

CANDIDA DIET: PHASE 1

Allowed Foods Reference Chart

NON-STARCHY VEGETABLES

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

- Chicken (Organic preferred)
 - Eggs (Pasture-raised)
 - Fish (Wild-caught: Salmon, Sardines)
 - Turkey
 - Beef (Grass-fed)
 - Lamb
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HEALTHY FATS & OILS

- Avocado Oil
 - Coconut Oil (Virgin)
 - Olive Oil (Extra Virgin)
 - Flax Oil
 - Ghee (Clarified Butter)
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NUTS & SEEDS (LOW MOLD)

- Almonds
 - Chia Seeds
 - Flax Seeds
 - Pumpkin Seeds
 - Walnuts
 - Sunflower Seeds
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PSEUDO-GRAINS (GLUTEN-FREE)

- Buckwheat
 - Millet
 - Oat Bran
 - Quinoa
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HERBS, SPICES & CONDIMENTS

- Apple Cider Vinegar
 - Basil, Cilantro, Oregano
 - Cinnamon, Turmeric
 - Lemon & Lime Juice
 - Sea Salt & Black Pepper
 - Stevia (Pure extract)
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BEVERAGES

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

- Kefir (Plain, unsweetened)
 - Sauerkraut (Raw)
 - Kimchi (Sugar-free)
 - Yogurt (Live cultures)
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Note: Avoid all added sugars, yeast, alcohol, and high-sugar fruits during Phase One.