

28 Day Program

Our Mission: to get 10k people over the next 24 months to understand how different food effect their body and to take them from inertia to real action

What to expect

Each week you will eliminate a food group from your diet and learn how these food groups affect the body and mind. You'll be given alternatives to the foods you have to remove and psychological tips to get through it

What else you can expect

- Important information
- Daily motivation quotes and tips,
- a support group,
- daily tasks to complete,
- tips and tricks to help you on your journey

Week 1: Sugars

Week 2: white foods

Week 3: Dairy products

Week 4: Meats

Week Three

Day 20

Lactose-Free Diet: Foods & Products to avoid

Lactose is found primarily in milk products, including yogurt, cheese, and butter. However, it can also be found in a variety of other places.

Here are a few foods that may contain lactose:

- Convenience and ready-made meals
- Instant potato mixes
- Cream-based or cheesy sauces, soups, and gravies
- Bread, tortillas, crackers, crisps and biscuits
- Baked goods and desserts
- Canned tuna
- Creamed vegetables
- Confectioneries includes chocolate and sweets
- Waffle, pancake, muffin, and cake mixes
- Broth, stocks and seasonings e.g. Maggi
- Granola mixes and other Cereals
- Processed meats, including bacon, sausage, frankfurter and cold meat slices
- Instant coffee, tea, hot chocolate
- Salad dressings
- Flavoured potato and coated chips & crisps
- Sherbet

And products

- Dustless chalk
- Chewing gum
- Most tablets
- Latex items e.g. gloves
- Nail polish
- Shampoo & conditioner
- Soaps
- Make-up

Task 20

The list above is not exhaustive. So as usual get into the habit of checking labels before buying or reading the list included inside the box. Don't be afraid to ask questions at pharmacy's, restaurants and other eating outlets

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