

PHASE ONE: CANDIDA DIET

Cleanse & Rebalance Shopping Guide

- Asparagus
 - Broccoli & Cauliflower
 - Brussels Sprouts
 - Cucumber
 - Kale & Spinach
 - Zucchini
 - Celery
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- Chicken / Turkey
 - Wild-caught Salmon
 - Sardines / Anchovies
 - Beef (Grass-fed)
 - Eggs (Pasture-raised)
 - Cod / Haddock
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- Coconut Oil (Virgin)
 - Olive Oil (EVOO)
 - Avocado Oil
 - Ghee
 - Flax Oil
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- Almonds
 - Walnuts
 - Chia Seeds
 - Flax Seeds
 - Pumpkin Seeds
 - Hemp Hearts
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- Apple Cider Vinegar
 - Ginger & Turmeric
 - Garlic (Fresh)
 - Lemon / Lime
 - Oregano / Rosemary
 - Probiotic Yogurt (Plain)
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- Buckwheat
 - Millet
 - Quinoa
 - Coconut Flour
 - Almond Flour
 - Stevia (Pure)
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STOP: DO NOT PURCHASE

• All Sugar / Honey • High-Sugar Fruit • Mushrooms • Alcohol • Yeast / Breads
• Peanuts / Pistachios • Potatoes / Corn • Cheese / Milk • Processed Meats

Template Only • Phase One Duration: Typically 2-4 Weeks • Consult a healthcare provider.