

11-Body Food Reference Chart

#	Body / Planet's Light	When Depleted, It Reads As	Food-Energetic Focus
1	Artist · Mercury	Scattered, uninspired, stuck in mental static	Warm, easy-digest grains (rice, oats) to settle the mental field before creativity can move
2	Lover · Venus	Disconnected, guarded, starved for warmth	Wet, nourishing stews and broths — hydration through food rebuilds the capacity to receive connection
3	Ruler-Father · Moon	Joyless, heavy, quietly burdened	Root vegetables and warming spices (ginger, cinnamon) to restore lightness and buoyancy
4	Yogi · Mars	Reactive, ungrounded, resistant to what is	Whole beans and grains, slow-cooked — steadiness on the plate builds steadiness in the nervous system
5	Teacher · Jupiter	Imbalanced, overextended, out of proportion	Balanced plates — grain, vegetable, protein in equal measure — mirrors the harmony being rebuilt
6	Shaman-Magician · Saturn	Numb, disconnected from intuition, over-thinking instead of sensing	Warm infusions (nettle, oatstraw) — receiving Saturn's clarity instead of its weight starts in the gut
7	Caregiver-Mother · Uranus	Scattered, unable to hold space, depleted from over-giving	Deeply warming, slow-cooked meals — the body must be held before it can hold others
8	Hero-Master · Neptune	Fearful, collapsed posture, low courage	Protein-forward whole-food meals — physical strength on the plate restores felt courage
9	Sovereign · Pluto	Coarse, ungraceful, disconnected from refinement	Simple, clean preparations — less inflammatory load lets natural refinement return
10	Infinity · Sun	Dim, low-radiance, invisible even to self	Warm breakfast, consistent hydration through food — radiance starts with a body that isn't depleted

Note: 11 (Command Center) isn't a single body — it's the field between all ten. If a Soul or Karma number is 10 or 11, use the general note instead of a single-body row: "This is the coherence of the whole plate, not one fix — warmth, wet foods, an opener plate, and whole grains, applied together."