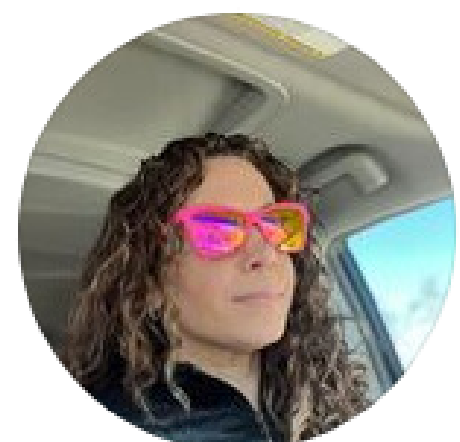




# DAIRY, GLUTEN AND LACTOSE FREE *Guide & Faves*



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A FEW OF MY

# *Favorite Things*

I've been dairy/lactose free since 2014, and gluten free from 2015. Usually, I am able to tolerate lactose free items, so those are my preference. What I can't do is eat something with full dairy and pop a Lactaid - it does not work for me that way. And if I eat too many of the delicious lactose-free goodies, my body doesn't love that so it's for sure a trial and error balance.

Most of the time, things are called "dairy alternatives" and they are really not alternatives. The biggest offender is cream cheese. Kite Hill non-dairy "cream cheese" does NOT equal Philly Cream Cheese.

## **Cream cheese:**

**BEST:** Green Valley Organics Lactose Free. Now this? This is the good stuff. The kind of stuff that smoked salmon and a NYC bagel dream of (don't worry, I have a GF option for the bagel).

Macros: 1p/1c/10f for 2 tbsp



(Trader Joe's has a dupe)

Macros: 1p/1c/10f for 2 tbsp



Tasty, but not an actual comparison to cream cheese:

Boursin Dairy Free Spread. A mixture of fresh garlic, parsley, and chives is blended together with coconut oil to create a dairy-free cheese spread.



**Pros:** It's quite delish and versatile (think breakfast sandwiches, use instead of mayo with cold cuts, try in some tik tok famous pasta dishes)

**Cons:** high fat with not a ton of nutritional value and can be pricey (sometimes Trader Joe's has it for less than other grocery stores)

**Macros:** 0P/3C/8F for 2 tbsp (but a little goes a long way)



Only if you're desperate or willing to understand that this isn't the cream cheese you knew and love. It does serve its purpose occasionally, like in #61 Buffalo Chicken Wrap.

Kite Hill Dairy Free Cream Cheese

Macros: 2P/2C/6F for 2 tbsp



They say "Our non-dairy cream cheese alternative is velvety smooth, with a rich, subtly tangy and sweet flavor." I say - Blasphemy!

## Cottage cheese:

- Good culture lactose free is the best lactose free cottage cheese. It can be hard to find, so I always stock up. The macros are 14p/3c/4.5f for the OG. They do have a lower fat lactose free option, but I have never seen it in the wild.
- Lactaid Cottage Cheese is much easier to find, though not nearly as delicious as the Good culture. The macros are 13p/5c/5f/.
- I've never seen a plant-based cottage cheese, but there are rumors that Miyoko's was trying to come out with one - doesn't seem like it ever happened.
- There are also recipes online to make your own cottage cheese out of tofu, but that doesn't sound delicious.



## Protein Powders

This is such a personal preference topic it's hard to totally recommend the be all end all that is great for drinking in a shaker bottle with just water/making in the Ninja Creami/having as a smoothie/making in waffles, etc. Hot tip? Try and find samples before committing to the big tub you'll have to use forever and ever all eternity. Also? Make sure any whey is "whey protein isolate" which generally means it's super filtered and lactose-free.

- **Just Ingredients**

I love their Chocolate Peppermint for my nightly Ninja Creami concoction and their Snickerdoodle for making in protein pancakes, waffles or french toast. It doesn't mix super well with just water but if you shake the hell out of it, it is drinkable.

- **Vital Proteins Chocolate Collagen**

Collagen is not a complex protein, so should not be relied upon as a true protein source (Jess and Sarah, fact check me on the geeky science behind this). The pro of collagen is that you can find bovine or marine, and there is no dairy at all. I like the Vital Proteins Chocolate Collagen mixed with yogurt for an almost chocolate-mousse like situation. Don't forget the sprinkles for some razzle dazzle, right Jess?



## Butter Options



Smart Balance, Earth Balance are my typical go-tos. Smart Balance has a light buttery spread that is more bang for the macro buck but tastes more like margarine than butter. There are also plenty of non-dairy butter alternatives and options, and even some lactose free butter (Green Valley has one), but it all depends on your macros, budget, taste buds and store availability.

## Yogurt

If you want:

- Greek Yogurt - go for Fage BestSelf Lactose free. It's low fat, low carb and higher protein per serving. It is thick and rich like a true greek yogurt would be. Because it is true greek yogurt, just with added lactase enzymes.
- OG yogurt - try Green Valley Organics Lactose Free Plain Low Fat Yogurt. This has very low fat, higher carbs than the Fage, but also lower protein. So while this is a good receptacle to add in protein power for a yogurt parfait, be mindful of adding enough fat to balance it out too - and know that the texture is thinner and more watery than a greek yogurt.
- Non-Dairy - this is a major trial and error and I have only ever found one that is tasty enough to eat a serving - try Siggy's plant-based. The Vanilla Cinnamon is my fave. The macros are 11f/13c/10p which means that a normal sized serving doesn't leave a ton of room to add in fats but since you can find these as single-sized servings, may be a good on the go option.



## Milk/Non-Dairy Substitutes

- Unsweetened Vanilla Almond Milk
- Fairlife Lactose free (plain or chocolate)



## Cheese

***Why did the cheddar cheese decide to go to the gym? To get shredded.***

Oh cheese, how I miss you. I'm just gonna say it right now that while there are a plethora of non-dairy substitutes, none of them taste or melt like the real deal, no matter what the marketing tells you. However some brands aren't awful. Again, if you can handle lactose-free - those will be the tastier options though they are harder to find. For example:

- Folio's makes some lactose-free cheese wraps that you can either use in place of bread or a wrap for sandwiches, or rip pieces off and use like..a slice of cheese. You can also portion out small pieces to make a cheese crisp situation. These have very few carbs, 13 grams of fat and 11 grams of protein for a full cheddar wrap.



## Cheese

- Violife plant-based is pretty easy to find and has a bunch of varieties. The shredded cheese aren't awful, the sliced "cheese" is OK but I'm gonna tell you right now that the "feta" does not taste like the star of Greek salads that we all knew and loved. Sigh.
- For other plant-based "cheese," Follow Your Heart, Daiya and sometimes store brands can also be found fairly easily but are not all created equal. So check the nutrition info, give it a whirl and see if you like.



## Gluten-Free Stuffs

Similarly to my strong feelings about cream cheese, sadly there also aren't always direct alternatives of gluten free items. The "biggest" offender here is bread. Many GF breads are tiny. Interestingly enough, sometimes GF pretzels are arguably more crispy and tastier than their non-GF siblings.

### Bread

- [Canyon Bakehouse](#)
- [Carbonaut](#) Gluten Free
- [Simple Kneads](#)
- [Bagel thins o'dough](#)

Bagels tend to not be macro-friendly and unless you are trying to eat your daily carb allowance in one meal, probably not something you can often fit in. It seems like every GF bread company offers a bagel as well, but it's all a scam and is just bagel-shaped bread. Pass!

If you aren't paying attention to macros and want a real deal bagel, I can share some great ones.



# Gluten-Free Stuffs

## Wraps

- Siete Grain Free. They do not all have the same macros, and are pricey (though you can find the almond ones at Costco. Also, trader joes has a dupe!)
- BFree
- Egglife Wraps (trader joe's also has their own version)
- Make your own?
- Or just use romaine or iceberg for a lettuce wrap!



## Pasta

- Banza pasta is yummy, easy to find (or store brand dupes). The good thing about Banza is that it also has protein, which is helpful since a real serving of pasta isn't huge. This does tend to get gummy and doesn't hold up like wheat pasta, so making only one serving at a time is sometimes better than trying to prep a bunch.
- There are others made from something that also has a good amount of protein, like red lentil, etc - but check nutrition labels carefully as they aren't all the same relative to ingredients, protein, fiber, etc.
- Other gluten-free pastas, like brown rice usually are low to no protein and higher carbs. And in my opinion, not so tasty.
- Rice noodles, spaghetti squash are also options to consider.

