



SWITCH4GOOD

LIVE BETTER. DO MORE. DAIRY-FREE.

@SWITCH4GOOD

HELLO, AND WELCOME TO THE DITCH DAIRY CHALLENGE! WHETHER YOU'RE ALL-IN OR A BIT SKEPTICAL, WE WANT YOU TO HAVE THE BEST EXPERIENCE POSSIBLE, AND WE'RE HERE TO HELP. THIS ISN'T YOUR TYPICAL CHALLENGE—YOU WON'T FEEL LIKE YOU'RE GRINDING IT OUT TO FEEL BETTER ONCE IT'S COMPLETE. YOU'RE GOING TO FEEL AWESOME BOTH DURING AND AFTER THE 10 DAYS—IT'S INCREDIBLE WHAT DITCHING DAIRY CAN DO FOR OUR BODIES. USE THIS GUIDE CURATED BY OUR SWITCH4GOOD EXPERTS FOR QUICK TIPS AND INFORMATION TO MAKE THE MOST OF THIS CHALLENGE. FROM NUTRITION TO RECIPES, OUR EXPERTS HAVE GOT YOU COVERED! DON'T FORGET TO DOCUMENT YOUR JOURNEY ON INSTAGRAM AND TAG #DITCHDAIRYCHALLENGE.

POWERHOUSE PROTEIN

WHILE DAIRY CONTAINS SOME PROTEIN, IT ALSO COMES WITH A NASTY DOSE OF 15 SEX HORMONES AND UNHEALTHY SATURATED AND TRANS FATS. STICK TO NONDAIRY PROTEIN SOURCES TO BUILD MUSCLE THE HEALTHY WAY!



BROCCOLI
2.6 GRAMS/CUP



LENTILS
18 GRAMS/CUP



CHIA SEEDS
4 GRAMS/2 TBS



EDAMAME
17 GRAMS/CUP



TOFU
8 GRAMS/CUP



BLACK BEANS
7.6 GRAMS/1/2CUP



POTATOES
4 GRAMS/MEDIUM WHITE POTATO



QUINOA
8 GRAMS/CUP



PEANUT BUTTER
7 GRAMS/2 TBS

PICK PROTEIN THAT COMES IN THE BEST PACKAGE. NONDAIRY, PLANT-POWERED FUEL PACKS A PROTEIN PUNCH AND ALSO PROVIDES ESSENTIAL VITAMINS, MINERALS, FIBER, AND ANTIOXIDANTS TO KEEP ATHLETES GOING STRONG!



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PROTEIN FACTS

HOW MUCH PROTEIN DO I NEED?

RECOMMENDED DAILY AMOUNT = 0.8 GRAMS OF PROTEIN PER KILOGRAM OF BODYWEIGHT (OR 0.4 GRAMS PER POUND)

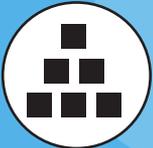
FUN FACTS



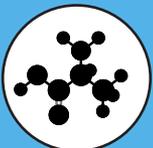
IF YOU'RE EATING A 2,000-CALORIES-A-DAY DIET AND ONLY ATE BROCCOLI, YOU'D GET 146 GRAMS OF PROTEIN PER DAY! EVEN A FULL DAY'S WORTH OF PLAIN MASHED POTATOES WOULD GIVE YOU 42 GRAMS OF PROTEIN PER DAY.



TOO MUCH PROTEIN CAN STRESS THE LIVER AND KIDNEYS. IT CAN ALSO CAUSE STOMACH ISSUES, BAD BREATH, AND WEIGHT GAIN.



PROTEINS ARE MADE OF 22 AMINO ACIDS OR "BUILDING BLOCKS." OUR BODIES CAN PRODUCE 13 OF THESE, AND 9 WE SYNTHESIZE FROM FOOD (LIKE PLANTS).



COMPLETE PROTEINS CONTAIN ALL 9 ESSENTIAL AMINO ACIDS THAT OUR BODY CANNOT MAKE.



THANKFULLY, IF YOU EAT ENOUGH CALORIES AND A VARIETY OF PLANT-BASED FOODS, YOU DON'T HAVE TO WORRY! BUT, IF YOU'RE CURIOUS: TOFU, TEMPEH, EDAMAME, SOY MILK, QUINOA, HEMP SEEDS, AND CHIA SEEDS (WHICH IS REALLY JUST THE BEGINNING!).

ARE ALL COMPLETE PROTEINS!



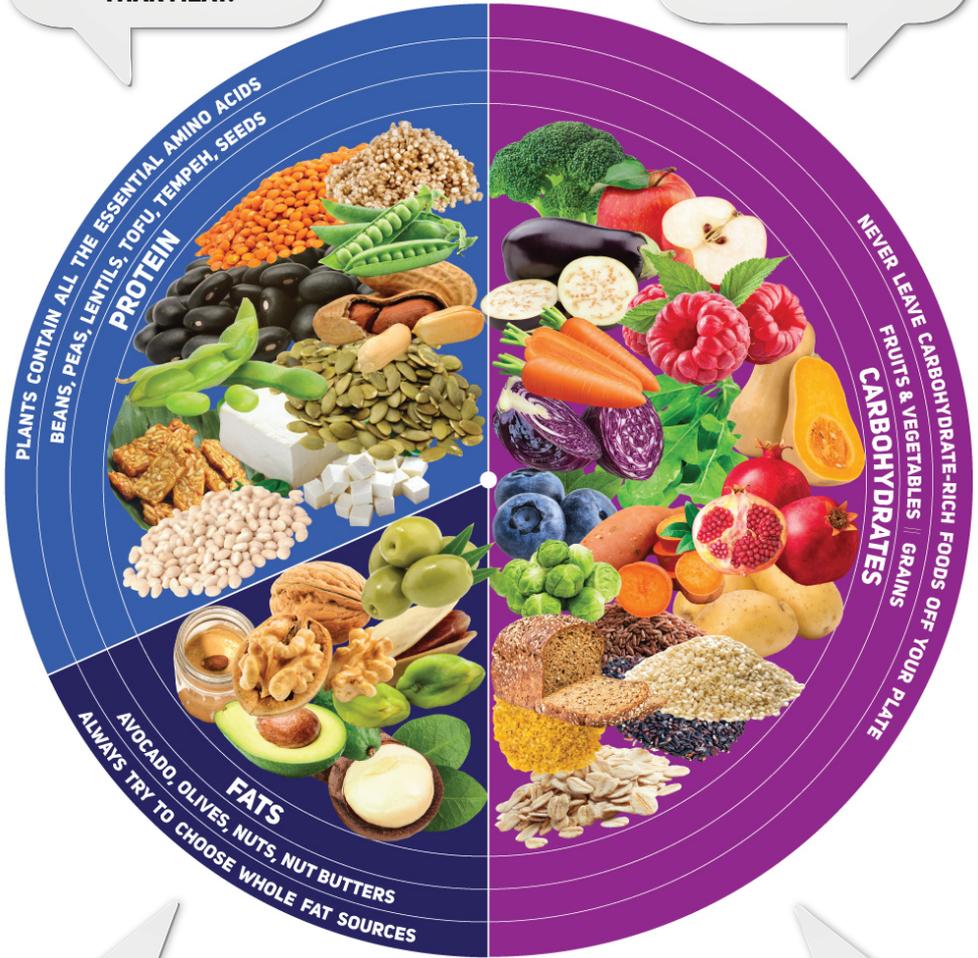
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ATHLETE POWER PLATE

OUNCE FOR OUNCE,
HEMP SEEDS CONTAIN
MORE PROTEIN
THAN MEAT.

THE AVERAGE PLANT
FOOD HAS 64X MORE
ANTIOXIDANT CONTENT
THAN ANIMAL FOODS.*



A WHOLE FOOD
SOURCE IS A FOOD
THAT IS NOT PACKAGED,
BOTTLED, PROCESSED,
OR REFINED.

SUPERFOOD BOOSTS:
GROUND FLAX, NORI,
TURMERIC, CLOVES,
CINNAMON, GINGER,
GREEN TEA



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ATHLETE POWER PLATE FOODS

Eat to win. The foods we use to fuel our performance should nourish our entire bodies - without any uncomfortable side effects. Work with your sports dietitian and consult this plate to create an eating plan that will maximize your performance based on your specific caloric needs.

THE MACRONUTRIENTS

Carbohydrate, Protein, and Fat

All whole, plant foods have a mixture of carbohydrate, protein and fat. Some macronutrients are found in greater amounts in certain foods.

CARBOHYDRATE-RICH FOODS

- **Brown rice pasta, quinoa pasta, black bean pasta, chickpea pasta, whole-wheat pasta**
- **Black & brown rice, millet, farro, quinoa, bulgur, barley**
- **Potatoes & sweet potatoes**
- **Oats**
- **Sprouted grain bread, whole-grain bread**
- **Fruit:** banana, raspberry, blackberries, grapes, blueberries, apples, oranges, mangos, strawberries, melons, cherries, pomegranate, pineapple, jackfruit, tomatoes
- **Vegetables:** broccoli, spinach, kale, bok choy, beet & mustard greens, cauliflower, eggplant, peppers, Brussels sprouts, squashes, asparagus, carrots, zucchini, cabbage, arugula, leafy greens

PROTEIN-RICH FOODS

- **Legumes:** black, navy, garbanzo, kidney, cannelloni and pinto beans, peas, lentils, edamame and peanuts
- **Tofu, tempeh, seitan**
- **Seeds:** flax, chia, pumpkin, hemp, sesame

FAT-RICH FOODS

- **Nut butters:** peanut, cashew, almond, sunflower, tahini
- **Avocados, olives**
- **Oil:** olive, pumpkin seed oil, avocado oil
- **Nuts:** Almonds, walnuts, cashews, macadamia, hazelnuts, pine nuts, Brazil nuts, pistachios

SUPERFOOD BOOSTS

Ground flax, nori, turmeric, cloves, cinnamon, ginger, green tea

[*https://nutritionj.biomedcentral.com/articles/10.1186/1475-2891-9-3](https://nutritionj.biomedcentral.com/articles/10.1186/1475-2891-9-3)

MAKING THE SWITCH

5 STEPS TO HELP YOU MAKE THE SWITCH FROM DAIRY TO PLANT-BASED FUEL

STATE YOUR “WHY”

There are so many benefits to ditching dairy—what’s yours? It could be “Get rid of belly bloat,” “run faster,” or “improve my carbon footprint.” Write your “why” on a sticky note and place it on the fridge or on your desk so you are reminded of it multiple times a day.



SET A GOAL

Identify the dairy products you eat and use this to set a realistic and attainable goal. Try cutting out just one dairy food for now. For example, for the next week, make a goal to switch out dairy butter for plant-based butter, try one brand of dairy-free cheese, or order a plant milk latte (such as soy, coconut, or almond) instead of dairy.



MAKE A PLAN

Be prepared, and you’ll be more likely to succeed. Stock your fridge with plant-based butter or a vegan cheese. If you have a co-worker who regularly gets you coffee, make sure to tell them you’re trying dairy-free for a week and request they use a plant-based milk instead. Telling friends about your goal will add to your accountability.



PUT INTO ACTION

You know what you need to do, now let’s do it! Sprinkle shredded non-dairy mozzarella over a pizza, return home to a post-workout smoothie made with almond milk, and treat yourself to an extra coffee with oat milk at your favorite cafe. And remember your “why!” It will help you follow through.



RINSE AND REPEAT

At the end of the week, reflect on how you did. Did you stick to it, or did you deviate a bit? Either way, it’s ok. Celebrate your successes and reflect on your deviations. What led you to deter from your goal? How can you prevent that in the future? You’re well on your way to living your best dairy-free life!

Bumping into barriers? Find solutions to overcoming your obstacles at switch4good.org



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GO-TO DAIRY-FREE SWAPS

MILK

OATLY
SILK CASHEWMILK
ALMOND BREEZE
CALIFIA (ALMOND, CASHEW, & COCONUT)
RIPPLE (PEA MILK)
VEGGEMO (PEA & POTATO MILK)
MILKADAMIA (MACADAMIA MILK)
GOOD KARMA (FLAX MILK)

COFFEE CREAMER

TRADER JOE'S VANILLA SOY CREAMER
SILK SOY CREAMER (ORIGINAL & VANILLA)
CALIFIA FARMS ALMOND MILK CREAMER
WILDWOOD ORGANIC SOY MILK CREAMER

MELTY CHEESE & SLICES

SO DELICIOUS SHREDS
FOLLOW YOUR HEART SHREDS & SLICES
MIYOKO'S VEGAN MOZZ
FIELD ROAST CHAO CREAMERY

GOURMET CHEESE

MIYOKO'S
TREELINE
KITE HILL
YVONNE'S VEGAN GOATLESS CHEESE
PUNK RAWK LABS
YOUR LOCAL VEGAN CHEESE
PURVEYOR (CHECK YOUR FARMER'S
MARKET OR LOCAL HEALTH FOOD STORE)

CREAM CHEESE

MIYOKO'S
DAIYA
KITE HILL
TOFUTTI

YOGURT

KITE HILL
SILK
FORAGER PROJECT
COCOYO
THE COCONUT COLLABORATIVE
SO DELICIOUS

BUTTER

MIYOKO'S VEGAN BUTTER
EARTH BALANCE ORIGINAL
MELT

CONDIMENTS & SAUCES

FOLLOW YOUR HEART (VARIOUS
DRESSINGS, SAUCES, AND MAYONNAISE)
MIYOKO'S ROADHOUSE CHEESE SPREAD
VICTORIA VEGAN ALFREDO SAUCE
DAIYA