

PHASE ONE: CANDIDA DIET SUMMARY

Cleanse & Detoxification Reference

NON-STARCHY VEGETABLES

- Asparagus & Artichokes
- Broccoli & Cauliflower
- Brussels Sprouts
- Cucumber & Celery
- Leafy Greens (Kale, Spinach)
- Zucchini & Eggplant

PROTEINS & HEALTHY FATS

- Organic Chicken & Turkey
- Wild-caught Salmon
- Eggs
- Avocado & Olive Oil
- Coconut Oil (Virgin)

NUTS & SEEDS

- Almonds & Walnuts
- Chia Seeds
- Flaxseeds
- Pumpkin Seeds

AVOID IMMEDIATELY

- All Refined Sugars
- High-Sugar Fruits (Grapes, Mango)
- Grains (Wheat, Rye, Barley)
- Alcohol & Soda
- Processed Meats
- Starchy Veg (Potatoes, Corn)

- Dairy (Except Ghee/Butter)
- Mushrooms & Moldy Nuts
- Vinegar (Except Apple Cider)

BEVERAGES

- Filtered Water
- Herbal Teas (Peppermint, Ginger)
- Chicory Coffee
- Lemon Water

Template Example Only â€¢ Consult a healthcare professional before beginning any diet.