



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? _____

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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