

ANTI-CANDIDA DIET

Non-Starchy Vegetables

- Asparagus, Artichokes
- Broccoli, Brussels Sprouts
- Cabbage, Cauliflower
- Celery, Cucumber
- Eggplant, Garlic, Ginger
- Kale, Spinach, Lettuce
- Onions, Peppers, Tomatoes
- Zucchini

Proteins

- Chicken (Organic)
- Eggs (Pasture-raised)
- Wild-caught Salmon
- Sardines, Herring
- Turkey
- Grass-fed Beef (Limited)

Healthy Fats & Oils

- Coconut Oil (Virgin)
- Olive Oil (Extra Virgin)
- Avocado Oil
- Flax Oil
- Ghee (Clarified Butter)

Nuts & Seeds (Low Mold)

- Almonds
- Chia Seeds
- Flax Seeds
- Pumpkin Seeds
- Sunflower Seeds
- Walnuts

Phase 1 Foods to Strictly Avoid

- **Sugar:** Honey, Syrup, Stevia, All Artificial
- **Grains:** Wheat, Rice, Corn, Oats, Quinoa
- **Fruit:** All fruits (except Lemon/Lime)
- **Dairy:** Milk, Cheese, Cream, Yogurt

- **Alcohol:** All types (Beer, Wine, Spirits)
- **Caffeine:** Coffee, Black Tea, Energy Drinks
- **Legumes:** Beans, Lentils, Chickpeas, Soy
- **Mushrooms:** All fungi and mold-based foods

Note: Consult with a healthcare professional before starting any restrictive diet. Phase 1 typically lasts 2-4 weeks.