

THE HALIGRIC YEARLY MEAL GUIDE

Volume II: Subtropical East Coast

Brisbane · Sydney · Gold Coast · Nourishing Through the Humid Summer and the Mild Winter

The Subtropical East Coast Philosophy

The Subtropical East Coast Haligric Guide is designed for the distinct but moderate seasonal rhythms of the eastern seaboard — where winters are mild and rarely frosty, summers are warm to hot with high humidity from November through March, and spring and autumn offer the best growing conditions of the year. This guide aligns your body with what the coastal valleys and hinterlands are actually producing in each season: abundant tropical fruits and leafy greens in the warm months; root vegetables, brassicas, and citrus in the mild winter.

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 the Subtropical East Coast's unique seasonal shifts at a cellular level.

The Trinity Formula

Every day is a Trinity: **One Grain + One Green + One Protein**. On the Subtropical East Coast, we emphasize adaptable grains like brown rice and quinoa, seasonal greens including silverbeet, Asian leafy greens, and local brassicas, and clean proteins — tempeh, legumes, and seasonal pulses — to navigate the coast's humidity without taxing digestion.

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Volume 2: Spring Quarter · Month 1: Subtropical East Coast Edition

*Subtropical Spring is characterized by rapidly warming temperatures and the flush of new growth after the mild winter. To anchor your **Haligrity** here, we focus on supporting the Liver's natural spring upwelling while using the abundance of local spring greens — silverbeet, bok choy, Asian greens — to gently move Qi without over-stimulating the system.*

The 28-Day Trinity Schedule (Subtropical Weeks 1–4)

Day	Warm Rising (Breakfast)	Mid-Day Trinity (Lunch)	Evening Trinity (Dinner)
1/8/15/22	Warm Quinoa w/ Lemon Zest & Pepitas	Brown Rice, Silverbeet, Chickpeas	Millet, Roasted Capsicum, Red Lentils
2/9/16/23	Steel-Cut Oats w/ Sliced Banana & Chia	Wild Rice, Bok Choy, Tempeh	Farro, Wilted Spinach, Savory Seitan
3/10/17/24	Savory Millet w/ Spring Herbs & Hemp	Quinoa, Asparagus, White Beans	Buckwheat, Snow Peas, Red Lentils
4/11/18/25	Warm Brown Rice w/ Avocado & Sesame	Brown Rice, Kale, Kidney Beans	Wild Rice, Roasted Eggplant, Chickpeas
5/12/19/26	Warm Amaranth w/ Mango & Coconut	Millet, Asian Greens, Adzuki Beans	Farro, Bok Choy, White Beans
6/13/20/27	Oat Porridge w/ Strawberry & Flax	Quinoa, Silverbeet, Red Lentils	Brown Rice, Fennel & Celery, Tempeh
7/14/21/28	Warm Teff w/ Walnuts & Figs	Wild Rice, Spinach, White Beans	Lentil & Vegetable Stew over Millet

Regional Trinity Recipes (Subtropical Month 1)

1. Silverbeet & Chickpea Spring Bowl

The Trinity: Brown Rice (Grain) + Silverbeet (Green) + Chickpeas (Protein)

1. Cook Brown Rice. 2. Wash and roughly chop a large bunch of silverbeet — stems and leaves. 3. In a pan, warm chickpeas with garlic, cumin, and a squeeze of lemon. 4. Add silverbeet; stir for 2 minutes until wilted. 5. Serve over brown rice with a drizzle of extra virgin olive oil and fresh herbs. Silverbeet is one of the most abundant spring greens along the east coast; its slight bitterness moves Liver Qi gently.

2. Asparagus & White Bean Quinoa Bowl

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

1. Cook Quinoa. 2. Trim asparagus; roast at 200C for 12 minutes until just tender. 3. Warm white beans with garlic and fresh thyme. 4. Assemble quinoa, asparagus, and beans. 5. Finish with lemon tahini dressing. Asparagus is in peak season along the subtropical coast in spring; it supports the kidneys and gently moves stagnation.

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Volume 2: Summer Quarter · Month 4: The Humid Heat

Subtropical summer arrives with high humidity and heat from November through March. The digestive system is most vulnerable to heat accumulation during this period. We focus on cooling, light foods that do not burden the Spleen — hydrating vegetables, easily digestible grains like jasmine rice, and clean protein sources. Raw foods can be incorporated more freely during the peak heat months.

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

Day	Warm Rising (Breakfast)	Mid-Day Trinity (Lunch)	Evening Trinity (Dinner)
1/8/15/22	Cooling Oat Bowl w/ Cucumber & Mint	Jasmine Rice, Bok Choy, Mung Beans	Wild Rice, Watercress, White Beans
2/9/16/23	Millet Porridge w/ Watermelon & Lime	Brown Rice, Asian Greens, Tempeh	Quinoa, Zucchini, Chickpeas
3/10/17/24	Chilled Amaranth w/ Mango & Coconut	Wild Rice, Silverbeet, Adzuki Beans	Millet, Cucumber & Mint Salad, Lentils
4/11/18/25	Warm Teff w/ Banana & Sesame	Jasmine Rice, Bok Choy, Mung Beans	Brown Rice, Water Spinach, White Beans
5/12/19/26	Brown Rice Congee w/ Ginger & Shallot	Millet, Asian Greens, Chickpeas	Buckwheat, Bitter Greens, Red Lentils
6/13/20/27	Oat Porridge w/ Papaya & Chia	Brown Rice, Watercress, Tempeh	Wild Rice, Bok Choy, Kidney Beans
7/14/21/28	Quinoa w/ Berries & Coconut Flakes	Jasmine Rice, Silverbeet, Mung Beans	Millet, Roasted Capsicum, Adzuki Beans

Regional Trinity Recipes (Subtropical Month 4)

1. Bok Choy & Mung Bean Summer Bowl

The Trinity: Jasmine Rice (Grain) + Bok Choy (Green) + Mung Beans (Protein)

1. Cook Jasmine Rice. 2. Quarter baby bok choy lengthways; steam for 3-4 minutes. 3. Warm mung beans with ginger and a splash of coconut aminos. 4. Assemble with rice; top with toasted sesame seeds and a drizzle of sesame oil. 5. Serve at room temperature or slightly warm — avoid over-heating food in summer. Mung beans are the most effective cooling legume in summer conditions.

2. Mango & Wild Rice Cooling Bowl

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

1. Cook Wild Rice. 2. Wash watercress; do not cook — use fresh. 3. Warm white beans with garlic and lemon juice. 4. Dice fresh mango. 5. Arrange wild rice with white beans, fresh watercress, and mango slices. 6. Finish with lime juice and fresh mint. Fresh mango is in peak season and cools the body while providing natural sugars to sustain energy through the humid heat.

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Volume 4: Winter Quarter · Month 10: The Mild Winter

Subtropical winter is mild by most world standards — rarely below 10°C on the coast — but the body still benefits from warming, nourishing foods that support the Kidney energy through the shorter days and cooler nights. This is the best growing season for brassicas, root vegetables, and citrus — all of which make excellent Trinity partners during the mild winter months.

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

Day	Warm Rising (Breakfast)	Mid-Day Trinity (Lunch)	Evening Trinity (Dinner)
1/8/15/22	Warm Oat Porridge w/ Citrus Zest & Walnuts	Brown Rice, Broccoli, Chickpeas	Millet, Roasted Cauliflower, Red Lentils
2/9/16/23	Warm Brown Rice Congee w/ Ginger	Wild Rice, Kale, Kidney Beans	Farro, Silverbeet, Tempeh
3/10/17/24	Savory Millet w/ Turmeric & Sesame	Quinoa, Brussel Sprouts, White Beans	Buckwheat, Roasted Beetroot, Adzuki Beans
4/11/18/25	Warm Buckwheat w/ Citrus & Hemp Seeds	Brown Rice, Cavolo Nero, Black Beans	Wild Rice, Parsnip & Kale, Lentil Stew
5/12/19/26	Steel-Cut Oats w/ Walnut & Cinnamon	Millet, Broccoli, Chickpeas	Quinoa, Roasted Sweet Potato, Red Lentils
6/13/20/27	Teff Porridge w/ Orange Zest & Dates	Brown Rice, Kale, Kidney Beans	Amaranth, Silverbeet, White Beans
7/14/21/28	Warm Amaranth w/ Prune & Star Anise	Wild Rice, Cavolo Nero, Tempeh	Millet, Roasted Parsnip, Black-Eye Peas

Regional Trinity Recipes (Subtropical Month 10)

1. Broccoli & Chickpea Winter Nourish Bowl

The Trinity: Brown Rice (Grain) + Broccoli (Green) + Chickpeas (Protein)

1. Cook Brown Rice. 2. Cut broccoli into florets; steam until bright green and just tender. 3. Warm chickpeas with cumin, coriander, and a pinch of turmeric. 4. Assemble with brown rice; top with a lemon-tahini drizzle and fresh parsley. Broccoli is at peak quality during the subtropical winter and provides the sulfur compounds that support detoxification through the cooler, slower season.

2. Roasted Cauliflower & Red Lentil Winter Bowl

The Trinity: Millet (Grain) + Roasted Cauliflower (Green/Vegetable) + Red Lentils (Protein)

1. Cook Millet. 2. Cut cauliflower into florets; toss with olive oil, cumin, and smoked paprika. Roast at 200C for 20 minutes until golden. 3. Simmer red lentils with garlic, ginger, and turmeric until soft. 4. Serve over millet with roasted cauliflower and lentils. 5. Finish with fresh coriander and a squeeze of lemon. Warming and grounding — ideal for the mild subtropical winter nights.