

## Dairy-Free

### Shelf-Stable Meal Suggestions

*Breakfast • Lunch • Dinner*

#### Breakfast Meal Suggestions

- Plain instant oatmeal (prepared with water)
- Unsweetened applesauce or fruit cups packed in water
- Nut or seed butter packets (dairy-free)
- Rice cakes or plain crackers labeled dairy-free
- Cinnamon packets
- Herbal tea bags

#### Lunch Meal Suggestions

- Tuna, chicken, or salmon packets (plain and dairy-free)
- Rice cakes, crackers, or flatbreads labeled dairy-free
- Hummus cups or canned beans (dairy-free)
- Low-sodium canned vegetables
- Olive oil or mustard packets (dairy-free)

#### Dinner Meal Suggestions

- Brown rice or quinoa microwave cups (plain and dairy-free)
- Low-sodium beans or lentils
- Dairy-free vegetable or bean soups (broth-based)
- Canned vegetables prepared without butter or cream

**Meals and food suggestions shared by Nedavah are offered with care and thoughtful consideration. They are not intended to replace medical advice or dietary guidance from a healthcare professional. Individuals are encouraged to choose foods that best support their personal health needs.**