

SHOKU
食育IKU

5 DAY RAW FOOD RESET MENU

SPRING 2025

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DAY 1

STRAWBERRY TREMELLA SMOOTHIE
LEAFY SALAD WITH MACADAMIA RAUNCH DRESSING
CARAMELISED ONION PIZZA

DAY 2

BANANA CACAO GRANOLA WITH CINNAMON MYLK
VEGETABLE PASTA WITH 3 HERB PESTO
CAULIFLOWER RICE AND BEETROOT PATTI
VANILLA LUCUMA FUDGE

DAY 3

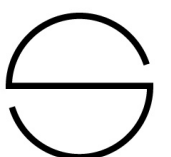
MORINGA CHIA PUDDING
KALE AND GOJI SALAD
KELP ALFREDO SAUCE

DAY 4

GREEN SMOOTHIE WITH CHLORELLA
CESAR SALAD WITH ARAME
CHOPPED SALAD WITH MUSHROOM DRESSING

DAY 5

SAVOURY CARROT BREAD WITH SMASHED PEAS
CHOPPED SALAD WITH MUSHROOM DRESSING
CREAMY MASALA CAULIFLOWER
DOUBLE CHOCOLATE CHEESECAKE



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