

# PHASE ONE: CANDIDA CLEANSE

Strict Protocol & Food Integration Chart

## Foods to Include

### VEGETABLES (NON-STARCHY)

- Spinach, Kale, Chard
- Broccoli & Cauliflower
- Asparagus & Celery
- Cucumber & Zucchini

### PROTEINS

- Wild-caught Salmon
- Organic Chicken & Turkey
- Eggs (Pasture-raised)
- Sardines & Anchovies

### HEALTHY FATS

- Virgin Coconut Oil
- Extra Virgin Olive Oil
- Avocados
- Ghee (Clarified Butter)

### NUTS & SEEDS (LOW MOLD)

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

## Foods to Avoid

### SUGARS & SWEETENERS

- Refined Sugar & High Fructose
- Honey, Maple Syrup, Agave
- Artificial Sweeteners
- High-Sugar Fruits (Melons, Grapes)

### GRAINS & GLUTEN

- Wheat, Rye, Barley

- White Rice & Corn
- Pasta & Bread
- Quinoa & Oats (Phase 1 limit)

#### DAIRY & YEAST

- Milk & Soft Cheeses
- Yeast Extract (Marmite)
- Beer & Wine
- Vinegar (except ACV)

#### TOXIC / HIGH MOLD

- Peanuts & Pistachios
- Processed Meats (Nitrates)
- Soy Products
- Mushrooms

Protocol Focus: Starve yeast overgrowth, reduce inflammation, and restore gut integrity.  
*Drink 2-3 Liters of filtered water daily. Incorporate probiotic supplements after day 14.*