

PHASE 1: CANDIDA CLEANSE FOOD CHART

Non-Starchy Vegetables

- Asparagus & Artichokes
- Broccoli & Cauliflower
- Brussels Sprouts
- Celery & Cucumber
- Eggplant
- Leafy Greens (Spinach, Kale)
- Onions, Garlic & Shallots
- Zucchini

Proteins (Organic)

- Chicken & Turkey
- Eggs
- Wild-caught Salmon
- Sardines & Anchovies
- Grass-fed Beef (limited)
- Lamb

Low-Mold Nuts & Seeds

- Almonds
- Chia Seeds
- Flax Seeds
- Hemp Seeds
- Pumpkin Seeds
- Walnuts
- Sunflower Seeds

Healthy Fats & Oils

- Avocado Oil
- Coconut Oil (Virgin)
- Olive Oil (Extra Virgin)
- Sesame Oil
- Ghee (Clarified Butter)

Pseudo-Grains (Gluten-Free)

- Buckwheat
- Millet
- Oat Bran
- Quinoa

Probiotic Foods

- Kefir (Coconut or Goat)
- Sauerkraut (Raw)
- Kimchi
- Apple Cider Vinegar

Strictly Avoid (Phase 1)

- **Sugar:** Honey, Syrup, Stevia, Soda
- **Fruit:** All high-sugar fruits & juice
- **Gluten:** Wheat, Rye, Barley, Spelt
- **Dairy:** Milk, Cheese, Cream

- **Alcohol:** Beer, Wine, Spirits
- **Condiments:** Ketchup, Mayo, Soy Sauce
- **Legumes:** Beans, Soy, Chickpeas
- **Fungi:** Mushrooms, Moldy Cheeses