

Therapeutic Fruit Meal Plan

Sample Intake - Based Upon Caloric Needs

Sample 1500 Cal Daily Fruit Intake	Sample 1800 Cal Daily Fruit Intake	Sample 2000 Cal Daily Fruit Intake
Breakfast Naval Orange 27/8" Med 1 ea Grapefruit 3.5" small 1 ea Apple 3" Med 1 ea Raspberries 7 ea 254 Cal	Breakfast Peach 22/3" Med Plums 2" diameter 2 ea Pear 1 large Strawberries 1" small size 8 ea Blueberries ½ cup 300 Cal	Breakfast Figs small 2 ea Dates Medjool 2 ea Banana 7" med ½ ea Persimmons med size .5 ea Cherries 10 ea 355 Cal
Snack Avocado 2 oz Mango ½ each Pineapple ½ cup Spinach ½ cup cut pieces Coconut Water ¼ cup Make into a smoothie 252 Cal	Snack Avocado 2 oz Mango ½ each Pineapple 1 cup Spinach ½ cup Coconut Water ½ cup Make into a smoothie 305 Cal	Snack Avocado 2 oz Mango ½ each Pineapple 1 cup Kiwi 2" 1 ea Coconut Water ½ cup Make into a smoothie 343 Cal
Lunch Dole Spring Salad mix 2.5 cups Arugula ½ cup Red Onions 2 oz Bell Pepper 2 oz Green Olives 2 oz Cucumber (Peeled & Sliced) ½ cup Tomatoes (Roma-Sliced) 2 ea Radish (Red-sliced) ½ cup Jicama 3 oz Zucchini (sliced) 2 oz (may be pan-seared) 234 Cal	Lunch Watermelon 2.5 cups cubed Cantaloupe 3 wedges Honeydew Melon 2 wedges Papaya 3.5 oz 302 Cal	Lunch Watermelon 2.5 cups cubed Cantaloupe 3 wedges Honeydew Melon 2 wedges Papaya 3.5 oz Casaba Melon 3.5 oz 333 Cal
Snack Grapes (Red, Black. Green) 2.5 cups 260 oz	Snack Grapes (Red, Black. Green) 2.5 cups Blueberries ¾ cup 298 oz	Snack Grapes (Red, Black. Green) 2.5 cups Blueberries ¾ cup Blackberries ½ cup 329 oz
Dinner Pumpkin Soup ½ cup Acorn Squash Baked 1 cup Eggplant pan-seared 3 slices Red Onions 2 oz Celery cut 1" pieces ¼ cup Miniature Peppers 2 ea Cucumber (Peeled & Sliced) ½ cup Grapefruit 4" ½ medium 265 Cal	Dinner Pumpkin Soup ½ cup Acorn Squash Baked 1 cup Eggplant pan-seared 3 slices Miniature Peppers 2 ea Cucumber (Peeled & Sliced) ½ cup Avocado 2 slice String Beans cut pieces ¼ cup 302 Cal	Dinner Pumpkin Soup 1 cup Acorn Squash Baked 1 cup Eggplant pan-seared 3 slices Miniature Peppers 2 ea Cucumber (Peeled & Sliced) ½ cup Zucchini 4" long 3 slices (may be pan-seared) String Beans cut pieces 1 cup Okra Avocado 1 slice 341 Cal
Snack Dates (Medjool) 4 ea 266 Calories	Dinner Dates (Medjool) 4 ea Kiwi 1 ea 308 Calories	Dinner Dates (Medjool) 4 ea Kiwi 2 ea 350 Calories
Total Daily Intake: 1,531 Cal	Total Daily Intake: 1,815 Cal	Total Daily Intake: 2,051 Cal

The caloric intake for each meal is listed in the associated block. You can mix up the fruit but make sure you consume the recommended caloric intake each meal. **The goal is not weight loss. The goal is to energize and electrify your body to stimulate healing, increase nutrient density needed for healing, and promote natural detoxification.** Fruit is highly energetic and stimulates healing. The vegetables are building to the body but are not as energetic only having about 9,000 angstroms of energy versus fruit which has 10,000 – 12,000 angstroms of energy. Eggplant cannot be eaten raw; thus, you can cut into rounds and lightly pan sear each side to heat. Green vegetables and aromatics are included for those who would like to include some vegetables into the meal plan or if they are recommended for your particular case. You can make fruit salads, eat them whole or make fruits & veggie juices, teas, smoothies, and also drink extra water throughout the day.