

How to Quit



in 30 days

This guide will not only help you quit cheese in 30 Days, it will also help you quit dairy altogether! My guess is since you want to quit cheese, you most likely want to get of dairy as well – it would also be very difficult to just exclude cheese from your dairy consumption for long because the fat in dairy is so darn addictive!

The inspiration for this guide actually came from Darin - one of our members - who was able to transition himself off cheese in a similar manner. Thanks Darin!



Week 1 - Cut Back

- ✓ Stop buying it from the store.
- ✓ Start using fake cheeses and healthier alternatives like Nutritional Yeast, Avocado or Nut-Based Cheeses.
- ✓ Continue to eat it whenever you're out, with friends, at work, etc. Just don't bring it home where it's off limits!

Week 2 - Cut Out

- ✓ Stop eating all cheese & dairy completely.
- ✓ Start checking labels on EVERYTHING you buy; allow yourself to be a stickler!
- ✓ Continue experimenting with your cheese alternatives – whether they're prepackaged or whole-food/homemade alternatives.

Week 3 - Eat Exclusively Healthy Alternatives

- ✓ Continue eating 100% dairy-free.
- ✓ Continue checking labels, even if its spaghetti sauce or protein bars – trust us, it's even in the most unsuspecting foods!
- ✓ Stop eating processed cheese alternatives. This is important because you want to reset your taste buds, which will help you enjoy more simple flavors from healthy fats like cashews, macadamia nuts, walnuts, avocado, coconut, etc.

Week 4- Continue Eating 100% Healthy Alternatives

- ✓ Continue eating exactly how you did in Week 3.
- ✓ Continue finding and experimenting with new recipes, textures and flavors so you're routine doesn't get old. Keep it fresh, you're almost there!

By the end of Week 4, you're 28 days in. By this point, you should have a pretty good idea what life is like without cheese.

How are you feeling? Do you feel lighter? Have you lost weight?

You've been off cheese and dairy for enough time to make a decision whether or not you'll continue without it. For us, and many others who do this experiment, there is No Way we'd ever go back. At least not without a note from our doctor (and that's highly unlikely). **Any questions for us?** Send us an email at Support@theseasonaldiet.com!

