

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.