

Sample Yeast-Free Menu Ideas

To help you plan your yeast-free meals, please choose your favorites!

BREAKFAST IDEAS:

1. Almond Pancakes (p. 53) spread with unsweetened apple sauce (apple sauce after 2 weeks).
2. Easy Egg Cups To Go (p. 53).
3. Paleo Breakfast Burrito (p. 53).
4. Shake using Jay Robb's Whey Protein Powder and unsweetened almond milk.
5. Scrambled eggs and turkey bacon.
6. Mixed berry smoothie made with unsweetened almond milk (after 2 weeks).
7. Apple with nut butter (after 2 weeks).

LUNCH IDEAS:

1. Lettuce wrap with yeast-free lunchmeat, cucumber and tomato. Dip in guacamole or hummus.
2. Burrito bowl with romaine lettuce, pinto beans, lean ground beef, peppers, onions, and salsa.
3. Black bean soup (p. 55) topped with Pico de Gallo (p. 64).
4. Salad with mixed greens, Crock-Pot Mexican Chicken (p. 68), black beans, sliced avocado, Pico de Gallo (p. 64).
5. Tuna Salad made with Homemade Mayonnaise (p. 45) served on a bed of spinach with a side of tomato soup (p. 56).
6. Chicken Salad (p. 74).
7. Salad with mixed greens, chopped chicken, mandarin oranges, strawberries and sliced almonds with Poppy Seed French Dressing (p. 43) (after 2 weeks).

DINNER IDEAS:

1. Saucy Meatballs (p. 78) served over spaghetti squash. Serve with steamed vegetables.
2. Tex-Mex Chili (p. 72).
3. Florentine-Stuffed Tomatoes (p. 66).
4. Grilled steak kabobs with onions, peppers and zucchini. Serve on a bed of brown rice (after 1 month).
5. Sautéed chicken breast topped with Spinach Pesto (p. 47) and sliced tomatoes. Serve on a bed of sautéed spinach.
6. Spicy Baked Trout (p. 66) served with Sautéed Broccoli with Garlic (p. 64).
7. Chicken Stir-Fry (p. 82).

SNACKS:

1. Nuts (portioned out – ¼ cup).
2. Hard boiled eggs.
3. Cherry tomatoes, sliced cucumbers and peppers with guacamole.
4. Kale chips with hummus. (Remove washed kale leaves from stem, tear into bite sized pieces, toss with 1 tbsp. olive oil and seasoning of your choice, bake at 350 degrees until edges are brown, approx. 15 min).
5. Mixed fruit salad (after 2 weeks).
6. Celery with nut butter.
7. Chopped apple with walnuts (after 2 weeks).
8. Peanut Butter Protein Balls (p. 94).
9. Yummy Chocolate Peanut Butter (Mix cocoa, Sweet-N-Natural, crunchy peanut butter and cinnamon to taste).

*Remember portion control and counting calories if you are trying to lose weight.

Monday - Sample			
Breakfast	Lunch	Dinner	Snacks (choose 1-2)
Paleo Breakfast Burrito	Chicken Salad	Spicy Baked Trout with steamed vegetables	Kale Chips with Hummus Yummy Chocolate Peanut Butter