

WALNUT SAGE ROMANO BEAN

THREE TREASURES NOURISHES QI, JING, AND SHEN



Walnuts nourish Jing and build Qi, **Brown Rice** builds Spleen Qi, **Lemon** calms Shen and builds Spleen and Stomach Qi, **Cranberry Beans** benefit the Kidneys, **Butter** calms Shen and moderates beans.

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