WELCOME FROM COACH BOBBY SMITH (-146 LBS TRANSFORMATION)

“Your Juicing Is Your Hydration. Your Smoothies Are Your Meals. Your High-Water Fruits Are Your Snacks.”

People ask me every single day: 'Bobby, how do you actually eat 10 servings of fruit a day and stay full, energized, and consistent?' The secret is assigning every fruit a clear job in your day so you never guess or feel overwhelmed.

PILLAR 01 · MORNING (6:30 AM – 10:30 AM)

JUICING UP IN THE MORNING = YOUR HYDRATION

After 7–8 hours of sleep, your body doesn't need heavy starch or grease—it needs structured cellular water, electrolytes, and living enzymes. Juicing removes insoluble fiber so micronutrients and hydration absorb rapidly into your bloodstream.

- **Option A (Fresh Cold-Pressed Juice): 16–24 oz Cucumber, Celery, Green Apple, Pineapple & Ginger.**
- **Option B (Fast Morning Flush): 24–32 oz pure water squeezed with 2 fresh Key Limes + pinch of mineral salt.**
- **Fruit Up Count: Counts as your first 2 to 3 servings of fruit & cellular hydration before 10:30 AM.**

PILLAR 02 · MIDDAY & AFTERNOON (11:00 AM – 3:30 PM)

HEAVY ON THE SMOOTHIES = YOUR DAYTIME MEALS

If you only nibble on a small cup of berries, you will be hungry by 1:00 PM and reach for processed food. When you blend dense, calorie-rich fruits into a thick smoothie, you get heavy fruit consumption effortlessly—that smoothie IS your meal.

- **The Heavy Smoothie Formula: 3–4 ripe spotted bananas + 1.5 cups mango or wild blueberries + 3 Medjool dates + 1 tbsp hemp or chia seeds + coconut water.**
- **Why It Works: Delivers clean glucose for brain and muscle energy without digestive heaviness or afternoon slump.**
- **Fruit Up Count: 1 large 32 oz smoothie packs 4 to 5 full servings of fruit in one delicious meal.**

PILLAR 03 · ALL DAY UNTIL 5:00 PM

HIGH-WATER FRUITS = YOUR SNACKS

Between your morning juice and your smoothie meal, keep high-water living fruits within arm's reach. Whenever you want to chew or snack, reach for water-rich fruit so you hydrate and nourish your body simultaneously.

- **Best High-Water Snacks: Seeded watermelon, red/green grapes, cantaloupe, honeydew, fresh pineapple, oranges, mandarins, strawberries, and peaches.**
- **Pro Rule (Melon First): Eat watermelon or melon first on an empty stomach right after your morning hydration because it digests in 15–20 minutes.**
- **Fruit Up Count: 2 bowls/containers of high-water fruit adds 3 to 4 more servings—putting you at 10+ servings!**

THE GOLDEN RULE: Juicing = Hydration (2–3) + Heavy Smoothies = Meals (4–5) + High-Water Fruit = Snacks (3–4) = 10 SERVINGS/DAY

The 10-Serving Daily Math (No Calorie Counting Required)

Most people think 10 servings of fruit sounds impossible because they picture eating 10 separate apples. When you combine Morning Juicing + 1 Heavy Smoothie Meal + High-Water Fruit Snacks, 10 servings takes less than 15 minutes of prep:

MORNING HYDRATION
TARGET: 2–3 Servings

1. Green Glow Juice
1 cucumber, 4 celery stalks, 2 green apples, 1 lemon, ginger

2. Tropical Hydration Press
2 cups pineapple, 1 cucumber, 1 lime, fresh mint

3. Citrus Sunrise Flush
3 Valencia oranges, 1 ruby grapefruit, 1 key lime

4. Key Lime Living Water
32 oz spring water + 2 freshly squeezed key limes

HEAVY SMOOTHIE MEAL
TARGET: 4–5 Servings

1. Coach Bobby's Daily Driver
3 spotted bananas, 1.5 cups mango, 3 dates, hemp seeds

2. Wild Berry Brain Fuel
3 bananas, 2 cups wild blueberries, 1 cup strawberries

3. Tropical Gut Reset
2 cups ripe papaya, 2 bananas, 1 cup pineapple, coconut water

4. Green Power Meal Smoothie
3 bananas, 1.5 cups mango, 2 handfuls spinach, chia seeds

HIGH-WATER SNACKS
TARGET: 3–4 Servings

1. Seeded Watermelon Bowl
3–4 cups cubed watermelon (92% structured living water)

2. Crisp Grape & Berry Box
2 cups red/black seeded grapes + 1 pint blackberries

3. Melon & Citrus Plate
2 cups cantaloupe or honeydew + 2 peeled Cara Cara oranges

4. Afternoon Sweet Lock-In
2 cups fresh pineapple chunks or 2 honeycrisp apples + dates

YOUR WEEKLY FRUIT UP GROCERY LIST (10 SERVINGS/DAY PROVISIONING)

Print this checklist or use the Interactive Grocery Builder at fruitupwithbobbysmith.com/fruiting-up-guide:

JUICING & HYDRATION BASE
- [ ] 12–14 Key Limes & 4 Lemons
- [ ] 4–5 Organic Cucumbers
- [ ] 2 Bunches Fresh Celery
- [ ] 1 Bag Crisp Green Apples
- [ ] 1 Fresh Ginger Root & Mint
- [ ] 4 Bottles Pure Coconut Water

HEAVY SMOOTHIE MEAL BASE
- [ ] 3–4 Bunches Bananas (let spot!)
- [ ] 2 Large Bags Frozen Mango Chunks
- [ ] 2 Large Bags Wild Blueberries
- [ ] 1 Bag Frozen Strawberries/Cherries
- [ ] 1 Tub Medjool Dates (pitted)
- [ ] Hemp Hearts, Chia & Flax Seeds

HIGH-WATER SNACK FRUITS
- [ ] 1–2 Whole Seeded Watermelons
- [ ] 2 Cantaloupes or Honeydew Melons
- [ ] 2 Fresh Pineapples & 1 Papaya
- [ ] 2 Bags Red or Black Grapes
- [ ] 1 Bag Navel / Cara Cara Oranges
- [ ] 3–4 Pints Fresh Berries

COACH BOBBY'S RIPENESS RULE: NEVER BLEND UNRIPE BANANAS!

Buy 3–4 bunches of bananas ahead of time so they develop brown cheetah spots. Spotted bananas are sweeter, digest effortlessly, and make your Heavy Smoothie Meals taste like dessert with zero added sugar.

Part 3: The Complete Daily Standard & 25-Min 3x/Week Routine

Keep The Plan Simple. Keep The Action Real.

You don't need a 2-hour gym workout or a complicated 15-supplement routine to transform your body and energy. Everything I do—and what I teach in the 30-Day Fruit Up Guide—comes down to 4 non-negotiable habits that fit into real life:

HABIT 01 · DAYTIME NUTRITION

10 Servings of Fruit Every Day

Morning Juicing for Hydration (2–3) + Heavy Fruit Smoothies for Meals (4–5) + High-Water Fruits for Snacks (3–4) until 5:00 PM.

HABIT 02 · DAILY MOVEMENT & GROUNDING

Daily Steps + 15-Min Barefoot Grounding

Walk every single day (5,000 to 10,000+ steps). Finish your morning walk with 15 minutes barefoot in the grass + 90s out-loud self-talk.

HABIT 03 · 3 DAYS A WEEK STRENGTH

3x/Week 25-Minute Strength Routine

Monday, Wednesday & Friday: 25 focused minutes of full-body strength & calisthenics. Short enough that you never skip it; intense enough to build lean muscle.

HABIT 04 · AFTER 5:00 PM

One Clean, Grounded Evening Meal

At 5:00 PM, transition to one warm, clean, plant-rich evening meal (sweet potatoes, quinoa/wild rice bowl, lentil curry, big greens & avocado).

COACH BOBBY'S 3-DAY-A-WEEK STRENGTH STANDARD (MONDAY · WEDNESDAY · FRIDAY)

The 25-Minute Full-Body Lock-In Circuit (Zero Gym Required)

MIN 00–04 · DYNAMIC WARM-UP (4M)	Arm circles, hip openers, bodyweight good-mornings & nasal breathing.
MIN 04–22 · 3 ROUNDS OF 5 MOVES	45 sec work / 15 sec transition per move (1 min rest between rounds):
1. Push-Ups or Dumbbell Press	Upper-body pushing strength (modify on knees or incline as needed).
2. Bodyweight or Goblet Squats	Lower-body drive, glutes, quads, and metabolic conditioning.
3. Dumbbell Rows or Band Pulls	Posture, upper back, and shoulder stability.
4. Reverse Lunges / Split Squats	Single-leg balance, joint durability, and core control.
5. Plank Hold or Mountain Climbers	Deep core lock-in & midsection endurance.
MIN 22–25 · COOLDOWN & BREATH (3M)	Forward fold, deep squat hold & 10 slow nasal breaths. Done in 25m!

AFTER 5:00 PM · BOBBY'S 4 GO-TO CLEAN PLANT-BASED EVENING MEALS

- Meal 1: Baked Japanese/Garnet Sweet Potatoes + Steamed Broccoli + Big Avocado-Cucumber-Tomato Salad with Lime & Tahini.
- Meal 2: Warm Quinoa & Black Bean Fajita Bowl with Roasted Bell Peppers, Onions, Cilantro, Salsa & Fresh Guacamole.
- Meal 3: Red Lentil & Chickpea Coconut Curry over Wild Rice with Steamed Spinach & Zucchini.
- Meal 4: Oven-Roasted Potato Wedges + Warm Mediterranean Lentil Salad, Cucumbers, Olives, Greens & Lemon-Herb Dressing.

Your 7-Day 'Guide to Fruiting Up' Execution Scorecard

Check off your daily wins below—or track interactively on your phone at fruitupwithbobbysmith.com/fruiting-up-guide:

DAY	MORNING JUICE	SMOOTHIE MEAL	WATER SNACKS	10+ HIT	STEPS / WALK	25M / 5PM MEAL
MON · D1	[ ] 2–3 Servings	[ ] 4–5 Servings	[ ] 3–4 Servings	[ ] 10/10	[ ] 5k+ Steps	[ ] 25m + 5PM Meal
TUE · D2	[ ] 2–3 Servings	[ ] 4–5 Servings	[ ] 3–4 Servings	[ ] 10/10	[ ] 5k+ Steps	[ ] Walk + 5PM Meal
WED · D3	[ ] 2–3 Servings	[ ] 4–5 Servings	[ ] 3–4 Servings	[ ] 10/10	[ ] 5k+ Steps	[ ] 25m + 5PM Meal
THU · D4	[ ] 2–3 Servings	[ ] 4–5 Servings	[ ] 3–4 Servings	[ ] 10/10	[ ] 5k+ Steps	[ ] Walk + 5PM Meal
FRI · D5	[ ] 2–3 Servings	[ ] 4–5 Servings	[ ] 3–4 Servings	[ ] 10/10	[ ] 5k+ Steps	[ ] 25m + 5PM Meal
SAT · D6	[ ] 2–3 Servings	[ ] 4–5 Servings	[ ] 3–4 Servings	[ ] 10/10	[ ] Long Walk	[ ] Clean 5PM Meal
SUN · D7	[ ] 2–3 Servings	[ ] 4–5 Servings	[ ] 3–4 Servings	[ ] 10/10	[ ] Prep + Walk	[ ] Clean 5PM Meal

READY TO GO FROM A 1-DAY GUIDE TO A COMPLETE 30-DAY TRANSFORMATION?

Choose Your Next Step Inside the Fruit Up Ecosystem:

01 · THE 7-DAY TOTAL LOCK-IN BUNDLE ($29 FOUNDING LAUNCH · REG. $37)

Get the 7-Day Reset Meal Plan + 8-Page Interactive & Printable Execution Journal + 7 Automated Morning Check-Ins.

→ **Unlock at: fruitupwithbobbysmith.com/7-day-reset/**

02 · THE 30-DAY FRUIT UP BLUEPRINT + FRUIT UP DAILY APP ($9/MO STARTER · $19/MO PRO)

See what Bobby eats all month, log your 10 daily fruit servings, track your 3x/week 25-min workouts, and join Master Your Day live.

→ **Install & Join at: fruit-up-til-5-app.web.app/plans.html**

03 · 30-DAY PRIVATE 1-ON-1 COACHING / 61-DAY BLITZ WITH BOBBY ($199 · 30-DAY GUARANTEE)

Direct coaching, personalized weekly action plans, 2x weekly check-in responses from Bobby + 6 months free Fruit Up Daily App.

→ **Enroll at: fruitupwithbobbysmith.com/blitz/**