

# Fruit Feast

## Main Points

1. One can **thrive** on fruit alone.
2. We love fruit: the **flavors, colors, & scents**.
3. **Brain** runs on sugar.
4. We can see **colors**; many animals cannot.
5. Home sapiens are **primates**. Primates are **frugivores**. We are not herbivores or carnivores or even omnivores.
6. We need **calories/energy**. Protein is automatic if eat enough. Do orangutans lack protein?
7. Every species has food in **abundance**, without farming and cooking. Fruit trees and plants provide food for free so they can reproduce.
8. Veggies? Plants?
  - Veggies don't have flavor or calories.
  - Seeds/nuts are meant to be planted.
  - BTW, plants want to live.

# **Fruit Feast**

## Guidance

1. Eat often; whenever hungry. Maybe every 45 min.
2. Don't starve thyself. If hungry...eat!!
3. Eat throughout the day. Not 3 meals! More like 10 'meals'. Forget the cooked-food paradigm.
4. Eat **large portions** b/c fruit is mostly water. Whereas cooked food has little water and more calories, allowing more time between 'meals'.
5. A "meal" could be six mandarins or three peaches or a pound of strawberries. Then back to the day.
6. Eat thy **favorite** fruits. Eat cantaloupe all day
7. Get salt fix: from salt-licks or from avocado smash
8. Make exceptions when without the home. Eat cooked vegan food. Within home: 90% frugivore
9. Dense fruit options
  - Avocadoes
  - Larabars and other fruit-based bars
  - Dates – best are Sukkari (from Arabic grocery)

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## Logistics

- Have fruit on hand
  - 1<sup>st</sup>: fresh, ripe fruit
  - 2<sup>nd</sup>: cut fruit from grocery store
  - 3<sup>rd</sup>: frozen cut-fruit
  - 4<sup>th</sup>: dates & Lara Bars
- Shop **every two days** to replenish fruit. Store-bought fruit usually needs to ripen
- Plan the next 'meal'. Know what will be eaten next.
- Take out 2 lb. bag of frozen fruit, such as berry mix, every morning.
  - Use in smoothies first.
  - When thawed, use in fruit salads. Combine with bananas to reduce overall price
- **Monitor** table of fruit at home for what is ripe.
- **Fruit delivery** can supplement store trips.
- When out-and-about:
  - Carry mandarins or other fruit.
  - Mandarins and most fruit provide the water one needs but also fiber and calories. Better than H2O bottle.
  - Avocados can be carried to be a quick, filling meal on the go.

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## New each season!

- **Spring:** Strawberries, mangoes, raspberries
- **Summer:** Melons, peaches, nectarines, blueberries
- **August:** Figs
- **Fall:** Heirloom apples and pears.
- **Winter:** Mandarins, Tangelos, and other citrus

## Benefits

- **Hydrates** the body. Reduces need to drink water.
- **Enzyme**-rich raw diet
- Does not cause **mucus**; clears/dilutes mucus
- **Fuels** the **brain**
- Provides essential **fiber**
- Never worry about food: buy land, **plant orchard**
- **No need to cook.** No tough pans to scrub.
- Best for **environment.** No cooking. No packaging.

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## Questions?

### Fresh juice?

- No, because causes a **sugar spike** since **no fiber**.

### Smoothies?

- Yes, great way to **combine flavors**. Mango-Banana
- '**Chew**' smoothies to trigger saliva/digestion

### Is this costly?

- Can be since fresh strawberries are currently \$4/pound. But there are deals: mandarins cost \$2/lb and pears can cost even less.
- **Bananas** reduce overall cost since \$1/pound.
- Buy fruit that's **in-season**, when supplies **high**, prices **low**.
- Buy **frozen** fruit with **stable prices** year-round.

### Can one do this at work?

- Difficult at work since frequent breaks, but easy – super-easy – if working remote.

### Should everyone live close to the equator?

- Yes, because fruit year-round at low prices.