

GLUTEN FREE DAIRY FREE ALTERNATIVES



R.O.A.R

ROADMAP TO ATTENTION AND REGULATION

Module 4

Easy + Tasty

Yes, I have said let's not use processed food and stick with Whole Foods. But in this pdf, I am going to give you options for Gluten Free and Dairy Free Options that are most often missed. We are talking cream cheese, cheese, pancake mixes, pasta, etc.

Remember that you already have **Recipes in Module 1**.

Every recipe you have in this course is already gluten and dairy free.

Food	GF/DF Brand	Notes
Pasta	Jovial	
Bread	Happy Campers or Canyon Bakehouse or Franz	Canyon Bakehouse wins in terms of taste and ingredients, but it is not perfect. Have in moderation.
Cheese	Miyoko's, Chao, Follow your Heart, and more in your local Health Food Store	These are good, but not all melt as well as dairy cheese.

Food	GF/DF Brand	Notes
Cream Cheese	Kite Hill	Clear Winner
Cheese Sauce	Best Home Made or try Daiya	
Pizza Crust	Schar	Quite refined, but good for indulgences
Pizza Cheese	Chao or Miyoko's, but can also try just Pesto	
Tortillas	Corn Tortillas, organic	
Chapatis	Almond Flour Tortillas, Siete Home made with Millet Flour Corn Tortillas	

Food	GF/DF Brand	Notes
Pancakes, Waffles	Buckwheat Flour, Almond Flour, Coconut Flour	Most of these need eggs, except for Buckwheat Flour.
Pancake Mixes	Simple Mills Simply Elizaebeth	Clear Winner is Simple Mills
Crackers	Simple Mills	You can't tell they are Gluten Free
Cookies	Simple Mills	

Recipe Blogs

These are blogs that I frequent when I want recipes that hit the taste buds AND are gluten-, dairy- and refined sugar free. Remember, this may not be true for **every** recipe in these blogs, so do be careful.

1. [Minimalist Baker](#)
2. [Cookie and Kate](#)
3. [Love and Lemons](#)
4. [Ela Vegan](#)
5. [Chez Jorge](#)



Disclaimer: *The information provided in this module is for educational purposes only. Vaishnavi Sarathy, Ph.D. is an educator, not a doctor, specifically not your child's doctor. Please consult your physician before implementing any supplement or diet recommendations.*