

SHOKU
食育IKU

5 DAY RAW FOOD RESET MENU

SUMMER 2025-2026

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DAY 1

BERRY WATER KEFIR SMOOTHIE with The Fermentary
LEAFY SALAD WITH BALSAMIC VINAIGRETTE
NUTTY CAULIFLOWER RISOTTO

DAY 2

VANIILA MESQUITE PORRIDGE
BROCCOLI WITH CREAMY PRESERVED LEMON HEMP DRESSING
TOMATO QUICHE
WALNUT AND ALMOND MAPLE COOKIES

DAY 3

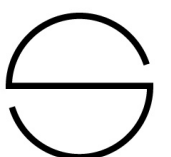
MANGO COCONUT CHIA PUDDING
CUCUMBER SALAD AND SHIITAKE PATTI
KELP PAD THAI

DAY 4

GREEN PINEAPPLE SMOOTHIE
GREEK SALAD WITH RAW VEGAN FETTA
ZUCCHINI PASTA WITH PASSATA SAUCE

DAY 5

HAZELNUT CACAO MONK FRUIT GRANOLA
MIXED SALAD WITH MORINGA CREAM DRESSING
FLAX WRAP WITH NUT MINCE
FRUIT TARTLET



SHOKU
食育IKU

3 DAY RAW FOOD RESET MENU

SUMMER 2025-2026

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DAY 1

BERRY WATER KEFIR SMOOTHIE with The Fermentary
LEAFY SALAD WITH BALSAMIC VINAIGRETTE
NUTTY CAULIFLOWER RISOTTO

DAY 2

VANIILA MESQUITE PORRIDGE
BROCCOLI WITH CREAMY PRESERVED LEMON HEMP
DRESSING
TOMATO QUICHE
WALNUT AND ALMOND MAPLE COOKIES

DAY 3

MANGO COCONUT CHIA PUDDING
CUCUMBER SALAD AND SHIITAKE PATTI
KELP PAD THAI

