

THE OFFICIAL 7-DAY FRUIT UP TIL 5 CELLULAR HYDRATION & DAILY RESET GUIDE

WELCOME TO THE FRUIT UP FAMILY FROM BOBBY SMITH

Consistency is the currency. You do not need extreme starvation or complicated calorie counting to reset your energy, digestion, and cravings. For the next 7 days, follow one simple daily rhythm:

Hydrate first -> Eat living, high-water fruit until 5:00 PM -> Enjoy a clean cooked dinner after 5:00 PM.

1. THE 3 GOLDEN RULES OF FRUIT UP TIL 5

RULE #1: HYDRATE BEFORE YOU CAFFEINATE OR EAT (7:00 AM - 8:30 AM)

Drink 16 to 32 oz of spring or filtered water squeezed with fresh Key Lime or lemon immediately upon waking. Your cells wake up dehydrated; flush your lymphatic and digestive system before eating.

RULE #2: EAT LIVING, HIGH-WATER FRUIT UNTIL 5:00 PM (8:30 AM - 5:00 PM)

From morning until 5:00 PM, fuel your body exclusively with ripe, living fruit, fresh coconut water, or green smoothies. Eat in abundance so you never feel deprived don't under-eat your fruit!

RULE #3: ENJOY A WARM, CLEAN COOKED DINNER AT 5:00 PM (5:00 PM - 7:30 PM)

At 5:00 PM, transition with a crisp side salad or steamed greens, followed by a satisfying warm meal (baked sweet potato, quinoa, wild rice, lentil/veggie bowls, or clean whole foods) + a 20-minute walk.

2. BOBBY'S FRUIT COMBINING RULES (NO BLOATING)

" MELONS FIRST & ALONE (8:30 AM - 10:30 AM):

Watermelon, cantaloupe, and honeydew digest in 15-20 minutes. Always eat melons first thing in the morning on an empty stomach never mix melons with dense bananas or cooked food.

" CITRUS, BERRIES & TROPICAL SUB-ACID FRUIT (11:00 AM - 1:30 PM):

Oranges, pineapples, mangoes, papaya, grapes, strawberries, blueberries, and blackberries. High in enzymes and antioxidants for peak midday mental clarity.

" DENSE SWEET FRUIT FOR AFTERNOON SUSTAINED ENERGY (2:00 PM - 4:30 PM):

Ripe spotted bananas, Medjool dates, figs, jackfruit, or a big mango-banana smoothie with hemp/chia seeds so you arrive at 5:00 PM energized never ravenous.

YOUR 7-DAY RESET SCHEDULE & GROCERY LIST

Check off each day inside the Fruit Up Daily App (<https://fruituptil5.com>) + get your 10,000 steps!

3. DAY-BY-DAY 7-DAY FRUIT UP TIL 5 MEAL PLAN

DAY 1 (The Cellular Flush):

AM: 32oz Key Lime Water + Seeded Watermelon bowl | Midday: 2 Mangoes + Blueberries | 3PM: 3 Ripe Bananas + Dates
5:00 PM Dinner: Avocado-Cucumber Salad + Baked Japanese Sweet Potatoes, Steamed Broccoli & Garlic Tahini.

DAY 2 (Digestive Enzymes & Gut Reset):

AM: 32oz Lime Water + Fresh Papaya with Lime | Midday: Red Seeded Grapes + Strawberries | 3PM: Banana-Berry Smoothie
5:00 PM Dinner: Warm Quinoa & Black Bean Fajita Bowl with Roasted Peppers, Guacamole, and Salsa.

DAY 3 (Inflammation Drop & Brain Clarity):

AM: 32oz Lime Water + Cantaloupe / Honeydew | Midday: Fresh Pineapple + Blackberries | 3PM: Apples + Medjool Dates
5:00 PM Dinner: Chickpea & Coconut Curry over Jasmine or Wild Rice with Steamed Greens.

DAY 4 (Deep Lymphatic Hydration):

AM: 32oz Lime Water + Huge Watermelon Bowl | Midday: 4 Navel Oranges + Kiwi | 3PM: Mango-Banana-Spinach Smoothie
5:00 PM Dinner: Roasted Butternut Squash, Lentils, Asparagus & Mixed Greens with Lemon-Olive Oil Dressing.

DAY 5 (Cravings Gone & Steady Dopamine):

AM: 32oz Lime Water + Papaya & Berries | Midday: Green & Red Grapes Bowl | 3PM: 3 Spotted Bananas + Cinnamon
5:00 PM Dinner: Crispy Oven-Baked Potato Wedges, Guacamole, Romaine Taco Salad & Pico de Gallo.

DAY 6 (Weekend Energy & Movement):

AM: Coconut Water + Watermelon | Midday: Pineapple, Mango & Strawberry Platter | 3PM: Smoothie Bowl with Hemp Seeds
5:00 PM Dinner: Warm Mediterranean Bowl (Hummus, Cucumber, Tomato, Olives, Roasted Veggies & Wild Rice).

DAY 7 (The New Standard Ready for the 30-Day Challenge):

AM: 32oz Key Lime Water + Favorite Melon | Midday: Tropical Fruit Feast | 3PM: Dates + Bananas
5:00 PM Dinner: Your Favorite Clean Cooked Meal from Days 1-6 + Evening Reflection & Step Check-In!

4. YOUR 7-DAY FRUIT UP GROCERY SHOPPING CHECKLIST

[] MORNING MELONS & HYDRATION:

1-2 Whole Watermelons, 1 Cantaloupe or Honeydew, 2 Papayas, 12 Key Limes / Lemons, Coconut Water.

[] MIDDAY TROPICAL & BERRIES:

4-6 Ripe Mangoes, 1-2 Pineapples, 2 lbs Grapes, 3 packs Berries (Strawberries/Blueberries), 6 Oranges.

[] AFTERNOON SWEET FUEL:

2-3 Bunches of Bananas (let them get spotted before eating!), 1 box Medjool Dates, Hemp or Chia Seeds.

[] 5:00 PM CLEAN COOKED DINNER STAPLES:

Sweet Potatoes, Quinoa/Wild Rice, Avocados, Romaine/Spinach, Broccoli, Bell Peppers, Black Beans/Chickpeas.

NEXT STEP: Join the 30-Day Fruit Up Challenge & Daily App -> <https://growth.fruitupwithbobbysmith.com/b/fruit-up-til-5>