the time. We're girls – okay, women – well, acupuncturists, entrepreneurs, wives, and moms – who just wanna have fun.

And most of all, we want to cheer you on to reconnect with your inner child and get out there and PLAY in the street to your deepest heart's content.

We're talkin' *joie de vivre*, baby. And we'd love to have you along for the ride.

Mwah!

