

Healthy Eating for a Happier Life

DAIRY FREE STARTER GUIDE

Simple Swaps for a Healthier, Happier You



WELCOME

If you've been thinking about reducing or eliminating dairy, you don't have to figure it out all at once.

This guide is here to make it feel simple, doable, and even enjoyable.

Because going dairy-free isn't about restriction... it's about discovering what helps your body feel its best.

WHY CONSIDER GOING DAIRY-FREE?

Supports heart health

 Improves digestion

Reduces hormone exposure

Encourages nutrient-dense eating

INSTEAD OF DAIRY MILK...

- Almond milk
- Oat milk
- Soy milk
- Hemp milk

Tip:

Choose unsweetened with minimal ingredients.



INSTEAD OF CHEESE...

- Cashew cheese sauce
- Nutritional yeast
- Hummus or avocado

It doesn't have to be perfect—just satisfying.



INSTEAD OF YOGURT...

- Plant-based yogurt
- Chia pudding
- Fruit + cashew cream

Add fresh fruit for natural sweetness.



STORE-BOUGHT OPTIONS: WHAT TO KNOW

- Look for short ingredient lists
- Choose unsweetened
- Watch for added oils
- Limit added sugar

Convenient—but not the foundation.



FOCUS ON WHAT YOU'RE ADDING

- Leafy greens
- Beans & lentils
- Nuts & seeds
- Whole plant foods

Nourishment grows when you add, not just remove.



A SIMPLE DAIRY-FREE DAY

Breakfast

- Oatmeal with berries and plant milk

Lunch

- Salad with chickpeas, avocado, tahini

Snack

- Apple with almond butter

Dinner

- Lentils, roasted veggies, cashew sauce



THINGS TO REMEMBER...

- You don't have to do this perfectly.
 - You don't have to change everything overnight.
 - Just start with one swap.
 - Then another.
 - And notice how you feel.
 - Your body is always communicating with you.
 - This is just one way to start listening.
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