

SHOKU
食育IKU

5 DAY RAW FOOD RESET MENU

WINTER 2026

DAY 1

CITRUS IMMUNE BOOSTING SMOOTHIE
POMEGRANATE SPINACH SALAD WITH GINGER DRESSING
SWEDE RESOTTO

DAY 2

BANANA AND CAROB PORRIDGE
CHOPPED SALAD WITH ALMOND BUTTER DRESSING
VEGETABLE PASTA WITH RAGU
BLACK SESAME AND CACAO CHEESECAKE

DAY 3

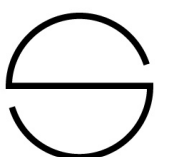
SUPER GREEN CHIA PUDDING
CREAMY TURMERIC COLESLAW
LASAGNA

DAY 4

HEMP, LUCUMA AND CINNAMON SMOOTHIE
CURRY SPICED CAULIFLOWER SOUP WITH BUCKWHEAT CLUSTERS
PEA AND MACADAMIA DIP WITH MARINATED VEGETABLES

DAY 5

FERMENTED ALMOND BREAD WITH KIMCHI
KALE SALAD WITH UMEBOSHI DRESSING
SHITAKE MEATLOAF WITH ROSEMAY BALSAMIC REDUCTION
STRAWBERRY LAMINGTON



SHOKU
食育IKU

3 DAY RAW FOOD RESET MENU

WINTER 2026

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DAY 1

CITRUS IMMUNE BOOSTING SMOOTHIE
POMEGRANATE SPINACH SALAD WITH GINGER DRESSING
SWEDE RESOTTO

DAY 2

BANANA AND CAROB PORRIDGE
CHOPPED SALAD WITH ALMOND BUTTER DRESSING
VEGETABLE PASTA WITH RAGU
BLACK SESAME AND CACAO CHEESECAKE

DAY 3

SUPER GREEN CHIA PUDDING
CREAMY TURMERIC COLESLAW
LASAGNA

