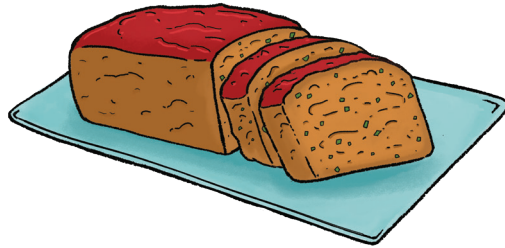












# Dietary Modifications for:

## Classic Meatloaf



rad<sup>o</sup>dish

Diet	Ingredient	Swap
 <b>Gluten-Free</b>		Use gluten-free breadcrumbs, such as <a href="#">Kroger</a> , <a href="#">Simply Balanced</a> , or <a href="#">Schar</a> .
 <b>Vegan</b>	 <b>Dairy-Free</b>	 Use dairy-free milk, such as almond, cashew, soy, or pea protein.
	 <b>Egg-Free</b>	 Use <a href="#">1 Flax Egg</a> .
	 <b>Vegetarian</b>	  Make a <a href="#">Vegan Lentil Loaf!</a>  Use vegan Worcestershire, such as <a href="#">Annie's</a> or <a href="#">O Organics</a> .