

SHOKU
食育IKU

5 DAY RAW FOOD RESET MENU

SPRING 2026

DAY 1

BLUEBERRY CHIA MACA SMOOTHIE
COLESALAD WITH SUN-DRIED TOMATO CRUMBLE
ZUCCHINI PASTA WITH PESTO

DAY 2

APPLE AND CINNAMON PORRIDGE
BROCCOLI SALAD WITH GINGER TAHINI DRESSING
FRITTATA WITH ROCKET AND PRESERVED LEMON
KETO MATCHA CHOCOLATE SLICE

DAY 3

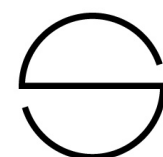
SALTED CARAMEL CHIA PUDDING
FERMENTED ALMOND BREAD WITH PILI NUT CREAM
CURRY SPICED CAULIFLOWER

DAY 4

PROTEIN STRAWBERRY HEMP SMOOTHIE
CELERY SOUP WITH SUNFLOWER CRISPS
SHIITAKE CROQUETTES WITH LEAFY SALAD

DAY 5

VANILLA AND CACAO NIB GRANOLA WITH CHOCOLATE MILK
PEA AND MINT SALAD WITH MISO DRESSING
FLAX WRAP WITH MARINATED VEGETABLES
FRESH FRUIT TART



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3 DAY RAW FOOD RESET MENU

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