



CHOMP SHOPPER

# DAIRY-FREE GROCERY LIST

FOR BEGINNERS

ABOUT 7 DAYS

2 ADULTS

FREE PRINTABLE

WEEK OF \_\_\_\_\_

## PRODUCE

13

- ☐ Baby spinach 2 bags (5 oz)
- ☐ Broccoli 2 heads
- ☐ Bell peppers 3
- ☐ Yellow onions 2
- ☐ Potatoes 2 lbs
- ☐ Sweet potatoes 2 lbs
- ☐ Avocados 4
- ☐ Bananas 1 bunch
- ☐ Strawberries 1 lb
- ☐ Apples 4
- ☐ Garlic 1 head
- ☐ Lemons 2
- ☐ Firm tofu 1 block (14 oz)

## MEAT & SEAFOOD

3

- ☐ Chicken thighs 2 lbs
- ☐ Ground turkey 1 lb
- ☐ Salmon fillets 1 lb

## DAIRY AISLE & EGGS

5

- ☐ Eggs 1 dozen
- ☐ Oat or soy milk ½ gallon
- ☐ Dairy-free yogurt 24 oz
- ☐ Plant-based butter 1 tub
- ☐ Dairy-free cheese shreds 8 oz

## BAKERY

1

- ☐ Dairy-free bread 1 loaf

## PANTRY

5

- ☐ Rice 2 lbs
- ☐ Pasta 1 lb
- ☐ Rolled oats 18 oz
- ☐ Peanut butter 1 jar
- ☐ Nutritional yeast 1 small tub

## CANNED & JARRED

3

- ☐ Canned coconut milk 2 cans
- ☐ Canned black beans 2 cans
- ☐ Marinara sauce 1 jar

### × SKIP

Milk, cream and half-and-half

Cheese, butter and ghee

Yogurt, sour cream and ice cream

Hidden dairy: whey, casein, lactose, milk solids

"Non-dairy" creamers (some contain casein)

Lactose-free milk (still cow's milk)

## EASY SWAPS

~~Milk~~ → Oat, soy or almond milk~~Cream~~ → Full-fat coconut milk~~Cheese on tacos~~ → Avocado~~Butter~~ → Olive oil or plant butter~~Cheesy flavor~~ → Nutritional yeast

## DAIRY-FREE PANTRY STAPLES

- ☐ Peanut or almond butter
- ☐ Quinoa
- ☐ Rolled oats
- ☐ Nutritional yeast
- ☐ Nuts and seeds
- ☐ Full-fat coconut milk
- ☐ Canned tuna or salmon
- ☐ Salsa
- ☐ Popcorn kernels
- ☐ Rice
- ☐ Plain dry pasta
- ☐ Olive or avocado oil
- ☐ Dried herbs and spices
- ☐ Dried fruit
- ☐ Canned beans and chickpeas
- ☐ Marinara (most are dairy-free)
- ☐ Tortilla chips
- ☐ Dark chocolate (check label)

## SHOPPING TIPS

- 1 Check the allergen line first**  
Look for "Contains: Milk," then scan the ingredients.
- 2 Start with one plant milk**  
Oat is creamy, soy has the most protein, almond is light.
- 3 Coconut milk for creamy dishes**  
It costs less than most dairy-free creamers.
- 4 Stock shelf-stable cartons**  
Unopened plant milk lasts for months.
- 5 Check baked goods**  
Bread and crackers can contain milk or butter.
- 6 Build on naturally dairy-free foods**  
Meat, eggs, beans, grains and produce cost less.