

CANDIDA DIET

Strict Elimination Protocol & Food Reference Chart

PROTEINS (CLEAN)

- Wild-caught Salmon
- Organic Chicken / Turkey
- Eggs (Pasture-raised)
- Sardines / Anchovies
- Beef (Grass-fed)

VEGETABLES (NON-STARCHY)

- Asparagus / Broccoli
- Kale / Spinach / Chard
- Cucumber / Celery
- Zucchini / Eggplant
- Garlic / Onions (Raw)

HEALTHY FATS & OILS

- Coconut Oil (Virgin)
- Olive Oil (Cold Pressed)
- Avocado / Avocado Oil
- Ghee (Clarified Butter)
- Flax Oil

NUTS & SEEDS (LOW MOLD)

- Almonds
- Walnuts
- Chia Seeds
- Flax Seeds
- Pumpkin Seeds

CULTURES & FERMENTS

- Sauerkraut (Unpasteurized)
- Kimchi
- Kefir (Coconut or Goat)
- Apple Cider Vinegar
- Probiotic Yogurt (Unsweetened)

STRICT AVOIDANCE

- Sugar (All Forms) **NO**
- White Flour / Grains **NO**
- High-Sugar Fruit **NO**
- Alcohol / Caffeine **NO**
- Mushrooms / Moldy Cheeses **NO**

Template Reference Only â€¢ Phase One Duration: 2-4 Weeks â€¢ Hydrate with Lemon Water