

Mealtimes in ReHab

Lilly Gundacker
January 31, 2026



I began taking photos of the meals during my four week ReHab to get an impression of meal/portion sizes as well as content.



Of course there was focus on no white sugar, flour or rice.



Only whole meal bread, natural rice and typically fruit compote without sugar.



I had interesting talks with the dieticians who insisted on the need to include carbohydrates in every meal, insisting that ketosis is an unnatural state which requires lots of effort and should not be relied on.



My key takeaway from the whole experience was: everyone is different and you just have to take your own responsibility.



The lectures were all very interesting and I was actually a little surprised how much of the whole ReHab experience focused on lectures and sharing educational and transformative content.