You are having hormonal yeast infections. These have nothing to do with diet. You are getting them when your progesterone is rising and estrogen is falling. We see this in women who are in menopause and have low estrogen. Many women have had relief by using a formula containing I3C, DIM and D-glucarate daily. Other women have to use vaginal estriol during the days when the infections would normally occur. I would not take estriol every day because you are young but you could use it preventatively, just before the date you would normally get an infection. Estriol is a prescription bioidentical estrogen and you insert it vaginally. If it is going to work for you it will do so in one full cycle. I would try supplements first as this can change your hormone imbalance that is causing this.

Try the below firsts, which can all be found in one formula:
Calsium D-glucarate 150 mg
Curcumin 50 mg
Indole-3-carbinol 150 mg
Diindolylmethane (DIM) 50 mg
Green tea extract 100 mg
Chastree Berry Extract (Vitex) 6 mg

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