

Meal Plan Guide

Candida 30-day Meal Plan, Week 2

	Breakfast	Lunch	Dinner	Snack
Day 8	Mint Chocolate Chip Protein Shake 1	Leftover Chickpea and Brown Rice Veggie Burgers with Tomato Salad and Roasted Broccoli	Quinoa Tabbouleh with Vegetables (without chicken) and Chilled Creamy Carrot Soup 2	Celery with Almond Butter 3
				White Bean & Tomato Salad 4
Day 9	Detox	Detox	Detox	Detox
				Detox
Day 10	Detox	Detox	Detox	Detox
				Detox
Day 11	Detox	Detox	Detox	Detox
				Detox
Day 12	Raw Salsa with cucumbers and jicama 5 Prepare Kale Salad for Dinner	Spinach Salad (without the egg) 6	Kale Salad 7	Carrots & Sugar snap peas 8
				Broccoli & Cauliflower 9
Day 13	Plain Oatmeal 10	Leftover Kale Salad with cooked Quinoa	Brown Rice Salad with Tomatoes and Sugar Snap Peas 11	Bell Pepper slices 12
				Guacamole dip with cucumber & jicama 13
Day 14	Italian Potato and Artichoke Frittata 14	Leftover Brown Rice Salad with Tomatoes and Sugar Snap Peas (add grilled chicken)	Easy Baked Salmon with Steamed Broccoli, Cauliflower, and Carrots 15	Celery with Almond Butter 16
				Chocolate Instant Meal 17

Real. Easy. Meals.