



# Chakras Balancing Cuisine Menu



## Crown Chakra



**Light foods and juice for detoxifying**  
Vegetable broth with turmeric and ginger,  
Cauliflower salad, Beetroot juice



## Brow Chakra



**Flavonoid-rich foods and serotonin boosters for mental focus and energy**  
*Purple Cauliflower salad, Roasted Barramundi Fish, Iced Chocolate, Energy ball*



## Throat Chakra



**Antioxidant Dietary Fiber and vitamins for healing and soothing**  
*Miso & Tofu with baby bok choy soup, Cold soba salad, Summer Breeze Juice, Fruit scoop*



## Heart Chakra



**Organic greens can help greatly with energy and stress**  
*Gravlax salmon salad, Chicken kale energy bowl, Walk in the park App Fast smoothies, Seasonal fruits*



## Solar Plexus Chakra



**Complex carbohydrates and whole grains for sustainable energy**  
*Roasted chicken breast soup, Romesco chicken, Enzyme cooler Juice, Oatmeal raisin cookie*



## Sacral Chakra



**Omega-3s rich and high-fiber foods for digestive wellness**  
*Carrot soup, Almond crusted salmon, Peppermint tea, Fruit scoop*



## Base Chakra



**Folate, vitamin C, antioxidants, and beta-carotene rich foods**  
*Tomato and basil soup, Plant based beef hamburger, Energy booster Juice, Vegan mixed seed cookie*