

PHASE 1: CANDIDA CLEANSE DIET

Restrictive Detoxification Phase (Weeks 1-4)

Allowed: Non-Starchy Vegetables

- Asparagus, Broccoli, Cauliflower
- Kale, Spinach, Swiss Chard
- Cucumber, Celery, Zucchini
- Garlic, Onions, Shallots
- Brussels Sprouts, Cabbage

Allowed: Proteins & Healthy Fats

- Wild-caught Salmon, Sardines
- Organic Chicken, Turkey, Eggs
- Avocado, Olive Oil, Coconut Oil
- Walnuts, Almonds, Chia Seeds
- Grass-fed Beef (moderate)

Allowed: Probiotics & Herbs

- Apple Cider Vinegar
- Lemon & Lime juice
- Turmeric, Ginger, Oregano
- Sugar-free Probiotic Yogurt
- Herbal Teas (Pau D'Arco)

Avoid: Sugars & Sweeteners

- White/Brown Sugar, Honey, Agave
- Maple Syrup, Corn Syrup
- All High-Sugar Fruits
- Fruit Juices and Sodas
- Candy and Pastries

Avoid: Grains & Starchy Veg

- Wheat, Rye, Barley (Gluten)
- Corn, Rice, Quinoa
- Potatoes, Yams, Sweet Potatoes

- Peas and Winter Squash
- All Pasta and Bread

Avoid: Yeast & Fermented

- Alcohol (Beer, Wine, Spirits)
- Mushrooms and Fungi
- Vinegar (except ACV)
- Cured Meats (Nitrates)
- Cheese and Soy Sauce

Note: Drink 2-3 liters of filtered water daily. Consult a healthcare professional before beginning any restrictive protocol.