

CELLULAR RESET

SHOKU IKU





Our daily routines consist of habits that keep us moving forward, but sometimes, our health takes a backseat, and we forget that our bodies need tender, loving care. That's why we developed Shoku Iku, offering a variety of herbs, superfoods, botanicals, and functional foods, along with our signature reset programs. We provide solutions tailored to your unique health and wellness goals. Incorporating these powerful plant allies can significantly impact your well-being, especially with a few simple dietary and lifestyle changes.

In this free Reset, you'll find a wealth of health and nutritional insights, tips, and a collection of delightful recipes to boost your results. You can choose how strict or moderate you want it to be.

Listen to your body and focus on fully nourishing and loving yourself. This journey will look different for everyone. You may incorporate the principles listed in this Reset for 3 days, 30 days or many years with your own adjustment and flexibility.

We encourage you to aim for a 7-day reset as a starting point, providing a tangible goal to work towards and experience the transformative benefits of holistic wellness.



Before you start this reset, source

Herbal Cider Elixir: Include our Herbal Cider Elixir, made with apple cider vinegar with Mother, mulberry leaf, moringa, ashitaba, and ginger, 10 minutes before meals to help stabilize insulin and blood sugar levels.

Fasting Tea: Incorporate our Fasting Tea, which includes gynostemma, pau d'arco, reishi, schisandra, cinnamon, and ginger. This blend supports metabolism, enhances detoxification, and provides adaptogenic benefits to help manage stress and improve overall well-being.

Liver and Detoxification Support: Choose herbs and supplements that support liver function and detoxification, such as MSM, Schisandra, Reishi, Cosmic Hemp Charcoal or Chlorella.

Additionally, include a green powder from land or/and algae, like Ashitaba, Moringa, Mulberry Leaf, Chlorella, Spirulina, or Marine Phytoplankton, to boost nutrient intake and support detoxification.

CELLULAR RESET SUPPORT



HERBAL CIDER ELIXIR



FASTING TEA



MSM



SCHISANDRA



REISHI



COSMIC HEMP CHARCOAL



CHLORELLA



SPIRULINA



MULBERRY LEAF



MORINGA



MARINE PHYTOPLANKTON

www.shokuikuaustralia.com



WANT TO GO DEEPER?

Raw Food Reset 3 or 5 days

Ready-to-eat raw vegan meals are meticulously prepared with organic ingredients and offer the purest form of nutrition. They are also delightfully delicious and deeply satisfying. Choose between our 3- or 5-day options and unlock benefits. Enjoy nutrient-rich meals that retain essential vitamins and minerals, aiding in natural weight management and improving digestion. Feel a surge of energy and witness clearer, glowing skin as your body detoxifies naturally. With anti-inflammatory properties and enhanced hydration, our program boosts immunity and supports your overall well-being, making you feel cared for and healthy.

Advanced Reset

This comprehensive 5-day meal plan is designed to rejuvenate and energise your body and mind. Scientifically researched and fully catered, it uses the healing power of organic, plant-based foods to reset and detoxify your system. Based on the Fast Mimicking Diet (FMD), it is crafted to initiate autophagy, your body's self-cleaning process, promoting cellular rejuvenation and metabolic health. Perfect for those seeking a deep cleanse and a fresh start, this program offers a sustainable path to improved well-being.



SHOKU
食育IKU
Organic
Herbal Cider Elixir



ORGANIC | RAW
DIGESTIVE | BLOOD SUGAR CONTROL

200ml



Why Cellular Health Reset

Our bodies are like machines, and just like machines need maintenance, our cells need some care too. Cellular detox is like giving our cells a fresh start.

The emphasis on cellular detoxification emerges as a strategic response to safeguard our health. Engaging in targeted practices to cleanse our cells becomes not just a choice but a necessity in the face of an environment laden with pollutants.

Cellular detoxification serves as a proactive measure, aiming to eliminate accumulated toxins at the root level of our physiological processes. By adopting this approach, we empower our bodies to counteract the negative effects of these pollutants, fostering resilience and vitality in the face of modern-day challenges.

AUTOPHAGY

In the process of autophagy, outdated cells are swapped out for fresh ones, rejuvenating your cellular landscape. This not only involves the replacement of “damaged” cells with healthier counterparts but also contributes to slowing down the ageing process, enhancing brain health, and optimising cellular functioning throughout your body



Zombie Cells / Immunosenescence

Zombie cells, scientifically known as senescent cells, are cells that have stopped dividing but refuse to die. Unlike normal cells that undergo apoptosis (programmed cell death), these cells linger in the body, releasing inflammatory signals that can damage surrounding tissues. As we age, the accumulation of these cells contributes to the ageing process and the development of age-related diseases.

The Impact of Zombie Cells on Health

The presence of zombie cells in the body can lead to a host of negative effects. They promote inflammation, impair tissue repair, and disrupt normal cellular functions. Research has linked the accumulation of senescent cells to various age-related conditions, including arthritis, cardiovascular diseases, and even certain types of cancer. Managing these cells is crucial for maintaining health and vitality as we age.

How Zombie Cells Contribute to Immunosenescence

The presence of zombie cells in the body can significantly impact the immune system. These cells release pro-inflammatory cytokines and other factors that create a chronic inflammatory environment. This persistent inflammation, often referred to as "inflammaging," can impair the immune system's ability to respond effectively to new threats.

Joint stiffness, fatigue, cognitive decline, and visible skin ageing often indicate an underlying immune imbalance. This silent adversary can significantly impact our vitality and influence how we experience the ageing process in our later years. Zombie cells can also interfere with the production and function of immune cells. They can inhibit the proliferation of new immune cells and disrupt the balance of immune cell types, leading to a less effective immune response. This contributes to the overall decline in immune function seen in immunosenescence.



Immunosenescence is a significant contributor to the ageing process, caused by these factors:

1. **Accumulation of Senescent Cells (Zombie Cells):** As we age, cells that have stopped dividing but resist apoptosis accumulate in the body. These senescent cells release pro-inflammatory cytokines and other factors that contribute to a persistent inflammatory state.
2. **Immune System Dysregulation:** As we age, our immune system becomes less efficient at responding to new threats and clearing out damaged cells. This inefficiency can lead to a chronic inflammatory environment.
3. **Oxidative Stress:** Over time, the body's ability to neutralise free radicals diminishes, leading to oxidative stress. This stress can damage cells and tissues, triggering inflammatory responses.
4. **Metabolic Changes:** Ageing is often accompanied by metabolic shifts, such as increased insulin resistance and changes in lipid metabolism. These changes can promote inflammation and contribute to inflammaging.
5. **Environmental and Lifestyle Factors:** Factors such as poor diet, lack of exercise, chronic stress, and exposure to environmental toxins can exacerbate inflammation and accelerate the inflammaging process.
6. **Microbiome Imbalance:** The gut microbiome plays a crucial role in regulating inflammation. An imbalance in gut bacteria can lead to increased intestinal permeability and systemic inflammation.



Living in the Toxic World

In our daily lives, we are surrounded by things that can harm our bodies without us even knowing it. From the food we eat to the products we use, toxins and pollutants are all around us. This is where the importance of cellular detox comes in—it's like a reset button for our cells, helping us get rid of these harmful substances. Let's break it down and understand why focusing on cellular detox is crucial in today's world.

- **Carcinogens and Harmful Compounds from Food:** Unbeknownst to many, our diets may harbour carcinogens and harmful compounds, posing a silent threat to our cellular health.
- **Heavy Metals, Plastics, and Microplastics:** Heavy metals and the omnipresent use of plastics contribute to a growing burden on our cells, gradually compromising their ability to function optimally.
- **Clothing, Carpets, and Furniture:** The very fabrics we wear, the carpets beneath our feet, and the furniture we relax on can harbour toxins, releasing them into our immediate surroundings.
- **Contaminants in Drinking Water:** Even the seemingly innocuous act of hydrating ourselves can inadvertently expose us to contaminants present in our drinking water, challenging our cellular integrity.
- **Chemicals in Agriculture and Cleaning Products:** The agricultural sector, along with commonplace cleaning products, introduces an array of chemicals that find their way into our daily lives, impacting our cellular resilience.
- **Non-Stick Cookware:** Everyday cooking practices, particularly those involving non-stick cookware, can introduce toxins that linger within our bodies.
- **Mold:** Mould, often unseen, can release spores and mycotoxins, infiltrating our living spaces and posing a threat to our cellular health.
- **Stress and Trauma:** Emotional and psychological factors, such as stress and trauma, also play a role in compromising the resilience of our cells, contributing to a complex web of challenges.
- **Other Environmental Toxins (Parabens, Fluoride, etc.):** Parabens, fluoride, and an array of environmental toxins silently permeate our lives, challenging the resilience of our cellular structures.
- **Radiation and Electromagnetic Fields (EMFs):** The omnipresence of technology exposes us to radiation and electromagnetic fields, raising concerns about their impact on our cellular well-being.





Power of Fasting

Autophagy Activation:

Fasting stimulates autophagy, a natural process where cells break down and remove damaged components. This cellular "clean-up" helps in regenerating healthier cells, promoting longevity and reducing the risk of age-related diseases.

DNA Repair:

During fasting, the body prioritises repair processes, including DNA repair. This can help prevent mutations and maintain genetic stability, which is crucial for preventing diseases like cancer.

Stem Cell Production:

Extended fasting has been shown to boost the production of stem cells, which are essential for tissue regeneration and repair. This can lead to improved recovery from injuries and overall cellular rejuvenation.

Mitochondrial Health:

Fasting enhances mitochondrial function, the powerhouses of cells, leading to better energy production and reduced oxidative stress. This can improve cellular efficiency and vitality.

Reduction in Inflammatory Markers:

Fasting can lower levels of inflammatory markers in the body, such as C-reactive protein (CRP) and interleukin-6 (IL-6). This reduction helps in managing chronic inflammation, which is linked to numerous health conditions.

Improved Immune Function:

By reducing inflammation, fasting supports a more balanced immune response. This can enhance the body's ability to fight infections and reduce the risk of autoimmune diseases.

Gut Health Improvement:

Fasting allows the digestive system to rest, which can lead to a healthier gut microbiome. A balanced gut flora is crucial for reducing inflammation and supporting overall health.

Hormonal Balance:

Fasting can help regulate hormones like insulin and leptin, which play roles in inflammation and metabolic health. Balanced hormones contribute to reduced inflammation and better energy regulation.



While fasting can be beneficial for many, it's important to recognise that it's not suitable for everyone.

Avoid long fasting if you are:

Pregnant or Breastfeeding: Fasting is not recommended as it may affect the nutritional intake necessary for both mother and child.

Individuals with Eating Disorders: Those with a history of eating disorders should avoid fasting as it may trigger unhealthy eating patterns.

People with Chronic Illnesses: Individuals with certain medical conditions, such as diabetes or heart disease, should consult with a healthcare professional before starting a fasting regimen.

Women During Menstrual Cycle: It's advisable for women not to engage in fasting from 10 days before their period is due.

Children and Adolescents: Growing bodies require consistent nutrition, so fasting is generally not recommended for children and teenagers.

Elderly Individuals with Low Reserves: Older adults who may not have sufficient nutritional reserves should avoid fasting to prevent malnutrition or energy depletion.

Underweight Individuals: Those who are underweight or have difficulty maintaining a healthy weight should avoid fasting, as it may exacerbate these issues.

Recommended Fasting Approach

For most people, a 12-hour intermittent fasting period is a manageable and beneficial practice. For example, finishing your last meal by 7 PM and not eating until 7 AM the next day allows your body to rest and rejuvenate overnight. This approach is gentle yet effective in promoting cellular health and overall wellness.



12-Hour Fast

Who It's For: Beginners, those looking to maintain general health, and individuals with busy lifestyles.

Benefits: This is a gentle introduction to fasting, allowing the body to rest and reset overnight. It can help regulate blood sugar levels, improve digestion, and support metabolic health.

How to Implement: Finish your last meal by 7 PM and resume eating at 7 AM the next day.

16-Hour Fast (Intermittent Fasting)

Who It's For: Individuals looking to enhance weight management, improve metabolic health, and increase mental clarity.

Benefits: Extending the fasting window to 16 hours can enhance fat burning, improve insulin sensitivity, and promote autophagy.

How to Implement: Commonly known as the 16/8 method, you eat all your meals within an 8-hour window, such as from 12 PM to 8 PM.

24-Hour Fast

Who It's For: Those experienced with fasting, looking to boost autophagy and cellular repair.

Benefits: A full day of fasting can significantly enhance autophagy, reduce inflammation, and improve mental clarity.

How to Implement: Choose one day a week to fast from dinner to dinner, ensuring adequate hydration and rest.

Extended Fasts (48+ Hours)

Who It's For: Individuals with specific health goals, under medical supervision.

Benefits: Extended fasting can lead to deeper autophagy, increased stem cell production, and significant metabolic benefits.

Considerations: Extended fasting should be approached with caution and ideally under the guidance of a healthcare professional, especially for those with underlying health conditions.





**Do You Need
to Reset?**



Are you

Experiencing general fatigue?:

Digestive Issues?

Having Skin Concerns?

Stuck with Poor Eating Habits?

Undergoing Stress?

Getting sick more often?

Needing to reset your metabolism?

Experiencing inflammation?

Interested in ageing gracefully and support cellular
rejuvenation?

Preparing for a lifestyle change?



HOW WILL I FEEL AFTER I COMPLETE THE RESET?

After completing the reset, you can anticipate feeling revitalized and healthier, as the cleanse addresses key factors that can hinder gut health and affect liver function. Some of the primary benefits you might notice include:
Increased energy and vitality, both upon waking and throughout the day.

Enhanced mental clarity, sharper memory, and more balanced moods and emotions.

Improved digestion, leading to greater comfort and efficiency in nutrient absorption.

Clearer skin, with reduced reactivity, calmness, and less inflammation.

These positive changes reflect the overall enhancement in your body's well-being.



When is the best time to do the Reset?

There's no better time than now to take control of your health! While many people prefer to cleanse during seasonal transitions, you can make a commitment to support your body year-round. Ideally, plan your reset during a period when you can clear your schedule and steer clear of social temptations. It's crucial to select a time when you can relax and rest, as these elements are essential to the cleansing process.

If your reset involves strict dietary restrictions or extended fasting, avoid starting it about 10 days before your menstrual period to ensure your body isn't under additional stress.

Can I exercise during the Reset?

Light to moderate exercise is often encouraged during a detox to support circulation and elimination of toxins, but it's important to listen to your body and not overexert yourself.

Can I continue taking my regular medications during the Reset?

It's crucial to consult with a healthcare professional before starting to implement any lifestyle and diet changes to ensure it doesn't interfere with any medications or medical conditions.

Are there any side effects or risks?

Some people may experience temporary side effects like headaches, pimples, body odour, fatigue, or digestive changes as the body adjusts.

These are signs that your body is detoxing. However consult with a healthcare professional before starting a detox, and if you are worried about severe side effects especially for those with existing health conditions.

If you have any questions, you can also contact us at hello@shokuikuaustralia.com

What should I do after completing the detox?

After completing a detox, it's beneficial to maintain healthy eating habits, stay hydrated, and continue incorporating wellness practices like meditation and exercise into your routine.





Steps Towards Healthier Cell Rejuvenation Process

Adopt a Nutrient-Rich anti inflammatory Diet:

Antioxidant-Rich Foods: Incorporate foods high in antioxidants, such as berries, leafy greens, and nuts, to combat oxidative stress and support cellular health.

Healthy Fats: Omega-3 fatty acids in hemp seeds, flaxseeds, and walnuts can help reduce inflammation

Research indicates that inflammation is linked to nearly every lifestyle-related disease, such as cardiovascular disease, diabetes, and cancer. Chronic low-grade inflammation is also a significant factor in premature skin ageing and various skin conditions. While many factors can contribute to inflammation, our diet is a major source, with damaged oils and fats, along with sugar—especially excess fructose and sucrose—being particularly problematic.

Minimise Free Radical Exposure:

Free radical damage is a major source of inflammation. While free radicals are naturally formed in the body as a byproduct of normal metabolic processes, free radical damage can also be triggered by alcohol consumption, sugar, fried, burnt or charred foods, as well as cigarette smoke, pollution, environmental chemicals, pesticides and UV radiation (even in winter). The most effective way to fight the effects of free radicals is to include antioxidant-rich foods in our diet regularly and avoid what causes free radicals as much as possible.

Cruciferous Vegetables:

Vegetables like broccoli, cauliflower, and Brussels sprouts contain compounds that support detoxification.

Boost Hydration:

Hydration is essential for maintaining cellular function, as it facilitates nutrient transport, waste removal, and supports metabolic processes, which in turn boosts energy levels and cognitive function. Proper hydration aids in detoxification by flushing out toxins through the kidneys and liver, while also promoting skin health by maintaining elasticity and reducing dryness.

Staying hydrated supports digestion, joint lubrication, and muscle health, making it crucial for overall well-being.



Steps Towards Healthier Cell Rejuvenation Process

Engage in Regular Physical Activity:

Exercise can enhance the body's ability to undergo apoptosis by improving circulation and reducing inflammation. Aim for a mix of aerobic, strength, and flexibility exercises.

Practice Intermittent Fasting:

Intermittent fasting can stimulate autophagy, which cleanses damaged cells and promotes apoptosis. This helps reduce the buildup of senescent cells and supports overall cellular health.

Manage Stress Levels:

Chronic stress can impair the body's ability to undergo natural cleansing process. To maintain balance, incorporate stress-reduction techniques such as meditation, yoga, or deep breathing exercises.

Ensure Adequate Sleep:

Quality sleep is essential for cellular repair and regeneration. Aim for 7-9 hours of restful sleep per night to support the body's natural processes.

Herbal Supplements:

Certain herbs and supplements have been shown to support autophagy

Limit Exposure to Toxins:

Choose organic foods, use natural cleaning products, and avoid smoking and excessive alcohol consumption to reduce exposure to environmental toxins. This extends to many commercial beauty items contain a variety of harmful ingredients. Given that our skin is porous, any chemicals applied can be absorbed into the bloodstream. Opt for Certified Organic and natural alternatives whenever possible to ensure your beauty and skincare products are safe and environmentally friendly.

Prepare - Pre Reset

Limit Caffeine / Alcohol at least 2 days before the starting date.

Source Herbal supplement support (see below)



Guidelines

Vegetable-Rich Meals: Fill your plate with 50–70% vegetables and salads at lunch and dinner.

Limit Animal Products: If experiencing skin irritation, reduce red meat intake and choose organic options.

Home Cooking: Prepare meals at home to control ingredients and avoid excess salt, sugar, and unhealthy fats.

Explore Recipes: Use the recipes provided in the booklet, adjusting them to suit your taste and lifestyle.

Herbal Cider Elixir: Include our Herbal Cider Elixir, made with apple cider vinegar with Mother, mulberry leaf, moringa, ashitaba, and ginger, 10 minutes before meals to help stabilize insulin and blood sugar levels.

Fasting Tea: Incorporate our Fasting Tea, which includes gynostemma, pau d'arco, reishi, schisandra, cinnamon, and ginger. This blend supports metabolism, enhances detoxification, and provides adaptogenic benefits to help manage stress and improve overall well-being.

Liver and Detoxification Support: Choose herbs and supplements that support liver function and detoxification, such as MSM, Schisandra, Reishi, or Chlorella.

Additionally, include a green either from land or algae, like Ashitaba, Moringa, Mulberry Leaf, Chlorella, Spirulina, or Marine Phytoplankton, to boost nutrient intake and support detoxification.



Guidelines

For optimal digestion:

Appealing Foods: Choose foods that are visually and aromatically appealing to stimulate digestive juices.

Eat When Hungry: Only eat when genuinely hungry to ensure your digestive system is ready.

Thorough Chewing: Chew food thoroughly to mix with salivary enzymes and aid digestion.

Calm Dining Environment: Eat in a relaxed setting to prevent stress from hindering digestion.

Stop When Full: Avoid overeating to prevent overwhelming your digestive system.

Avoid Late-Night Eating: Refrain from eating within two hours of bedtime to improve digestion and sleep quality.

Include Fermented Foods: Add fermented foods like sauerkraut, kimchi, kefir, yogurt, and miso to support digestion with natural enzymes.

These practices will help support detoxification, liver function, and overall digestive health during your reset.



Foods to Enjoy

	ENJOY	LIMIT
Vegetables	<p>All fresh vegetables, preferably organic or biodynamic.</p> <p>Avocados</p> <p>Fermented foods including sauerkraut and kimchi.</p> <p>Frozen Vegetables</p> <p>Vegetable Powder</p> <p>Cold pressed vegetable juices (no added fruits, other than lemons or limes).</p>	Canned Vegetables
Fruits	<p>All fresh fruits</p> <p>(limit to 2 servings especially if they are high glycemic and you are sensitive to sugar)</p>	Excessive amounts of dried fruits (avoid ones with sugar or oil)
Fats & Oils	<p>Avocado oil</p> <p>Extra virgin olive oil</p> <p>Coconut oil</p> <p>Macadamia oil</p> <p>Organic grass-fed or cultured butter and ghee (only if you use animal products)</p> <p>Selected nut and seed oils - only use cold pressed, and not to be used for cooking</p> <p>Algae oil, as supplement</p>	<p>Margarine.</p> <p>Deep-fried foods.</p> <p>Vegetables oils including canola, corn, soy and peanut.</p> <p>Limit Sufflower, sunflower and sesame oil</p>
Nuts & Seeds	<p>Nuts: Walnuts, almonds, pili nuts, macadamias and hazelnuts.</p> <p>Brazil nuts (limit to 4 per day)</p> <p>Seeds: Pumpkin, sunflower, chia, hemp and sesame.</p> <p>Raw and preferably activated</p>	<p>Limit cashews and peanuts</p> <p>Roasted, dry-roasted or salted nuts</p>
Animal Products	<p>Limit all animal products. If you choose to eat them choose to purchase from organic, regenerative small farmers and suppliers.</p>	<p>Processed & deli meats.</p> <p>Canned fish especially if the can has PBA.</p> <p>Fish and seafood containing heavy metals.</p>

	ENJOY	LIMIT
Legumes	<p>Tempeh.</p> <p>Tofu (no more than once a week).</p> <p>Chickpeas, kidney beans, lentils, cannellini beans, butter beans, adzuki beans and black beans.</p> <p>Soak beans overnight and rinse well before cooking.</p>	Any highly processed soy products, including textured vegetable protein (TVP), cheese, Soy flour. Soy oil.
Grains	<p>Pseudo-grains and seeds: Quinoa, millet, buckwheat, amaranth.</p> <p>Small amounts of rolled oats, gluten contained grain (preferably fermented)</p> <p>Rice: brown or basmati rice</p>	Avoid any gluten-containing grains if you are allergic or experience unwanted side effects including bloating
Dairy & Dairy Alternatives	<p>Yoghurt: Plain, unsweetened, preferably coconut or nut/seed based. (check the ingredients)</p> <p>sheep or goat yoghurt if you use animal products and tolerated</p> <p>Cheese: small amount of nut based cheese (check the ingredients)</p> <p>Coconut milk, cream and water.</p> <p>Plant based milk (check the ingredients)</p>	<p>Soy milk, yoghurt and cheese.</p> <p>Flavoured yoghurts, cream, sour cream</p> <p>Commercial ice cream</p>
Flavours, Spices, Condiments	<p>Apple cider vinegar with mother and raw.</p> <p>Tamari and shoyu.</p> <p>Fresh dried herbs and spices</p> <p>Salt</p> <p>Raw cacao powder.</p> <p>Nut butters, tahini (made from 100 per cent nuts and seeds only, preferably activated)</p>	<p>Mayonnaise.</p> <p>Processed and commercial salad dressings, spreads and sauces.</p> <p>Tomato and barbecue sauces.</p> <p>Mustard (unless homemade)</p> <p>Commercial spreads, jams, vegemite and cheese spread</p>
Additives & Sweeteners	<p>Small amount of honey, maple syrup, coconut sugar, syrup, green stevia, monk fruit</p>	<p>All preservatives, additives, colourings and flavourings.</p> <p>200 numbers (sulphites).</p> <p>600 numbers (MSG).</p> <p>Yeast extracts.</p> <p>Artificial sweeteners.</p> <p>Sweeteners: Agave, table sugar, corn syrup and fruit sweeteners, processed white stevia</p>

	ENJOY	LIMIT
Packaged Foods	<p>You may choose to buy ready-made foods, such as hummus, yoghurt, nut spread, and other snacks.</p> <p>Remember to read the label and avoid preservatives, colourings, additives, flavours, extra sugars and oxidised oil. Buy organic if possible.</p>	Any processed foods that contain ingredients from "Limit" list
Beverages	<p>Filtered or spring water.</p> <p>Cold pressed vegetable juices (no added fruits, other than lemons or limes).</p> <p>Green tea (max 1 cup daily).</p> <p>Herbal teas with no added sweeteners or artificial flavours.</p> <p>Coffee, if you choose to have coffee make sure the beans are mold free and wait for two hours upon waking in the morning. Avoid drinking coffee after 2pm.</p> <p>Small amount of unpasteurised kombucha/Kefir</p> <p>Small amount of fresh coconut water</p>	<p>Soft drinks.</p> <p>Alcohol.</p> <p>Cordial.</p> <p>Fruit juices</p> <p>Limit coffee and black tea as much as possible</p>

Note on Cooking method

We love raw living foods at Shoku Iku for its enzyme rich high vibrational nutrition. If you are cooking some ingredients, lightly steam/blanch or bake/roast at lower temperature with oil that has higher temperature smoking point (e.g. avocado, olive, macadamia, refined coconut or ghee).

It's not about being 100% raw. It's about having an open mind to explore different ingredients, textures and flavours.

It's not about dietary dogma either.

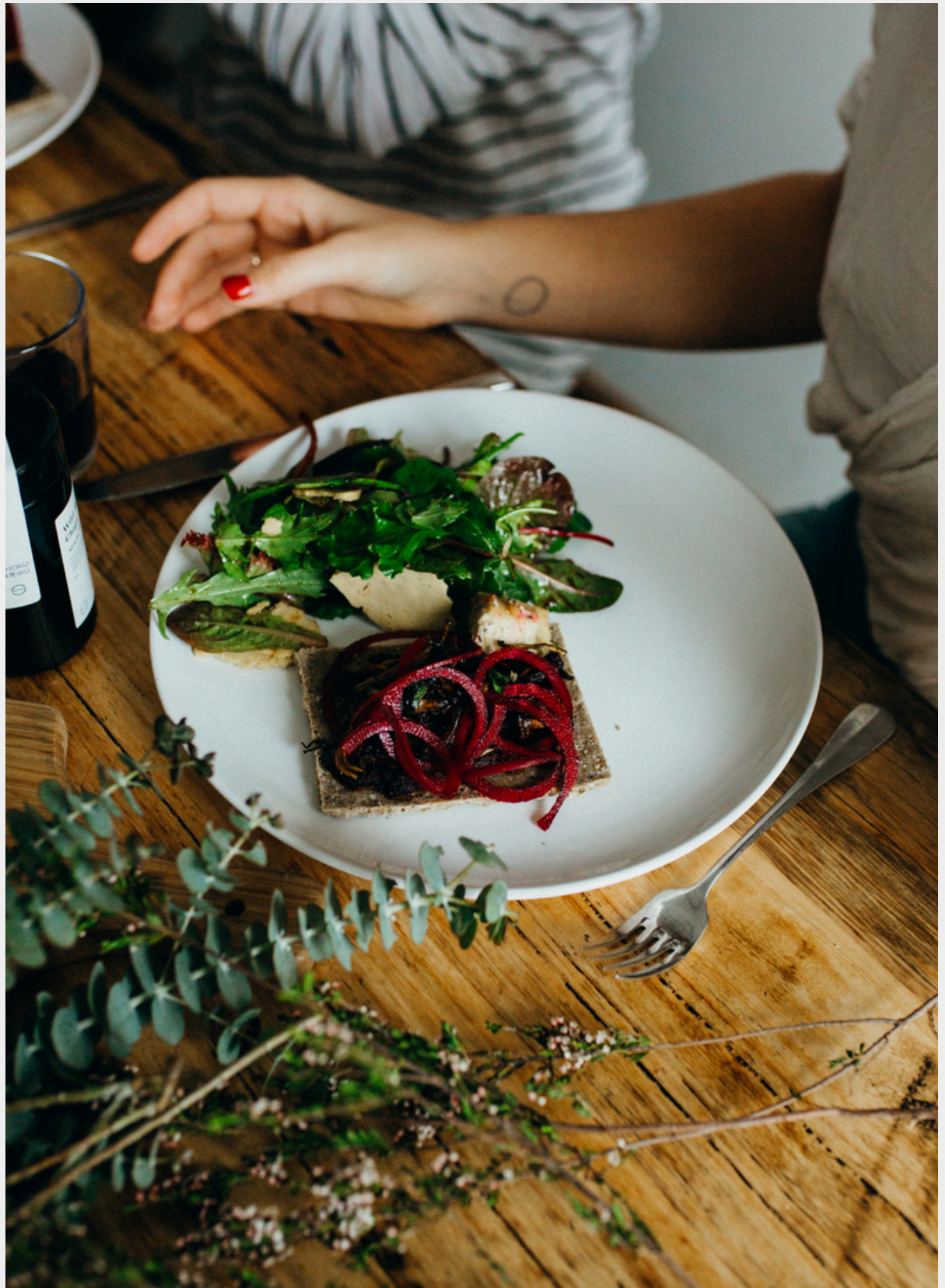
In winter you may need more cooked foods. In summer you may be happy with predominately raw salad with cooked legumes or quinoa on the side.

Listen to your body and adjust as you need.

Avoid fried or deep-fried foods.

Avoid roasted, baked or barbecued food if it becomes blackened or charred.

HEALING VIBRANT WORLD
OF RAW LIVING FOOD



To ensure you feel inspired and your reset is easy to get started we included some delicious raw living food recipe for you.

Feel free to adjust and add cooked components from Enjoy list if you need.

Breakfast

GREEN SMOOTHIE

Ingredients:

1½ cups almond or hemp milk

½ cup water

2 cups fresh spinach

½ ripe avocado, peeled

½ cucumber, chopped

1 tablespoon nut butter (almond or sunflower seed butter)

½ teaspoon ground cinnamon

1 tsp moringa (or other green powder of your choice)

A handful of ice cubes (optional)

Monk fruit to taste to sweeten (optional)

Place all ingredients in a high-speed blender and blend until creamy.

If you make extra and store in the fridge for the evening or next day, fill the glass to the brim and cover with a lid.

COCONUT BERRY MUSLI

2 cups desiccated coconut
1/2 cup almonds, preferably activated
1/2 cup sunflower seeds, preferably activated
1/4 cup buckwheat, preferably activated
1/4 cup goji berries
1/4 cup dried white mulberries
1/4 cup cacao nibs

1 teaspoon vanilla powder
3 tablespoons cranberry (optional)

Add all the dry ingredients to a food processor.

Pulse the mixture a few times in the food processor. You want the ingredients to be slightly broken down but still retain a chunky texture.

Transfer the mix to an airtight container.
Store in a cool, dry place for up to 3 weeks.

TIPS: For a granola-style treat, add 3 tablespoons of water and 2 tablespoons of maple syrup to the mixture.

Spread evenly on a mesh sheet and dehydrate until completely dry.

BERRY CHIA PUDDING

Ingredients:

1½ cups almond milk

¼ cup chia seeds

½ teaspoon vanilla powder

pinch of monk fruit to sweeten

½ teaspoon lemon juice

1 tablespoon yumberry or cranberry powder

½ cup mixed berries (fresh or frozen)

In a bowl, mix all the ingredients.

Stir well to combine.

Cover and refrigerate for at least 2 hours or overnight.

Stir before serving.

B R E A K F A S T W R A P

Wrap Ingredients:

3 cups zucchini (courgette) roughly chopped peeled
3 tbsp olive oil
2 tsp lemon juice
1/2 tsp salt
1/2 cup flax meal

Filling ideas

almond ricotta
olive tapenade
avocado slices
pesto
selection of vegetables
walnut mince
marinated mushrooms

Combine the chopped zucchini, olive oil, lemon juice, and salt in a blender.
Blend until you achieve a smooth consistency.

Add the flax meal to the zucchini mixture and blend again until the mixture is well combined.

Spread the mixture evenly onto a non-stick dehydrator sheet forming a thin, even layer.
Dehydrate for about 4-6 hours, or until the wraps are pliable and not sticky to the touch.

- If using an oven, set it to the lowest temperature and leave the door slightly ajar. Check regularly to ensure they don't over-dry.

Once dehydrated, carefully peel the wraps off the sheet.
Cut into desired sizes and fill with the fillings suggested

Almond Ricotta

Ingredients:

- 1 cup raw almonds, soaked overnight
- 2 tablespoons lemon juice
- 1 clove garlic, minced
- 1/2 teaspoon salt
- 1/4 cup water (or more as needed)
- Optional: Fresh herbs like basil or parsley, finely chopped

Drain and rinse the soaked almonds. Remove the skins for a smoother texture, if desired.

In a blender, combine the almonds, lemon juice, nutritional yeast, garlic, and salt.

Add the water gradually and blend until the mixture reaches a creamy, ricotta-like consistency.

You may need to scrape down the sides and add more water if necessary.

Taste the ricotta and adjust the seasoning if needed. Add more salt or lemon juice to suit your preference.

If using, add fresh herbs to the mixture

Olive Tapenade

Ingredients:

- 1 cup pitted black olives (such as Kalamata)
- 2 tablespoons capers, drained
- 2 cloves garlic, minced
- 1 tablespoon olive oil
- 1 tablespoon lemon juice
- 1 teaspoon fresh thyme leaves (or 1/2 teaspoon dried thyme)
- 1/4 teaspoon black pepper
- Optional: 1 tablespoon fresh parsley, chopped

In a food processor, combine the black olives, capers, garlic, olive oil, lemon juice, thyme, and black pepper.

Pulse the mixture until it reaches a coarse paste consistency. You can blend it smoother if you prefer a finer texture.

Basil Rocket Pesto

- 1 cup fresh basil leaves
- 2 cup rocket
- 1/4 cup pine nuts
- 1 tablespoon olive oil
- 1/4 teaspoon salt
- 2 teaspoons lemon juice

Rinse the basil and rocket thoroughly and pat them dry.

In a food processor, combine all the ingredients.

Blend the mixture until smooth, scraping down the sides as needed. Add a little more olive oil if you prefer a thinner consistency.

Walnut Mince

Ingredients:

- 1/4 cup sun-dried tomatoes (not in oil)
- 2 cups walnuts, preferably activated
- 2 cloves garlic, minced
- 1/2 teaspoon sea salt (plus more to taste)
- 1 teaspoon paprika
- 2 teaspoon ground cumin
- 1 teaspoon chili powder
- ~1/4 cup water as needed (plus more as needed)

Soak sun-dried tomatoes in warm water for about 10 minutes to soften. Drain and set aside.

In a food processor, add all the ingredients and pulse the mixture until it reaches a crumbly, mince-like texture. Add water a little at a time to help blend the mixture, but avoid making it too wet.

Lunch / Dinner

SUPER KALE SALAD

5 stems of curly kale, torn into bite-sized pieces

Juice of 1 lemon

2 tablespoons extra-virgin olive oil

1 tsp salt

100g sugar snap peas, cut into bite-sized pieces

100g peas, frozen or fresh

4 radish, sliced thinly

A large handful of rocket leaves

A handful of coarsely torn mint leaves

A handful of coarsely torn flat-leaf parsley

For the Tamari Nuts:

1 cup mixed nuts (such as almonds, cashews, and walnuts)

2 tablespoons tamari sauce

Prepare kale:

In a large bowl, combine the curly kale with the lemon juice, olive oil and salt. Massage the kale gently with your hands for about 2-3 minutes until it becomes tender and slightly wilted.

In a large salad bowl, combine the massaged kale and other vegetables.

Drizzle with the remaining tablespoon of olive oil and toss gently to combine.

Tamari Nuts

In a mixing bowl, combine the nuts and tamari sauce. Stir well to ensure the almonds are evenly coated. Leave to rest if you have time.

Spread the coated almonds in a single layer in a dehydrator and dehydrate till completely dry. It should take 18-28 hours, depending on what nuts you are using.

Assemble

Toss the kale and nuts together

VEGETABLE COUSCOUS WITH BEETROOT AND FENNEL

1 head broccoli cut from the stalk

1/2 cauliflower roughly chopped

1/4 cup pistachio

2 lemons, juiced

4 tablespoons extra virgin olive oil

2 small beetroots, grated

2 carrots, thinly sliced or grated

2 baby fennel bulbs, thinly sliced, fronds reserved

1 cup each coarsely torn flat-leaf parsley, mint and coriander

3 spring onions, thinly sliced

salt and pepper to taste

Break the cauliflower and broccoli into florets.

In a food processor, pulse the florets with pistachio until they resemble rice grains. Be careful not to over-process.

Transfer the cauliflower rice to a large mixing bowl.

Mix with all the other ingredients and toss everything until well combined.

ZUCCHINI NOODLES WITH AVOCADO PESTO

2 medium zucchinis

1 ripe avocado, peeled and pitted

1 cup fresh basil leaves

2 cloves garlic

2 tablespoons lemon juice

2 tablespoons olive oil

Salt and pepper to taste

1/2 cup cherry tomatoes, halved

2 tablespoons pine nuts,

Use a spiraliser to create noodles from the zucchinis. Set aside.

In a food processor, combine the avocado, basil leaves, garlic, lemon juice, and olive oil. Blend until smooth and creamy. Season with salt and pepper to taste.

In a large bowl, toss the zucchini noodles with the avocado pesto until well coated.

Top each serving with cherry tomato halves and sprinkle with pine nuts.

RAINBOW SALAD WITH TAHINI DRESSING

1 cup red cabbage, thinly sliced
1 cup carrots, julienned or shredded
1 cup bell peppers (red, yellow, or orange), thinly sliced
1 cup baby spinach or mixed greens
1/2 cup cherry tomatoes, halved
1/4 cup sunflower seeds or pumpkin seeds, preferably activated

1/4 cup tahini
2 tablespoons lemon juice
1 tablespoon maple syrup (optional)
1 tablespoon tamari
1 clove garlic, minced
2-3 tablespoons water (to thin the dressing as needed)
Salt and pepper to taste

In a large bowl, combine the red cabbage, carrots, bell peppers, spinach, and cherry tomatoes.

In a small bowl, whisk together the tahini, lemon juice, maple syrup, tamari, and minced garlic. Gradually add water, one tablespoon at a time, until the dressing reaches your desired consistency. Season with salt and pepper.

Drizzle the tahini dressing over the salad and toss to combine.
Sprinkle sunflower or pumpkin seeds on top.

SEAWEED SALAD WITH PUMPKIN SEED MAYO

15g dried arame or hijiki seaweed

1 cucumber, thinly sliced

1 carrot, julienned

1/4 cup radishes, thinly sliced

2 cups rocket

1 tablespoon sesame seeds

1/2 cup raw pumpkin seeds, soaked over night

90ml water

1 tablespoons lemon or yuzu juice

1 tablespoon apple cider vinegar

1 tablespoon tamari

1 clove garlic

Salt and pepper to taste

Soak hijiki or arame in cold water for about 15-20 minutes until rehydrated, then drain rinse and set aside.

Drain the soaked pumpkin seeds and add them to a blender.

Add water, lemon juice, apple cider vinegar, tamari, and garlic.

Blend until smooth and creamy. Adjust the consistency with more water if needed.

Season with salt and pepper to taste.

In a large bowl, combine the rehydrated seaweed, cucumber, carrot, rocket, and radishes.

Add the pumpkin seed mayo and toss until everything is well coated.

Sprinkle sesame seeds over the salad before serving.

TUNA SALAD CUPS

1 cup sunflower seeds, soaked over night
1/4 cup red onion, finely chopped
1/4 cup celery, finely chopped
1/4 cup dill pickles, finely chopped
2 tablespoons brine from pickles
1 tablespoon lemon juice
1 tablespoon tamari
1 tablespoon dulse flakes
1 tablespoon capers, chopped
Salt and pepper to taste

Large lettuce leaves (like romaine or butter lettuce) for taco shells
1 avocado, sliced
Fresh coriander for garnish

Drain and rinse the soaked sunflower seeds.
In a food processor, pulse the sunflower seeds until they have a flaky texture.
Transfer the processed seeds to a bowl and add the chopped red onion, celery, dill pickles, lemon juice, tamari, dulse flakes, and capers.
Mix well and season with salt and pepper to taste.

Lay out the lettuce leaves and fill each with a generous scoop of the "tuna" mixture.
Top with avocado slices.

Garnish with fresh coriander

SNACKS

NORI BITES

2 nori sheets
2 strips wakame
2 up sunflower seeds, soaked overnight and drained
1/2 cup water
1/2 teaspoon ginger powder
1 soft dates, pitted
2 tablespoons tamari
1 teaspoons cumin
1 teaspoon chili flakes
2 tablespoons apple cider vinegar
1/4 tsp black pepper

Use a food processor to blend all ingredients except nori sheets into a paste.
pack the mixture into a mould and dehydrate for 5 hours

Slice into squares.

wrap a strip of nori around the each squares,

Return to the dehydrator for an additional 2-6 hours on a mesh sheet, depending on desired dryness.

KIMCHI CRACKERS

1 cup walnuts, soaked, rinsed and drained
1/2 cup buckwheat, soaked, rinsed and drained
1/2 cup kimchi
1/4 cup flax meal
1/2 cup carrot
1 tsp miso
salt to taste

Grind all ingredients in a food processor until smooth.

On a dehydrator tray lined with a non-stick sheet, spread the mixture evenly to about 5mm thickness.

Using a knife or pizza cutter, score the mixture into desired cracker shapes and sizes.

Place in a dehydrator and dehydrate for 12 hours, or until fully dry and crispy. Flip halfway through for even drying.

CACAO HAZELNUT BLISS BALLS

1 cup hazelnuts, preferably activated
1/2 cup buckwheat, preferably activated
1/4 cup cacao powder
2 tablespoons chia seeds
1 tablespoon cacao butter, melted
1/4 teaspoon monk fruit (or to taste)
1 teaspoon vanilla extract
A pinch of salt

In a food processor, grind the hazelnuts, buckwheat and chia seeds until finely grounded.
Add cacao powder, cacao butter, monk fruit, vanilla extract, and salt. Blend until the mixture is sticky and holds together.

Roll the mixture into small balls.

Refrigerate the bliss balls for about 30 minutes to set.

Sprinkle over your preferred powder or decoration (optional)

e.g. carob powder, fine coconut, lucuma powder, pine pollen, yumberry powder, matcha etc

KEY LIME AVOCADO TART

1 cup almonds, preferably activated

1/4 cup shredded coconut

1 cup medjool dates, pitted

1 tablespoon lime zest

A pinch of salt

1 1/2 cup avocados, peeled and pitted

3/4 cup coconut meat

1/4 cup cashews, soaked, rinsed and drained

1/3 cup lime juice (about 3-4 limes)

Zest of 1 lime

1/4 cup maple syrup

1/2 cup coconut oil, melted

1 teaspoon vanilla extract

In a food processor, blend the almonds, shredded coconut, dates and salt until the mixture sticks together when pressed.

Press the crust mixture evenly into the bottom of a tart pan with a removable base. Set aside.

In a blender, combine the avocados, coconut meat, cashews, lime juice, lime zest, maple syrup, melted coconut oil and vanilla extract.

Blend until smooth and creamy, ensuring there are no lumps.

Pour the avocado lime filling over the prepared crust and spread it evenly with a spatula.

Place the tart in the refrigerator for at least 4 hours, or until set.

Garnish with additional lime zest or slices if desired.



HAZELNUT LAYER CAKE

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