

SHOKU  
食育IKU

# 5 DAY RAW FOOD RESET MENU

## DECEMBER

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### DAY 1

STRAWBERRY TREMELLA SMOOTHIE  
KALE SALAD WITH PARMESAN  
BEET BURGER AND MARINATED MUSHROOMS

### DAY 2

MATCHA AND MORINGA CHIA PUDDING  
BUDDHA BOWL  
SPAGHETTI WITH PRESERVED LEMON ALREDO SAUCE  
YUMBERRY BALLS

### DAY 3

BANANA MUFFIN  
GINGER "STIRFRY" VEGETABLES  
ASPARAGUS OLIVE CAULIFLOWER ROSOTTO

### DAY 4

SALTED CARAMEL MEDICINAL MUSHROOM SMOOTHIE  
LEAF SALAD WITH HEO CREAM DRESSING  
TOMATO AND OLIVE RAGOUT

### DAY 5

APPLE CHAI PORRIDGE  
BUDDHA BOWL  
VEGETABLE RICE X FALAFEL X LEMON TAHINI CREAM  
HERBAL MOCHA CHEESECAKE



SHOKU  
食育IKU

# 3 DAY RAW FOOD RESET MENU

DECEMBER

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DAY 1

STRAWBERRY TREMELLA SMOOTHIE  
KALE SALAD WITH PARMESAN  
BEET BURGER AND MARINATED MUSHROOMS

DAY 2

MATCHA AND MORINGA CHIA PUDDING  
BUDDHA BOWL  
SPAGHETTI WITH PRESERVED LEMON ALREDO SAUCE  
YUMBERRY BALLS

DAY 3

BANANA MUFFIN  
GINGER “STIRFRY” VEGETABLES  
ASPARAGUS OLIVE CAULIFLOWER ROSOTTO

