

**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
<b>Breakfast</b> Naval Orange 27/8" Med 1 ea Grapefruit 3.5" small 1 ea Apple 3" Med 1 ea Raspberries 7 ea  <b>254 Cal</b>	<b>Breakfast</b> Peach 22/3" Med Plums 2" diameter 2 ea Pear 1 large Strawberries 1" small size 8 ea Blueberries ½ cup  <b>300 Cal</b>	<b>Breakfast</b> Figs small 2 ea Dates Medjool 2 ea Banana 7" med ½ ea Persimmons med size .5 ea Cherries 10 ea  <b>355 Cal</b>
<b>Snack</b> Avocado 2 oz Mango ½ each Pineapple ½ cup Spinach ½ cup cut pieces Coconut Water ¼ cup Make into a smoothie  <b>252 Cal</b>	<b>Snack</b> Avocado 2 oz Mango ½ each Pineapple 1 cup Spinach ½ cup Coconut Water ½ cup Make into a smoothie  <b>305 Cal</b>	<b>Snack</b> Avocado 2 oz Mango ½ each Pineapple 1 cup Kiwi 2" 1 ea Coconut Water ½ cup Make into a smoothie  <b>343 Cal</b>
<b>Lunch</b> 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 (maybe pan-seared)  <b>234 Cal</b>	<b>Lunch</b> Watermelon 2.5 cups cubed Cantaloupe 3 wedges Honeydew Melon 2 wedges Papaya 3.5 oz  <b>302 Cal</b>	<b>Lunch</b> Watermelon 2.5 cups cubed Cantaloupe 3 wedges Honeydew Melon 2 wedges Papaya 3.5 oz Casaba Melon 3.5 oz  <b>333 Cal</b>
<b>Snack</b> Grapes (Red, Black, Green) 2.5 cups  <b>260 Cal</b>	<b>Snack</b> Grapes (Red, Black, Green) 2.5 cups Blueberries ¾ cup  <b>298 Cal</b>	<b>Snack</b> Grapes (Red, Black, Green) 2.5 cups Blueberries ¾ cup Blackberries ½ cup  <b>329 Cal</b>
<b>Dinner</b> 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  <b>265 Cal</b>	<b>Dinner</b> 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  <b>302 Cal</b>	<b>Dinner</b> 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  <b>341 Cal</b>
<b>Snack</b> Dates (Medjool) 4 ea  <b>266 Cal</b>	<b>Snack</b> Dates (Medjool) 4 ea Kiwi 1 ea  <b>308 Cal</b>	<b>Snack</b> Dates (Medjool) 4 ea Kiwi 2 ea  <b>350 Cal</b>
<b>Total Daily Intake:</b> <b>1,531 Cal</b>	<b>Total Daily Intake:</b> <b>1,815 Cal</b>	<b>Total Daily Intake:</b> <b>2,051 Cal</b>

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 for each meal. **The goal is not to lose weight. The goal is to energize and electrify your body to stimulate healing, and increase the 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. PLEASE NOTE a few things: 1) Eggplant cannot be eaten raw; thus, you can cut into rounds and lightly pan sear each side to heat. 2) 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 case. You can make fruit salads, eat them whole or make fruit & veggie juices, and smoothies.

In addition, drink extra water throughout the day. Level 2, you are eating fruit and only a salad or soup, not both. Level three, you can have fruits only all day.

Sample Fruit Meal