

SHOKU
食育IKU

5 DAY RAW FOOD RESET MENU

AUTUMN 2026



DAY 1

BLUE SPIRULINA COCONUT SMOOTHIE
LEAFY SALAD WITH GOMA DRESSING
VEGETABLE PASTA WITH WALNUT MINCE

DAY 2

SPICED PEAR PORRIDGE
HERBAL PATTI WITH GARDEN SALAD
CAULIFLOWER AND PEA “CASSEROLE”
KETO PILI NUT CHOCOLATE FUDGE

DAY 3

SALTED CARAMEL CHIA PUDDING
COLESLAW WITH GREEN GODDESS DRESSING
POLENTA WITH MARINATED MUSHROOMS

DAY 4

STRAWBERRY TREMELLA HEMP SMOOTHIE
KALE CESAR SALAD
SAVOURY ZUCCHINI PANCAKE

DAY 5

CARDAMON GRANOLA WITH “STEWED” APPLE
ALMOND BUTTER AND LEMONGRASS KELP NOODLE
CAMELISED ONION PIZZA
MOCHA CHEESECAKE



SHOKU
食育IKU

3 DAY RAW FOOD RESET MENU

AUTUMN 2026

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DAY 1

BLUE SPIRULINA COCONUT SMOOTHIE
LEAFY SALAD WITH GOMA DRESSING
VEGETABLE PASTA WITH WALNUT MINCE

DAY 2

SPICED PEAR PORRIDGE
HERBAL PATTI WITH GARDEN SALAD
CAULIFLOWER AND PEA “CASSEROLE”
KETO PILI NUT CHOCOLATE FUDGE

DAY 3

SALTED CARAMEL CHIA PUDDING
COLESLAW WITH GREEN GODDESS DRESSING
POLENTA WITH MARINATED MUSHROOMS

