

THE HALIGRIC YEARLY MEAL GUIDE

Volume I: Tropical North Australia

Darwin · Cairns · Broome · Nourishing Through the Wet and the Dry

The Tropical North Philosophy

The Tropical North Haligric Guide is designed for the two great seasons of Australia's top end — the Wet (approximately October through April) and the Dry (May through September). Unlike the four-season model of southern Australia, the Tropics cycle between monsoon abundance and clear, dry vitality. This guide provides the metabolic framework to move with those cycles rather than against them: cooling, hydrating foods during the intense humidity of the Wet; grounding, warming foods during the clear, cooler Dry.

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 Tropical North's unique seasonal shifts at a cellular level.

The Trinity Formula

Every day is a Trinity: **One Grain + One Green + One Protein**. In the Tropical North, we emphasize cooling, light grains like jasmine rice and sago, hydrating greens including water spinach and bok choy, and clean proteins such as tempeh and legumes to navigate the heat and humidity without burdening digestion.

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Volume 1: Dry Season · Month 1: Tropical North Edition

The early Dry Season in the Tropical North is characterised by low humidity, clear skies, and cooling nights. To align your **Haligrity** here, we focus on grounding the body after the Wet Season's heat and hydration. We shift toward warming grains and mineral-rich vegetables from the local dry-season harvest. The Liver and Lungs are supported to clear accumulated Wet Season dampness.

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

Day	Warm Rising (Breakfast)	Mid-Day Trinity (Lunch)	Evening Trinity (Dinner)
1/8/15/22	Warm Brown Rice w/ Turmeric & Coconut	Sorghum, Kangkong, Black-Eye Peas	Millet, Roasted Pumpkin, Red Lentils
2/9/16/23	Warm Rolled Oats w/ Mango & Pepitas	Brown Rice, Bok Choy, Tempeh	Buckwheat, Sweet Potato Leaves, Chickpeas
3/10/17/24	Savory Teff w/ Shallots & Sesame	Wild Rice, Water Spinach, White Beans	Brown Rice, Kale, Black Beans
4/11/18/25	Warm Amaranth w/ Papaya & Hemp	Millet, Chinese Broccoli, Adzuki Beans	Quinoa, Roasted Zucchini, Lentil Stew
5/12/19/26	Brown Rice Congee w/ Ginger & Spring Onion	Sorghum, Bok Choy, Tempeh	Millet, Kangkong, Kidney Beans
6/13/20/27	Warm Quinoa w/ Pineapple & Chia	Brown Rice, Water Spinach, Chickpeas	Buckwheat, Sweet Potato Leaves, Lentils
7/14/21/28	Savory Oat Porridge w/ Sesame & Scallion	Wild Rice, Chinese Cabbage, White Beans	Amaranth, Pumpkin, Black-Eye Peas

Regional Trinity Recipes (Tropical North Month 1)

1. Kangkong & Tempeh Stir Bowl

The Trinity: Brown Rice (Grain) + Kangkong/Water Morning Glory (Green) + Tempeh (Protein)

1. Cook Brown Rice. 2. Slice tempeh into strips; marinate in coconut aminos and turmeric for 5 minutes. 3. In a wok over high heat, stir-fry tempeh until golden. 4. Add a bunch of kangkong; toss for 60 seconds until just wilted. 5. Serve over brown rice with a drizzle of lime juice. Kangkong clears Wet Season dampness and cools internal heat.

2. Pumpkin & Red Lentil Dry Season Bowl

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

1. Cook Millet. 2. Cube and roast pumpkin with cumin and a touch of coconut oil until caramelised. 3. Simmer red lentils with garlic, ginger, and a pinch of turmeric until soft. 4. Layer millet, pumpkin, and lentils. 5. Top with fresh coriander. Pumpkin grounds the body after the Wet Season's dispersive energy.

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Volume 1: Dry Season · Month 4: The Build-Up

The Build-Up is the most energetically intense period of the Tropical North year — temperatures climb, humidity rises, thunderstorms develop. This is Fire Phase: the body needs cooling, hydrating foods to prevent the heat from penetrating too deeply. We emphasize bitter greens to clear Heart heat and light grains that do not add to internal fire.

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

Day	Warm Rising (Breakfast)	Mid-Day Trinity (Lunch)	Evening Trinity (Dinner)
1/8/15/22	Cooling Rice Congee w/ Cucumber & Mint	Jasmine Rice, Bitter Melon, Mung Beans	Wild Rice, Watercress, White Beans
2/9/16/23	Oat Porridge w/ Banana & Coconut Milk	Brown Rice, Bok Choy, Tempeh	Millet, Water Spinach, Chickpeas
3/10/17/24	Chilled Amaranth w/ Mango & Lime	Sorghum, Chinese Broccoli, Adzuki Beans	Quinoa, Kangkong, Lentil Dahl
4/11/18/25	Warm Millet w/ Papaya & Chia	Wild Rice, Bitter Melon, Mung Beans	Brown Rice, Bok Choy, Black-Eye Peas
5/12/19/26	Brown Rice w/ Coconut & Pineapple	Millet, Water Spinach, White Beans	Buckwheat, Bitter Greens, Red Lentils
6/13/20/27	Teff Porridge w/ Banana & Hemp	Brown Rice, Chinese Cabbage, Tempeh	Wild Rice, Kangkong, Kidney Beans
7/14/21/28	Cooling Oat Bowl w/ Cucumber Juice	Jasmine Rice, Bok Choy, Chickpeas	Millet, Watercress, Adzuki Beans

Regional Trinity Recipes (Tropical North Month 4)

1. Bitter Melon & Mung Bean Cooling Bowl

The Trinity: Jasmine Rice (Grain) + Bitter Melon (Green) + Mung Beans (Protein)

1. Cook Jasmine Rice. 2. Slice bitter melon thinly; salt for 10 minutes then rinse to reduce bitterness. 3. Stir-fry bitter melon with garlic and a drop of sesame oil for 3 minutes. 4. Warm pre-cooked mung beans with ginger and coconut aminos. 5. Serve over rice. Bitter melon is the most potent cooling food available in the Tropical North and clears Heart heat during the Build-Up.

2. Mango & Amaranth Sunrise Bowl

The Trinity: Amaranth (Grain) + Fresh Mango (Green/Fruit) + Chia Seeds (Protein supplement)

1. Cook Amaranth until soft; allow to cool slightly. 2. Dice ripe mango; squeeze fresh lime over it. 3. Layer amaranth with mango and a tablespoon of chia seeds. 4. Top with fresh mint and a drizzle of coconut milk. Cooling, hydrating, and light — suited to the Build-Up's rising heat.

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Volume 2: Wet Season · Month 7: The First Rains

The Wet Season arrives with dramatic thunderstorms and sustained monsoonal rain. The body must adapt to heavy humidity, fluctuating temperatures, and the specific dampness that the Wet Season carries. We focus on supporting the Spleen and Kidney — the organs most challenged by excess dampness — while keeping meals light and digestible.

The 28-Day Trinity Schedule (Wet Season Weeks 25–28)

Day	Warm Rising (Breakfast)	Mid-Day Trinity (Lunch)	Evening Trinity (Dinner)
1/8/15/22	Warm Ginger Rice Congee w/ Scallion	Brown Rice, Kangkong, Red Lentil Dahl	Millet, Bok Choy, Black Beans
2/9/16/23	Warm Oats w/ Cinnamon & Banana	Wild Rice, Water Spinach, Tempeh	Quinoa, Chinese Broccoli, White Beans
3/10/17/24	Savory Millet Congee w/ Mushroom	Sorghum, Bitter Melon, Mung Beans	Brown Rice, Kangkong, Adzuki Beans
4/11/18/25	Teff Porridge w/ Coconut & Cinnamon	Millet, Bok Choy, Chickpeas	Wild Rice, Water Spinach, Kidney Beans
5/12/19/26	Warm Brown Rice w/ Turmeric & Pepper	Brown Rice, Chinese Cabbage, Lentil Dahl	Buckwheat, Bitter Greens, Black-Eye Peas
6/13/20/27	Savory Oat Congee w/ Ginger & Sesame	Quinoa, Kangkong, White Beans	Millet, Pumpkin, Red Lentils
7/14/21/28	Warm Amaranth w/ Star Anise & Coconut	Wild Rice, Bok Choy, Tempeh	Brown Rice, Water Spinach, Black Beans

Regional Trinity Recipes (Tropical North Month 7)

1. Ginger Rice Congee — The Monsoon Anchor

The Trinity: Brown Rice (Grain) + Kangkong (Green) + Red Lentil Dahl (Protein)

1. Simmer 1 cup brown rice in 5 cups water with a thumb of fresh ginger and 2 garlic cloves until it becomes a thick congee (approximately 45 minutes). 2. Prepare a simple red lentil dahl: cook red lentils with turmeric, cumin, and coconut milk until soft. 3. Blanch kangkong in boiling water for 30 seconds. 4. Serve congee topped with kangkong, dahl, and fresh coriander. Congee is the most Spleen-protective food available during the Wet Season's dampness.

2. Mushroom & Millet Wet Season Bowl

The Trinity: Millet (Grain) + Shiitake Mushroom (Green/Fungus) + Mung Beans (Protein)

1. Cook Millet. 2. Soak and slice dried shiitake mushrooms; stir-fry with garlic, ginger, and a splash of coconut aminos. 3. Warm pre-cooked mung beans with a pinch of cumin. 4. Assemble and top with sesame seeds and scallion. Shiitake mushrooms tonify the immune system during the Wet Season's damp challenge.