

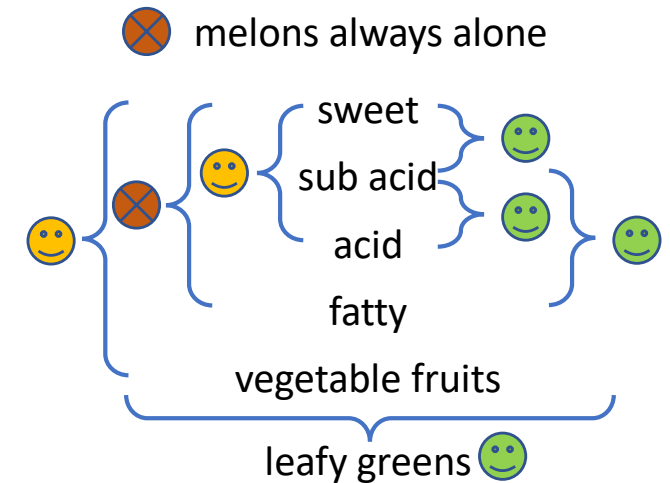
frugivore: optimal diet / fruit combining

category	how often (how much)	what (water content)
fresh juicy sweet fruits melons and sub-acid	3x / day and in salad (4-6 pcs.)	watermelon (92 %) nectarines (88 %) cantaloupe (90 %) plums (87 %) papaya (90 %) cherries (81 %) mango (83 %) peaches (89 %)
sweet dense fruit	1x / day as a snack (4-6 pcs.)	lychee (82 %) figs (80 %) banana (75 %) fresh dates (25 %)
acid fruit	1x / day as a snack	tomato (95 %) pineapple (86 %) citrus (85 % - 90 %) berries (85 % - 88 %)
salad vegetable fruit tender leafy greens	1x / day last meal	lettuce, tender, non bitter (96 %) bell pepper (94 %) baby spinach (92 %) young dandelion greens (86 %)
concentrated fats	on occasion (handful)	avocado (73 %) almonds, soaked sunflower seeds, soaked

drinking time 15 minutes eating window 45 minutes drinking time

mono meals should be the rule

*the simpler the meal
the better you feel*



☀️ juicy fruits

☀️ sweet denser fruits

🌙 acid and vegetable fruits

also consider within a meal the order
by water content (bio transit time)