



Easy Meal Ideas for Families Navigating Lactose Intolerance



Lactose intolerance doesn't mean separate meals or giving up family favourites. Comfort foods and shared meals can still be part of everyday family life with a few simple swaps!

BREAKFAST



Egg & Cheese Wraps

Scrambled eggs, sautéed veggies, and shredded lactose-free cheese in a tortilla.



Breakfast Muffins

Make egg muffins with vegetables and lactose-free cheese on the weekend and reheat during the week.



Overnight Oats

Use lactose-free milk or a milk alternative. Add fruit, nut butter, seeds or any of your favourite toppings.



Toast with nut or seed butter and slices of banana

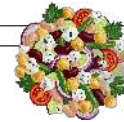
LUNCH



Turkey Sandwich or wrap with lactose-free cheese



Quesadillas using lactose-free cheese and chicken



Pasta salad made with chickpeas, veggies and dairy-free pesto



Pizza

Use lactose-free cheese and let everyone customize their own toppings.

DINNER



Spaghetti

Serve with meatballs or lentil sauce and offer lactose-free cheese on top.



Lasagna

Layer lactose-free ricotta or shredded cheese with noodles, sauce and ground meat.



Burrito Bowls

Include protein, rice, beans, veggies, salsa, and lactose-free cheese or sliced avocado.



Pizza

Use lactose-free cheese and let everyone customize their own toppings.

SNACKS

Crackers and lactose-free cheese slices

Edamame beans with lactose-free cheese cubes

Fresh fruit with seed butter

Veggies with hummus

Smart Swaps

Regular cheese → **lactose-free cheese** in casseroles and sandwiches
Regular milk → **lactose-free milk** in soups, mashed potatoes, and sauces
Creamy dressings → **oil-based** dressings
Regular butter → **lactose-free butter** or margarine for baking and cooking



Nutritionally, lactose-free options provide the same benefits as regular dairy, including calcium, protein, vitamin D and more.