

SHOKU
食育IKU

5 DAY RAW FOOD RESET MENU

March

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DAY 1

GREEN MATCHA SMOOTHIE
LEAFY SALAD WITH MACADAMIA DRESSING
SHIITAKE PATTY | VEGETABLE RICE

DAY 2

CAROB BANANA PORRIDGE
BUDDHA BOWL
SEAWEEED SALAD WITH YUZU GINGER DRESSING
KETO TRUFFLE

DAY 3

SALTED CARAMEL CHIA PUDDING
CAULIFLOWER SOUP WITH FLAX CRACKERS
OKONOMIYAKI (CABBAGE PANCAKE)

DAY 4

CHOCOLATE CHIP PROTEIN SMOOTHIE
BEETS, FENNEL AND RICOTTA SALAD
VEGETABLE PASTA WITH AVOCADO SALSA VERDE

DAY 5

SEED BREAD | SMASHED PEAS
BROCOLLI TAPENADE SALAD
KELP NOODLE WITH HEMP GINGER DRESSING
VANILLA MIXED BERRY CHEESECAKE BITES



SHOKU
食育IKU

3 DAY RAW FOOD RESET MENU

March

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DAY 1

GREEN MATCHA SMOOTHIE
LEAFY SALAD WITH MACADAMIA DRESSING
SHIITAKE PATTY | VEGETABLE RICE

DAY 2

CAROB BANANA PORRIDGE
BUDDHA BOWL
SEAWEEED SALAD WITH YUZU GINGER DRESSING
KETO TRUFFLE

DAY 3

SALTED CARAMEL CHIA PUDDING
CAULIFLOWER SOUP WITH FLAX CRACKERS
OKONOMIYAKI (CABBAGE PANCAKE)

