

GUIDE TO: COOKING FREE



Beer

Swap beer in a recipe for [this stevia-sweetened ginger ale](#). (Ratio = 1:1)



Cream Soup

Use these cream of [mushroom](#), [tomato](#) and [broccoli](#) soup recipes instead. (Ratio = 1:1)



Butter

[Coconut oil](#) can be used in any recipe that calls for butter. (Ratio = 1:1)



Eggs

1 tbsp [ground flax seed](#) + 3 tbsp warm water = 1 egg (Ratio = 1:1)



Cheese

[Make your own](#) or grab a pack of my favorite (it's soy-free!) (Ratio = 1:1)



Milk

Choose from these [7 dairy-free milk recipes](#). (Ratio 1:1)



Cheese Sauce

Make your own [nut-free cheese sauce](#) or [cheez whiz](#). (Ratio = 1:1)



Sour Cream

This is [the best dairy-free sour cream recipe](#)... ever! (Ratio = 1:1)



Chocolate

Substitute with [carob](#). (Ratio = 1:1)



Yogurt

I love this [almond yogurt](#) and this [coconut yogurt](#). (Ratio 1:1)

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.

Three 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.

MEAL PLANNING

Register for [REAL MEALS MEAL PLANS](#) - You've got a lot on your plate. Let's make sure the one you're eating from? Isn't one more thing you've got to worry about.

DESSERT GOBBLING

Grab a copy of my [DESSERT FREEDOM COOKBOOK](#) – Think of this as the last grain-free, vegan dessert cookbook you'll ever need.

AND!

If this guide — or any of my other creations — has triggered some crazy awesome happenings in your life, helped catapult you forward, or kick-started your awesome health journey, [I would love to hear about it.](#)

Now, it's time to inject your life with health, kick your restrictions to the curb and celebrate good food!

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

See you around!
Leanne