

THE REBOOT#5 PROGRAM – INDUSTRIALISED FOOD VS YOU!

The Reboot program repeats the practice of;

- ✓ Shopping as required for whole real food, and
- ✓ Preparing (or containing) meals when needed.



Over five dietary phases, the Reboot Program list WHAT to eat.

The Reboot Program does not list what NOT to eat.

However, if the food you're about to eat makes the following list, it would not make the Reboot Program.

1. It was advertised featuring red and yellow colours.
2. It was advertised featuring a jingle in an upbeat major key; typically, in the key of E, G, or D.
3. The food labelling tells you how good it is for you.
4. The food itself features a colour you haven't seen before.
5. It is promoted by a celebrity, namely an actor or athlete.
6. Labelling uses words like: fat-free, sugar-free, low-cal, lite, slimming, or shredded.
7. The ingredients are hidden under the wrapper fold.
8. After opening, it is still edible opening after 8 days.
9. It tastes better in 8 days.
10. You can buy the food at a petrol station.

You get the idea!