Your 7-Day Kickstart Meal Plans

Dr. Stacy Peck, DACM, L.Ac. · drstacypeck.com

Here are three different 7-day meal plans based on the most common constitutional types. Find your pattern and follow the plan that fits. All ingredients are available at a regular grocery store.

Meal Plan 1: For the Cold and Tired Person (Yang Deficiency / Qi Deficiency)

If you're always cold, always tired, have weak digestion, catch every cold, and feel like your body's pilot light is flickering.

Day 1:

- **Breakfast:** Warm oatmeal with cinnamon, walnuts, sliced dates, and a drizzle of honey. Ginger tea.
- **Lunch:** Chicken and vegetable soup with root vegetables (carrots, sweet potato, parsnip). Brown rice on the side.
- **Snack:** Apple slices with almond butter.
- **Dinner:** Pan-seared salmon with roasted butternut squash and steamed broccoli. Ginger and scallion garnish.

Day 2:

- **Breakfast:** Congee with shredded chicken, ginger, and scallions. (Make a big batch — reheat all week.)
- **Lunch:** Warm grain bowl: quinoa, roasted sweet potato, sautéed kale, avocado, tahini dressing.
- **Snack:** Handful of walnuts and 3-4 dried dates.
- **Dinner:** Lamb stew with potatoes, carrots, and rosemary. Crusty bread.

Day 3:

- **Breakfast:** Scrambled eggs with sautéed spinach and mushrooms. Slice of sourdough. Cinnamon tea.
- **Lunch:** Leftover lamb stew with a side of steamed green beans.
- **Snack:** Warm bone broth in a mug.
- **Dinner:** Baked chicken thighs with roasted root vegetables (beets, carrots, parsnips) and a ginger-miso glaze.

Day 4:

- **Breakfast:** Warm oatmeal with stewed pears, cinnamon, and pumpkin seeds.
- **Lunch:** Miso soup with tofu, seaweed, mushrooms, and noodles.
- **Snack:** Roasted chestnuts (in season) or a warm date and walnut ball.
- **Dinner:** Slow-cooker beef and barley stew with thyme and black pepper.

Day 5:

- **Breakfast:** Congee with a soft-boiled egg, sesame oil, and soy sauce.
- **Lunch:** Turkey and vegetable stir-fry with ginger and garlic over brown rice.
- **Snack:** Turmeric latte (warm milk of choice with turmeric, cinnamon, black pepper, honey).
- **Dinner:** Pan-fried trout with lemon, roasted asparagus, and quinoa.

Day 6:

- **Breakfast:** Sweet potato hash with eggs, onions, and bell peppers. Fresh ginger tea.
- **Lunch:** Chicken pho (Vietnamese soup with rice noodles, star anise, cinnamon, ginger).
- **Snack:** Dates stuffed with almond butter.
- **Dinner:** Roast chicken with sweet potato mash and sautéed greens.

Day 7:

- **Breakfast:** Rice pudding with cinnamon, cardamom, and raisins (made the night before in a slow cooker).
- **Lunch:** Leftover roast chicken over warm salad with roasted beets, goat cheese, and walnuts.
- **Snack:** Astragalus and goji berry tea with a handful of almonds.
- **Dinner:** Warming curry (chicken or chickpea) with coconut milk, turmeric, ginger, and served over basmati rice.

Key principles for this plan:

- Everything warm and cooked — no cold smoothies, no raw meals
- Generous use of warming spices (ginger, cinnamon, turmeric, black pepper)
- Protein at every meal to sustain energy
- Bone broth whenever possible (homemade or high-quality store-bought)
- Drink warm or hot beverages only

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Meal Plan 2: For the Stressed and Stuck Person (Liver Qi Stagnation)

If you're irritable, tense, have PMS, get headaches, feel emotionally stuck, and carry tension in your shoulders.

Day 1:

- **Breakfast:** Green smoothie bowl — blended spinach, avocado, banana, and oat milk, topped with seeds and berries. (Slightly warmed if your digestion is sensitive.) Rose tea.
- **Lunch:** Big colorful salad with dark greens, beets, radishes, cucumber, sunflower seeds, and lemon-tahini dressing.
- **Snack:** Celery and carrot sticks with hummus.
- **Dinner:** Grilled fish with lemon, steamed artichokes, and wild rice.

Day 2:

- **Breakfast:** Avocado toast on sourdough with a squeeze of lemon, sprouts, and pumpkin seeds. Jasmine tea.
- **Lunch:** Vegetable and bean soup with plenty of greens, garlic, and a splash of apple cider vinegar.
- **Snack:** Handful of walnuts and dried apricots.
- **Dinner:** Stir-fried vegetables (broccoli, snap peas, bok choy, bell pepper) with tofu and sesame-ginger sauce over rice.

Day 3:

- **Breakfast:** Overnight oats with grated apple, lemon zest, flaxseed, and a drizzle of honey. Peppermint tea.
- **Lunch:** Grain bowl with quinoa, roasted beets, sauerkraut, avocado, sprouts, and lemon-olive oil dressing.
- **Snack:** Green tea and dark chocolate (2 squares — bitter flavors move Liver energy).

- **Dinner:** Baked salmon with dill, steamed asparagus, and a fresh cucumber-mint side salad.

Day 4:

- **Breakfast:** Scrambled eggs with sautéed greens, tomato, and herbs. Squeeze of lemon. Rose tea.
- **Lunch:** Large mixed green salad with radishes, pickled onions, sprouted lentils, avocado, and lemon dressing.
- **Snack:** Apple with a handful of almonds.
- **Dinner:** Chicken with artichokes, olives, and lemon over whole grain pasta.

Day 5:

- **Breakfast:** Warm oatmeal with berries, hemp seeds, and a squeeze of orange juice. Chrysanthemum tea.
- **Lunch:** Vietnamese-style fresh spring rolls with shrimp, herbs, and peanut dipping sauce.
- **Snack:** Edamame with sea salt.
- **Dinner:** Turkey meatballs with zucchini noodles and a light tomato sauce. Side of steamed broccoli.

Day 6:

- **Breakfast:** Fruit and yogurt parfait with granola and chia seeds. (Use coconut yogurt if avoiding dairy.) Jasmine green tea.
- **Lunch:** Leftover turkey meatball zucchini bowl.
- **Snack:** Pickles and cheese (sour and salty — Liver-friendly flavors).
- **Dinner:** Grilled chicken with a massive green salad, roasted radishes, and balsamic dressing.

Day 7:

- **Breakfast:** Spinach and feta frittata with herbs. Fresh-squeezed orange juice. Mint tea.
- **Lunch:** Poke bowl with brown rice, salmon, edamame, cucumber, avocado, pickled ginger.
- **Snack:** Rose and goji tea with a couple of dates.
- **Dinner:** Grilled vegetable platter (zucchini, eggplant, bell peppers, asparagus) with hummus, pita, and tzatziki.

Key principles for this plan:

- Lots of GREEN (the Liver's color) — greens at every meal
- Sour flavors (the Liver's flavor) — lemon, vinegar, pickles, sauerkraut
- Less heavy, greasy, and fried foods
- Minimal alcohol (ideally zero for the week)
- Rose tea, mint tea, or jasmine tea daily
- Include bitter greens (arugula, dandelion, radicchio)

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Meal Plan 3: For the Bloated and Foggy Person (Dampness / Spleen Deficiency)

If you're bloated, foggy-headed, heavy, puffy, and feel like your body is a swamp.

Day 1:

- **Breakfast:** Plain congee with a small amount of chicken and ginger. Orange peel tea (chen pi tea).

- **Lunch:** Clear chicken broth with vegetables — celery, zucchini, corn, and a sprinkle of white pepper.
- **Snack:** A few rice cakes with a thin spread of almond butter.
- **Dinner:** Steamed fish with ginger and scallions. Steamed rice. Steamed bok choy.

Day 2:

- **Breakfast:** Warm millet porridge with a pinch of cardamom and a few raisins. Ginger tea.
- **Lunch:** Simple vegetable stir-fry (bean sprouts, celery, corn, green beans) with rice.
- **Snack:** Corn silk tea (brew dried corn silk — a natural Dampness drainer) with a handful of pumpkin seeds.
- **Dinner:** Baked chicken breast with roasted turnips, carrots, and a sprinkle of cumin and fennel seeds.

Day 3:

- **Breakfast:** Scrambled eggs with steamed asparagus. Small portion of rice. Fennel tea.
- **Lunch:** Adzuki bean and barley soup — simmer with ginger, a piece of orange peel, and a pinch of salt.
- **Snack:** Radish slices with a sprinkle of salt and lemon.
- **Dinner:** Lean pork chop with braised cabbage and mashed turnips.

Day 4:

- **Breakfast:** Warm oatmeal (made with water, not milk) with cinnamon and a few blueberries. Ginger-cardamom tea.
- **Lunch:** Clear miso soup with tofu, seaweed, and scallions. Side of steamed rice.
- **Snack:** Roasted chickpeas with cumin.
- **Dinner:** Turkey lettuce wraps with grated carrot, cucumber, and a ginger-soy dipping sauce.

Day 5:

- **Breakfast:** Congee with pumpkin and ginger (blend pumpkin into the congee for a thick, sweet porridge).
- **Lunch:** Grilled chicken with a simple salad of cucumber, celery, and radish with rice vinegar dressing.
- **Snack:** Barley tea (mugicha — common in Asian grocery stores, naturally caffeine-free).
- **Dinner:** Shrimp stir-fry with snow peas, water chestnuts, and ginger over rice.

Day 6:

- **Breakfast:** Warm sweet potato mash with a drizzle of sesame oil and a pinch of cinnamon. Green tea.
- **Lunch:** Leftover shrimp stir-fry in a rice paper wrap.
- **Snack:** Watermelon cubes (if in season — naturally drains Dampness).
- **Dinner:** Lemon-herb roast chicken with steamed vegetables and a small serving of rice.

Day 7:

- **Breakfast:** Millet porridge with roasted squash and a drizzle of honey. Fennel and ginger tea.
- **Lunch:** Corn and vegetable soup with white beans and a generous amount of fresh herbs (parsley, cilantro, dill).
- **Snack:** A small serving of plain popcorn (corn drains Dampness) with a sprinkle of sea salt.
- **Dinner:** Steamed white fish with lemon, rice, and stir-fried greens with garlic.

Key principles for this plan:

- NO dairy, NO sugar, MINIMAL wheat for the full 7 days
- All food cooked and warm — nothing cold or raw
- Small portions — don't overload a weak Spleen
- Avoid greasy, heavy, fried, and rich foods
- Use aromatic, drying spices: ginger, cardamom, fennel, orange peel, cinnamon
- Drink warm water or Dampness-draining teas (barley, corn silk, ginger)
- Eat slowly and without distractions — your Spleen needs your full attention

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