

Rebound Diet Guide v.7.2. - Safe Foods, No Inflammation Here

Vegetables:

Kale
Taro
Potato
Broccoli
Cabbage
Coriander
Artichokes
Cauliflower
Kang Kong
Asparagus
Choi Sum
Bok Choi
Eggplant
Zucchini
Spinach
Gai Lan
Parsley
Olives
Garlic
Ginger
Celery
Carrots
Turnips
Long Chili
Bell Peppers
Green Onion
Purple Onion
Watercress
Scallions
Radish
Rocket
Shallots
Red Peppers
Yellow peppers
Spaghetti Squash
Brussels's Sprouts
Okra - Ladyfingers
Tomato solids, not juice
Yams, not sweet potato

- not raw
- kill bacteria by:
 - Heat cooking
 - Acid cooking (vinegar)

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Grains:

White Rice
--- non GMO
--- no brown rice
--- no gluten free
--- no other grain; none.

Fats and Oils:

Olive oil
Butter, Ghee
Beef Fat, suet
Lard, pork belly
Chicken skin, fat
Mustard seed oil
-- home cooked
-- no commercial broth

Nuts and Seeds:

Walnuts
Almonds
Brazilian Nuts
Mustard Seeds
--- no peanuts
--- no flax seeds
--- no pumpkin seeds
--- no cashews, pecans

Herbs:

-- whole or
-- home ground
Basil
Cumin
Cilantro
Curcumin
Cinnamon
Corchorus
Chili pepper
Black Pepper
Cayenne Pepper
Black Peppercorn
Iodized Salt / Sea Salt
-- use salt at the table
-- not while cooking (MSG)
Curry Spice, home ground
Rosemary
Dill Weed
Oregano
Paprika
Thyme

Fish, Seafood:

-- not boneless
-- not filets
--- not processed
Grouper
Salmon
Squid
Octopus
Cod
Halibut
Flounder
Mahi-Mahi
Red Snapper
Catfish
Caviar
Strougen
Sea Bass
Perch
Trout
Sardines
Abalone
Lobster
Swordfish
Turbot
--- caution, old fish may contain heavy metals (Tuna)

Meats, Fresh:

-- not salami
-- not sausage
-- not old meat
-- not hot dogs
Eggs, whole
Mutton
Lamb
Goat
Beef
Buffalo
Deer
Elk

--- Variety;
Organ meat
Heart
Liver

Food in the form that it grew is best.
Cook with heat or with acid (vinegar).

Rebound Diet Guide v.7.2. – Avoid These

Vegetable Oil
 Oil - Omega 6
 Sugar - Brown
 Grains - Brown
 Flamed – Burnt
 Charred - Burnt
 LDL Cholesterol
 Vinegar – Brown
 Smoked – Burnt Ash
 Deep fried – Burned
 Low fat dairy – Skimmed

Grains:

Corn
 Hops
 Barley
 Cereals
 Granola
 Brown Rice
 Brown Oats
 Brown Bread
 Brown Grains
 Health Bars made with Grains

Alcohol:

Brown Beer
 Brown Rum
 Brown Rye Whiskey
 Brown Grain Alcohol
 Malt Whiskey – Brown

Vinegar:

Malt Vinegar - Brown
 Grain Vinegar - Brown
 Balsamic Vinegar - Brown

Legumes:

Soy
 Tofu
 Dhal
 Bean
 Lentil
 Sprouts
 Split Pea
 Chickpea
 Soy bean
 Red bean
 Snow pea
 Edamame
 Fava bean
 Lima bean
 Navy bean
 Black bean
 Broad bean
 Green Bean
 Pea, Peanut
 Kidney Bean
 Garbanzo Bean
 Gluten Free Bread
 Instant coffee blend
 -- not legumes:
 Coffee beans,
 Cocoa beans.

Nuts:

Pecans
 Cashews

Seeds:

Flax seeds
 Pumpkin seeds

Free Glutamates:

Miso
 Yogurt
 Bouillon
 Soy milk
 Hummus
 Gravy mix
 Energy Bars
 Whey Protein
 Baby Formula
 Chicken broth
 Ricotta Cheese
 Paneer Cheese
 Coffee whitener
 Modified Protein
 Processed Protein
 Hydrolysed Protein
 Protein Sports Bars
 Adult Protein Drinks
 Liquid Chicken Broth
 Protein Liquids – Sauces
 Isolated Protein Powder
 Protein from GMO Foods
 Sports Drinks with Protein

Vegetables:

Beet root
 Bitter melon

Amino Acids:

Valine
 Lysine
 Serine
 Proline
 Alanine
 Leucine
 Tyrosine
 Isoleucine
 Asparagine
 Phenylalanine
 Glutamate – Flavour
 Aspartate – Sweetener

Supplements:

Calcium
 Vitamin D
 Omega 6 oil
 Chondroitin
 Flax seed oil
 Glucosamine
 Saw Palmetto
 Palm Kernel oil
 Evening Primrose oil
 Pumpkin seed extract

Brown foods to avoid:

Brown Rice
 Brown Oats
 Brown Beer
 Brown Sugar
 Whole Wheat
 Brown Honey
 Brown Grains
 Brown Vinegar
 Brown Whiskey
 Brown Molasses
 Brown Balsamic Vinegar
 Brown Apple Cider Vinegar

'Brown' can be a dietary source of LDL Cholesterol