

# DAIRY-FREE FRIDGE MAKEOVER

Cow's milk contains estrogen, cortisol, IGF-1, and 15 other sex hormones. Eww!

The perfect recovery fuel—without the cholesterol found in chocolate cow's milk.

**DAIRY FRIDGE**

**DAIRY-FREE FRIDGE**



Dairy cheese is the #1 source of saturated fat in most American diets.

Dairy-free yogurts have tons of probiotics & 3+ grams of protein!

# WHAT'S IN YOUR DAIRY-FREE FRIDGE?



## FOLLOW YOUR HEART CHEDDAR SLICES

Craving a grilled cheese?

Layer on a few slices of non-dairy cheddar and enjoy! These slices melt and stretch just like dairy cheese—without causing any gastrointestinal discomfort.

**Other fantastic dairy-free slices:** *Parmela Creamery, Chao, Whole Foods 365, VioLife*



## JOI PLANT MILK NUTBASE

This is an awesome new innovation in the dairy-free space!

The one-ingredient base allows you to make as much or as little plant milk as you *want*. It's totally not necessary to have on hand, but we've found it's super convenient and love customizing our plant milks by adding a drop of vanilla extract or blending it with dates for a sweeter treat.



## KITE HILL CREAM CHEESE

Enjoy your bagel and schmear with this delicious dairy-free option. It's thick and rich as any cream cheese should be. Unlike the dairy version, this cream cheese is cholesterol-free!

**Other fantastic dairy-free cream cheeses:** *Trader Joe's, Miyokos, Treeline, Daiya, Follow Your Heart*



## MIYOKO'S ORGANIC CULTURED VEGAN BUTTER

This is not margarine—it's velvety, luxurious, and flavorful butter. It's great for cooking, baking, or slathering onto a baguette. Made from cashews, it is far more environmentally friendly than dairy butter, which is ranked #3 on the National Resource Defence Council's chart of the most climate-damaging foods due to its gross inefficiency. Go ahead and indulge, but let's not make the climate suffer for it.

**Other fantastic dairy-free butters:** *Earth Balance, Melt, Califia Farms, Country Crock Plant Butter*



## PARMELA CREAMERY MOZZARELLA SHREDS

For everyday cheese that melts, try Parmela Creamery shreds. The mozzarella is great for pizza, and we love the Fiery Jack flavor for burritos. This cashew-based cheese is aged and cultured—just like dairy cheese but without the trans fat!

**Other fantastic dairy-free shreds:** *Trader Joe's, So Delicious, Whole Foods 365*



## CHOBANI OAT YOGURT

Don't give up your favorite yogurt and granola snack just because you're going dairy-free. This ultra-rich and creamy dairy-free yogurt is the perfect swap. You may have bought Chobani in the past, so switching to their dairy-free line is familiar and easy. The Vanilla flavor is our go-to!

**Other fantastic dairy-free yogurts:** *Kite Hill, Forager Project, So Delicious, Coconut Collaborative, CocoYo*

# WHAT'S IN YOUR DAIRY-FREE FRIDGE? CONTINUED



## SILK VANILLA SOY CREAMER

Hands down, this is the creamiest coffee creamer you will ever enjoy. It's rich, thick, and blooms into a gorgeous swirly cloud when it hits your coffee. Want something less sweet? Try the Original flavor.

*Other fantastic dairy-free creamers: Califia Farms, NutPods, Natural Bliss Almond, So Delicious, Trader Joe's Non-Dairy, Elmhurst 1925*



## TREELINE NUT CHEESE

Love artisan cheese? Don't give it up, just swap it for a high-quality nut cheese. We love Treeline's Herb-Garlic French-Style Soft Cheese as well as their Aged Classic Nut Cheese. Dairy-based cheese naturally contains 15 different sex hormones including estrogen, cortisol, and IGF-1—a growth hormone that has been linked to cancer. Rest easy—there are no hormones in dairy-free cheese.

*Other fantastic dairy-free gourmet cheeses: Miyoko's Creamery, SriMu, Jule's Foods Vegan Brie*



## VEGA CHOCOLATE PROTEIN NUTRITION SHAKE

Swap your post-workout chocolate milk for something that won't lead to excess inflammation. This tasty and convenient fuel packs in 20 grams of protein and 4 grams of fiber — something you definitely won't find in cow's milk.

*Other fantastic ready-to-drink chocolate shakes: Orgain, OWYN, Ripple*



## OATLY BARISTA EDITION OATMILK

Making lattes at home? This special Barista Edition of Oatly froths like a boss. There's a reason oat has become the new almond when it comes to espresso drinks—it's luxuriously creamy, frothy, and its mild taste lets the espresso shine through. This oat milk also makes an exceptional hot or frozen chocolate. Nutrition-wise, you'll get 50 percent of your daily vitamin B12, 20 percent of your vitamin D, and 25 percent of your calcium in just one cup. Go ahead, make it a venti!

*Other fantastic barista blends: Elmhurst 1925, Califia Farms, Milkadamia*



## CALIFIA FARMS UNSWEETENED ALMOND MILK

This plant-based company was a major force in bringing almond milk to the mainstream. Its incredible almond milk has been a staple in grocers' and consumers' fridges for years. The unsweetened variety only has 35 calories per cup—that's nearly a quarter of the calories found in 2 percent cow's milk. It's also fortified with 45% of the RDA of calcium. Califia has expanded its product line to include coconut, oat, and cold brew-based beverages, so you're sure to find a product you love.

# WHAT'S IN YOUR DAIRY-FREE FREEZER?



## BEN & JERRY'S NETFLIX & CHILL'D NON-DAIRY ICE CREAM

No need to give up your beloved Ben & Jerry's—the company makes 18 non-dairy flavors! From sunflower butter-based “Milk” & Cookies to Caramel Almond Brittle, you can't go wrong. However, this indulgent sweet-meets-salty Netflix & Chill'd flavor might just be our favorite.



## NADAMOO! MINT CHIP

There's nothing like a classic mint chip ice cream. This coconut-based non-dairy ice cream is allergen-friendly and brings back childhood memories of trips to the ice cream shop. Fun fact: this dairy-free ice cream company sponsored a plant-based athlete who ran across the country in 2019 in just 75 days! Unlike dairy ice cream, this sweet treat won't give you a stomach ache the morning after.

*Other fantastic dairy-free ice creams: So Delicious Cashewmilk, Van Lueewen Non-Dairy, Enlightened Dairy-Free, Craig's Vegan, SorBabes, Haagen-Dazs Non-Dairy, Trader Joe's Non-Dairy, Whole Foods 365 Non-Dairy, Target's Favorite Day Non-Dairy*



## SO DELICIOUS VANILLA SANDWICHES

Ice cream sandwiches always make us feel like a kid listening for the ice cream truck. This non-dairy version packs the same punch of novelty and nostalgia, making them fun for all ages!

*Other fantastic dairy-free novelty desserts: Jolly Llama Cones, Dream Pops Bites, Magnum Non-Dairy Ice Cream Bars*

For more information visit

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