

Love Fruit Membership Group

The UK Fruitfest is proud to present the Love Fruit Seed To Fruit Programme.

This is a programme based upon over 10 years of research and the success stories of hundreds of long term raw vegans around the world. It is a step by step programme that is designed to take the initiate through the rocky roads, the trials and tribulations of changing to a raw vegan lifestyle.

The raw vegan diet and lifestyle are simple but changing your diet and maintaining those new changes long term can be a great challenge. For many people it is the most difficult challenge of their lifetime.

Not only do new skills need to be learned but a whole new mindset and way of looking at your diet must be adopted. Emotional and psychological changes will take place that can be challenging to experience. A person must learn to deal with the world around them in a different way and become a stronger person in the process.

The benefits are huge and it is worth the challenge but we wanted to make this process easier, safer and more effective. We also wanted to add more motivation and fun to the process. This is why we have created this as a group programme in which people will work together on the path of progress and sharing their results, their feedback and experiences to help gain continual inspiration to keep pushing forward with these changes.

Who is this programme for?

For beginner's who are looking to successfully adapt to a raw vegan diet and lifestyle. This could also be for anyone who has yet to successfully complete their transition to a fully raw vegan lifestyle.

What does the programme consist of?

This level will allow you to progress through 7 stages of development that will help to guide you and provide structure on your journey to a raw vegan diet and lifestyle. You will be provided with education, tasks, activities, a weekly call and group discussion. You will be provide with educational materials and materials to help you track your growth.

The theme of the programme is the development of a seed to a mature fruit. A natural journey of growth through 7 stages to reach the end goal. Each step along the way, the foundation is more firmly planted to create a base for long term success.

We suggest that you follow all daily tasks and all activities and try to complete within the minimum time slot suggested.

The entire time suggested to take this full project is 6 -18 months. The following pages show an outline of the programme in more details.

The Seed To Fruit Programme

Level 1 – Sparkling Seed

Level 2 - Shining Sprout

Level 3 – Sensational Seedling

Level 4 – Super Sapling

Level 5 – Tremendous Trees

Level 6 – Fantastic Flower

Level 7 – Fabulous Fruit

7 stages of development and growth inspired by the natural life cycle of a fruit tree.

This programme is based on the idea of creating small habits that compound over time to make huge results. This is not a 30 day cleanse or an overnight transition.

Like the growth of a tree, our physical, mental and emotional systems take time to change routines and habits of a lifetime. Try to force these changes quickly and we can end up like a boomerang coming right back to the start again.

Instead, we introduce change slowly but surely and focus on long term success not short term challenges.

The programme includes live weekly classes from Ronnie Smith with additional Q and A and discussion. As part of the accountability of the group you will be encouraged to share your progress and give a report back of parts of your progress to the group.

The programme is designed to keep you motivated and give you direction and confidence in your path forward to better health with a raw vegan diet and lifestyle.

The next few pages will cover each stage in more detail.

Level 1 – Sparkling Seed (Aim to complete within 1 to 3 months)

A seed's first aim is to find a good place to grow. It must find sources of food. For our group the fuel that will inspire and sustain us is the inspiration and education from the experiences of others but also a reflection on our own personal goals and desires. We look back to take bigger steps forward.

Food Task 1: If you eat no fruit then start to eat at least one piece of fruit per day. If you do consume fruit daily your task is to double that amount. 1 piece become 2, 3 pieces 6, and 5 pieces to 10. This must be tracked and sustained for one month. Use our chart to help to do this. Add this task to your daily tracker and track your fruit consumption in your food tracker.

Food Task 2: Begin to track your current diet on a daily basis. Use the tracker provided to do this. This does not have to be accurate to weights and sizes. Just a rough idea to start with.

Writing Task 1 – Write 100 to 200 words about you and focus on your life and health history. You can also tell us about your journey so far. Consider how you were brought up and your original perspective on health, healing and diet. You can share this with the group at the weekly call.

Writing Task 2 – Write down 5 clear reasons why you wish to make this change to your diet. Look at this reasons each day. Add this as a task to your daily tasks tracker.

Writing Task 3 - Write down a vision of who you wish to be. Your highest and healthiest self. What does this look like? How do you feel? What can you do? At least 100 words.

Creativity Task – Create your health affirmation. For one month commit to saying this at least once every single day. Add this to your “daily tasks” tracker.

Memorising Task – Memorise the 7 basic tenets of the Love Fruit philosophy.

Task 8 – In the Love Fruit Archive check out the following presentations:

Write down 3 things you took from each presentation.

Lissa – Changing Your Focus, Change Your Perspective

Lissa – Mind Hacks And Perceptions

Ted Carr – Why the thoughts you think matter more than the food you eat

Ted Carr – Get your mindset right for success on raw

Level 2 – Sprout

Seeking inspiration suggested time to complete 1 – 3 months

Food Task 1: Fruit For Breakfast

Food Task 2 Continue to track your food daily. Start to add in any activity you participate in including walking.

Food Task 2: Create a list of the 3 things you would be happy to remove from your diet that do not serve you. List a reason for each why this food does not serve you anymore.

Writing Task 1– Who or what inspires you on your path towards health? Feel free to write about that person (fictional or not), the idea or philosophy, religious or spiritual belief or other factor that inspires you towards better health. Write at least 100 words on this.

Writing Task 1– List 5 ways in which your life, or the lives of those around you, could change if you achieve your health and lifestyle goals.

Writing Task 3 - Take your story from section one. Now imagine what your inspirational story of transformation could look like. Write at least 100 words on this. Imagine who you might inspire and how your health transformation can help the world.

Visualisation Task: Imagine it is 10 years down the line. Your life has completely transformed. It is your birthday. What does it look like? Who is with you? How do you feel? Where are you? What do you look like? How does it feel to look this way? When you walk and move around how does it feel to be in your body? How do other people act towards you?

Listening Task– Listen to 5 episodes of the Love Fruit Podcast (at least the first half). Listen to the story of the interviewee. Does their story inspire you and why? Write an answer for each one you listen to.

Task 8 – In the Love Fruit Archive, check out the following presentations:

Della Upsher – Triple Heart By Pass To Fruit

Alexander Demin – Keto To 801010

Jane Sinclair – How A Raw Food Lifestyle Saved My Career

Jesse Bogdanovich – How To Thrive On A Raw Food Lifestyle or 21 Years Raw Vegan

Level 3 – Seedling – Suggested Time To Complete This Level = 1 month to 3 months

Seedlings have pushed through the soil and are searching for the light. They are ready to grow fast and shoot up! It's time to take some bold steps forward.

Food Task 1: Continue with fruit for breakfast. Now make fruit your main snack the rest of the day. Aim for fruit to become at least 50% of your calories.

Food Task 2- Look back to your list of foods you are willing to remove from your diet. Choose one of those and commit to removing this from your diet entirely for 1 month...mark this as a daily task.

Research Task: List your top 5 fruits that are available to you regularly. Research the number of calories they contain. If you lived on that fruit alone, how many would you need to eat to get to 2000 calories in one day? What does this look like?

Writing Task 1 – Consider the last 2 levels. Reflect and write 200 words on your experience so far, what you have been learning and how you feel. Reflect on whether you feel ready to move forward.

Research Task – Check a weight chart to find your ideal weight. Use a calorie calculator to figure out your daily caloric requirement.

Writing Task 2 – It's time to consider moving towards whole vegan foods. Do you still eat processed foods? Do you still eat animal products (meat, dairy, fish, eggs)? List some of your concerns about giving up these foods. What would you need to know to feel comfortable with removing these from your diet?

Affirmation– Daily Affirmation – “I am so happy and grateful now that I live in perfect health every day on a raw vegan diet”

Task 8 - By now those around you may be noticing some changes. Consider what concerns you have socially? What are your strategies for dealing with friends and family?

Listening Task – Listen to 5 episodes of the Love Fruit Podcast but focus on the story of transition. For each podcast, list something you learned about their transition to a raw vegan diet. Did it take them long?

Task 10 – Love Fruit Archive Presentations:

Ronnie Smith – Beginner's Guide To A Raw Vegan Diet

Dr Doug Graham – Beginner's Succeeding With 80/10/10

Professor Rosalind Graham – The Journey To A Happier Healthier You Part 1

Rhiannon Van Der Griffin – Beginners Tips

Kristina Carrillo Bucaram – Beginners Guide To A Fully Raw Lifestyle

Level 4 – Sapling

A sapling is a young tree that is growing fast. It has the begins of a foundation and direction but can be easily swayed in the breeze and blown over.

Food Task 1: Fruit for breakfast should now be a strong habit throughout the month. Fruit as snacks should be common. Now its time to make your breakfast and lunch consist of high calorie fruit meals. Aim to get at least 50 – 75% of our calories eaten by the end of your lunch meal. Track your month of food with your tracker.

Food Task 2: It's time to cut another food or food group out of your diet. Consider removing dairy, meat, processed foods, or coffee/caffeine completely. Dinners should be entirely whole foods and as vegan as possible.

Written Task 1 – Write 5 further reasons why you wish to change to a healthy raw vegan diet.

Written Task 2 - What might a full day of raw look like? Write this out in detail considering how many calories you need for your activity levels.

Research Task – It's time to learn more about the optimum raw vegan diet. We should make it fruit based but also keep fat low. Write out a list of 10 raw foods that are considered “overt fats” (the majority of calories coming from fat).

Written Task 3 - You gave up one food or food group completely last month, reflect on this experience. Was it easy? Did you experience any changes as a result? Has this given you confidence moving forward? Write out 100-200 words on this.

Research Task– You may still have some worries, fears or concerns about the raw diet. List some of those concerns. Take one and research it further using resources from the archive and online. Write a short 100-200 word report on what you have learned.

Social and Lifestyle Task– Speak with a friend or family member about your journey and what you are looking to achieve. It's always best to be open to their concerns and fears and let them know you are treating this as an experiment. How did the conversation go? Bring this to the group

Watch the following videos from the archive:

Dr Doug Graham (2015) – Beginner's Succeeding With 80/10/10

Dr Doug Graham (2015) – Are You Getting Enough?

Anne Osborne (2015) – How To Pick Good Fruit

Professor Rosalind Graham - “Overcoming the Challenges of Family Members with Conflicting Beliefs”

Chris Kendall (2016) – Succeeding Socially As A Raw Vegan

Kristina Carillo- Bucaram – How To Eat Fully Raw Socially

Level 5 – Mature Tree

Food Task 1 – It's time to commit to a fully vegan diet. Cut out all dairy, meat, eggs, fish and honey for a full 30 days.

Food Task 2 – Limit processed foods as much as possible. Aim to stick with whole foods. Continue with fruit for breakfast, lunch and then a simply whole foods vegan dinner.

Food Task 3 – Learn and experiment with making raw food salads and treats. List 3 below that you enjoy and could incorporate into your regular life.

Food Task 4 – Track your food accurately including weight and calories. Are you making sure you get enough calories?

Food Task 5 – Within one months period, go 100% raw for 5 days within that time (does not need to be consecutive). What do you experience on a raw diet? Write out 100 words at least on how you feel on raw.

Social and Lifestyle Task 6 - Go to social occasion or restaurant, aim to eat as raw vegan as possible. What was your experience?

Social And Lifestyle Task- Go for an adventure in your locality, visit as many fruit shops as possible. Is there a wholesaler? Try it out. Try to experience as many different fruits as possible.

Archive Videos To Watch:

Dr Doug Graham - Food Demo 2016 "How To Make Unlimited Salad Dressings"

Professor Rosalind Graham - "The Social Art Of Homemaking" How To Turn A House Into A Raw Home

Chris Kendall - Sweet N Savoury Stew Demonstration
Coconut Curry Demonstration

Lissa's Famous Chili

Chef Alicia - Cauliflower Tabboulet and Crustless Apple Pie

Raphael Resch - Find Dining Skills

Level 6 – Flower

Food Task 1: Go raw for 10 days within a 30 day period. Aim to go raw for one full week in a row. Write a reflection of your experiences.

Research Task 1. What is your budget for a raw vegan diet? Figure out what it will cost you to eat raw for month. Look at your budget and figure out how to make this work.

Written Task 1. What are the best arguments you have heard against the raw vegan diet? List these and do some further research to see if you can find answers. Write a summer of your conclusions (around 100 – 200 words)

Written Task 2: Do you experience cravings for other foods when you are raw? How do those feel? Write 100-200 words

5. Do you notice any physical changes on a raw diet? How is your digestion? How is your energy levels? Sleep?

6. Figure out a staple diet...how much of each food will you need, how much is this for a week or a month

Social Task: Make a raw food meal for a friend or group of friends and family. Write about your meal plan and your experience

8. Create your own recipe. Write down the ingredients and steps and give it a name. Make a video if you like.

Videos:

“100% Raw Vegan – An Unrealistic Goal” by Ronnie Smith

“Raw Vegan Diet Social And Emotional Challenges” Dr Douglas Graham

“Can We Get Enough On A Raw Vegan Diet” Dr Douglas Graham

“Embracing Your New Life” Kristina Carrillo Bucaram

“Survive Or Thrive” Melissa Maris (nee Raimondi)

Level 7 - Fruit

1. Stay on a 100% raw vegan diet for 30 days in a row. This diet must include no salt, added sugar, oil or animal products of any kind.
2. Track your food and calories accurately for 30 days. Track your weight each week.
3. Are you experiencing any of the signs of under eating? Check for the 9 signs.
4. What do you experience in this time? Did you experience any detox? Write 100-200 words on your experiences.
5. Make efforts to either meet others on this diet, attend an event or pot luck or potentially host your own to meet and share your journey with others.
6. Make a public post on social media sharing your experience on your journey, including before and after photos if necessary.
7. Consider the other aspects of a healthy life. Make some plans to make improvements to these as you go forward. These can include: sleep, physical activity, social interaction, time in nature, meditation, expression of creativity, appreciation of beauty.

Check out the following presentations in the archive:

“Hygiene And How It Helps You” – Dr Douglas Graham

“Health Philosophy 101” – Dr Douglas Graham

“Health And Performance Factors Most People Neglect” – Dr Douglas Graham

“Natural Hygiene: A Radical Approach To A Better Life” – Professor Rosalind Graham

How To Get Started?

Join the Love Fruit Membership group to get started on the Seed to Fruit Programme. The very first online class will start on Sunday 30th July at 4pm.

The programme includes:

- Access to all of the materials (booklets, planners, recipe guide, nutrition guide) that can be sent to you by post or downloaded. We suggest you print these out if you are not having them sent to you.
- Access to our weekly class hosted by Ronnie Smith online via Zoom. The plan will be to also host live in person meetings when possible.
- Access to the UK Fruitfest Archive (over 100 hours of recorded presentations and talks from UK Fruitfest.
- A Whatsapp group for continuous support from the group.
- The following books from Ronnie Smith:

UK Fruitfest recipe guide
The Raw Food Lifestyle 101
Raw Vegan Myths (part 1 and 2)
The Science Of Raw Food Diets

The next stage

We hope to be able to offer some additional retreats and events to this group but this has not been planned yet. Potentially we will be able to offer group discounts to outside events and other products and services.

Fees

The membership fee is planned to be £1200 annually once it is ready for the wider public. Right now we are offering the membership at £495 if paid annually or £50 per month if paid monthly. If you select the monthly payment option you can cancel anytime without paying for the full year. This offer is available to the first 30 people that sign up for the membership.

Please take a form from the shop, complete it and hand it in to the shop to confirm your membership.