

A glass jar containing dried herbs and a sprig of dried eucalyptus leaves on a wooden surface. The background is softly blurred, showing a person in a kitchen setting.

SHOKUIKU PRODUCT CATALOGUE

SHOKU
食育IKU

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Breakfast and Snacks



We use the finest organic ingredients which are derived from nature, which in turn nourishes us in the best way possible.

Our Shokuiku breakfast and snacks products are all handmade in small batches. Nuts and seeds are soaked and sprouted to increase vitality, enzymes and bioavailability of the vitamins and minerals, then slowly dehydrated below 42 degrees to maintain these elements. You will benefit from the organic goodness in every batch.

Made in Australia with local and imported organic ingredients.

dairy free, no refined sugar or agave, gluten-free, low gi

Raw Organic Granola Cacao Monkey

Net Weight: 200g

Price: \$9.00

Raw Organic Granola Perfect Crunch

Net Weight: 200g

Price: \$9.00

Raw Organic Granola Very Berry

Net Weight : 190g

Price: \$9.00

Buckwheat Green Pop Veggie

Net Weight: 180g

Price: \$9.00

Bittersweet Cacao Love

Weight: 110g (Contains 6 truffles in a pack)

Price: \$9.00

Caramel Filled Dark Chocolate Bar

Single bar - Net Weight: 60g

Price: \$6.50

Double bar – Net Weight: 120g

Price: \$12.00

Seaweeds



Seaweeds provide an abundance of vitamins, minerals & trace elements. Our seaweed products have been harvested ethically from non radiated water.

Dulce from Pacific Harvest

Net Weight: 80g

Price: \$29.99

Irish Moss

Net Weight: 100g

Price: \$12.99

Karengo Fronds Broad Leaf From Pacific Harvest

Net Weight: \$14.99

Price: \$14.99

Sea Chicory from Pacific Harvest

Net Weight: 50g

Price: \$22.99

Sea Grapes from Pacific Harvest

Net Weight: 400g

Price: \$44.99

Sea Lettuce from Pacific Harvest

Net Weight: 100g

Price: \$36.99

Sea Spaghetti from Pacific Harvest

Net Weight: 80g

Price: \$19.99

Teas and Infusions



Inspired by a Fairy Tale

Net Weight: 55g

Price: 8.99

Self Heal

Net Weight: 60g

Price: \$5.99

Peaceful World

Net Weight: 55g

Price: \$8.99

Honey Roo Tea

Net Weight: 80g

Price: \$5.99

Detox Tea

Net Weight: 100g

Price: \$15.00

Net Weight: 55g

Price: \$8.99

Calendula

Net Weight: 100g

Price: \$7.99

Cat's Claw

Net Weight: 100g

Price: \$4.99

Chamomile

Net Weight: 100g

Price: \$7.99

Ginko Leaves

Net Weight: 100g

Price: \$4.99

Ginko Leaves

Net Weight: 60g

Price: \$4.99

Holy Basil Krishna

Net Weight: 100g

Price: \$5.99

Holy Basil Rama

Net Weight: 100g

Price: \$4.99

Dong Quai Root

Net Weight: 100g

Price: \$8.99

Pau D Arco

Net Weight: 100g

Price: \$6.99

Moringa

Net Weight: 100g

Price: \$15.99

Ho Shu Wu

Net Weight: 100g

Price: \$9.99

Gynostemma

Net Weight: 60g

Price: \$8.99

Hercampuri

Net Weight: 100g

Price: \$17.99

Graviola Leaf Powder

Net Weight: 100g

Price: \$7.99

Eulethro

Net Weight: 80g

Price: \$6.99

Chanca Piedra

Net Weight: 100g

Price: \$17.99

Chaga Mushroom

Net Weight: 100g

Price: \$45.99

Chaga Mushroom

Net Weight: 50g

Price: \$26.99

Reishi Mushroom

Net Weight: 100g

Price: \$45.99

Reishi Mushroom

Net Weight: 50g

Price: \$26.99

Cordyceps

Net Weight: 100g

Price: \$45.99

Cordyceps

Net Weight: 50g

Price: \$26.99

Healthy Sweetener



Lua Han Guo extract 80%

Net Weight: 35g

Price: \$34.99

Lua Han Guo extract 7%

Net Weight: 35g

Price: \$14.99

Organic Liquid Stevia – Plain from Omica Organics

Net Weight: 60ml

Price: \$20.99

Organic Liquid Stevia – Vanilla Flavour from Omica Organics

Net Weight: 60ml

Price: \$20.99

Organic Liquid Stevia – Butterscotch Toffee from Omica Organics

Net Weight: 60ml

Price: \$20.99

Yacon

Net Weight: 100g

Price: \$13.99

Superfoods Superherbs



Acerola

Net Weight: 100g

Price: \$20.99

Ashwagandha

Net Weight: 100g

Price: \$11.99

Asparagus Root (Shatavari)

Net Weight: 100g

Price: \$7.99

Astragalus

Net Weight: 100g

Price: \$8.99

Astragalus Root Powder

Net Weight: 100g

Price: \$8.99

Bamboo Salt (Grain)

Net Weight: 100g

Price: \$27.20

Bamboo Salt (Powder)

Net Weight: 100g

Price: \$27.20

Baobab

Net Weight: 100g

Price: \$10.99

Bee Pollen Powder

Net Weight: 100g

Price: \$8.50

Brahmi (Bacopa Monnieri)

Net Weight: 100g

Price: \$8.99

Calendula

Net Weight: 100g

Price: \$7.99

Camu Camu

Net Weight: 100g

Price: \$24.99

Carob Powder

Net Weight: 100g

Price: \$6.99

Cat's Claw

Net Weight: 100g

Price: \$4.99

Cha de Bugre

Net Weight: 100g

Price: \$8.99

Chaga Mushroom

Net Weight: 100g

Price: \$45.99

Chaga Mushroom

Net Weight: 50g

Price: \$26.99

Chamomile

Net Weight: 100g

Price: \$7.99

Chanca Piedra

Net Weight: 100g

Price: \$17.99

Chlorella

Net Weight: 100g

Price: \$23.99

Chrysantemum

Net Weight: 45g

Price: \$5.99

Cordyceps

Net Weight: 100g

Price: \$45.99

Cordyceps

Net Weight: 50g

Price: \$26.99

Cupuacu

Net Weight: 50g

Price: \$23.99

Dong Quai Root

Net Weight: 100g

Price: \$8.99

E3Live

Net Weight: 100g

Price: \$35.99

Elderberry

Net Weight: 100g

Price: \$18.99

Elderberry Powder

Net Weight: 100g

Price: \$18.99

Eulethro

Net Weight: 80g

Price: \$6.99

Garcinia Cambogia

Net Weight: 80g

Price: \$11.99

Ginko Leaves

Net Weight: 100g

Price: \$4.99

Ginko Leaves

Net Weight: 60g

Price: \$4.99

Goji Berries

Net Weight: 100g

Price: \$12.99

Graviola Leaf Powder

Net Weight: 100g

Price: \$7.99

Green Magic

Net Weight: 100g

Price: \$21.99

Gynostemma

Net Weight: 60g

Price: \$8.99

Hemp Protein Powder

Net Weight: 100g

Price: \$45.99

Hemp See Oil

Net Weight: 100g

Price: \$32.99

Hercampuri

Net Weight: 100g

Price: \$17.99

Ho Shu Wu

Net Weight: 100g

Price: \$9.99

Holy Basil Krishna

Net Weight: 100g

Price: \$5.99

Holy Basil Rama

Net Weight: 100g

Price: \$4.99

Horse Tail

Net Weight: 60g

Price: \$4.99

Howthorne Leaf

Net Weight: 60g

Price: \$3.99

Hulled Hemp Seed

Net Weight: 100g

Price: \$45.99

Irish Moss

Net Weight: 120g

Price: \$12.99

Lucuma

Net Weight: 120g

Price: \$8.99

Maca (Black)

Net Weight: 120g

Price: \$11.99

Maca (Red)

Net Weight: 140g

Price: \$13.99

Maca

Net Weight: 100g

Price: \$4.99

Mangosteen

Net Weight: 100g

Price: \$13.99

Mangosteen

Net Weight: 80g

Price: \$13.99

Maqui Berry Powder

Net Weight: 90g

Price: \$18.99

Marine Phytoplankton

Net Weight: 100g

Price: \$99.99

Marine Phytoplankton

Net Weight: 50g

Price: \$55.99

Mesquite

Net Weight: 120g

Price: \$6.99

Moringa

Net Weight: 100g

Price: \$15.99

MSM

Net Weight: 100g

Price: \$10.99

Nettle

Net Weight: 65g

Price: \$4.99

Pau D Arco

Net Weight: 100g

Price: \$6.99

Pomegranate

Net Weight: 100g

Price: \$18.99

Reishi Mushroom

Net Weight: 100g

Price: \$45.99

Reishi Mushroom

Net Weight: 50g

Price: \$26.99

Sacha Jergon

Net Weight: 100g

Price: \$17.99

Shilajit

Net Weight: 50g

Price: \$19.99

Schisandra Berries

Net Weight: 80g

Price: \$7.99

Sea Buckthorne

Net Weight: 100g

Price: \$10.99

Spirulina Crunchies

Net Weight: 70g

Price: \$33.99

Tocotrienols Powder

Net Weight: 80g

Price: \$7.99

Tribulus

Net Weight: 100g

Price: \$6.99

Triphala

Net Weight: 100g

Price: \$7.99

Yumberry

Net Weight: 100g

Price: \$13.99

Equipment

8 in 1 Raw Slicer

'8 in 1 Raw Slicer' is a multi-function Turning Slicer, Mandolin Slicer & Citrus Juicer.

4 interchangeable blades – slicer, fine & course julienne, grater, shredder.

The turning slicer handle makes spiral cuts – noodles, rings, curvy chips & twists.

Price: \$49.99

Nut Milk Bag

It is a handy tool that helps you make fresh, living and nutritious milk from a variety of nuts and seeds. You can also use it to make juice from fresh ingredients, by blending and then straining the juice through the bag.

Price: \$49.99

Spirooli 3 in 1 Vegetable Slicer

The 3-in-1 Spirooli vegetable slicer can help you make the most interesting meals. make zucchini and other vegetable pasta, quick and easy garnish with easy tool. t has 3 interchangeable blades; a slicer, a large noodle and a medium noodle.

Price: \$49.99

Vitamix

Vitamix is the BEST blender which is so powerful and make the most delectable smoothies, dips, desserts, cream, soups and other dishes

- » Powerful – 2 peak output horsepower motor
- » Variable speed control
- » BPA – free shatterproof container with 2L of true blending capacity
- » Includes an ergonomic soft grip handle.
- » Stainless steel blades
- » Heavy-duty, wear-resistant base
- » Unique tamper tool for extreme processing power

Price: \$795.99



Education/Inspiration

Fundamental Raw Food Class at Shokuiku

In our casual and fun class you will be learning all the basic yet important skill to start and continue on, to fully embrace this dynamic cuisine and lifestyle.

Having been in this field of health and wellness over 10 years, studied macrobiotic, holistic nutrition and long time researcher in everything health Yoko will be sharing what she has learned with you in an open and non judgemental environment.

You will be receiving all the recipes and tastings . All the recipes do not require a dehydrator and you can start using them straight away at home!

Price: Available on the Website

Recipes for Beauty Ebook

8 Recipes include coconut sheet lasagna, kale pest, italian pizza to banana and mesquite caramel slice, rose chocolate fudge, snickers bar, vanilla and boysenberry swirl cheesecake.

Price: Available on the Website

Superfood: The Definitive Guide to the Most Nutrient Dense Food on Earth

A comprehensive list and description of various superfoods and superherbs with their possible health benefits.

Price: Available on the Website



Fresh Delivery

Our famous organic and raw desserts and cakes can be delivered to your door!

Fresh delivery is available within Melbourne Metro only. The delivery charge varies depending on your distance from our shop

Special Order Organic Raw Cake with Decorations

We have a standard size, which offers 12-16 people and from \$90. We also have a smaller size, which suited for 8-12 people and start from \$80. The cakes do freeze well if there are some left over.

With flavours we love being creative and flexible, if you could let us know what you would like we can suggest a couple of options for you.

We also offer nut free and other No-GI/ beneficial sugar options (stevia , lakanto, leo han guo, or sunroot syrup, which is high in inulin and good for digestive system).

If you are interested please email us at shokuiku.life@gmail.com. Please note that the order is needed 5 days before the pick up.

Price: \$90

Organic Raw Cake of the Day

Let us surprise you with our special cakes offered for the day.

Price (Whole): \$80.00

Price (Slice): \$80.00