

SHOKU
食育IKU

5 DAY RAW FOOD RESET MENU

MAY

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DAY 1

STRAWBERRY AND TREMELLA SMOOTHIE
LEAFY SALAD WITH BALSAMIC VINAIGRETTE
COCONUT AND CARROT SOUP WITH ONION FLATBREAD

DAY 2

BANANA AND CAROB PORRIDGE
BUDDHA BOWL
VEGETABLE PASTA WITH TOMATO AND MUSHROOM SAUCE
KETO PILI NUT MINT CHOCOLATE SLICE

DAY 3

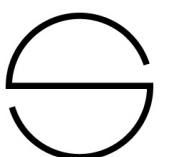
CHLORELLA CHIA PUDDING
KALE AND GOJI SALAD
OPEN BEET BURGER

DAY 4

ADAPTOGENIC CACAO SMOOTHIE
CRUCIFEROUS PESTO SALAD
KELP NOODLE WITH ALFREDO

DAY 5

SAVOURY PUMPKIN MUFFIN
CELERY SALAD WITH COYO DRESSING
CREAMY HEMP CAULIFLOWER
MARS BAR SLICES



SHOKU
食育IKU

3 DAY RAW FOOD RESET MENU

MAY

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DAY 1

STRAWBERRY AND TREMELLA SMOOTHIE
LEAFY SALAD WITH BALSAMIC VINAIGRETTE
COCONUT AND CARROT SOUP WITH ONION FLATBREAD

DAY 2

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BUDDHA BOWL
VEGETABLE PASTA WITH TOMATO AND MUSHROOM SAUCE
KETO PILI NUT MINT CHOCOLATE SLICE

DAY 3

CHLORELLA CHIA PUDDING
KALE AND GOJI SALAD
OPEN BEET BURGER

