

SHOKU
食育IKU

5 DAY RAW FOOD RESET MENU

SPRING 2025

• • •

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

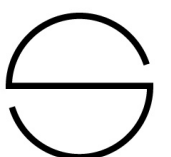
MORINGA CHIA PUDDING
KALE AND GOJI SALAD
SPINACH AVOCADO TART

DAY 4

GREEN SMOOTHIE WITH CHLORELLA
CESAR SALAD WITH ARAME
KELP ALFREDO SAUCE

DAY 5

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



SHOKU
食育IKU

3 DAY RAW FOOD RESET MENU

SPRING 2025

• • •

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
SPINACH AVOCADO TART

