

PHASE 1: CANDIDA CLEANSE CHART

Elimination & Gut Restoration Phase

VEGETABLES

YES

- Asparagus
- Broccoli
- Kale & Spinach
- Zucchini
- Cucumber

NO

- Potatoes
- Carrots
- Beets
- Peas
- Parsnips

PROTEINS

YES

- Chicken
- Eggs
- Wild Salmon
- Turkey
- Sardines

NO

- Processed Meat
- Salami
- Cured Bacon
- Breaded Fish
- High-Mercury Fish

GRAINS & SEEDS

YES

- Buckwheat
- Quinoa

- Millet
- Chia Seeds
- Flax Seeds

NO

- Wheat
- Rye
- White Rice
- Corn
- Spelt

OILS & SEASONING

YES

- Coconut Oil
- Olive Oil
- Apple Cider Vin.
- Turmeric
- Garlic (Raw)

NO

- Canola Oil
- Soybean Oil
- White Vinegar
- Mushrooms
- Pistachios

BEVERAGES & SWEETENERS PERMITTED

Filtered Water, Herbal Teas (Peppermint, Ginger), Stevia (Pure), Chicory Coffee

STRICT AVOID

Alcohol, Fruit Juices, Soda, Cane Sugar, Honey, Maple Syrup, Dairy Milk

This chart is for informational purposes only. Consult a healthcare professional before starting any restrictive diet.