Fruitarians Are The Future

A basic guide to sweet success through the science of raw vegan fruitarianism and Mono-Meals

by
Matthew Warner

How to get an abundance of what you need from the best stuff on the planet without wasting your playtime in the kitchen

Over 30 Mono-Meal "Recipes" including fruit selection strategies and seasonal guides.

Table of Contents

About the Author – 3

Forward – 4

What is a fruitarian – 6

Fruitarians by nature – 13

Why raw foods – 18

The Mono-Meal – 22

Sugar is our Friend! Don't Shoot the Messenger – 31

Meeting Your Needs to Succeed – 36

Reconditioning our Stomach for our Naturally Frugiverous Diet – 43

Mono-Meal guide intro – 50

Mono-Meal guide – 59

Preparing a Mono-Meal – 97

Seasonal eating – 101

Fruit Meal Index – 104

About the Author

Matthew Warner is a raw vegan fruitarian who promotes vibrant health through living a truly natural lifestyle.

Matt is a writer, philosopher, and lifestyle counselor who works with those who wish to achieve a balanced whole-istic return to a practical natural lifestyle. He is also pursuing his degree in Naturopathic sciences to become a HygioPhysician.

Most recently Matt has broken free of all non-essential material possessions to set out on a bicycle powered pilgrimage across the Americas.

This journey will be fully documented in real time on NaturesPilgrim.com. It is a member supported not for profit website that funds Farm Sanctuary.org.

Through this journey we can all participate in the exploration of a modern return to nature by visiting thousands of people places and events and collecting views from all perspectives regarding the collectively understood and largely intuitive principles of practical natural science.

Learn more about Matt, the Pilgrimage, and how to become a member at…

www.NaturesPilgrim.com

Forward

This book was composed with the intention of providing a practical and effective entryway into the most natural and health creating diet and lifestyle.

The information provided in this book is meant to address our nutritional needs and how they are sufficiently satisfied by a diet predominated by sweet fruits. I also address common myths and misinformation about a simple carbohydrate based diet and how to avoid common pitfalls that are inaccurately associated with fruits and fruit sugars.

The Mono-Meal guide in this book provides 37 fruits and detailed guides on making a sufficient meal out of each fruit to satisfy your nutritional requirements. It also provides information on the seasons of the fruits and guides for the selection of the fruits.

Being a fruitarian is the simplest, most efficient, most cost-effective and most delicious way to attain optimal health through a raw vegan diet. Nothing is needed beyond the food itself and the understanding of a few basic physiological principles.

The information will give you a practical understanding of a frugiverous diet that will provide the confidence you need to apply these health creating nutritional principles to your current lifestyle. The Mono-Meal guide will give you a very powerful tool that can create success in your journey toward becoming a vibrantly healthy and joyful raw vegan fruitarian.

What is a Fruitarian?

There are many variations on the meaning of the word Fruitarian. Many might assume that being a fruitarian would imply that one eats ONLY fruit, to the exclusion of everything else. This is a curious assumption considering the well known and widely accepted definition of the vegetarian diet, which commonly consists of much more grain and sugar than vegetable, by calorie. We often use these labels for points of general reference, however it is important to be mindful of the innate subjectivity of these kinds of terms and explore each individual diet at face value.

A fruitarian diet, as it is outlined in this book, is a diet that consists of a sufficient amount of all the essential nutrients the human body needs to facilitate vibrant health, and enough simple carbohydrates to

provide our human bodies with the fuel we need each day. Along with these 2 cardinal principles of diet, it is also essential that under natural circumstances, the foods we consume do not contain, nor produce significant toxicity as a result of digestion.

When we use these cardinal principles as our compass towards realizing our best diet choices, we are sure to arrive at a diet that is dominated by sweet fruits. Of course a diet of exclusively sweet fruits would be wholly inadequate to meet our nutritional goals. This is why it is important to keep our focus on our body's physiological needs instead of trying to define our diets subjectively based on language alone.

While sweet fruits supply the simple carbohydrate fuel, broad spectrum of vitamins, pure water, and soluble fiber in the precise form and quantitative range that the human body requires, we must look to the green leafy vegetables and tender juicy vegetables and non-sweet fruits for our

balance of essential minerals. However, the amount of leafy greens and tender vegetables that is absolutely essential to our overall wellness potential is less than 20% of our optimal diet. Therefore, since at least 80% of this diet is composed of sweet fruit it is logical to say that it is a "Fruitarian" or "Frugiverous" diet.

When we open ourselves up to our innate love of sweet juicy fruits we are sure to uncover a bounty of deliciously diverse and refreshingly vibrant food choices that love us as much as we love them. As we relearn how to cultivate, select, promote, and eat the foods that are best designed for us we align ourselves with the progressive evolution of our species. Our food choices echo throughout all of our many lifestyle choices whether we realize it or not. When we carefully and thoughtfully observe this part of our nature in a practical way, we are certain to see a harmonious alignment manifest in our entire self; spilling out into our environment and our communities.

Before we learn the ins and outs of the fruitarian practice, let us first understand why the fruit based diet is best suited for human beings in so many ways.

Energy Efficiency

The human body burns sugar to fuel itself and any other macronutrient that can be used as fuel must first be converted to a simple carbohydrate (sugar). Sweet fruits average in at about 90% simple sugars.

In many circles of nutrition that promote low carbohydrate food choices, the ability of the body to convert fats and proteins to carbohydrates is used as a justification for such carbohydrate deprived diets. However, this process of conversion is anything but ideal. Like a great many of bodily processes that have become convention, this process is merely a "backup plan". It is a safeguard that is in place to promote survival in times

of crisis or famine. When the food supply becomes sparse and we do not have access to fresh fruits for an extended period of time, our body keeps us alive by using stored fats and pooled proteins as a substitute for our normal fuel source. Of course since this is a less efficient and secondary method of creating fuel, there are a host of toxic byproducts that are created as a result of the conversion process.

This conversion process is also very draining to our nervous system. The electric current in our nervous system that acts as our body's battery is responsible for the energy supply of all metabolic functions. When we wake up in the morning we have a very limited amount of nerve energy that does not get replenished until we go to sleep at night. Therefore it becomes clear that we must use that energy very wisely in order to effectively carry out all necessary daily functions from thoughts and emotion to elimination and regeneration. The capacity and rate of charge of our nervous

system is in proportion to the amount of necessary tasks our body needs to carry out. If we add superfluous and inefficient tasks like fuel conversion we rob ourselves of valuable energy that would otherwise go towards improvement and regeneration rather than simple survival.

Let's look at fuel beyond the context of substance. In other words let's put aside, for a moment, the idea of carbohydrates/protein/fat and simply focus on the rudimentary measure of human fuel; calories. Our body requires a certain number of calories to fuel itself. That number is subject to the very expansive set of circumstances that are specific to each individual. Some of those circumstances include gender, age, weight, activity level, etc.

When selecting a diet we should understand the ratio that exists between the amount of "fuel" we are consuming and the actual volume represented by those foods. Of

course it is plain to see why the fuel quantities are of significant importance, but the aspect of volume can be a bit more dynamic. If a food satisfies your caloric needs before filling the stomach, your intuitive desire to fill your stomach is likely to cause overeating. Transversely, if you eat foods that fill the stomach before they satisfy your caloric fuel requirement, you are likely to suffer from fatigue and weakness due to starvation. Our ideal foods should fill our stomachs to a comfortable capacity and, at the same time, satiate our fuel requirements. A meal of sweet fruits eaten in the amount that satisfies either requirement, will simultaneously meet the other.

Fruitarians by Nature

The most powerful tool of the human being is critical thought, or common sense. Critical thought is what allows for cognitive understanding without exposure to institutional knowledge. Through a process of observation and intuitive discernment, we can decide what actions and circumstances would create the most logical and desirable conditions.

Nothing in our anatomy is a mistake. Every aspect of our body is an insight into our natural behavior and subsequently our greatest potential for healthful enjoyment. If we observe the faculties of our body relative to the world around us, then through critical thought we can accurately decide what the most natural choices for our lifestyle are.

How often do we need to use tools to harvest, prepare, and eat our sweet fruits? Of course tools are used in these processes but it is not out of necessity, rather for commercial viability and/or conventional culture. Most sweet fruits are offered up to us by nature itself as it falls to the earth upon ripening. As anthropoids our 5 digit hands and opposable thumbs allow us the unique dexterity to carefully and effortlessly hold, peel, and eat these sweet perfectly designed packages of human nutrition. Without tools how would we harvest grain, hunt and slaughter animals, shell nuts and seeds, or isolate nutrients? These processes do not, in any way align with our anatomy, therefore it would seem totally illogical to compose a diet of such products. We are no better designed to chase down and tear into an animal carcass than a lion is to pick, peel, and enjoy a banana. In the amount of time it took us to shell and eat a handful of nuts, a family of squirrels will have gotten the whole tree.

One aspect of health science that is often tragically overlooked is simple aesthetics. We tend to downplay the importance of our foods presentation until it gets to our table. What about how it looks straight from the source? Visual appeal plays a very large part in the propagation of nature. Plants adapt to the appearances that most appeal to the animal best suited to carry on its seed. In return for such a favor, the plants nutritional package becomes optimal nourishment for that animal. After all, the health and subsequent ability of that animal to thrive is in the best interest of that plant that relies on that animal for the propagation of its seed.

Fruits are bright and vibrant. They feature all colors of the rainbow and speak to our visual senses. They come in so many well structured and beautiful shapes and intricate patterns. Fruits are even used in conventional society to sell products that have very little or nothing at all to do with fruit or even food. We use fruit visuals in

our art, on our clothing, and even in our metaphors. Fruit is a large part of our culture yet it has become a very small part of our diet.

Other foods generally lack that aesthetic appeal and need to be decorated at the dinner table. It is ironic that we often use fruits to adorn such visually bland and lackluster foods in an attempt to provide visual gratification. It is very much the same as using tasteless flours as a main composition of a food and flavoring it with isolated refined fruit sugars so that people will eat it. We can still feel our intuition we just seem to have some wires crossed.

It seems that we all naturally have a sweet tooth. This is very apparent especially in children. Unfortunately in this society we discourage this proclivity largely based on our own nutritional perversions and departure from a whole food consciousness. We enjoy sweet tastes for a very significant

and essential reason; that is the taste associated with our ideal food source.

We have largely become disconnected from this seemingly obvious indicator. Instead we eat what we are told is supposed to be good for us based on corrupt institutional knowledge, and if it doesn't taste good we simply manipulate it with toxic seasonings and stimulants. We dehydrate salt water to make bitter greens palatable. We haphazardly inject our tasteless fats with sugar to invariably lead to indigestion and a host of other diseases. Fruit is already sweet and delicious direct from the source. If we trust our senses and employ them in a natural context, we will invariably be led to the best options.

Why Raw Foods

Processed/refined foods, including cooked foods, have been stripped of the bulk of their nutrients and furthermore have been changed chemically. The nature of these foods has been compromised, and therefore they are no longer compatible with our digestive systems. This results in a drain of our energy as our body tries its best to rearrange and recognize these fragmented foods for. Ultimately, we are using more than twice the energy to extract less than half of the nutrients.

The heat used in processing and cooking not only destroys the nutrients in the food, they also create a chemical reaction which changes the actual chemical structure of the food. This means that when we eat these foods we are actually consuming new chemical compounds that are not meant to

be consumed and digested. Our body actually views foods like this as invaders and uses precious immune defense mechanisms to try to intercept these intruders upon entry. In some cases, when we consume a highly processed "food look-a-like" our body will literally attack it with white blood cells to break it down and eliminate it through the blood. This process not only wastes important resources, it creates toxic bi-products that can affect our blood and vital organs as well.

This may sound a bit farfetched, and you may be asking yourselves "if all of this is REALLY true, then how can we possibly still be around as a culture of a people who eat nothing other than this stuff?"

The reality is that, as a collective culture, we are in seriously poor shape. Our health has declined to pathetic levels and we have become so weak that we can barely fight off the weakest viruses. Cancer, heart disease, diabetes, and obesity are quite commonplace. The problem is that poor

health is so common it has actually become the norm.

On the other hand, when we eat raw natural whole foods we can totally reverse any negative effects that we have suffered from years of the wrong diet. Raw whole plant foods contain an abundance of living enzymes so that it can actually break itself down inside the body, conserving a great deal of energy and resources that your body can use in other vital processes. These foods also contain an abundance of vitamins and minerals to replenish your body after nearly a lifetime of deficiency. Since raw whole plant foods have not been altered, they are used cleanly and efficiently, without leaving behind toxic metabolic bi products.

The combination of eliminating the toxic forming foods and introducing food with an abundance of enzymes will cleanse your body and allow for dramatic weight loss and energy enhancement. Eating a diet of raw plant foods will give you a rejuvenative

boost that will allow you to experience the potential of true health.
The closer we can get to fresh whole plant foods the more health we can experience. Fresh raw whole fruits and vegetables are the healthiest parts of any diet. Therefore, it is ideal to eat a diet comprised exclusively of raw whole fruits and vegetables.
A "gourmet raw food" diet is a way to use mostly fresh whole foods to transition to eventually transition to a raw whole food diet. “Gourmet raw food” mimics the foods that we grew up with and satisfies physical, mental and emotional cravings while providing an abundance of enzymes and other nutrients that will allow us to rapidly heal our bodies. Taking up a gourmet raw food diet will provide outstanding benefits and give us the boost we need to continue transitioning to a fresh whole food diet.

The Mono-Meal

A mono-meal is quite simply a meal consisting of just one food. Mono-meals are by far the simplest and easiest way to guarantee a well combined and thoroughly nutritious meal every time. When only one food is eaten at a time at a meal, the process of digestion is made to be extremely efficient. The body must only focus on breaking down and absorbing one particular compound and so the overall digestion period is much shorter and the body is able to absorb a much higher percentage of that particular set of nutrients.
When we eat mono-meals that are composed of fresh sweet fruits, our natural food source, the benefits become exponential. Fruit digestion in itself is already so quick and efficient, yet eating only one fruit at a time allows for an

incredibly efficient level of absorption with virtually no strain on the digestive organs. At such speedy rates of digestion, the body is allotted so much more time and energy for maintenance, repair, and routine elimination.

Mono-meals in Nature

Imagine foraging for food in nature. You come across a mango tree and sit down for a meal. Would you eat 2 or 3 mangos before deciding that, although you are still hungry, you've had enough mango and you will take your chances in getting up to go out and find a different type of fruit tree, or would you be grateful and content with what you have discovered and eat sweet juicy mango to the point of full satiation?
Our bodies are designed around efficiency and survival. When we listen to our instincts we are rewarded with the highest level of nourishment from our environment. In nature we would most certainly eat very practically in a way that would meet the

requirements of our overall potential for health and enjoyment. In nature, gathering ingredients for a typical meal from a recipe book could take days or even weeks. Just because we have removed ourselves geographically from nature, does not mean that our physiology no longer aligns with it.

Food Combination

Most of us know that eating unhealthy and unnatural foods will lead to toxicity and disease. However, few people are conscious of the manner in which even the healthiest, purest, most natural foods will lead to the same disease forming ends. How can this happen? The answer is chemistry.
If you have any familiarity with basic chemistry, you know that substances can be completely altered from their original state when acted upon by a chemical reactant. We recognize this potential outside of the body and sometimes even use it to our advantage. However, we seem to disregard this potential once the food is consumed.

Digestion is a process that can be perceived as complicated, but in truth, is really only as complicated as the meals we ingest. Depending on the constitution of the food being digested, the body produces a variety of substances designed to break such foods down. Among those substances are acids and digestive enzymes. The acid and enzyme mixtures are excreted in the form of digestive juices and those juices are mixed and excreted during the time of ingestion based on what has been consumed. When more than one type of food is being digested it is impossible to isolate the chemical interactions of one type of food from the other. When two different types of foods are ingested that require two very different types of reactions, the digestion of both substances are impeded. If the digestive juices cannot carry out their role, the contents of the digestive tract cannot be broken down. If it cannot be broken down, it cannot be absorbed. Furthermore, the only way it can be broken down and removed from the digestive tract is through

the process of fermentation and putrefaction.

There seems to be a great deal of concern that arises regarding the consumption of such a relatively large amount of sweet fruits. These concerns primarily consist of indigestion, bloating, and disorders that appear or are agitated when there is a backup of sugar in the bloodstream such as Candida, diabetes, adrenal fatigue, etc. While it is true that these occurrences are "caused" by sugar, sugars are not the guilty part of the larger equation.
In the process of digestion, every different food type has its own digestive pace. That pace is generally proportional to the essential quantitative demand and function of that food in the body. Sugar is our fuel. Therefore the quantitative demand is great and the rate at which we can use that fuel is a determining factor in our overall efficiency. Proteins (amino acids) are stored in the body as building blocks. We require less than one eighth the amount of protein

as carbohydrate per calorie. Fat is used by our bodies for insulation, padding, and emergency energy supply. In terms of caloric volume, fat is lowest on the priority list. The human body does best with about 5-10% of regular consumption coming from fat (per calorie). This should provide a clue into the relative digestive rates of these three macronutrients. Sugar is digested and made available for use nearly instantaneously. It is sent directly to the small intestines to be absorbed into the bloodstream and subsequently shipped to all hungry cells for use as fuel. Proteins and fats, however, must endure a much longer and multi-staged process of digestion that requires a more complicated application of varying enzyme and acid secretions.
If sugar is eaten with a protein or a fat the body can not physically separate them in order to let the sugar pass while holding the protein/fat for the more strenuous digestive efforts required. When this improper mixing does occur, everything consumed is collected together in the stomach and

nothing can be passed until everything is broken down. This means that the sugars must sit with the other foods for many hours, and due to the highly reactive nature of sugar and the warm moist environment of the stomach, it quickly begins to ferment. The fermentation process as we all know (and many often exploit) creates the production of, among other things, alcohol and acetic acid. This in itself is a danger due to the damage alcohol and acetic acid present to our cells and tissues; however there are further implications of this process on the rest of the overall digestive picture. Alcohol precipitates the action of protein enzymes thus halting the digestion of proteins. When the enzyme actions are impeded there must be an alternative application for the breakdown and subsequent elimination of the food matter in the stomach. This is where bacteria comes in.

When the natural digestive process is interrupted the foods will rely on bacteria to break them down for elimination. As the

proteins in the stomach begin to literally rot, the bacteria will eat and decompose them. The byproducts of this bacterial process called putrefaction are gas, highly toxic materials like indols and skatols, and undigested or partially digested proteins that penetrate the defenses of the blood stream. The gas will certainly lead to foul flatulence and painful bloating. The poisonous substances, indols and skatols, contribute to toxic buildup and symptoms of disease. As for the partially digested proteins; there are very few substances in the body that are more harmful than undigested proteins which lead to immune system disorders, allergies, toxic liver/kidney conditions, and a host of other disorders. Of course at this point, very little if any, nutrient value can be attained from what has been consumed in this now pathogenic digestive mess. Most nutrient deficiencies are not from a lack of nutrient consumption but from a self imposed impetus on nutrient availability, as is the case here.

The in depth process of enzymatic digestion and food combination is a bit too much to get into for our purposes here. It is not entirely relevant to the style of eating outlined in this book. However, for a more detailed overview of food combining and its applications in any diet see "Food Combining Made Easy" by Dr. H. Shelton. However, the rules of food combining become elementary to everyone when they observe the practice of mono-meals, or even simply fruitarianism. It's plain to see that improper food combining practices are responsible for a great deal of disorders and deficiencies in our culture, and eating only one food in a meal can not violate the principles of proper food combination.

Sugar is our Friend! Don't Shoot the Messenger

What about when the sugar actually makes it to the bloodstream? This is where sugar can be escorted to its ultimate destination as cellular fuel. When the body is running clean and smooth the sugar need only spend a very short time in the actual bloodstream before the insulin brings it into the billions of cells that require it. However, in instances where the sugar is unable to move through the blood or penetrate the cell membranes, the sugar will back up in the bloodstream and present a very serious threat to the body. In the face of this serious threat the body would call upon one or more of its survival mechanisms to keep us conscious.

One way the body could react is with a bloom of the life-saving organism

"Candida". Candida lives in us all the time and in a balanced state is virtually unnoticeable. When the sugar, the main food source of Candida, backs up in the blood reaching an extraordinary height, the yeast like bacteria quickly overpopulates as a result, and eats the surplus sugar out of our blood, saving our lives. Once the sugar level drops, so does the food supply for the short lived colonies of organisms and the Candida dies back down to normal levels just as quickly as it bloomed. When people experience a chronic state of overgrown Candida in the body, it is because they are failing to remove the impetus of the cells sugar reception and the Candida has a very large and consistent source of food.
Another way the body may take action is through the use of hormones. When the hormone called insulin, which is responsible for escorting the sugar into and across the cell membrane, is impeded in its mission the body calls on an emergency response from the hormone adrenaline to assist. The adrenaline provides a short boost that

pushes the sugar out of the blood and into the cells. Adrenaline however is only meant to be used primarily for fight or flight emergency response. The process of adrenaline creation and secretion is very expensive and can be easily exhausted. When the root problem of the sugar impetus is not addressed the body will constantly call upon the action of the adrenal glands which will invariably lead to adrenal failure and chronic fatigue. Once the backup systems are exhausted, then very serious conditions like diabetes will arise. There are rare cases in which this failure of sugar assimilation can be caused by pancreatic dysfunction and other more deep seeded and complicated diseases, however the most common and easily addressed cause of these conditions are an excessive amount of fat in the bloodstream. Pure fat is oil and oil is a high viscosity substance that is very difficult to remove. This is not necessarily a problem, in fact, that is ultimately a primary purpose of dietary fat. It insulates the tissues of the body with a

protective layer. However when there is an overly abundant presence of fat in the blood the cells are bombarded with an overload of insulation which creates a problematic barrier. This barrier becomes an obstacle for the passage of two main substances into the cells; sugar and oxygen. When the amount of fat that we consumed is consciously reduced, we remove these obstacles and allow ourselves the innate freedom to consume the appropriate amount of our most essential food source without incident. The quantity of fat that is most appropriate for human consumption is less than 10% of our overall caloric intake. Besides avocados, which have a very short season in nature, fruits contain a fat content of less than 10% which provides a sufficient quantity of fat when supplemented with the occasional avocado or very occasional handful of fresh nuts or seeds. A frugivorous human diet that supplies an appropriate abundance of simple sugar is innately limited in its fat content. This is a natural regulator to spare

us from the occurrences of the preceding blood sugar dysfunctions stated above.

Meeting Your Needs to Succeed

If you want to succeed on any diet it is crucial that you can get "enough" to eat. Even on a diet of the healthiest, highest quality, ideally combined food choices we are bound to failure if we are unknowingly starving our body of fuel and nutrients. The real question becomes, how do we know how much enough is.

The human body has naturally built in mechanisms for telling us when our nutritional and fueling needs have been met. It is the point in which we "feel hungry" that we know we are in need of sustenance and when we "feel full" we know we have reached satiation. However, these built in natural receptor systems are dependent upon our food choices and only function

effectively when we are consuming the foods that are natural to our bodies.

The consumption of concentrated, refined, dehydrated, and otherwise deranged foods, along with consumption of incompatible food sources like starches leads to an unnatural imbalance that renders these intuitive sensory tools ineffectual. The reckless eating habits of our collective culture have removed this instinctive practice and created a dependency on subjective and ultimately baseless institutional instruction.

From the way that food is used in this society as a form of comfort, entertainment, social connection, etc. how would we ever be conditioned to know when we are actually "hungry". We generally tend to eat because we are bored, upset, it is "time to eat", we are meeting a friend, or any other common reason that is utterly irrelevant to our digestion or our health. Without the crucial sensation of actual hunger we

deprive ourselves of the opportunity to eat when our body is most able and ready to get the most out of our meals.

The receptors of hunger are multi-faceted. They consider volume, nutrient content, and fuel. These natural receptors only work when the natural ratio of the foods we consume is maintained. In the process of refinement, cooking, dehydration, etc, those ratios are altered drastically. Since these denatured and fragmented foods have become the conventional fare of our culture we have adopted a system of measurement that is just as fractured and complicated to regulate our intake. We have developed a system that objectifies these aspects of food separately. We measure the amount of specific vitamins and minerals found in foods and list them by their quantity in volume. We measure the amount of sugars, protein and fats in foods and list them by quantity in grams. We measure the amount of fuel in a food and list them by content of calorie. We then attempt to "Frankenstein"

together a diet that meets a set requirement of all of these nutrients and rely heavily on the ideas of our own manipulation of nature. If we were eating the proper foods for our physiological makeup, we would only need to eat when we are hungry and stop when we are satisfied, thus fulfilling the entire spectrum of the nutrient requirements that we could hope to attain from our diet.

The fortunate aspect of this unnatural system of measurement is that it can actually be used as a means to restore our natural diets and intuitive system of natural measurements. The nature of a frugiverous diet is such that we will be supplied with an abundance of all essential nutrients as long as we consume a sufficient amount of calories of that food to keep us adequately fueled. Therefore, by using the calorie requirement methods determined by modern science we can consolidate this complicated system of measurement into one simple requisite; calories. If we apply

this concept to our natural frugiverous diet we will eventually rediscover our intuitive ability to effectively self regulate our food intake.

Why is this important? It is important because the unnatural fragmented diets and lifestyles that have become convention have greatly skewed our perspective of food by volume. By relying heavily on starch, protein, and fat for fuel, refining our sugars, and dehydrating (cooking) our foods on a regular basis, we are for the most part, completely unfamiliar with a natural amount of food by volume. We would tend to eat a plate sized portion of a refined and dehydrated dense calorie meal for our fuel, drink several liters of water per day for our primary water source, consume isolated nutrient and fiber supplements in pill, liquid, and powder form, and then candies, desserts, treats, and ice creams, for our sweet tooth and sensory gratification. All the while we labor under the delusion that a meal is as big as a 9" dinner plate. This

delusion is a significant deterrent to a lifestyle in which a single meal consists of such copious amounts of fresh whole fruits. A meal of 15 bananas sounds like too much, but only when compared to the conventional meal of a plate of bread, beans, and rice. The fact is though, that both meals provide the same amount of fuel per calorie yet the meal of fruit also supplies the water, fiber, and readily available clean burning fuel.

If you become aware of the calorie system, your approximate caloric requirements, and the calorie content of fruits and vegetables you can jumpstart your own internal hunger receptor system. This system of knowledge can be an ally in our efforts to break through the walls of conventional misinformation. If we use this system to consume enough of the proper food choices we will keep the common obstacles of a vegan fruitarian diet at bay. We will not experience feelings of lethargy and weakness that so commonly are

irresponsibly diagnosed as protein or nutrient deficiency when they are merely a symptom of under eating in general.

Reconditioning our Stomach for our Naturally Frugiverous Diet

As we recondition ourselves to eat a sufficient amount of fresh fruits and vegetables we may find that we just do not seem to have enough room in our stomachs for that much volume. It is a very common occurrence and is another indication of a lifetime filled with poor diet choices. Our stomachs seem to fill much too quickly on such a voluminous diet and this leads to feeling full before we have achieved nutrient and caloric satiation. Does this mean that our stomachs have adapted to our conventional diets of dense calorie low volume standards? Not quite.

The stomach is a muscle. This fact is quite clear to anyone that has ever suffered stomach "cramps". Like any muscle the stomach is designed for flexibility, however when we do not stretch our muscles regularly they become stiff and rigid. Since our normal diets do not provide sufficient volume to expand the stomach it loses any flexibility. Fortunately, as we adopt a high volume diet, the stomach will undergo regular stretching and regain its natural flexibility.

If you think about this situation in these terms, it becomes less concerning and easily addressed. Just like stretching any muscles, just begin slowly and push yourself a little bit further every time. It may begin as a slow process moving in small increments, but as you break through that first wall you will experience very significant flexibility. In the beginning stages when your stomach fills rather quickly, all you have to do is eat more meals throughout the day. You eat all the fruit you can comfortably "stomach",

and then wait a little while for the stomach to clear out until you continue working towards satisfying your caloric needs. In the beginning you may need to eat as many as 6 or 7 small meals throughout the day. However, in the matter of a few weeks you should be able to cut it down to 2 or 3 large meals per day.

Healthy Fruitarians Never Exclude Tender Leafy Vegetables

No healthy human diet is complete without an abundance of green leafy vegetables. Lettuces, tender vegetables, and non-sweet fruits are rich in the essential minerals we need to compliment the wide spectrum of nutrients we get in our sweet fuel. Neglecting these foods is a main cause of ill health within a fruitarian diet.

It is highly recommended that we eat a large vegetable salad every day. If you want to objectify this you would strive to consume, on average, one pound of young tender leafy greens per day. These greens can be eaten alone as a mono-meal, or made into a

salad with tender succulent vegetables and non sweet fruits.

The vegetables that are most compatible with our digestive systems are tender young vegetables with a low count of insoluble fiber and very high water content. Celery is the perfect example of this kind of vegetable. It is wise to avoid relatively dry fibrous vegetables like broccoli, kale, and other cruciferous vegetables. Despite their nutrient content, the high content of insoluble fiber makes them difficult to break down and very abrasive to the soft and sensitive lining of our digestive tract. The greens that are most beneficial to us are tender lettuces such as romaine, leaf lettuce, and baby spinach. Greens are at their most tender and juicy stages before they reach maturity. This is why vegetation must be protected from deer when it is young but as it matures the deer do not bother with it. We can learn from these animals and leave the fibrous and bitter greens for the good of the plant.

Non sweet fruits include tomatoes, bell peppers, cucumbers, courgettes, and any other non-sweet fruit that is tender delicious and edible in its raw natural form. Non-sweet fruits are just as nutrient rich as their sweet counterparts however their relatively low sugar content makes them insufficient as a main source of fuel.

It is of utmost importance to include these items in your fruitarian diet in order to achieve vibrant health and nutritional success. If you respect their role in your diet and do not expect to become satiated by these items alone, they will be a key element of your fruitarian success.

Since these items will not satisfy your hunger, it is best to begin a vegetable/non sweet fruit meal with a meal of sweet fruit that will supplement the remaining balance of calories that was not attained from your vegetable meal. If you do not begin with the fruit meal you are likely to crave something

sweet after your salad. Since, as a cardinal rule of food combining, it is always best to eat the sugar first, you should make certain that you satisfy your fuel requirements before a large vegetable meal.

Using the Fruitarian Meal Guide in This Book

Seasons

The harvest season of the following fruits varies, of course, depending on the climate of the region it is grown in. The seasons listed in this guide are mostly based upon the temperate climate found in the United States of America unless otherwise noted. Many of these tropical and subtropical fruits have a much longer season in more conducive climates, and some have different seasons depending on the hemisphere that you live in. Some seasons will also depend on the weather patterns of that particular year. Irregularities in average temperatures of a season can extend, shorten, or displace the season of certain plants.

When you go shopping for your fruit, it will be plain to see what is available. The season guides will give you an idea of what is actually in season because that is when they are most likely at their highest quality and transported from the closest regions.

I recommend regularly attending farmers markets in your area when they are available. You will not only get the freshest and most local produce, but you will also get a chance to ask the farmers directly about the seasons of the fruits you are buying.

Selection

Selecting the highest quality fruits is an art form. It is something that is difficult to teach but, with practice, becomes instinctive. You will invariably run into some "bad apples" but that is all part of the learning process. As a fruitarian you will very quickly become an expert in the field of fruit selection.

The selection guide in this book has been written from a compilation of personal experience and research into the experiences of other frugiverous individuals. There are always exceptions to these "rules" but they will make it easier to avoid the obvious duds. It won't be long before you develop your own very effective mechanisms of selection that you can share with your friends

Mono-Meal Guide

Each fruit in this guide can be eaten as an entire meal. The Mono-Meal guide on each page indicates the approximate amount of the fruit that would constitute a full meal.

Remember that these are merely guidelines. This is a transition of sorts in which you will use these calculations to ensure a sufficient amount of fuel consumption until you are able to trust your own natural hunger receptors. If you use these guidelines as a general target you will be well within the ballpark of satiation give or take the variations of your individual needs.

Weight

The weight represented in the meal guide is the gross weight of the fruit unless otherwise noted. The gross weight includes the edible portions and the skin, rind, seeds, and/or pit. I've used the gross weight as opposed to only the edible portion so it is easier to use when buying your produce.

Quantity

The quantity of fruit is represented by the average weight of each fruit. The quantitative range is of course subject to the size of the particular fruits. If your fruits are larger you would move more towards the lesser amount, and if smaller, the greater amount.

Calories

The meal sizes are based on a 3 meal per day system. The meal sizes range from 1100 to 1300 calories per meal. If you would like to cut your daily meals down to two meals per day, simply add 50% of the fruit amount to each meal and use your hunger as an ultimate guide.

You must consider the fact that each individual fruit is unique. Some fruits of the same type, size, and weight may simply not have set as much sugar as other fruits and therefore have lower calorie content. If you notice that your fruits aren't as sweet as they normally are, you should bulk up your meals to ensure your calorie count.

The calorie requirement of a person is heavily dependent on a wide spectrum of physiological and lifestyle factors. A person's age, weight, sex, and activity level determine that person's caloric intake requirements.

A healthy caloric requirement is based on a moderate to rigorous activity level, which would of course consist of a much higher caloric amount than that of a sedentary individual. The implication here is that a moderate to rigorous activity level is natural to the human body and therefore necessary for optimal health.

A sedentary person would require less overall food to satisfy their caloric requirements, however in so doing they may be consuming an insufficient amount of other essential nutrients. In other words, if you don't burn enough fuel, your refueling requirements will be out of proportion with your nutrient needs.

If you find yourself filling up before you reach the ballpark of your natural caloric requirements, it may be a strong indication that you need more activity in your routine. As humans in nature we would be anything but sedentary and an average day would promise a great deal of rigorous activity.

The guidelines below are a broad approximation intended to address a very wide spectrum of individuals. Supplement this guideline with your own experiential research to find the average that is appropriate to you.

Women

2000 ---------- 3000
Low Activity High Activity

Men

2500 ---------- 4000
Low Activity High Activity

Don't Stop 'Til You Get Enough

Ultimately you need to trust your own hunger. Be sure to eat At Least the amount of fruit in the meal guide, but if you are still hungry just keep going! If you cannot seem to fit it all into your stomach, just stop eating and go back to the meal as more room is created.

When you restore the chemical balance of digestion and integrate the multi faceted system of satiation, the easiest guide to follow is your own intuition. If you begin eating when you are hungry and do not stop until you are fully satisfied, you can't fail. Once you find your groove, you will never look back. Good luck!

Apricots

Season
USA - Late May through late August
Chile & New Zealand - Late December through mid March

Selection
Apricots should be plump and juicy with a bright, golden-orange color. They should yield to slight pressure, however if they are mushy they are likely over-mature. If they are a pale yellowish-green color, or they are too firm to yield to slight pressure, they are likely to be too immature to be consumed.

Mono-Meal
5lbs = 40-60 fruits
1080 Calories

Bananas

Season
Bananas can be grown all year long in the proper climate.

How to Select
Avoid bananas that appear damp. Avoid bananas that have a dull grayish tint. Try to buy them yellow, not green, and do not eat them until they are thoroughly spotted.

Mono-Meal
4 lbs = 10-13 fruits
1200 calories

Blueberries

Season
Late May through September
Peak in August

Selection
Select Blueberry bunches that are plump, similar in size, and dark blue in color. Berries should be firm and dry. Avoid damp, leaky berries, and berries with stems and leaves intact.

Mono-Meal
4.5lbs = 6lbs
1100 calories

Canary Melons

Season
USA - May Through October, peaking in July
Tropics – November – February

Selection
Look for a melon with a vibrant canary yellow color and the least amount of blemishes. Carefully inspect for any areas of green which would indicate that the melon has been harvested too early and is not yet ripe. Also be sure that there are no soft spots on the melon which would indicate that it has past its prime.

Mono-Meal
9lbs = 2.5 – 3 melons
1200 calories

Canistel

Season
Late October through February

Selection
When selecting a Canistel, look for fruits with no bruises or blemishes. Fruit should be consistently firm and allowed to ripen to a soft but not mushy state. Ripe canistel will take on a yellowish orange color.

Mono-Meal
2lbs = 3-5 fruits
1200 calories

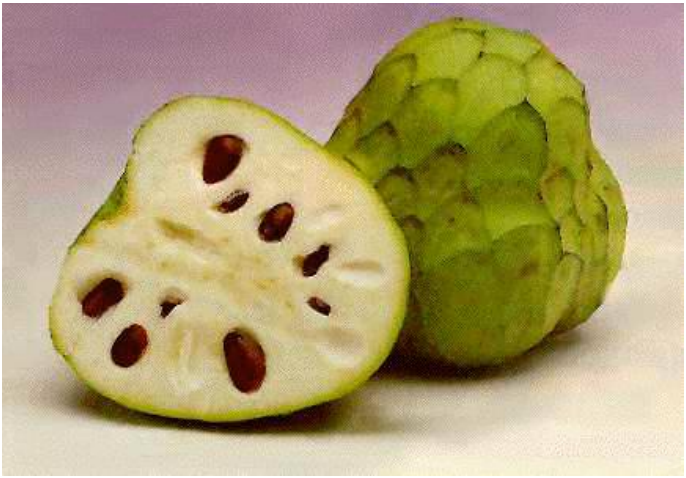
Cantaloupe

Season
USA - June through August

Selection
Cantaloupes should have a golden hue and no green. Ripe cantaloupes should have a sweet aroma from the stem end and yield slightly to pressure. Avoid melons with soft spots or bulges.

Mono-Meal
8lbs = 2 melons
1200 calories

Cherimoya



Season
USA - November through May

Selection
Cherimoya should be firm and have a uniform yellow green color. Avoid fruits with blemishes or a fermented aroma.

Mono-Meal
3.5lbs = 4-5 fruits
1150 calories

Cherries

Season
USA – Late May through early August
Australia – Late December

Selection
When choosing your cherries, look for large firm cherries that have an even deep red coloring. If the cherries are soft or appear to be leaking, they are likely to be over mature.

Mono-Meal
4lbs = 60-70 fruits
1150 calories

Dates

Season
Dates are easily accessible all year long. The tremendous variety of dates accounts for a wide range of seasons, however, the typical date harvest is from September through early December.

Selection
Dates should be soft. Although different dates vary in color, the color should be even throughout. Avoid hard over dried dates, and dates with dull spots of discoloration.

Mono-Meal
14-16oz = 30-50 dates
1200 calories

Durian

Season
Early Spring through early Fall

Selection
Much like any other fruit with a thick outer shell, durians are can be tricky to select. Try to look for a durian of average size with a somewhat symmetrical shape. The color should be golden brown. Avoid green or very dark brown coloring. The key is the smell. If a Durian is ripe it should have a very strong aroma permeating its shell.

Mono-Meal
2lbs = 1 large fruit
1350 calories

Figs

Season
First Season - June and July
Second Season – September

Selection
Fresh ripe figs should have a deep rich color. Look for figs that are tender but not mushy. They should have firm stems and be free of bruises. They should have a mildly sweet fragrance and should not smell sour, which is an indication that they may be spoiled.

Mono-Meal
3.5lbs = 35-45 fruits
1150 calories

Grapes

Season
June through September
Concord grape season has its peak in August and September.

Selection
Grapes should be plump and well formed. They should be firmly attached to bright flexible stems and free from shrivel or apparent decay.

Mono-Meal
4lbs = 4 large bunches
1250 calories

Guava

Season
June through late September

Selection
Look for guava that is yellow to green and yields to slight pressure. A good guava should be quite fragrant as well.

Mono-Meal
4lbs = 4-6 fruits
1200 calories

Honeydew

Season
June through October

Selection
When selecting honeydew, find one that is completely spherical and has a waxy texture. The melon should feel very heavy for its size and have a pleasant aroma at the stem.

Mono-Meal
7.5lbs = 1.5 – 2 fruits
1200 calories

Jackfruit

Season
June through July
Florida – August through October

Selection
Ripe Jackfruit will have a very strong aroma. The Jackfruit should be soft to the touch but not mushy. The husk of a ripe fruit will be yellowish brown without much green.

Mono-Meal
3lbs = ¼ fruit
1250 calories

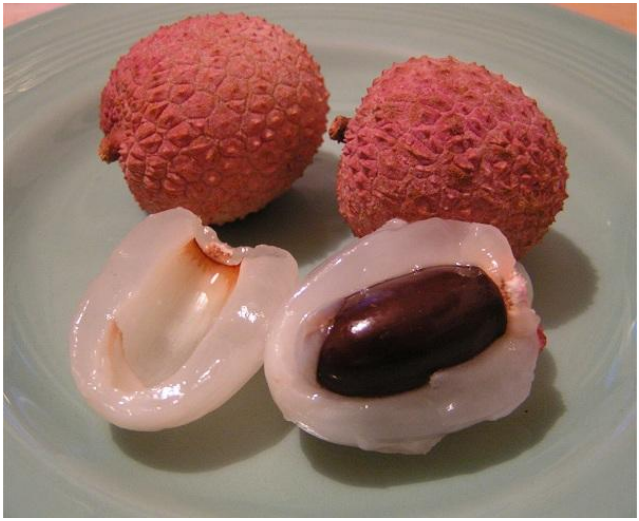
Kiwi

Season
USA – October through May

Selection
Start by looking for firm, unblemished fruit. Avoid hard fruits. Press the outside of the fruit with your thumb. If it gives to slight pressure, the kiwi is ripe.

Mono-Meal
4.5lbs = 17-20 kiwis
1250 calories

Lychee



Season
June through September

Selection
When selecting lychees, choose fruits with dark-red to brown skins. Try to find fruits with the stem attached, and avoid dark spots on skin and cracks in the shell.

Mono-Meal
4lbs = 5lbs of fruit
1200 calories

Mamey Sapote

Season
June through August

Selection
When selecting a mamey sapote, look near the stem for an inside view at the inner flesh. It should be a dark orange-red color without any hints of green.

Mono-Meal
2lbs = 2-3 fruits
1200 calories

Mango

Season
June through August

Selection
Look for mangoes that are free of dark blemishes. Most mangos should be mostly red with some yellow. Some varieties stay green (Kermit) and some turn a deep yellow upon ripening (atulfo). Good mangos should be relatively soft and provide a pleasant aroma at the stem.

Mono-Meal
4lbs = 6-8 fruits
1200 calories

Mangosteen

Season
July through October

Selection
When selecting a mangosteen look for a dark purple coloring with fresh green leaves on the stem. The fruit should be firm, and the color should be consistent, with no blotchy or discolored areas. A fruit with yellow patches on the skin or brown leaves and stems is most likely over ripe.

Mono-Meal
4.5lbs = 6.5lbs of fruit
1200 calories

Nectarines

Season
USA- April through May

Selection
Look for well rounded fruits with a deep orange hue. The fruits should yield to slight pressure. Avoid rock hard fruits or fruits with a green tint. Ripe nectarines should have a sweet aroma.

Mono-Meal
5lbs = 11-13 fruits
1000 calories

Oranges

Season
Valencia – April through July
Navel – October through February

Selection
The most effective way to select a good orange is by its size to weight ratio. Look for fruits that appear heavy for their size and avoid fruits with green spots near the stem.

Mono-Meal
5lbs = 12-20 fruits
1200 calories

Papaya

Season
First Season – June
Second Season – September through October

Selection
A ripe papaya will be mostly yellow to orange. It may still have hints of green at the stem. Papayas with bruising, skin discoloration, and hard spots, should be avoided.

Mono-Meal
6.75lbs = 3-5 fruits
1200 Calories

Passion Fruit

Season
Most of the year in tropical regions
Peak in spring and summer

Selection
When selecting a passion fruit, look for a very deep purple color. The skin should be quite wrinkled and the fruit should be fairly heavy and soft overall. Avoid very hard passion fruits or those that are relatively light in weight.

Mono-Meal
5lbs = 24-30 fruits
1100 calories

Peaches

Season
July through September

Selection
Peaches should have absolutely no green coloring after they are harvested. Select peaches that are large, plump and relatively soft. Rock hard peaches run the risk of spoiling before they ripen. Avoid bruised or discolored peaches and those with dark spots as well. Good peaches will also be quite fragrant and have a lighter yellowish orange tone.

Mono-Meal
6.75lbs = 15-17 fruits
1200 calories

Pears

Season
July through October

Selection
There are many pear varieties that come in all shapes colors and sizes. Therefore selection of each variety varies. All pears, however, should have a somewhat consistent coloring without major blemishes or bruising. Pears should be quite fragrant and yield to slight pressure. Many pears that start off green will lighten and develop a yellowish green hue when ready.

Mono-Meal
4.5lbs = 8-10 fruits
1200 calories

Persimmons

Season
October through January

Selection
There are two distinct varieties of persimmons and each are selected quite differently.

(Next Page)

Hachiya

This is also referred to as the astringent persimmon due to its high tannin content. This characteristic makes selection very important. If these fruits are not fully ripened, they will create quite an uncomfortable situation to say the least.
When selecting a Hachiya, look for a plump and shiny bright fruit. Before this fruit is consumed, it must become extremely soft, in fact, there should be nothing firm about it. When the persimmon feels as though it is a fruit skin sack filled with pudding, the sugar has set and it can be eaten comfortably.

Fuyu

This is the non-astringent persimmon. It is less ovular and looks more like a small orange tomato. These fruits have little to no tannin content. If they are eaten at a less than ripe stage, they will not be very sweet, but they will not produce great discomfort either.
When selecting a fuyu look for fruits that are shiny and bright without bruises or discoloration. Avoid fruits with yellowish pale spots. Allow fruit to become soft to the touch before enjoying them.

Mono-Meal

3.75lbs = 7-8 fruits

1200 calories

Pineapple

Season
March through June

Selection
Look for pineapples with a golden brown coloration. Avoid green pineapples or fruits with inconsistent coloration. Pineapples should have a sweet fragrance at the bottom. They should not smell fermented or have any soft spots in the husk. Try gently tugging on the leaves in the top. If they come out very easily, chances are it is nearly ripe.

Mono-Meal
5.5 lbs = 1.5-2 fruits
1200 calories

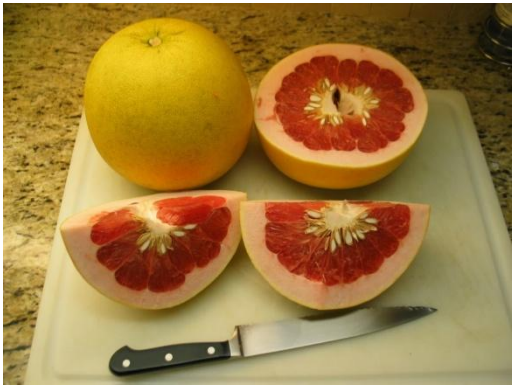
Plums

Season
USA- June through September

Selection
When selecting your plums, look for plump well-shaped fruits with a rich shiny coloring. There should be no soft spots or breaks in the skin. Avoid fruit that appears wrinkled or pale. When plums are ripe they will be quite soft and very juicy.

Mono-Meal
5.75lbs = 17-20 fruits
1200 calories

Pummelo



Season
December through March

Selection
When selecting your pummelo, look for round glossy fruits that are heavy for their size. Avoid fruits with pale brown spots or discoloration.

Mono-Meal
7lbs = 4-6 fruits
1200 calories

Raisins

Season
Since raisins are naturally preserved and have a virtually indefinite shelf life, they are available all year long in any part of the world.

Selection
Try to find stores or markets that sell organic raisins in bulk and bring you own container. Look for high quality raisins that are plump and sticky. Avoid overly dried or oily raisins.

Mono-Meal
0.8 lbs = 0.8 lbs of raisins
1200 calories

Raspberries

Season
July through September

Selection
Look for plump brightly colored fruits. They should be very dry but not wilted. Avoid fruits that are wet or moldy.

Mono-Meal
5lbs = 8-9 pints
1200 calories

Sapodilla

Season
USA – May through September

Selection
Selecting sapodillas can be a bit tricky due to their dull brown tone and uniform appearance. Look for sapodillas with a subtle pale yellow hue and a consistently firm feel. There should be no discoloration or soft spots. They will likely be rather firm when you buy them, but you can ripen them in paper bags or in a dark ripening closet. Sapodilla should be eaten when soft but not too mushy.

Mono-Meal
3lbs = 8-10 fruits
1200 calories

Sapote

Season
March through June

Selection
Look for sapote with a greenish yellow skin. There should have no discoloration or soft spots. Fruits should be firm when purchased and will become soft upon ripening.

Mono-Meal
2lbs = 5-7 fruits
1200 calories

Strawberries

Season
USA- May through July

Selection
Strawberries should have a bright rich red coloring and a very strong sweet aroma. Avoid any fruits with pink or white coloring near the stem. Strawberries should be firm without any soft spots or blemishes.

Mono-Meal
8lbs = 8 1lb clamshells (containers)
1200 calories

Tangerines

Season
November through January

Selection
Tangerines have relatively loose skin in comparison to oranges. Soft puffy tangerines of significant weight are ideal. The color should be a very deep dark orange and there should be no green at the stem. Avoid dents or bruises and seemingly hollow or weightless fruits.

Mono-Meal
5lbs = 18-25 fruits
1200 calories

Watermelon

Season
USA – July and August

Selection
Selecting watermelons can be quite a task. Look for melons with a moderate gloss; not too shiny nor too dull. Melons should have a yellowish bottom where they had been in contact with the ground. The stem should be brown and dried out as opposed to green and moist.

Mono-Meal
8lbs = ½ - 1 fruit
1200 calories

“Preparing” a Mono-Meal

Preparing mono meals only needs to consist of peeling when necessary and eating. However there are a couple of simple methods of light preparation that can add a level of convenience to the process.

Citrus Juicing

As a general practice I do not consider juicing to be health creating. If you have carefully read this book you can probably already understand why. The simplest way to explain it is with the concept of whole foods. If one believes that every food contains the most beneficial nutrient package as it naturally occurs from the ground, then there can be no benefit derived from the dissection, manipulation or refinement of any such food.

Juicing a fruit and/or vegetable strips that food of one or more of the nutrient qualities that is fundamentally essential to that foods whole-istic purpose in the body. Juicing perpetuates the idea that not all parts of a natural food, most notably fiber, are essential in the absorption and assimilation of all other constituent nutrients in that food. Beyond this idea it continues to corrupt the natural hunger receptors of the body by isolating particular aspects of satiation from their necessary counterparts. However there is an exception to this rule and that exception is citrus. When citrus is juiced manually, either by a citrus press or directly in the mouth, the resulting juice retains a great deal of the fiber and all other constituent elements. This is apparent in the amount of pulp we find in even processed store bought orange juice. Citrus juice is a very convenient and refreshing way to enjoy fruit. It provides a bit of variety to our experience and can be useful for travel or if we are dining out. Any place the serves fresh squeezed OJ provides an outstanding

meal to a fruitarian. Orange or tangerine juice also makes for a really delicious salad dressing or smoothie base.

Blending

Having a good blender can be a wonderful tool for a fruitarian. Unlike juicing, blending will pre-masticate your food while retaining all elements of that food in the meal. Blending can provide a welcome convenience to fruitarian lifestyle especially in the transitional stages.
Sitting down to a meal of 15 bananas can be quite intimidating to someone who is just beginning this type of diet. However, when you blend 15 bananas with some water and pour it into a canning jar, it becomes a cinch to kick back your breakfast in this way. Blending also provides you the convenience to pre-make your meals for your daily travels. When you cannot be in your kitchen for meal times, you can have a few jars of mono fruit smoothies wherever you go.

This allows for a simpler process than peeling and handling copious amounts of fruits at your work desk, in your car, at the gym, or on your bicycle.
Sometimes depending on the season or the source, our fruit is just not as sweet and delicious as we would like it to be. With the convenience of a blender you can spice up your meal with a sweet compliment of dates, berries, dried figs, or any other whole fruit flavor enhancers. Whether it is to sweeten up the pot or supplement a few extra calories, this is a very effective and satisfying system to utilize.

Seasonal Eating

Fruits of Summer

Apricots	**Bananas**	**Blueberries**
Canary Melons	**Cantaloupe**	**Cherries**
Dates	**Durian**	**Figs**
Grapes	**Guava**	**Honeydew**
Jackfruit	**Lychee**	**Mamey**
Mango	**Mangosteen**	**Papaya**
Peaches	**Pears**	**Pineapple**
Plums	**Raisins**	**Sapodilla**
Raspberries	**Strawberries**	
Watermelon		

Fruits of Autumn

Bananas	**Dates**	**Durian**
Figs	**Kiwi**	**Papaya**
Pears	**Persimmons**	**Raisins**
Navel Oranges		

Fruits of Spring

Apricots	**Bananas**	**Canary Melons**
Cherimoyas	**Dates**	**Durian**
Jackfruit	**Mango**	**Nectarines**
Passion Fruit	**Pineapple**	**Plums**
Raisins	**Sapodilla**	**Sapote**
Strawberries	**Valencia Oranges**	

Fruits of Winter

Bananas	**Canistel**	**Cherimoya**
Dates	**Durian**	**Kiwi**
Navel Oranges	**Pummelo**	**Persimmons**
Raisins	**Tangerines**	

Mono-Meal Guide
Index

Apricots – 59
Bananas – 60
Blueberries – 61
Canary Melons – 62
Canistel – 63
Cantaloupe – 64
Cherries – 65
Cherimoya – 66
Dates – 67
Durians – 68
Figs – 69
Grapes – 70
Guava – 71
Honeydew – 72
Jackfruit – 73
Kiwi – 74
Lychee – 75
Mamey – 76
Mangos – 77
Mangosteen – 78
Nectarines – 79
Oranges – 80
Papaya – 81
Passion Fruit – 82
Peaches – 83
Pears – 84
Persimmons – 85
Pineapple – 87
Plums – 88
Pummelo – 89
Raisins – 90
Raspberries – 91
Sapodilla – 92
Sapote – 93
Strawberries – 94
Tangerines – 95
Watermelon – 96