



# DAIRY-FREE SWAPS GUIDE

EASY ANTI-INFLAMMATORY MEALS,  
RECIPES, AND TIPS



# Why Are You Here?

There are so many reasons to ditch dairy and eat more plants. Maybe you're looking to improve your health or gain a competitive edge as an athlete by reducing inflammation, bloat, and respiratory problems. Maybe you're trying to reduce your carbon footprint. Perhaps the thought of animals suffering has just become unbearable for you. Or, maybe you already know you are lactose intolerant or have a dairy allergy, but you can't (or don't want to) give up mac and cheese, whipped cream, and chocolate chip cookies!

## You Are Not Alone

First of all, everyone at Switch4Good is here for you. As a starting point, check out our website. If you can't find what you're looking for, drop us a note. You may want to take your time making the switch from animal foods to plant foods, and that's okay. This Guide is going to help you take out dairy first, which leads to the most rapid and significant benefits.

If you need a little encouragement or inspiration during your dairy-free, plant-based journey, check out the testimonials from doctors, athletes, and other experts sprinkled throughout this Guide. We all have our own reasons for wanting to eat healthier, more nutritious food. But, sometimes, hearing why others made the switch reminds us why it matters. For you, for the animals, and for the planet.

## One More Thing

As you can tell from the meteoric growth of companies like Miyoko's, Oatly, So Delicious, Beyond, and Impossible—not to mention the growing number of vegan menu items at mainstream locations like Burger King and Ben & Jerry's—dairy-free, plant-based food is having a moment. A huge, exciting, planetary moment. Don't you want to be a part of making the switch for good?

## Why This Guide?

At Switch4Good, we talk to a lot of people who have dropped dairy from their diet. The two main things we constantly hear are:

1. I felt better almost immediately!
2. I had to adjust my eating and grocery-shopping habits.

### That's why we wrote this Guide

We compiled this Guide to help you plan meals, shop for ingredients, and create delicious and nutritious dairy-free, plant-based versions of staple dishes and snacks—regardless of your comfort-level and proficiency in the kitchen.

No laundry list of hard-to-find ingredients or complicated laboratory concoctions. Just simple, nourishing, dairy-free, plant-based meals to add to your weekly rotation. Plus, some general ideas and "no-recipe recipes" to get you up and running in a jiffy.

Some of these versions of familiar standby dishes are even simple enough to make in a dorm room or hotel kitchen.

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### Dairy-Free Fridge Makeover

## DITCHING DAIRY... DITCHING INFLAMMATION

Dairy products are loaded with saturated fat and the sugar molecule D-galactose, both of which can contribute to inflammation. What's an efficient way to decrease it and start feeling better almost immediately? Remove the dairy products from your diet. Yes, the first step in reducing inflammation really is that simple.

## ANTI-INFLAMMATORY FOODS

To take the anti-inflammatory properties of your diet up a notch, there are a few additional foods you can incorporate. All plants are rich in antioxidants and polyphenols, but these pack an extra punch. They're included in recipes throughout this Guide with easy ways to incorporate them so you can start feeling the benefits right away.

**Turmeric**  
**Ginger**  
**Cinnamon**  
**Beets**  
**Greens**  
**Herbs**

**Tomatoes**  
**Berries**  
**Onions**  
**Mushrooms**  
**Nuts**  
**Soy**







- 1 tbsp olive oil or dairy-free butter
- 1 medium yellow onion, diced
- 5 large cloves garlic, minced
- 3 cups plain, unsweetened dairy-free milk (cashew or soy work best in this recipe)
- 3 cups vegetable broth
- 16 oz package fettuccine (or preferred noodle)
- 4 tsp cornstarch
- 1 tbsp salt (only if using low-sodium broth)
- 1 tsp ground black pepper
- Freshly cracked black pepper to taste, for garnish
- ½ cup finely chopped fresh parsley, for garnish

1. Heat the olive oil in a large pot over medium heat. Add the onion and garlic and sauté until soft and fragrant.
2. Add the vegetable broth and non-dairy milk, increase the heat to medium-high, and bring to a boil.
3. Add the fettuccine to the pot and cook uncovered for the amount of time suggested on the package or until the noodles are cooked and tender. Stir the pasta frequently to prevent it from clumping or sticking to the bottom of the pan.
4. While the pasta is cooking, mix the cornstarch and 2 tbsp of water in a small bowl until the cornstarch dissolves.
5. Two minutes before the pasta is done, add the cornstarch/water mixture, salt, and ground black pepper to the pot. Cook for 2 to 5 minutes, until the sauce starts to thicken.
6. Turn the heat off and allow the pasta and sauce to rest on the stove for 5 minutes to thicken. If the sauce is still very liquidy, turn the heat on while mixing the pasta and sauce for another 1 to 2 minutes—but keep in mind that the sauce will continue to thicken with time.
7. Plate the pasta and garnish with the cracked black pepper and parsley



“

As soon as I switched over from dairy, the first thing I noticed was an uptick in my energy. I just felt like my body was becoming more efficient.

”

Derrick Morgan,  
NFL Linebacker

# FETTUCCHINE ALFREDO

We’re kicking this guide off by sharing a little secret—you can still get dreamy, creamy sauces without any dairy products. Trust us. Fettuccine Alfredo is on the menu at just about every American restaurant, but here’s another secret— you can make it at home easily.

Does this dish usually leave you feeling sluggish and bloated after? Maybe you avoid it for that reason, but would love to have it in your regular dinner rotation.

One of the many upsides of this dairy-free version is that you won’t feel like you’re succumbing to a food coma after. You’ll probably feel the opposite, actually— less inflammation, more energy, and ready to take on the world. It’s incredible the positive differences a few simple ingredient swaps can make.



# MAC AND CHEESE

We know you love mac and cheese, who doesn't?! More good news for you, you can still indulge in a bowl (or entire pot, we're not judging you) of gooey heaven, without the dairy. We'll let this recipe speak for itself, because it leaves us speechless. Give it a try, and you'll be fully convinced the dairy-free lifestyle is for you.

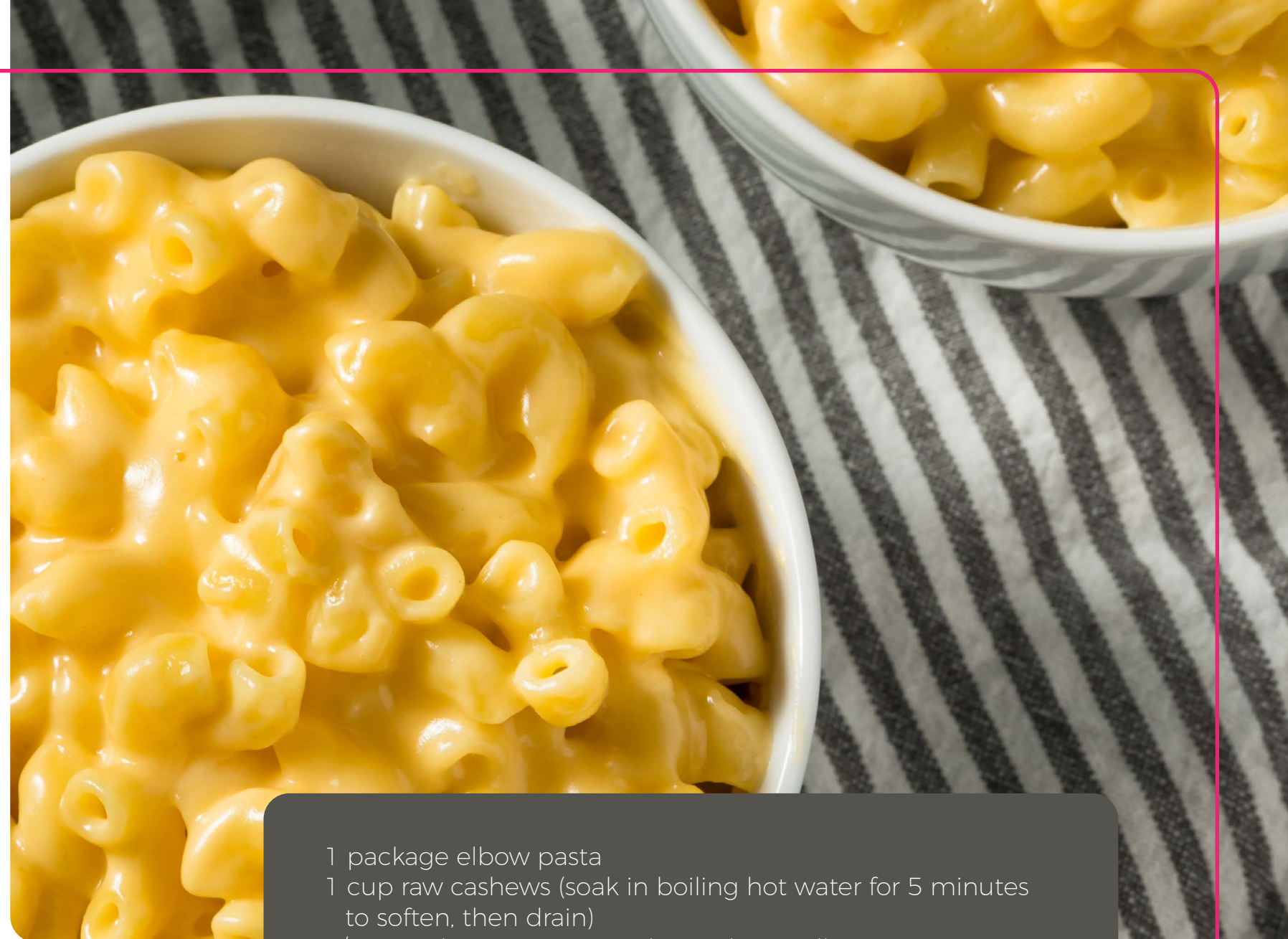
But first, remember how we talked about turmeric being anti-inflammatory? We use it again in this recipe, just in case you needed another reason to try this one.



**As a physician gastroenterologist, I have witnessed hundreds of patients get rid of their digestive issues when they ditched dairy.**



**Dr. Angie Sadeghi, MD,  
Gastroenterologist**



1 package elbow pasta  
1 cup raw cashews (soak in boiling hot water for 5 minutes to soften, then drain)  
3/4 cup plain unsweetened non-dairy milk  
1/4 cup nutritional yeast  
1 tbsp apple cider vinegar  
1/2 tsp salt  
1/2 tsp turmeric

1. Cook the pasta according to the package instructions.
2. Meanwhile, place the cashews into a blender or food processor and blend until smooth like cashew butter. Blend in the nutritional yeast, vinegar, salt and optional turmeric or paprika. Then slowly blend in the cashew or coconut milk until the mixture is smooth.
3. When the pasta is done cooking, pour or strain out the water, return the pasta into the pot and pour the sauce on top. Mix to evenly coat. Done!



# STUFFED SHELLS

Ricotta cheese gets a lot of use in Italian cuisine, and luckily the non-dairy version is just as versatile. You can find plant-based versions in most grocery stores, or we have a simple recipe for you. Make this easy base first, then you're ready to continue with any recipe like you normally would. Try our take on stuffed shells, or your favorite cheesy, stuffed pasta like lasagna or ravioli. Just make sure you also swap any other cheeses in the recipe with your favorite dairy-free version. Going dairy-free doesn't mean you'll miss out on these delicious flavors.

Soy products like tofu have a host of health benefits, too. They are loaded with isoflavones, which are anti-inflammatory and can help decrease your risk of cardiovascular disease and cancer. Thanks to the high protein content of tofu, you're less likely to have a blood sugar spike and crash, and can forgo the after dinner nap. What will you do with all the extra free time?! So go ahead and enjoy a second, third, or fourth serving! You're guaranteed to feel satiated and energized.

1 batch of tofu ricotta  
1 jar of your favorite dairy-free pasta sauce  
8 oz jumbo pasta shells  
Optional toppings: fresh basil, non-dairy mozzarella, nutritional yeast

1. Preheat oven to 375 F. Cook pasta shells 2 minutes less than the package instructs, then drain.
2. To a large oven-safe dish, spread a layer of pasta sauce.
3. Fill each shell with a generous amount of tofu ricotta and place in the dish. Repeat until you have stuffed all of your shells.
4. Cover the shells with another layer of pasta sauce. If desired, add non-dairy cheese.
5. Cover the dish with aluminum foil and bake for 25 minutes. Remove the foil and bake for an additional 5 to 10 minutes.

Garnish and serve!

## TOFU RICOTTA

1 package firm tofu, drained  
1 tbsp lemon juice  
2 tbsp nutritional yeast  
½ tsp salt

Add all ingredients to a food processor and process until smooth.

If your recipe calls for additional ingredients in the ricotta like herbs and spices, add them to the food processor as well.



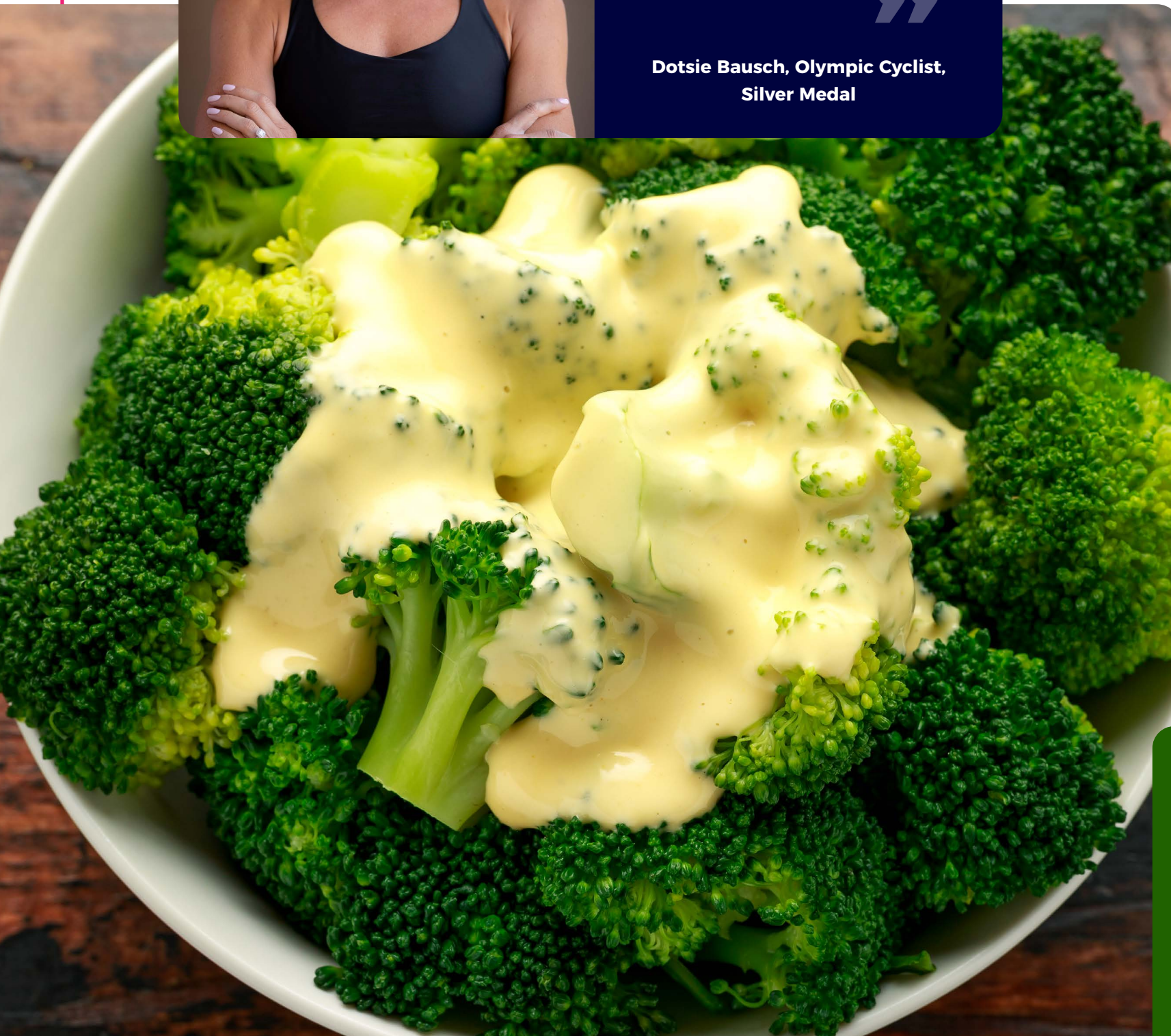




**There is biologic rocket fuel in every plant on earth, filled with calcium, magnesium and protein. Fuel up with the benefits of plants and drop the highly inflammatory cow's milk from your diet. You won't believe how good you are going to feel!**



**Dotsie Bausch, Olympic Cyclist,  
Silver Medal**



## EVERYDAY “CHEESE” SAUCE

Sometimes planning and preparing meals can feel complicated and overwhelming. Maybe you're bored of the same old stuff, but don't know what else to make. Or maybe you plan dinners that are too complicated, so you give up and get takeout instead. Well, this “cheese” sauce might be the perfect solution for you. We love this sauce because it can be used on basically anything. Baked potatoes, steamed or roasted vegetables, grain bowls... need we go on?

You'll have this sauce whipped up in only a few minutes and wanting to put it on everything. Once you realize how simple and versatile cashews are, you'll be hooked on using them in all of your cheesy recipes. They make the ideal base for non-dairy cheese because they offer a similar creamy texture. Plus, they are loaded with fiber, beneficial fats, and micronutrients, making these delectable dishes healthy, too. Most recipes suggest soaking cashews first, sometimes even overnight, but this can be sped up by using hot water.

If reducing inflammation brought you to this Guide, this is definitely a recipe to try. Curcumin, a polyphenol found in turmeric, has strong evidence suggesting it can help reduce inflammation. Dairy definitely does not have the same powerful health benefits.

1 cup raw cashews (soaked at least 30 minutes in hot water, drained and rinsed)  
¼ cup nutritional yeast  
1 clove garlic, crushed  
Juice of 1 lemon

¼ tsp turmeric  
¼ cup + 2 tbsp plain unsweetened plant-based milk (add more for a thinner sauce)  
Pinch of salt and pepper, to taste

Add all ingredients to a high-speed blender and blend until smooth (it might take a few minutes, depending on your blender). Taste and adjust seasonings as desired. Done!





“

The moment I gave up dairy, I just felt such a cleanse through my body. It allowed me to recover quicker, which allowed me to get into the gym more frequently, and allowed me to make bigger gains faster— overnight almost.

”

Nimai Delgado



## MASHED POTATOES

Ah, a true American classic. Luckily you can still get that rich, indulgent, deliciousness without the dairy products. No milk or butter? No problem! Here's the deal... take your favorite mashed potato recipe, cook them as usual (boil, Instant Pot, etc.). and make a few easy swaps. Dairy milk can be replaced with any unflavored, unsweetened plant milk such as cashew, oat, or soy milk. (While we love vanilla almond milk for lattes, you probably don't want vanilla flavored potatoes. We're trying to stick to a classic here.) Plant-based butter or margarine can be substituted for dairy butter.

Is sour cream your secret ingredient? There's a dairy-free version available to swap at your local store, too.

Now that you have your basic batch, time to dress it up. Fresh black pepper, chives, parsley, non-dairy cheese shreds, mushroom gravy... load up the toppings and dig in!

Looking for a fool proof recipe? Try this one:

4 medium russet, red or Idaho potatoes, diced  
2 tbsp non-dairy butter of choice  
1/4 cup non-dairy milk of choice

2 tbsp finely chopped parsley, reserved  
1 pinch sea salt, to taste  
1 pinch ground black pepper, to taste

1. Add potatoes to a pot of salted water and bring to a boil.
2. Cook for 12 minutes, or until fork tender.
3. Drain water, add non-dairy butter and milk.
4. Mash with a fork or potato masher to desired consistency.
5. Add salt and pepper to taste. Garnish with reserved parsley.



# POTATO LEEK SOUP

A huge pot of **homemade soup** and a **loaf of crusty bread** are a match made in heaven. Some things to keep in mind when adapting your favorite soup recipes to remove animal products:

Use vegetable broth instead of animal-based broth or stock.

Use cooking oil or plant-based butter instead of dairy butter.

Unsweetened and unflavored plant milks such as cashew, almond, or oat all work well for replacing dairy milk. For cream, look for store-bought cashew cream or make your own using raw cashews.

Try our recipe for potato leek soup. Consider making a double batch and putting the extras in the freezer for another night.



1 tbsp oil  
3 medium leeks (white and pale green parts only), sliced  
4 cloves of garlic, minced  
½ cup vegan white wine (optional)  
2 tsp dried thyme  
2 pounds Yukon gold potatoes, peeled and diced  
4 cups vegetable broth  
1 14 oz can coconut milk  
2 bay leaves

1. Add oil to a large pot over medium heat. Add leeks and cook for 3 to 5 minutes, until they begin to soften.
2. Add garlic and cook for another minute.
3. Add wine and thyme. Simmer for 5 minutes to cook off the alcohol.
4. Add potatoes, broth, coconut milk, and bay leaves. Simmer, uncovered, for 12 to 15 minutes, until potatoes are fork tender.
5. Remove bay leaves. Use an immersion blender to blend soup to desired consistency; avoid over blending or it can become gummy. If you prefer a thinner soup, add additional broth or water until reaching your desired thickness.



“  
**Consuming a plant-based and dairy-free diet gave me the chance to be creative and gave me the ability to eat a much wider variety of foods that I otherwise would have not normally been exposed to.**  
”

**Giacomo Marchese, USAPL  
Powerlifter**





## CREAMY BEET SOUP

For a comforting, deeply nourishing soup, this one is tough to “beet.” The decadent coconut milk, spicy ginger, and earthy beets all perfectly balance each other out. Although this is a blended soup, the individual flavors still shine through.

This is a great recipe for impressing your friends and family because you’ll look like a professional chef with minimal effort. This soup is gorgeous, delicious, and comes together quickly. Show off how taking dairy out of your diet is anything but boring!

1 cup vegetable broth  
1 cup coconut milk  
1 tsp coconut oil  
1/4 cup yellow onion, diced  
2 tbsp ginger, peeled and minced  
2 cloves crushed garlic  
2 1/2 cups beets, peeled  
3/4 tsp sea salt  
1/4 tsp ground black pepper  
1/2 tsp smoked paprika  
Optional toppings: dairy-free sour cream,  
cashew cream, scallions

Blend all ingredients in a high-speed blender for 40 seconds until smooth and creamy. Transfer to a medium saucepan and bring to a boil over medium heat. Reduce heat and simmer on low for 15 minutes. Remove from heat and serve.



# SALAD IDEAS

A plant-based diet doesn't need to rely on salads, but they sure make a great option for **quick, nutrient-dense meals**. Fortunately many store-bought dressings are oil-based and do not contain animal products, but check the label to be sure. Dairy-free creamy dressings are also available at most stores, or you can make your own. Try our recipe for cashew-based ranch below.

The options for fun, flavorful, and filling salads are endless. Here are some ideas:

**Cobb salad:** Use the ranch recipe below and a crunchy lettuce like romaine as your base. Add edamame or cubed tofu, avocado slices, grape tomatoes, and corn kernels.

**Taco salad:** Use your favorite greens as the base. Add beans (black or pinto work well), diced tomatoes, guacamole, cilantro, crushed tortilla chips, and hot sauce. Use your favorite salsa as a dressing and a squirt of lime juice.

**Simple spring salad:** Use your favorite greens as the base. Add chickpeas, diced pear, dried cranberries, and walnuts. Drizzle with balsamic vinegar and olive oil.

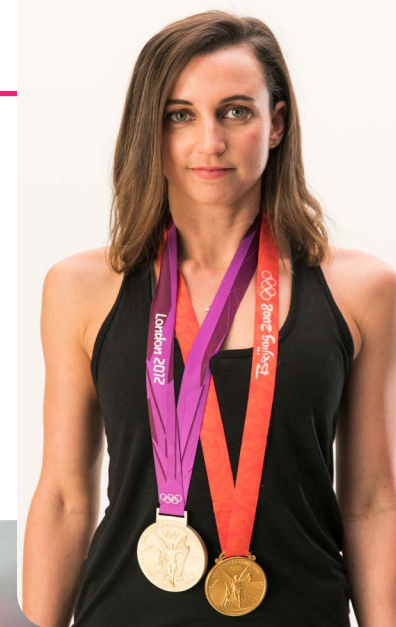
## CASHEW-BASED RANCH

1 cup raw cashews, soaked overnight and drained  
1 cup water  
2 tbsp apple cider vinegar  
1 tbsp dried dill  
1 tbsp dried parsley  
1 tbsp dried chives  
1 tsp onion powder  
1 tsp garlic powder  
½ tsp salt  
½ tsp black pepper

Combine cashews, water, and apple cider vinegar in a blender or food processor. Blend until smooth and creamy. It may take a few minutes, so be patient!

Add remaining ingredients. Blend for a few seconds to incorporate herbs into the dressing.

This ranch can be used right away, but the flavors will further develop after refrigerating for a few hours.



“ I never really connected it but once I cut out dairy from my diet my allergies completely went away. Having not realized that sooner is probably the biggest regret of my Olympic career. ”

Rebecca Soni, Olympic Swimmer





# BAKING HACKS

Baking may seem intimidating when making plant-based swaps, especially if you've perfected family recipes over the years. But it's easy with a few simple ingredient swaps.

**Here are some basics to get you started. These are a one-to-one substitution, unless otherwise noted:**

**Butter:** non-dairy butter (follow your recipe for melted, chilled, frozen, etc.)

**Ghee:** refined coconut oil

**Milk:** non-dairy milk, unsweetened and unflavored is typically best (almond, soy, oat, coconut, flax, etc.)

**Yogurt:** non-dairy yogurt, applesauce, or mashed banana

**Buttermilk:** add 1 tablespoon apple cider vinegar to 1 cup of non-dairy milk and let sit for 10 minutes to curdle (yields 1 cup dairy-free buttermilk)

**Eggs:** substitute ¼ cup non-dairy yogurt or applesauce per egg for muffins and breads; combine 1 tbsp milled flax seed with 2 tbsp warm water for each egg in cookies, muffins, and breads

See, isn't that easy? You are now ready to recreate all your favorite baked goods. If you're looking for a new recipe, or brand new to baking and don't know where to start, our pumpkin muffin recipe comes together in minutes and is always a crowd pleaser.



## PUMPKIN MUFFINS

1¾ cup flour	2 tsp cinnamon
½ cup white sugar	¾ tsp ground ginger
½ cup light brown sugar	1 cup pumpkin puree
1 tbsp baking powder	2 tsp vanilla extract
½ tsp salt	½ cup non-dairy milk
	½ cup olive oil

1. Preheat the oven to 375 degrees.
2. Combine all dry ingredients in a medium-sized bowl. Mix well. Add wet ingredients and mix until evenly combined.
3. Line a muffin tin and fill each ¾ of the way.
4. Bake for 16 to 20 minutes or until a toothpick inserted comes out clean.



# PANCAKES

We couldn't skip over breakfast, and you probably have all the ingredients needed already. The recipe below makes **perfect pancakes every time**, but additions are always welcome. Bananas, blueberries, walnuts, dairy-free chocolate chips... Time to get the maple syrup out!

1 cup all purpose flour  
2 tbsp sugar or maple syrup  
1 tbsp baking powder  
½ tsp salt  
1 cup unsweetened dairy-free milk (if using maple syrup, reduce by 2 tbsp)  
1 tbsp apple cider vinegar  
1 tsp vanilla

**For serving:** maple syrup, dairy-free butter, nut butter, fruit preserves, fruit slices, coconut whipped cream

1. Mix all dry ingredients in a bowl. Mix wet ingredients in a separate bowl.
2. Combine wet and dry ingredients and gently mix. Let the batter rest for 5 minutes.
3. Heat a nonstick pan over medium heat. Coat pan with cooking spray if desired.
4. Pour ¼ - ½ cup batter per pancake depending on how large you like them. Cook until bubbles start forming, then flip and continue cooking until golden.

# WHIPPED CREAM

Whether it's on top of a slice of apple pie, a bowl of fresh berries, or lazy Sunday pancakes, whipped cream is a fun addition and we'll always suggest adding it to a dish. Thanks to some innovative brands, it's easy to find non-dairy whipped cream in the traditional can with a nozzle. This is perfect if you're bringing dessert to a family gathering or holiday because it's just as convenient and delicious as the dairy version. If you're hosting an event and want to really wow your guests, try our coconut based recipe. It's creamy and decadent, and no one will miss the dairy.

2 cans full fat coconut milk, chilled in the refrigerator at least 8 hours  
2/3 cup powdered sugar  
1 tsp vanilla extract

1. Chill your mixing bowl in the freezer for 10 minutes.
2. Carefully open the coconut milk cans and scoop out the solid coconut cream into your

chilled bowl. Reserve the remaining liquid for other uses (such as smoothies).

3. Add vanilla extract. Using a hand or stand mixer, beat on high for 30 seconds.
4. Add the sugar and beat on low to incorporate. Return to high and beat until light and fluffy, about one minute.







“

I noticed immediately after giving up dairy that my skin cleared up. I've had other dancers come up to me and ask what changes I made.

”

**Agnes Muljadi, professional ballerina**

## CHOCOLATE CHIP COOKIES

Now that your fridge is stocked with delicious dairy-free milks, maybe you need something to dunk in a glass as a midnight snack? Nothing beats a chocolate chip cookie fresh out of the oven. We can practically smell them through the screen.

1/2 cup coconut oil, solid  
1 1/4 cups light brown sugar, packed  
2 teaspoons vanilla extract  
1/4 cup non-dairy milk  
1/4 cup unsweetened applesauce

2 1/4 cups all-purpose flour  
1 tsp baking soda  
1/2 tsp salt  
2 cups dairy-free chocolate chips, divided  
Flaky sea salt, optional

1. Preheat oven to 375 F. Line a large baking sheet with parchment paper; set aside.
2. In a large bowl, whisk together the coconut oil, brown sugar, and vanilla, beating until well combined. Add in the coconut milk and applesauce and whisk until well combined; set aside. In a separate bowl, combine the flour, baking soda, and salt; whisk well to combine.
3. Add the dry ingredients into the wet mixture and, using a wooden spoon or very sturdy spatula, stir until ingredients are combined. The batter will be very thick! Fold in 1 3/4 cups of the chocolate chips.
4. Scoop dough onto the prepared cookie sheet, leaving a few inches between each cookie for spreading. Bake for 9 to 10 minutes, or until the edges are golden and the centers have set. Press remaining chocolate chips on top of warm cookies, and sprinkle with sea salt, if using. Cool cookies on the baking sheet for 15 minutes before transferring them to a cooling rack.



# LENTIL BOLOGNESE 3 WAYS

Canned lentils are easy to find in most stores. Just rinse them before using and they're ready to eat. **Lentils are hearty, packed with protein and iron, and high in fiber** to help keep you satisfied and stabilize blood sugars.

**Start with your favorite eggless pasta shape, and then follow one of these three paths:**

## 1. Our Easy Recipe

**2. Adjust your favorite recipe:** family recipes can vary greatly. Saute your vegetables (if you typically use butter, make sure you swap it for cooking oil or vegan butter) and keep all the tomatoes and spices the same. Add the canned lentils towards the end when it's time to simmer the sauce. They are already cooked and just need to be heated, but will absorb more of those delicious Italian flavors during simmering. You'll want to use the same amount of lentils as you would cooked meat. Be sure to also swap any milk for a plant-based option, too. We suggest unsweetened cashew milk, but any unsweetened, unflavored milk will work.

**3. Want the easiest pasta night?** Start with your favorite dairy-free jarred sauce, a can of lentils, and a bag of frozen mixed vegetables. Combine the sauce, lentils, and vegetables in a pot until heated through. Add it to cooked pasta and you'll have a balanced, hearty dinner ready in minutes. The protein and fiber in the lentils and vegetables will keep you energized and satiated. While it's a stretch to call this a bolognese, it will definitely satisfy your pasta craving.



## LENTIL BOLOGNESE

1 tbsp oil	1 tsp red pepper flakes (optional)
1 onion, diced	½ tsp black pepper
4 cloves of garlic, minced	1 bay leaf
2 celery stalks, diced	1 tbsp dried Italian herbs
2 carrots, diced	½ tsp sugar
2 15 oz cans diced tomatoes (with juices)	1 15 oz can brown lentils, drained and rinsed
1 cup water	Salt, to taste
1 tbsp tomato paste	
¼ cup vegan red wine* (optional)	

1. In a large pot on medium heat, add the olive oil, onion, and garlic. Cook, mixing occasionally, until fragrant.
2. Add the celery and carrots and cook for another 5 minutes, or until the vegetables begin to soften. Add a splash more oil if the vegetables are sticking.
3. Add the diced tomatoes (with their juices), water, tomato paste, wine, pepper flakes, pepper, bay leaf, herbs, and sugar. Stir to combine all ingredients.
4. Partially cover and bring to a gentle simmer for 30 minutes, stirring occasionally.
5. During the last ten minutes, add the lentils and mix well.
6. In the meantime, cook your pasta according to package directions.
7. Remove the bay leaf. Adjust salt to taste.
8. Serve the vegetables, lentils, and sauce over the pasta.

*\*Is all wine vegan? Unfortunately not! Many wines use animal products, such as egg whites or bone marrow, during production and processing. It's becoming easier to find wines labeled as vegan, but if you can't find one, it can be left out of the recipe.*



# BURRITO BOWLS

Burrito bowls offer a ton of flexibility for your personal flavor preferences, spice tolerances, and overall needs. Bowls are also a great option for family meals where each person can make their own and customize it.

Many components of a burrito bowl are conveniently already plant-based! We offer a few options to replace the meat below. Some other considerations when building your bowl:

Make sure your rice is not cooked in an animal-based broth or has any butter or lard added.

There are many plant-based cheeses and sour creams available. If you cannot find them or prefer a whole foods approach, avocado slices or guacamole offer the same cooling, creamy effect.

Store bought salsas and hot sauces are your friend. There are so many varieties that can be found in any grocery or convenience store. Try something new!

Get creative with the vegetables. You can find frozen fajita blends that just need to be microwaved. You can always saute your own favorite vegetables with garlic, onion, and taco seasoning. Raw vegetables like lettuce and radishes add a crisp texture. Regardless of what you choose, they'll contribute flavor, fiber, and micronutrients.

These ideas can all apply to burritos or tacos, too. Most tortillas, both flour and corn, are naturally plant-based.

## Try one of these “meaty” replacements:

Easy pinto beans, jackfruit carnitas, crumbled tofu “meat”

### EASY PINTO BEANS

- |  |  |
|--|--|
| 2 15 oz cans pinto beans, rinsed and drained | 1. Add all ingredients to a pan and mix thoroughly.  |
| 1 cup vegetable broth                        |  |
| 2 tbsp tomato paste                          | 2. Bring to a simmer and cook, uncovered, for 5 to 10 minutes until mixture thickens. Stir occasionally. |
| 1 tsp salt                                   |  |
| 2 tsp chili powder                           | 3. Use as a filling for tacos, burritos, bowls, salads, etc.   |
| 1 tsp garlic powder                          |  |
| ½ tsp onion powder                           |  |
| ½ tsp cayenne pepper (optional)              |  |

### CRUMBLLED TOFU “MEAT”

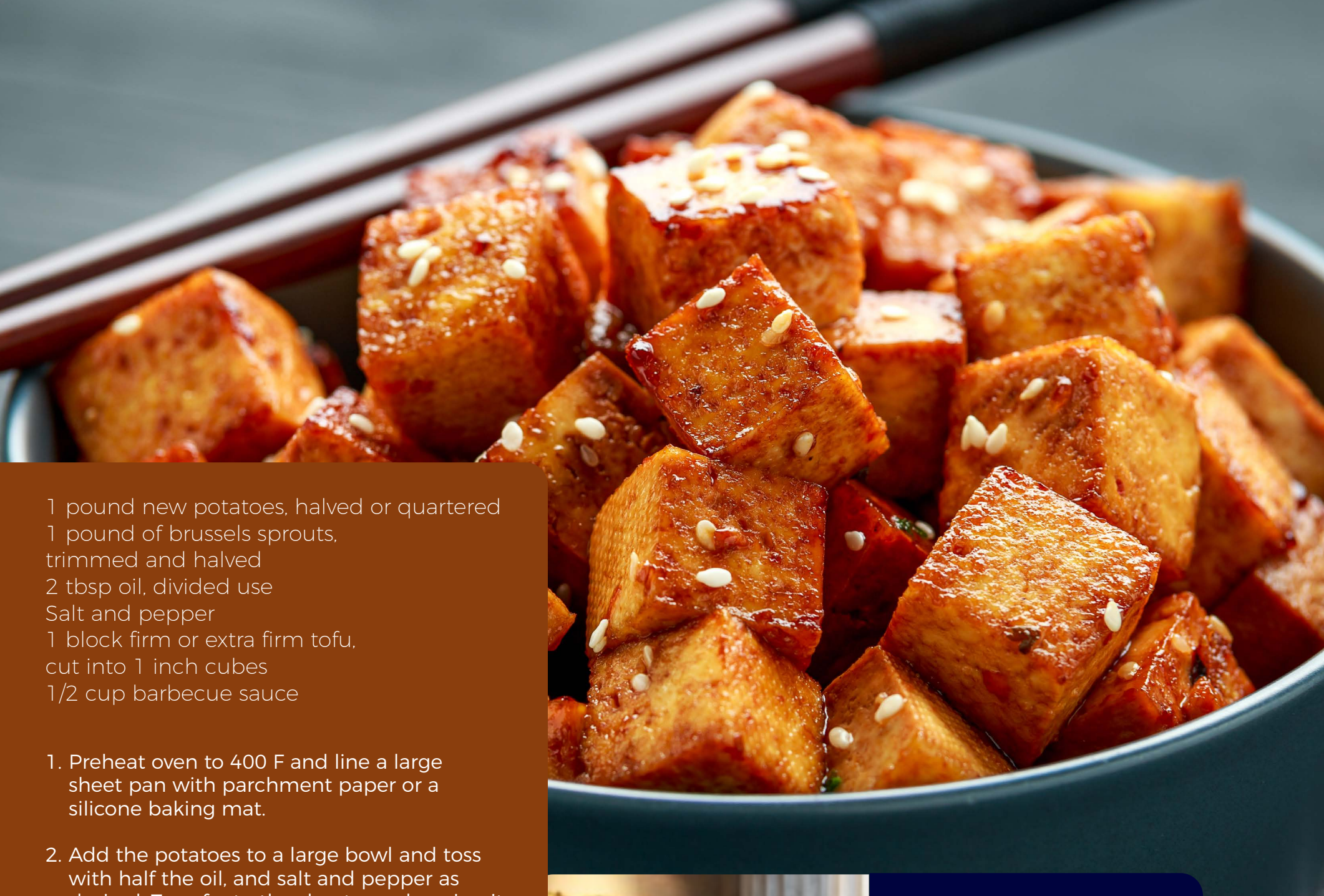
- 1 block firm or extra firm tofu, drained
- 1 tbsp oil
- 2 tbsp soy sauce
- 2 tbsp tomato paste
- 2 tsp chili powder
- 2 tsp garlic powder
- 1 tsp onion powder
- 1 tsp cumin
- ½ tsp black pepper
- 1 tsp smoked paprika
- 1 tsp dried oregano
- ½ tsp cayenne pepper or 1 tbsp hot sauce (optional)

1. Preheat oven to 350 F and line a large baking sheet with parchment paper or a silicone baking mat.
2. Break up the tofu into crumbles, averaging 1 cm, using your hands.
3. Thoroughly combine all ingredients EXCEPT for tofu in a large bowl.
4. Add tofu to the bowl and toss to evenly coat the crumbles.
5. Spread evenly on the prepared baking sheet. Bake in the preheated oven for 20 to 25 minutes, stirring halfway through, until golden and starting to crisp. Baking for longer will make the tofu crumbles crispier, but keep an eye out for burning.

### JACKFRUIT CARNITAS

- 1 tbsp oil
  - 1 onion, diced
  - 4 cloves of garlic, minced
  - 2 20 oz cans young jackfruit in brine or water (not syrup), rinsed and drained, and broken up using a fork
  - 2 tsp cumin
  - 2 tsp dried oregano
  - 2 tsp smoked paprika
  - ½ tsp black pepper
  - ½ tsp cayenne pepper or 1 tbsp hot sauce (optional)
  - 1 tbsp soy sauce
  - 2 tsp apple cider vinegar
  - 1 tbsp orange juice
  - 1 tbsp lime juice
1. Add oil to a large pan over medium heat. Add onion and saute until translucent.
  2. Add jackfruit and continue to cook for 5 minutes.
  3. Add dry seasonings and toss to evenly distribute on the jackfruit and onion. Continue cooking for 3 minutes.
  4. Add remaining wet ingredients and mix to incorporate. Cook for about 5 minutes, until most of the liquid has been absorbed.





## SHEET PAN BARBECUE TOFU

Sheet pan dinners are perfect for busy weeknights when you want something home cooked without much hassle or a lot of dishes.

We've taken an easy barbecue chicken sheet pan dinner and simply swapped out the chicken for tofu. **You could follow the same instructions with chickpeas or tempeh, too.**

This pairs well with diced potatoes, brussels sprouts, carrots, and/or red onion. Feel free to use your favorite veggies or whatever you have on hand. Be mindful of keeping the size of chopped vegetables similar for uniform cooking.

Some store-bought bottles of barbecue sauce contain honey or anchovies, so make sure you check the label for a plant-based variety.

Looking for a different flavor profile? Try swapping out the barbecue sauce for store-bought Italian dressing, dairy-free pesto, or even dry seasoning blends like taco or lemon pepper.

1 pound new potatoes, halved or quartered  
1 pound of brussels sprouts, trimmed and halved  
2 tbsp oil, divided use  
Salt and pepper  
1 block firm or extra firm tofu, cut into 1 inch cubes  
1/2 cup barbecue sauce

1. Preheat oven to 400 F and line a large sheet pan with parchment paper or a silicone baking mat.
2. Add the potatoes to a large bowl and toss with half the oil, and salt and pepper as desired. Transfer to the sheet pan, keeping it to 1/3 of the total space.
3. Using the same bowl, toss the brussels sprouts with the remaining oil, and salt and pepper to taste. Transfer to the sheet pan, keeping it to 1/3 of the total space.
4. Add the tofu and barbecue sauce to the same bowl and gently toss to coat. Transfer to the last section of the sheet pan.
5. Bake for 20 minutes. Toss the veggies and flip tofu. Bake another 15-20 minutes, until sweet potatoes and brussels sprouts are cooked through.



**Immerse yourself in the experience. Stop trying to find the items you can't eat anymore and look at the universe of what you can start eating.**



**Eric Adams,  
New York City Mayor**



1 tbsp oil	1/4 cup vegan red wine (optional)
1 onion, diced	2 celery stalks, diced
4 cloves of garlic, minced	2 carrots, diced
8 oz sliced mushrooms (crimini, white, portobello, shiitake, or a combination)	3/4 tsp dried thyme
	1/4 tsp garlic powder
	1 tbsp soy sauce
	1 tbsp tomato paste
	1 cup vegetable broth
	1 tbsp cornstarch mixed in 3 tbsp water

1. In a large pot on medium heat, add the olive oil, onion, garlic, and mushrooms. Cook, mixing occasionally, until the mushrooms have released most of their liquid.
2. Add the wine to deglaze the pot. Cook for a few minutes to allow the alcohol to cook off. (If omitting the wine, move onto step 3).
3. Add the celery and carrots and cook for another 5 minutes, or until the vegetables begin to soften.
4. Stir in the soy sauce, tomato paste, and broth. Bring to a simmer, cover, and cook for about 15 minutes.
5. Combine water and cornstarch in a small bowl to create a slurry. Slowly pour it into the pot, mixing constantly to prevent clumping.
6. Serve with mashed potatoes and/or crusty bread.



## MUSHROOM BOURGUIGNON

Looking for a **bowl of comfort** on a cold night? Mushrooms can replace the meat in any stew recipe. Fresh varieties (portobello, button, etc.) or canned both work depending on what is available for you. Try a medley for more variety, or something new from your local farmer's market.

Stew can easily be prepared in a **slow cooker** or **pressure cooker**, making these recipes even easier.

If you want to tweak your favorite stew recipe, you'll want to double the amount of mushrooms (so if you use 8 ounces of meat, you'll want at least 16 ounces of mushrooms) because mushrooms cook down quite a bit. Add them at the same step of the recipe where you would add raw meat. Also be sure to switch out beef stock with vegetable broth.

If you typically start by cooking your ingredients in butter, it's easy enough to switch that to plant-based butter or your preferred cooking oil.

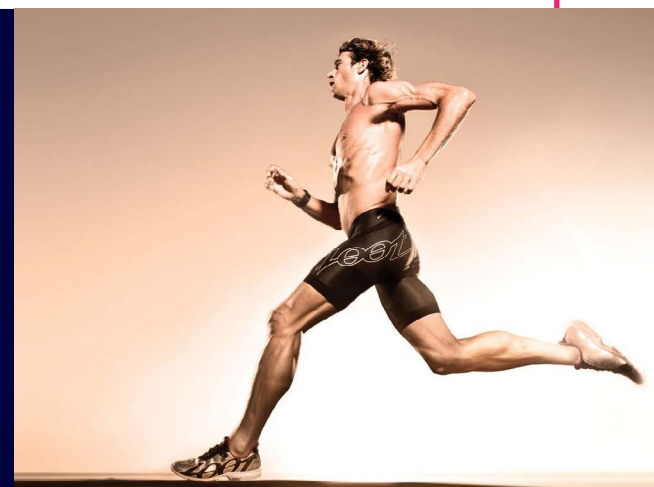
Want a more structured recipe? Try our **Mushroom Bourguignon recipe** that relies on basic ingredients to deliver a hearty meal.

“


**There are so many reasons to remove dairy products from your diet. It's not environmentally sustainable or responsible. It's certainly unethical. It involves the mistreatment of millions if not billions of animals. And it's simply not good for us.**

”

**Rich Roll,  
Ultra Endurance Athlete**





A large, dark-colored bowl filled with a thick, reddish-brown bean chili. The chili is topped with a generous amount of white sesame seeds. The bowl is set against a background of a green and white polka-dot cloth.

2 onions, diced  
4 cloves of garlic, minced  
1 large bell pepper, diced  
2 15 oz cans of beans (pinto, kidney, red, black, etc.), rinsed and drained  
3 tbsp chili powder  
1 tbsp dried oregano  
2 tsp cumin  
1 tsp cayenne pepper or 1 tbsp hot sauce (optional)  
1 15 oz can fire-roasted diced tomatoes  
2 cups vegetable broth

Toppings: sliced avocado, hot sauce, jalapenos, diced red onion, cilantro, dairy-free cheese

Add all ingredients to a slow cooker.  
Mix well.

Cook on high for 4 to 5 hours.

Add toppings as desired.

## BEAN CHILI

We know chili recipes can be top-secret, but that doesn't mean they can't be altered to remove the meat and make them plant-based. Simply replace the meat in your recipe with an equal amount of plant-based protein.

Our favorite beans for chili are **red kidney (dark or light), black, and pinto**, but any bean can be used. If you're making a big pot, using one can of a few different varieties is a good approach, just be sure to rinse them first. If you don't want beans, then crumbled tofu, textured vegetable protein, or mock ground meats can be used and lend that hearty texture.

Our recipe is simple but delicious. Using a slow cooker makes this the ultimate hands-off meal.

**Think ahead:** make a double batch and freeze the leftovers in individual portions. It'll come in handy if you're strapped for time, feel a cold coming on, or just want a bowl of comfort.



“

**Plant Strong eating is really the most cost-effective way to eat on the planet. Real men eat plants and they do it because they've done their homework.**

”

**Rip Esselstyn**





“

I've never felt stronger. I've never performed better. And I have energy, and I feel good. I'm not bloated, and I feel like I'm at my best without dairy.

”

Rachael Adams, Olympic  
Volleyball Player

## CHICKPEA SALAD

Smashed chickpeas are a great substitute for chicken or tuna in deli-style salads. Vegan mayonnaise is available in most stores, but if you can't find it try swapping out an equal amount of plain hummus or mashed avocado.

Like any deli salad, there are a lot of varieties. Whether you like to add almonds and grapes, celery and red onion, or keep it simple, the **protein in the chickpeas** will keep you satisfied.

This works great in sandwiches or wraps, packed for lunches, or quick dinners. Try it over mixed greens for a salad, atop crackers, or with sliced veggies for a snack. **The possibilities are endless.**

Use our recipe below, or take your favorite recipe and swap out the meat with an equal amount of partially smashed chickpeas or white beans.

½ cup vegan mayonnaise  
2 cloves of garlic, minced  
1 tbsp lemon juice  
1 tbsp dijon mustard  
1 tbsp dried parsley  
¼ tsp black pepper  
¼ tsp salt  
2 cans chickpeas, rinsed and drained  
½ cup celery, finely diced  
½ cup red onion, finely diced

Add the first seven ingredients (mayo through salt) to a large bowl. Whisk to combine and make the dressing. Add chickpeas, celery, and onion. Toss to coat.

Use a potato masher or the back of a fork to crush some of the chickpeas. Mashing them helps keep the salad and flavors together, but keep some whole to give it a chunky texture.





# SANDWICHES

Do you like to rely on sandwiches for quick meals? **Mix and match** these basic ingredients to create your perfect sandwich. Don't forget the mustard!

- Store-bought vegan deli slices
- Marinated tofu or tempeh slices (store-bought or homemade, leftovers work well too)
- Vegan cheese
- Hummus
- Avocado slices or guacamole
- Grilled vegetables (eggplant, red peppers, zucchini)
- Sliced vegetables (tomatoes, cucumbers, peppers)
- Greens (lettuce, spinach, arugula)
- Sprouts
- Pickles or pickled vegetables (sauerkraut, kimchi, banana peppers)



**As a mom, I could never feed my kids [animal products] laden with hormones and persistent inorganic pollutants, such as DDT, PCB, or dioxins, which are neurotoxins and endocrine disruptors. They can wreak havoc on our children's developing brains, our hormonal balance (affecting future fertility), and they have even been linked to cancer.**



**Dr. Vivian Chen, MD and Child Allergy Specialist**



## STIR FRY NO-RECIPE RECIPE

Stir fries are an easy fallback meal, and you might already have all the ingredients in your pantry and freezer. They are also an efficient option to use up various vegetables that are past their prime to help reduce food waste.

Going out of town? Stock your freezer and pantry with these ingredients and you can cook dinner in minutes when you get home. A quick, home-cooked meal will be so much more satisfying after a day of gas station or airport meals.

Use this formula and mix and match based on what you have available and enjoy:

**grain + vegetables + protein + sauce**

**Here are some of our favorite options for inspiration:**

**Grains:** rice, quinoa, rice noodles

**Vegetables:** broccoli, carrots, zucchini, eggplant, peppers, mushrooms, onions, baby corn, water chestnuts, frozen vegetable mixes and blends

**Proteins:** cubed tofu, cubed tempeh, chickpeas, edamame, cashews, peanuts

**Sauces:** teriyaki sauce, General Tso's sauce, peanut sauce, sriracha



## READY TO MAKE YOUR OWN BOWLS?

See... creating dairy-free and plant-based meals can be incredibly easy, you're basically a pro already! Now that you have a better understanding of how to make simple swaps, and flavors that pair well together, you can **put those skills to use** even when you have nothing planned. Here's a handy guide for building a quick bowl. Try to pick at least one option from each category for the most satisfaction and balance.

**Pro tip:** this is a great way to utilize mismatched leftovers and create something new and exciting. You just might find a new favorite!

### GRAINS & STARCHES

Quinoa  
Rice  
Potatoes  
Pasta  
Bread  
Tortillas  
Corn  
Oats



### VEGGIES (COOKED AND/OR RAW)

Lettuce, Greens,  
Spinach, Broccoli,  
Cauliflower,  
Cabbage, Peppers,  
Carrots, Celery,  
Cucumbers,  
Zucchini,  
Eggplant,  
Mushrooms



### PROTEIN

Tofu, Tempeh,  
Edamame,  
Beans (black,  
pinto, white),  
Peas,  
Chickpeas,  
Lentils (brown,  
red, green),  
Hummus



### FLAVOR

Sauerkraut, Kimchi,  
Pickles, Relish,  
Olives, Hot Sauce,  
Sriracha, Salsa,  
Pico de Gallo,  
Barbecue Sauce,  
Flavored Vinegars,  
Lemon or Lime  
Juice,  
Nuts, Seeds,  
Fresh Herbs,  
Nutritional Yeast



In case you need a little extra guidance, here are some super simple ideas to use for inspiration:

1. Quinoa, spinach, diced tomatoes, chickpeas, tahini
2. Tortilla, mixed greens, hummus, mushrooms, balsamic vinegar
3. Rice, tofu, zucchini, peanuts, sriracha, kimchi
4. Sweet potato, black beans, broccoli, salsa
5. Cold pasta, peas, arugula, lemon juice, nutritional yeast

Now that you're ready to make the switch, check out our Dairy-Free Fridge Makeover to help inspire your grocery list with some of our favorite dairy-free swaps.



# DAIRY-FREE FRIDGE MAKEOVER

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

DAIRY FRIDGE

DAIRY-FREE FRIDGE

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

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

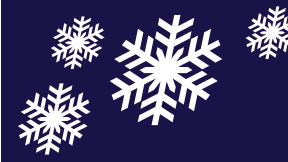
Making lattes at home? This special Barista Edition of Oatly froths like a boss. There's a reason oat has become the new almond when it comes to espresso drinks—it's luxuriously creamy, frothy, and its mild taste lets the espresso shine through. This oat milk also makes an exceptional hot or frozen chocolate. 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*



# WHO IS SWITCH4GOOD?

**We are an evidence-based nonprofit, advocating passionately for a dairy-free, plant-based world. We work with health and wellness experts, athletes, social justice advocates, and progressive corporations to promote healthier eating habits.**

**For more information, guides, and resources visit  
[Switch4Good.org](https://Switch4Good.org)**

**Special thanks to the following people for  
contributing and inspiring these recipes:**

**Tiffany Bruno  
Michelle Cehn  
Audrey Dunham  
Ashley Manila  
Julia Murray  
Toni Okamoto  
Christine Skari  
Cedric Torres  
Carrie Weldy  
Jason Wrobel**

