The image features four bowls of legumes arranged around a central green text box. The top-left bowl contains chickpeas, the middle bowl contains pinto beans, the bottom-left bowl contains green lentils, and the bottom-right bowl contains lentils. The text box is a solid green rectangle with white text and a white horizontal line.

# CALCIUM WITHOUT DAIRY

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God's Design  
for Strong  
Bones

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# MORE THAN CALCIUM



Strong bones are part of God's design for our bodies, and His creation provides everything we need to sustain them. While dairy is a well-known source of calcium, it's not the only one. Many whole foods are naturally rich in calcium, and with just two to three servings of these foods each day, you can easily meet your needs—no milk required.

Calcium doesn't work in isolation, though. God designed nutrients to work together in harmony:

- **Vitamin D** is essential for calcium absorption. It's found in eggs, liver, and best of all, through sun exposure. Supplementation may be needed if diet and sunlight aren't enough. Since it's fat-soluble, vitamin D requires healthy fats for proper absorption.
- **Magnesium** supports calcium balance in the body and is abundant in nuts, seeds, and leafy greens.
- **Vitamin K2** helps guide calcium into bones instead of soft tissues, protecting arteries from buildup.
- **Other tips:** Pair calcium-rich greens with vitamin C foods (like citrus) to enhance absorption, limit excessive caffeine, and don't take calcium at the same time as iron supplements.

This resource begins with a list of calcium-rich, non-dairy foods, followed by a one-day meal plan to show how simple it can be to build a whole-food diet that naturally provides around 1,000 mg of calcium. You'll also find a shopping list and quick-swap ideas to make it easy to put into practice.



# NON-DAIRY, WHOLE-FOOD CALCIUM SOURCES

Food	Serving Size	Calcium (mg)
<b>Greens &amp; Vegetables</b>		
Collard greens, cooked	1 cup	266
Kale, cooked	1 cup	179
Bok choy, cooked	1 cup	160
Broccoli rabe, cooked	1 cup	100
Turnip greens, raw	1 cup	80
Beet greens, cooked	½ cup	82
Swiss chard, cooked	1 cup	100
Mustard greens, raw	1 cup	40
Arugula, raw	1 cup	32
Okra, cooked	1 cup	100
Broccoli, cooked	1 cup	60–90
Butternut squash, cooked	1 cup	84
Rhubarb, cooked	1/2 cup	175
Sweet potato, baked (flesh only)	1 large	68
<b>Legumes</b>		
White beans, cooked	1/2 cup	70
Pinto beans, cooked	1 cup	75
Lentils, cooked	1/2 cup	20–30
<b>Fish (with Bones)</b>		
Sardines, canned (with bones)	3 oz (≈7 fish)	325
Salmon, canned (with bones)	3 oz	170–210
<b>Nuts &amp; Seeds</b>		
Almonds	1 oz (≈23 almonds)	75
Brazil nuts	1 oz (6–8 nuts)	45
Sesame seeds, whole roasted	1 oz (≈2 tablespoons)	280
Tahini (sesame seed paste)	1 tablespoon	75
Chia seeds	2 tablespoons	179
Sunflower seeds	1 oz (≈1/4 cup)	20
<b>Fruits</b>		
Oranges	1 medium	55
Dried figs	2 figs	65
Blackberries	1 cup	42
<b>Other</b>		
Blackstrap molasses	1 tablespoon	135
Amaranth, cooked	1/2 cup	135

# A SAMPLE MEAL PLAN EXCEEDING 1,000 MG OF CALCIUM

God's design for food is remarkable. Whole foods don't just supply calcium but also magnesium, potassium, vitamin C, and other nutrients that work together in harmony to help your body use it effectively.

The following one-day meal plan shows how easy it can be to reach a target of 1,000 mg of calcium without dairy by enjoying meals that reflect this natural synergy. The smoothie, wakame bowl, and chili are linked to blog posts for more details.

## Breakfast

[Fennel Orange Smoothie](#) - 350 mg

## Snack

Celery with Almond Butter - 63 mg

## Lunch

[Wakame Bowl](#) - 320 mg

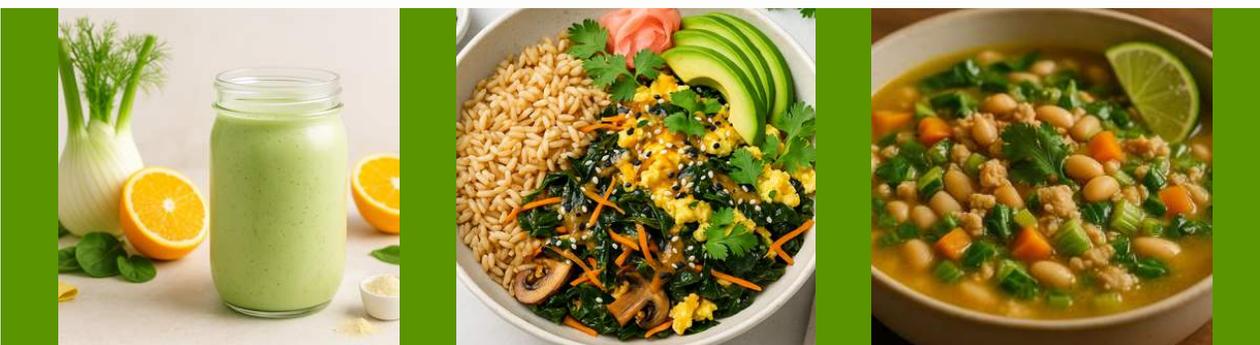
## Snack

Molasses Spice Cookies - Healthified - 80 mg (2 cookies)

## Dinner

[Turkey Chili With White Beans and Bok Choy](#) - 197 mg  
Kale Salad - 110 mg

This meal plan totals 1,120 mg of calcium for the day. Calcium values are estimates from standard nutrition references; actual amounts vary by brand and portion.



# FENNEL-ORANGE SMOOTHIE

Serves 2

## INGREDIENTS :

- 1 cup rough chopped fennel bulb, (See Note)
- 2 large navel oranges, peeled (See Note)
- 4 cups baby spinach and kale mix
- 10 drops Sweet Leaf Vanilla Crème stevia, (or less to taste)
- 1/4 cup pea protein powder, (unflavored or vanilla)
- 1/2 cup almond milk, (more or less to desired consistency)
- Almond pulp from a batch of almond milk, (made with 1 cup of almonds)

## DIRECTIONS:

- Blend the fennel, orange, greens, stevia, protein powder, almond milk, and almond pulp until smooth; add more almond milk and ice, if desired, to reach desired consistency.

## NOTES :

- **Fennel:** Use 2 fennel stalks with fronds if your blender will handle fibrous vegetables and reserve the bulb for another use.
- **Oranges:** For keto: Use one orange and add 1 tablespoon MCT oil. For diabetes: Use one orange.
- **Meal Prep:** This fennel and orange smoothie is best consumed fresh, but it can be stored in two mason jars or other covered containers in the refrigerator for up to 3 days.





# WAKAME BOWL

(page 1)

Serves 4

## INGREDIENTS :

- 3 tablespoons olive oil, or ghee
- 4 cups cooked brown rice, (See Notes)
- 8 large eggs, beaten (vegetarian)

### Sauce

- 2 cloves garlic, minced
- 1-inch ginger, peeled and minced
- 2 tablespoons coconut aminos, (or gluten-free, low-sodium tamari)
- 2 tablespoons raw local honey
- 3 teaspoons sesame oil
- 2 teaspoons raw apple cider vinegar, (See Notes)
- 4 tablespoons olive oil, divided
- 1 teaspoon natto powder, (optional)

### Vegetables

- 2 ounces dried wakame
- 2 small carrots, shredded
- 4 scallions, thinly sliced
- 4 mushrooms, chopped

### Garnish

- 4 sprigs fresh cilantro, chopped
- 3 tablespoons sesame seeds, (black and/or white)
- Pickled ginger, (See Notes)
- 1 avocado, (See Notes)



# WAKAME BOWL

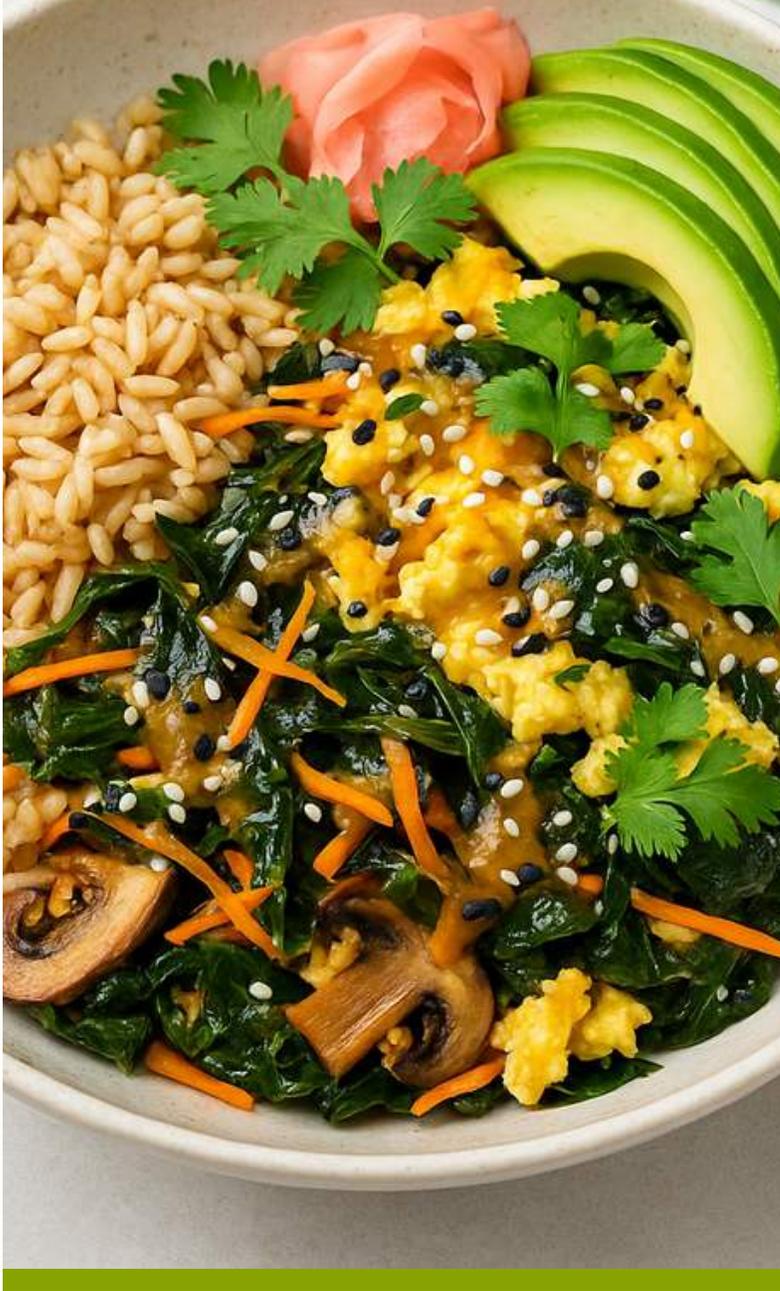
(page 2)

## DIRECTIONS :

- Cook the rice according to the package instructions. Using a rice cooker or instant pot may speed things up.
- In a small bowl or cup, cover the wakame with filtered hot water and let it soak until you need it. If your wakame is in large pieces, crumble it a bit.
- In another small bowl, whisk the garlic, ginger, coconut aminos, vinegar, honey, sesame oil, and 3 tablespoons of olive oil. If you want your sauce smoother, you can blend it

in a small food processor or blender. Set aside.

- In a medium skillet over medium-high heat, heat 1 tablespoon of olive oil until hot, but not smoking. Add the scallion, carrot, and mushrooms. Sauté for 3 or 4 minutes while stirring frequently until the scallions are fragrant.
- Reduce the heat to medium-low, and add the egg to the vegetables. Let them cook less than a minute until the bottom starts to set up. Then, pull a silicone spatula across the bottom of the pan to form large curds. Be sure to scrape the eggs off the bottom and sides of the pan to prevent them from overcooking and drying out. Continue cooking for about 3 to 5 minutes, while occasionally folding and stirring the eggs. Cook just until the eggs are set or mostly set for a soft, creamy scramble. Turn the heat off.



# WAKAME BOWL

(page 3)

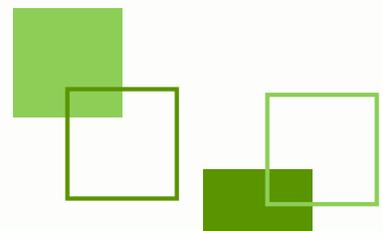
## DIRECTIONS :

### To Assemble:

- Drain the unabsorbed water from the wakame. Stir it into your base.
- Portion the base between deep serving bowls. Put the protein and veggies over the base. Drizzle with sauce and garnish with cilantro and sesame seeds. If using, arrange pickled ginger and sliced avocado to one side on top.

## NOTES :

- Buying precooked rice or quinoa or batch-cooking can save cooking time, but it is not recommended if histamine is a concern.
- Rice vinegar may be used, but apple cider vinegar is generally tolerated by those with histamine intolerance.
- Pickled ginger is not recommended for low-histamine and be sure to check to ensure yours is gluten-free.
- Avocado is not recommended for low-histamine.



# MOLASSES SPICE COOKIES

Makes about 32 cookies

## INGREDIENTS :

- 3 cups almond flour
- 1 teaspoon cinnamon
- 1 teaspoon ginger
- 1/4 teaspoon sea salt
- 1/2 teaspoon baking soda
- 1/4 teaspoon ground cloves
- 1/4 cup avocado oil
- 1/4 cup raw, local honey
- 1/4 cup blackstrap molasses
- 2 teaspoons vanilla extract
- 1 large egg

## DIRECTIONS :

- In a large bowl, combine the almond flour, cinnamon, ginger, salt, soda, and cloves.
- In a medium bowl, whisk together the avocado oil, honey, vanilla, molasses, and egg.
- Stir the wet ingredients into the dry ingredients until thoroughly combined.
- Cover the dough and refrigerate for at least 30 minutes until it's scoopable and holds its shape.
- Preheat the oven to 350°F. Line 2 baking sheets with parchment paper.
- Scoop and gently shape into balls on the prepared baking sheets. The dough will be sticky, so don't try to roll the balls.
- Bake for 10 to 12 minutes, until lightly browned around the edges. Allow the cookies to cool and firm up on the baking sheets for 10 minutes before moving them.



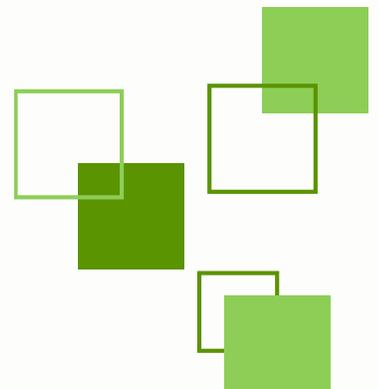
# TURKEY CHILI WITH WHITE BEANS (page 1)

Serves 4

## INGREDIENTS :

- 2 tablespoons extra virgin olive oil
- 1 pound ground turkey
- 1/2 medium head bok choy, chopped
- 2 medium carrots, chopped
- 1 medium onion, chopped
- 1/2 medium yellow bell pepper, chopped
- [2 tablespoons Taco 'Bout Tasty! seasoning](#)
- 1 (4-oz) can diced green chiles (mild)

- 1 cup dry navy beans, rinsed and sorted
- 1 cup chicken bone broth or vegetable broth (or more, if needed)
- 2 limes
- 1/2 cup chopped fresh cilantro





# TURKEY CHILI WITH WHITE BEANS (page 2)

## DIRECTIONS:

- In a large glass or stainless steel container, cover the beans with filtered water and soak for 8 to 12 hours. Drain and rinse.
- **Pressure Cooker (Instant Pot) method:** Add the soaked white beans to the pot and cover with water by 1 1/2 to 2 inches. Lock the lid and cook on High Pressure for 12 to 15 minutes; natural release for 15 minutes. Check the tenderness, and cook another 1 to 2 minutes, if needed. Drain.

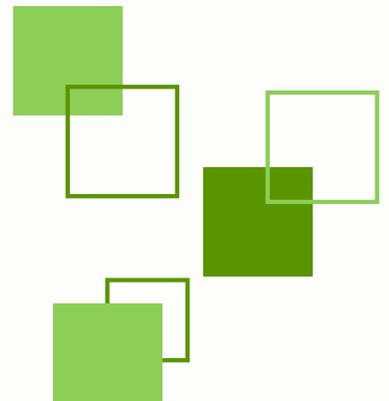
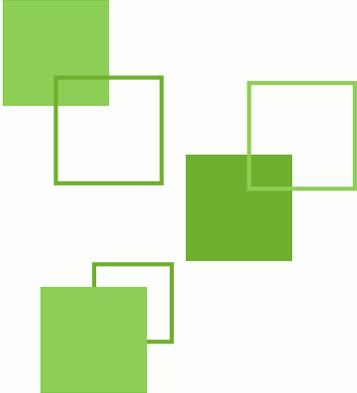
- **Stovetop method:** In a heavy pot or Dutch oven, cover the soaked beans with fresh water by 2 inches. Bring to a boil. Reduce the heat, partially cover, and simmer 45 to 60 minutes until tender, checking liquid and texture. Drain before adding to chili.
- When the beans are nearly done, heat the oil in a Dutch oven over medium-high. Add the turkey and cook, breaking it up, until no longer pink, 3 to 4 minutes.
- Add the bok choy, carrots, onion, and bell pepper. Sauté 5 to 6 minutes until the veggies start to soften.
- Stir in the Taco 'Bout Tasty! and cook 30 seconds until fragrant.
- Add the green chiles, cooked beans, and broth. Simmer 10 to 12 minutes. Add more broth if desired to reach your preferred thickness.
- Zest one lime, then cut both limes into wedges. Sprinkle the zest over the chili in the bowls and serve with lime wedges for squeezing. Garnish with cilantro.



# TURKEY CHILI WITH WHITE BEANS (page 3)

## NOTES:

- **Ingredient Tip:** For unsoaked beans, pressure cook 25 to 30 minutes on High, then natural release 20 minutes or simmer on the stove 75 to 90 minutes, adding water as needed.
- **Substitution Tip:** Substitute 2 cans white beans plus 1/2 cup broth for cooked dried beans.
- **Prep Tip:** Cook the beans and chop the veggies in advance to make meal prep fast.
- **Plant-Based:** Skip turkey, add 50% more beans.
- **A touch of elegance:** Add 1/2 cup of white wine before simmering.



# TERRI'S KALE SALAD

Serves 8

## INGREDIENTS :

### Salad

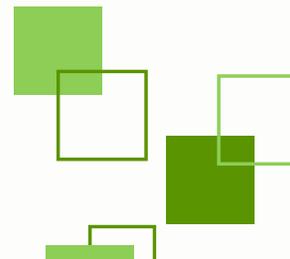
- 6 cups coarsely shredded kale
- 1 cup shredded carrot
- 3/4 cup shredded red cabbage or beet (for color – go lightly with beet)
- 1/3 c unsulphured raisins (optional)
- Black and/or white sesame seeds

### Dressing

- 3 tablespoons apple cider vinegar
- 2-3 tablespoons extra virgin olive oil
- 1 tablespoon raw, local honey
- 2 tablespoons nutritional yeast
- 1 clove garlic
- 1 tablespoons tahini
- Pinch of Himalayan or sea salt

## DIRECTIONS:

- Combine salad ingredients in a large bowl.
- Blend dressing ingredients in a food processor or blender until garlic is pureed.
- Toss the dressing into the salad ingredients. Sprinkle in sesame seeds.



# DAILY MEAL PLAN SHOPPING LIST

## Produce

- Fennel bulb – 1 medium (you'll use ~1 cup chopped)
- Navel oranges – 2 large
- Baby spinach & kale mix – 4 cups
- Kale (for salad) – ~1 large bunch (≈6 cups shredded)
- Carrots – ~5 medium total (bowl, chili, salad)
- Red cabbage (wedge) or 1 small beet (for ¾ cup shredded color)
- Scallions – 4
- Mushrooms (button/cremini) – 4
- Garlic – 1 bulb (you'll use 3 cloves total)
- Fresh ginger – 1 small piece (≈1-inch)
- Cilantro – 1 bunch (for 1/2 cup chopped + garnish)
- Avocado – 1 large
- Bok choy – 1/2 medium head
- Yellow bell pepper – 1/2 medium
- Onion – 1 medium
- Limes – 2
- Celery – 1 bunch

## Protein

- Eggs – 9 large eggs
- Pea protein powder – 1/4 cup

## Nuts, Seeds

- Almonds – 1 cup (for homemade almond milk; save pulp for smoothie)
- Almond milk – 1/2 cup (or use your homemade)
- Almond butter – for snack
- Sesame seeds (black and/or white) – ~1/2 cup total
- Tahini – 1 tablespoon (buy small jar)



# DAILY MEAL PLAN SHOPPING LIST (continued)

## Baking & Seasonings

- Almond flour – 3 cups
- SweetLeaf Vanilla Crème stevia – to taste
- Raw local honey – at least 1/2 cup total
- Blackstrap molasses – 1/4 cup
- Vanilla extract – 2 teaspoon
- Taco 'Bout Tasty! seasoning – 2 tablespoons
- Nutritional yeast – 2 tablespoons
- Sea salt/Himalayan salt – to taste
- Baking soda – 1/2 teaspoon
- Ground cinnamon – 2 teaspoons
- Ground ginger – 1 1/2 teaspoons
- Ground cloves – 1/4 teaspoon

## Oil & Vinegar

- Extra-virgin olive oil – at least 1 cup (covers all uses + sautéing)
- Ghee (optional, for bowl protein)
- Avocado oil – 1/4 cup (cookies)
- Toasted sesame oil – 1 tablespoon
- Apple cider vinegar – ~1/4 cup total

## Grains & Legumes

- Brown rice – enough to yield 4 cups cooked ( $\approx$ 1 1/4 cups dry)
- Dry navy beans – 1 cup

## Other

- Raisins, unsulphured – 1/3 cup
- Diced green chiles (mild) – 4 oz can
- Coconut aminos or GF low-sodium tamari – 2 tablespoons
- Dried wakame – 2 oz
- Pickled ginger – to taste
- Natto powder (optional) – 1 teaspoon
- Chicken bone broth (or vegetable broth) – 1 1/2 cup



# SWAPS & SNACKS

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## Easy Swaps:

- Collard greens or bok choy for lettuce
- Tahini dressing instead of ranch dressing
- Canned bone-in salmon or sardines for tuna
- Chia seeds for flax
- Blackstrap molasses for brown sugar

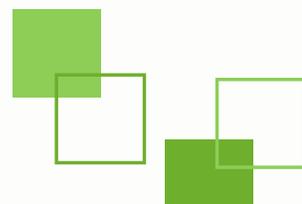
## Snack Ideas:

- Almonds/almond butter
- Figs
- Roasted chickpeas
- Hummus
- Sardines & crackers
- Tahini Dip with veggies or crackers
- Chia Seed Pudding
- Sunflower Seeds



Non-dairy calcium is simple when we lean into the foods God made: greens, seeds, legumes, and small fish. Use this one-day plan as a starting point, then keep building meals with the Anti-Inflammatory Rainbow Diet (AIRD) so calcium and its partner nutrients show up day after day.

For the full, faith-based roadmap to living this out, see God's Prescription. Keep stewarding your health with whole foods and prayer, trusting God to grow the fruit of your efforts. Because God's design still works.





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**This information is for educational purposes only. It should not be considered medical advice. Consult your practitioner for personal recommendations.**

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