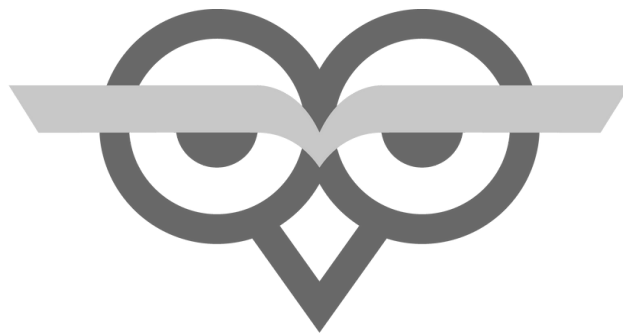


# GLUTEN FREE DAIRY FREE ALTERNATIVES

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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<br>Home made with Millet Flour<br>Corn Tortillas |   |

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