

SHOKU  
食育IKU

# 5 DAY RAW FOOD RESET MENU

## JANUARY

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### DAY 1

MIXED BERRY, CRANBERRY HEMP SMOOTHIE  
“BACON” LEAFY SALAD WITH BALSAMIC VINAIGRETTE  
PASTA WITH TOMATO CREAM

### DAY 2

BANANA CAROB PORRIDGE  
BUDDHA BOWL  
VEGETABLE RICE WITH MASALA PATTY  
KETO HEMP CHOCOLATE FUDGE

### DAY 3

MACA CHIA PUDDING WITH CHOCOLATE SHELL  
TURMERIC “STIRFRY” VEGETABLES  
LASAGNA

### DAY 4

HAZELNUT GOJI GRANOLA X LUCUMA MYLK  
WALNUT RANCH SLAW SALAD  
TAHINI OLIVE QUICHE

### DAY 5

BAGEL X CREAM CHEESE X KIMCHI  
BUDDHA BOWL  
“TUNA” SALAD WRAP  
KETO LEMON TART



SHOKU  
食育IKU

# 3 DAY RAW FOOD RESET MENU

JANUARY

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DAY 1

MIXED BERRY, CRANBERRY HEMP SMOOTHIE  
“BACON” LEAFY SALAD WITH BALSAMIC VINAIGRETTE  
PASTA WITH TOMATO CREAM

DAY 2

BANANA CAROB PORRIDGE  
BUDDHA BOWL  
VEGETABLE RICE WITH MASALA PATTY  
KETO HEMP CHOCOLATE FUDGE

DAY 3

MACA CHIA PUDDING WITH CHOCOLATE SHELL  
TURMERIC “STIRFRY” VEGETABLES  
LASAGNA

