Dairy Free

Kitchen Clean Out Checklist

Refrigerator

- [ ] milk
- [ ] butter
- [ ] cheese
- [ ] yogurt
- [ ] creamer
- [ ] sour cream
- [ ] puddings
- [ ] sauces
- [ ] processed meats
- [ ] lactose-free items

Freezer

- [ ] ice cream
- [ ] frozen yogurt
- [ ] waffels
- [ ] frozen meals
- [ ] sauced foods
- [ ] battered foods
- [ ] whipped topping
- [ ] frozen pastries
- [ ] cookie dough
- [ ] frozen pizza

Pantry

- [ ] evaporated milk
- [ ] velveeta cheese
- [ ] salad dressings
- [ ] seasoning mixes
- [ ] dips
- [ ] bread
- [ ] cereal
- [ ] pre-made pastries
- [ ] protein bars
- [ ] milk chocolate
- [ ] frosting
- [ ] canned soups

Other Items

- [ ] flavored chips
- [ ] hot coco mix
- [ ] coffee drinks

Check The Labels!

Avoid anything that says
“ Contains Milk”

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