

PHASE ONE: CANDIDA DIET COMPLIANCE

Restrictive Cleanse & Gut Reset Reference

NON-STARCHY VEGETABLES

- Leafy Greens (Spinach, Kale)
- Cruciferous (Broccoli, Cauliflower)
- Asparagus & Celery
- Zucchini & Cucumber
- Onions, Garlic, Ginger

PROTEINS (ORGANIC/WILD)

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

HEALTHY FATS & SEEDS

- Coconut Oil (Antifungal)
- Extra Virgin Olive Oil
- Avocado
- Chia & Flax Seeds
- Pumpkin Seeds

LOW-SUGAR FRUITS

- Lemon & Lime
- Avocado
- Olives (Uncured)
- Berries (Limit to 1/4 cup)
- Tomatoes (Fresh only)

STRICTLY AVOID

- Sugar & Syrups
- Grains (Wheat, Corn, Rice)
- High-Sugar Fruits (Banana, Mango)

- Alcohol & Mushrooms
- Dairy (except Ghee/Kefir)
- Processed Meats (Nitrates)
- Starchy Veg (Potatoes, Peas)
- Vinegar (except Raw ACV)

Daily Compliance Tracking Log â€¢ Phase One Duration: 21-30 Days