



THE CLEAN EATING SOLUTION

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Fruit to Eat for Fast

Here is a list of some of the best fruits to eat during a five day fruit fast:

1. Watermelon - hydrating, rich in antioxidants, and low in calories
2. Berries (strawberries, blueberries, raspberries) - high in fiber, vitamin C, and antioxidants
3. Apples - good source of fiber, vitamin C, and pectin, which aids digestion
4. Papayas - contain enzymes that aid digestion, rich in vitamin C and antioxidants
5. Oranges - high in vitamin C, folate, and fiber
6. Bananas - good source of potassium, vitamin B6, and fiber
7. Mangoes - rich in vitamins A and C, fiber, and antioxidants
8. Pineapples - contain bromelain, an enzyme that reduces inflammation and aids digestion
9. Grapefruits - high in fiber, vitamin C, and enzymes that aid digestion
10. Kiwis - rich in vitamin C, fiber, potassium, and low in calories
11. Avocados - high in healthy fats, fiber, potassium, and vitamins K, C, and B6
12. Pomegranates - rich in antioxidants, vitamin C, and fiber
13. Peaches - good source of fiber, vitamin C, and antioxidants
14. Pears - high in fiber, vitamin C, and potassium
15. Melons (cantaloupe, honeydew) - hydrating, rich in vitamin C and potassium

Remember to choose ripe, fresh fruits and listen to your body during the fast. Drink plenty of water alongside the fruits to stay hydrated. If you have any pre-existing health conditions, consult your doctor before starting a fruit fast.