

DONE WITH DAIRY TOOLKIT

Dairy.

It gives me acne, a bloated stomach, headaches and clogged sinuses. It's not pleasant.

Do you experience something similar?

For many of us, going dairy-free is the right choice for our body.

But maintaining excitement around our meals after going dairy-free is a challenge... which is I developed this Done with Dairy Toolkit.

This Toolkit equips you with the tools you need to bust through the roadblocks of transitioning to a dairy-free lifestyle so that you can enjoy your food and get on with living life.

Are you ready to rumble?

Great! Let's dig in...

DONE WITH DAIRY EXPERIENCES

Healthful Pursuit readers (just like you!) have used these dairy-free strategies with great success. Here's what they had to say...

“ **The resource we need** to recreate our favorite dairy products, which is especially important during the transition to a dairy-free (or reduced dairy) lifestyle. Trust me, your body will thank you – And your taste buds will thank Leanne!”

I will never “**go back to dairy again.**”

“ **I am blown away by the creativity in this guide.** From sweet icing to savory soups, there is a solution for everything!”

It's so easy to go “**dairy-free**” with this guide. Omit dairy from your diet and see what changes happen to you.”

Reducing dairy can do wonders “ for your body and Leanne has some great recipes to help make the transition so much easier.”

“ **I noticed a difference in hours**”

RECIPES: CAKE FROSTING



These dairy-free frosting recipes go great spread over top of any cake, cupcake... or spoon.



Butter Cream
sweet, thick frosting. Can be made vegan, too!



Cream Cheese Frosting
ultra creamy frosting for your next batch of cupcakes!



Raspberry Icing
pretty pink frosting.



Cream Cheese Icing
right amount of bitter cream cheese taste you know and love.

RECIPES: CARAMEL



Caramel is usually made with loads of sugar, butter and milk. But not in these recipes!



Caramel Topping
change the way you think
of caramel.



**Caramel Apple
Cupcakes**
coconut flour cupcakes
topped with dairy-free
caramel.



Date Caramel
3 dairy-free ingredients.



Caramel Popcorn Balls
with only 6 clean-eating
ingredients.



No bake Vegan Twix Bars
6 ingredients, no baking
required.



Nut-free Twix Bars
made with gluten-free
shortbread.

RECIPES: CHEESE



Treat yourself to a soy-free, cashew-based version of your favorite cream cheese spread and replace it in any recipe calling for cream cheese at a ratio of 1:1.

Make shredded cheese from sweet potatoes and fall in love with nutritional yeast!



Cream Cheese
made from cashews,
lemon juice and apple
cider vinegar.



**Cranberry Cream Cheese
Squares**
dairy-free, gluten-free
cheesecake squares.



Carrot Cake Cheesecake
raw carrot cake with
cream cheese topping.



Walnut Cheese
with only 6 clean-eating
ingredients.



Shredded Cheese
6 ingredients, no baking
required.



Parmesan Cheese
melt in your mouth dairy-
free parmesan.

RECIPES: CREAM SAUCE



You can make just about any cream-based soup with cauliflower and then use it for any recipe that calls for cream of mushroom, broccoli or chicken at a ratio of 1:1.



Cream of Mushroom Soup
vegan soup thickened with cauliflower.



Broccoli and Chick-un Casserole
classic cream casserole.



Alfredo Sauce
free of dairy, soy, nuts, grains and starches. Paleo, too!



Nut-free Cheese Sauce
dairy-free cheese sauce that's free of nuts!



Cheez Whiz
perfect for any sandwich, wrap or vegetable spread.



Cream of Broccoli Soup
classic broccoli soup without the cream!

RECIPES: ICE CREAM



Coconut milk or bananas work as a great substitute for cream in ice cream. Best part is, these recipes don't require that you use an ice cream maker!



Peppermint Chocolate Chip Ice Cream
spinach is in it... not artificial colors



Chunky Monkey Ice Cream
5-minute dessert.



Cherry Chunk Protein Ice Cream
cherry and strawberry ripples.



Lemonade Ice Cream
creamy lemonade with a healthy boost of magnesium.



4-Ingredient Ice Cream Sandwiches
banana ice cream sandwiched between chocolate cookies.



Chai Latte Ice Cream
your favorite drink made into a thick, creamy ice cream.

RECIPES: MILK



Any seed, nut or starchy vegetable can be transformed into a dairy-free milk. Try out these recipes, and then experiment for yourself!



Flax Milk
easy way to boost your
omegas.



Sunflower Seed Milk
inexpensive dairy-free
solution.



**Sweet Potato Chocolate
Milk**
a delicious treat.



**Easy Homemade
Coconut Milk**
made with shredded
coconut.



Cleansing Cashew Milk
smooth and creamy.



Vanilla Nut Hemp Milk
great on its own.

RECIPES: PUDDING



Avocados, beans and pureed fruits like banana are a great substitute for cream-based puddings. Make a batch of these puddings on their own, or use in your favorite recipes at a ratio of 1:1.



Lemon Avocado Pudding
lemon flesh adds so much flavor to this pudding.



Chocolate Pudding
just 5 ingredients and it's high in protein.



Vegan Lemon Pudding
low calorie option that's also safe for candida, paleo and low-fat diets.



Berries 'n Cream Chia Pudding
start your day with pudding!

THE GOODS: SHOPPING LIST



These are the go-to dairy-free favorites that I've used in my kitchen for years and years. Each item is linked to its Amazon product page so that you can take a look, note it down, and look for it next time you're at the store. Or, order from Amazon and get to cooking right away!

Almond Butter use as a base for any caramel sauce.

Apple Cider Vinegar transform coconut cream into sour cream with a 1:8 ratio of vinegar to cream.

Cacao Powder give any recipe a little chocolate boost.

Chocolate Chips dairy-free alternative to milk chocolate chips.

Coconut Butter use as a thickener for frostings and icings.

Coconut Cream use instead of cream.

Coconut Milk use instead of high-fat milk.

Coconut Oil use instead of butter.

Nutritional Yeast swap out the parmesan on the recipe with this stuff!

Unsweetened Almond Milk my favorite non-dairy milk to cook and bake with.

ABOUT LEANNE VOGEL

I want to live in a world where everyone is able to nourish themselves based on the intuitive cues their body provides. Where struggles, restrictions and deprivations are replaced with kindness, radiance and pleasure.

I live a life of balance - I laugh a lot, cry a lot and I dream a lot. I order large plates of fries, make a mean mega salad and sun bathe every once in awhile. I practice yoga and treat myself to Sunday pajama days cuddled up on the couch watching reruns of Felicity.

I have good days and bad. Just like you.

I'm a holistic nutritionist - because I vibrate with love when I help others.

I've spent over a decade creating a life of abundance, joy and celebration with the goal of revolutionizing my perception of food and wellness and I want to share it with you.



HUNGRY FOR MORE?

If you loved the outrageously healthy nuggets of goodness I shared in this guide, there is plenty more where that came from.

Four things you can do next:

HEAD TO THE WEB

Slide over to [MY WEBSITE](#) & explore all of my tantalizingly simple allergen-free recipes, easy to follow health guides and inner musings about life, goal setting, self-acceptance and self-love.

GET THE RESULTS YOU CRAVE

When what you're doing isn't working, [THE KETO BEGINNING](#) is the rocket fuel for achieving flawless health and effortless weight loss through sound nutrition practices and vibrant food preparation in ways you've never seen before.

UNCOVER YOUR BEST SELF

Grab a copy of my [FAT FUELED PROGRAM](#) - Slide into fat-burning mode, without needing to go strict low-carb. Liberate your ketogenic life from restriction, macronutrient manipulation, exercise abuse... and feel hot-damn sexy doin' it.

MEAL PLANNING

Register for [BALANCED KETO MEAL PLANS](#) - Weekly whole food keto meal plans to take the stress and guesswork out of your low-carb, high-fat eating style.

THANKS!

For visiting my little corner of cyberspace and joining me in this crazily rewarding ride.

xo
Leanne