

SHOKU  
食育IKU

# 5 DAY RAW FOOD RESET MENU

February

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DAY 1

HEMP PROTEIN SALTED CARAMEL SMOOTHIE  
TOMATO BASIL SALAD | PARMESAN CRISP  
KALE SALAD WITH ALMOND CROQUETTES

DAY 2

CACAO GRANOLA WITH HAZELNUT MYLK  
BUDDHA BOWL  
GREEN BEAN SALAD WITH GREEN GODDESS DRESSING  
MARS BAR BITES

DAY 3

BLUEBERRY CHIA PUDDING  
PUMPKIN SOUP WITH SEED CRACKERS  
PEA RISOTTO

DAY 4

BANANA PANCAKES  
LEAFY SALAD WITH ADZUKI MISO SESAME DRESSING  
VEGETABLE PASTA WITH WALNUT RAGU

DAY 5

BREAKFAST WRAP WITH FETA AND OLIVE TAPENADE  
CREAMY EGGPLANT RICOTTA TART  
MARINATED VEGETABLES WITH ALMOND LEMONGRASS SAUCE  
KETO BUTTERFLY PEA SLICE



SHOKU  
食育IKU

# 3 DAY RAW FOOD RESET MENU

FEBRUARY

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DAY 1

HEMP PROTEIN SALTED CARAMEL SMOOTHIE  
TOMATO BASIL SALAD | PARMESAN CRISP  
KALE SALAD WITH ALMOND CROQUETTES

DAY 2

CACAO GRANOLA WITH HAZELNUT MYLK  
BUDDHA BOWL  
GREEN BEAN SALAD WITH GREEN GODDESS DRESSING  
MARS BAR BITES

DAY 3

BLUEBERRY CHIA PUDDING  
PUMPKIN SOUP WITH SEED CRACKERS  
PEA RISOTTO

