



## Lesson 20: Homework

- 1) Go through your food and identify products that have dairy in them. (Worksheet 1)
  - a. Write down how often you use each product.
  - b. Write down foods, meals, and recipes that you tend to use these products for.
  - c. Find suitable replacements for the dairy products you actually use in your home. When choosing replacements, remember to look for products that are free of additives and preservatives. You can make many of your own dairy replacement products using nuts, seeds, and coconut!
- 2) Keep following the Club Reduce nutrition and lifestyle guidelines.
- 3) Download and listen to the Self-Mastery Technology (SMT) session for this week.

*Learn it Live it Lose it*

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## Worksheet 1: Dairy Products and Replacements

Write down how often you use each dairy product. Don't forget to include foods that have dairy as an ingredient! Next, write down what types of foods you eat this product with (milk with cereal, for example). Now stop and think – what could you replace it with?

### Examples of Dairy Replacement Products:

Almond milk

Macadamia nut milk

Coconut milk ice cream

Coconut milk

Cashew milk

Almond milk ice cream

Hemp milk

Nut milk cheese

Coconut yogurt

Coconut whipped cream

**Dairy Product:** \_\_\_\_\_

How often do I use this product? \_\_\_\_\_

What types of food do I use it with? \_\_\_\_\_

What could I replace it with? \_\_\_\_\_

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How often do I use this product? \_\_\_\_\_

What types of food do I use it with? \_\_\_\_\_

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