

DAIRY TO AVOID

REMEMBER, WE ARE TRYING TO CREATE A HEALTHY ENVIRONMENT FOR YOUR BODY TO FLOURISH!

Side Note: eggs and mayonnaise are NOT dairy; we're looking for food produced from cow's milk, not chickens.

ALL COW'S MILK AND RELATED MILK-BASED PRODUCTS

-Kefir, Half and Half, and Creamers

ALL CHOCOLATE

-Chocolate syrups, toppings, mixes, cocoa powders, or flavorings

ALL BUTTER

-Be EXTRA vigilant about products made with butter such as store bought goods

ALL CHEESE'S

-All cheese's and cheese flavorings, cottage cheese, pizza, cheese crackers

DRESSING, SAUCES, AND TOPPINGS

-Ranch, Bleu Cheese, Alfredo, sour cream, dips, fondue, anything creamy

MISCELLANEOUS

-All Yogurts, Ice Cream, Sherbet, Whipped Creams

PRODUCTS

-Any product listing CASEIN, SODIUM CASEINATE, or WHEY (Many " non-dairy" creamers and protein shakes have these