

The Yeast Free Diet 3 Week Meal Plan

by Whitney Frazier

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Wk 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	scrambled eggs and popovers and home-juiced veggie juice	oatmeal with rice milk	fried eggs over toast with veggie medley	egg casserole for 2	waffles with almond or sun butter	scrambled eggs and toast	biscuits and gravy with turkey ham
Lunch	Turkey ham, tomato, lettuce sandwich and chips	egg salad sandwich and tomato and cucumber slices	sweet potato chowder and crackers	tuna salad over salad with tomato, cucumber, etc	roast turkey and guacamole sandwich, carrot/celery sticks	pizza and salad with homemade Italian dressing	hamburgers, potato pancakes and veggie medley
Snack	veggie sticks with almond or sun butter	nuts	rice cakes with almond or sun butter	puffed cereal with rice milk	bread with almond or sun butter	home-juiced veggie juice	chips and homemade salsa
Dinner	pepper steak over rice and green beans	baked salmon, herbed potatoes and steamed veggies	stuffed bell peppers, green beans, garlic tomatoes	*roast turkey, mashed potatoes and steamed asparagus	*spaghetti and garlic bread	black bean burgers and fries	fajitas served with rice, beans, tomato, lettuce, and guacamole.

Wk 2	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	veggie eggs and biscuits	shredded wheat cereal with rice milk	egg tacos	cream of wheat	hard boiled eggs, toast and grits	omlets and home-juiced veggie juice	pancakes with almond or sun butter
Lunch	chicken noodle soup and egg salad sandwich	chicken salad over salad with tomato, cucumber, etc	roast chicken sandwich and chips and dip	minestrone soup and toast or crackers	roast beef sandwich, carrot and celery sticks and chips	grilled chicken salad	jambalaya
Snack	home-juiced veggie juice	veggie sticks with almond or sun butter	salad with homemade Italian dressing	veggie dip	rice cakes with almond or sun butter	chips and homemade guacamole	home-juiced veggie juice
Dinner	*rosemary chicken, rice and gravy, veggie medley	chili with pesto and toast	chicken and dumplings	*roast, carrots and potatoes	cubed steak & gravy over mashed red potatoes, peas and carrots	nine bean soup and cornbread	marinated steak, baked sweet potatoes, peas and carrots

Wk 3	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	puffed cereal with rice milk	waffles with almond or sun butter	oatmeal with rice milk	egg casserole for 2	shredded wheat cereal with rice milk	pancakes with almond or sun butter	veggie eggs and popovers
Lunch	tortilla soup and roast beef sandwich	tuna salad over salad with lettuce and cucumber and veggie soup	almond/sun butter sandwich (toast bread for change), veggie dip	chicken salad popovers and chips with salsa	Taco Salad	chicken tenders and calavasitas	pizza
Snack	popcorn	chips and homemade salsa	veggie sticks with almond or sun butter	bread with almond or sun butter	nuts	popcorn and home-juiced veggie juice	veggie dip
Dinner	veggie lasagna and garlic bread	white chili with chicken, crackers	*herb roast chicken with baked mixed veggies	*tacos served with rice, beans, tomato, lettuce, guacamole, etc	beef and veggie stirfry over rice	meatloaf, fries, marinated Italian veggies	Grilled Italian marinated chicken with grilled veggies, black beans & rice and cornbread

*reserve portion for either a lunch recipe the following day or a future dinner recipe (ex. herb roast chicken/chicken salad sandwich or spaghetti sauce for lasagna)

**This menu does not account for leftovers, so every meal may not be necessary. Always better to over prepare! :)

The recipes for these meals plus dozens more are available in our Yeast Diet Cookbook & Meal Planning Guide available online at the link below:

<http://www.theyeastdiet.com/yeast-diet-ebook.html>