

The Candida Diet

What You Can Eat

- All vegetables (for the first 2 weeks potatoes are not advised and watch the carrots – high in sugar)
- Salads (no dressing w/vinegar and/or sugar – use lemon & oil w/fresh herbs)
- There are vinegar free dressings made by Annie's and available at most health food stores
- Meats/Animal Proteins: Eggs, fish, turkey, tuna, chicken, and beef. Not fried and not with any breading, baked or broiled is best. No pork.
- Whole grains such as amaranth, quinoa, millet and brown rice
- 1 Green apple per day (only fruit allowed)
- 1/2 cup RAW almonds, sunflower or pumpkin seeds per day
- Drink copious amounts of water

Suggested items to buy:

- Brown Rice Pasta or Spelt Pasta
- Spaghetti Sauce (without any sugar or make your own)
- Mary's Gone Crackers crackers: they have all the grains that you can consume and come in various flavors
- Almonds, pumpkin and sunflower seeds – RAW of course
- Brown rice hot cereal
- Hummus (wide variety of flavors)
- Brown rice
- Puffed brown rice (cold cereal)
- Soups are awesome: make your own with fresh veggies, herbs, chicken broth and chicken
- Seafood: fresh fish or frozen (plain not marinated due to restrictions)
- Sweet potatoes (after 2 weeks and then small ones)
- Almond butter – RAW of course
- Cashew butter
- Organic chicken broth in the boxes (store easily and great for a myriad of recipes)
- Vegetables: lots of them as you can eat a wide variety
- Meats: chicken, fish, turkey and beef
- Almond milk (can get vanilla flavored but unsweetened)
- Soy milk (can get vanilla flavored but unsweetened)
- Olive oil
- Bread (non – yeast)
- Dressings: make your own

Home Made Dressing

Here is my favorite 1/4 Olive Oil, 1 fresh squeezed lemon or lime, 2/3 water, fresh roasted garlic, fresh parsley, salt, pepper, scallion or onion to taste, 1/2 avocado and blend well. I use my magic bullet and it works great and I store it all week long and use it on sandwiches, as a dip or on salads. *Note:* You could also use fresh dill, oregano, basil, thyme, peppers etc.

TIPS:

- Read all labels as you will find yeast, evaporated cane sugar, various sugars, vinegar and more in most foods.
- Shoot for fresh foods and you really can't go wrong, you will know what is in it
- Get to know/become familiar with your local health food stores
- There are many supplements to take when doing this diet to clear yeast from your body – just ask at any health food store. The diet takes care of most of it.