

SHOKU
食育IKU

5 DAY RAW FOOD RESET MENU

WINTER 2025

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DAY 1

SALTED CARAMEL IMMUNITY SMOOTHIE
CARROT SALAD WITH TANGY DRESSING
KELP NOODLE WITH GINGER TAMARI SAUCE

DAY 2

BANANA AND CHAI SPICE PORRIDGE
BUDDHA BOWL
BLACK SESEME QUICHE
KETO CHOCOLATE FUDGE

DAY 3

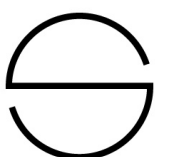
STRAWBERRY JAM CHIA PUDDING
CAULIFLOWER SOUP
TOMATO CASSEROLE WITH GARLIC WALNUT CRUMBLE

DAY 4

ORANGE CARDAMON GRANOLA WITH TURMERIC MYLK
LEAFY SALAD WITH HEMP BEETROOT RAUNCH
FALAFEL BALLS WITH VEGETABLE RICE

DAY 5

BAGEL WITH SMASHED AVOCADO X SAUERKRAUT
CABBAGE SALAD WITH ALMOND LEMONGRASS DRESSING
GREEN PEA COCONUT CURRY
VANILLA AND BERRY SLICE



SHOKU
食育IKU

3 DAY RAW FOOD RESET MENU

WINTER 2025

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DAY 1

SALTED CARAMEL IMMUNITY SMOOTHIE
CARROT SALAD WITH TANGY DRESSING
KELP NOODLE WITH GINGER TAMARI SAUCE

DAY 2

BANANA AND CHAI SPICE PORRIDGE
BUDDHA BOWL
BLACK SESEME QUICHE
KETO CHOCOLATE FUDGE

DAY 3

STRAWBERRY JAM CHIA PUDDING
CAULIFLOWER SOUP
TOMATO CASSEROLE WITH GARLIC WALNUT CRUMBLE

