

SHOKU  
食育IKU

# 5 DAY RAW FOOD RESET MENU

APRIL

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DAY 1

SALTED CARAMEL SMOOTHIE  
LEAFY SALAD WITH YUZU GINGER DRESSING  
VEGETABLE PASTA SERVE WITH PUTTANESCA

DAY 2

CACAO GRANOLA WITH PINK MYLK  
BUDDHA BOWL  
CRUCIFEROUS TAPENADE VEGETABLE  
MOCHA SLICES

DAY 3

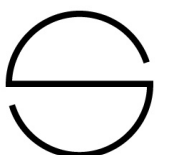
APPLE AND CINNAMON PORRIDGE  
PUMPKIN SOUP WITH BUCKWHEAT CLUSTERS  
LASAGNA

DAY 4

GREEN CHLORELLA SMOOTHIE  
BEET SEED BALLS WITH TURMERIC SAUCE  
PIZZA

DAY 5

SEED BREAD | SMASHED PEAS  
KALE AND CABBAGE SALAD  
CAULIFLOWER CURRY  
KETO MACADAMIA TRUFFLES



SHOKU  
食育IKU

# 3 DAY RAW FOOD RESET MENU

APRIL

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DAY 1

SALTED CARAMEL SMOOTHIE  
LEAFY SALAD WITH YUZU GINGER DRESSING  
VEGETABLE PASTA SERVE WITH PUTTANESCA

DAY 2

CACAO GRANOLA WITH PINK MYLK  
BUDDHA BOWL  
CRUCIFEROUS TAPENADE VEGETABLE  
MOCHA SLICES

DAY 3

APPLE AND CINNAMON PORRIDGE  
PUMPKIN SOUP WITH BUCKWHEAT CLUSTERS  
LASAGNA

