Rebound Diet™

Good Things Take Time™

Food that is chewed, cooked, pickled, or with vinegar

White rice, potato, vegetables, cabbage, egg plant, spinach, coriander

Eggs, Fish, Seafood, Peanuts

Nuts and Seeds

Cinnamon, Curcumin, Garlic, Black Pepper, Chilies, curry, gravy, slow cooked foods

Coffee, Cocoa, hot beverages

Animal Fat and Oil; Butter, Ghee, Suet, Lard

Bitter and Sour foods; Bitter melon, Bitter Beer, Buttermilk

Red Meat; Beef, Mutton,

Vinegar, non-grain (not malt)

Non-grain Alcohol, Wine, Cognac, made from; grapes, berries, potatoes, rice, corn, beans

Salt, Butter, Popcorn

Boiled Water Stored in Glass

Cooking Pot
- Boiled
- Steamed
- Roasted
- Baked

↑ Cooked

Good - Increase

Water Cooked

Dance - Sing
Laugh - Cry
Go Outdoors
→ Sun Tan
→ Yoga
Get excited
Tour - Travel
Visit - Sight See

Bad - Avoid

↓ Raw

Frying Pan
- Stir Fry
- Deep Fry
- Smoked

Oil Cooked

Sitting
Computer
Television
Movies
Long Flights
Bed Rest
Not Moving

Bottled Water Stored in Plastic

MSG, Soy, Mono-Sodium Glutamate

Yogurt, Dairy, Whey Protein, Low Fat Dairy, Skim Milk

Vegetable Oil: Canola, Corn, Soy

Phyto-sterols; avocados, cashews, pecans, pumpkin seeds, sal palmetto, sea buckthorn. soy oil, brown rice, rice bran, wheat germ, red rice,

Juice, Soda Pop, Punch, Cold Beverages, Sold and stored in plastic, health and environment disaster

Grains, Whole Wheat
Oats, Oatmeal
Flax Seeds
Soy, Soy Sauce, Soy Oil, Tofu,
Modified, Hydrolysed, Isolated, Soy, Whey, Protein
Berries, Fruit, Honey
Apples, Bananas, Pears, Water Melon, Oranges, Pineapple,

Raw food, juiced, blendered, processed, liquid food, not clean, full of bacteria

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