

CANDIDA CLEANSE: PHASE 1

SHOPPING LIST

NON-STARCHY VEGETABLES

- Asparagus
- Broccoli
- Brussels Sprouts
- Cabbage
- Cauliflower
- Celery
- Cucumber
- Kale & Spinach
- Zucchini

PROTEINS (ORGANIC)

- Chicken Breast
- Wild-caught Salmon
- Eggs
- Turkey
- Sardines
- Anchovies
- Beef (Grass-fed)

HEALTHY FATS & OILS

- Avocado Oil
- Coconut Oil (Virgin)
- Olive Oil (EVOO)
- Ghee
- Flax Oil

NUTS & SEEDS (LOW MOLD)

- Almonds
- Chia Seeds
- Flax Seeds
- Hemp Hearts
- Pumpkin Seeds
- Walnuts

HERBS, SPICES & PANTRY

- Apple Cider Vinegar

- Garlic (Fresh)
- Ginger Root
- Turmeric
- Oregano & Thyme
- Sea Salt
- Stevia (Pure Extract)

BEVERAGES

- Filtered Water
- Chicory Root Coffee
- Herbal Teas (Peppermint)
- Lemon/Lime Juice