

CANDIDA DIET: PHASE 1

Daily Progress Tracker

Date: _____

Day #: _____

MEAL

FOOD & DRINK LOG (NON-STARCHY / LOW SUGAR)

Breakfast

Lunch

Dinner

Snacks

Water Intake (oz)

Supplements / Antifungals

AM

PM

Energy Level (1-10)

Detox Symptoms / Die-off Notes

Focus: Leafy greens, cruciferous vegetables, healthy fats, and clean proteins. Zero sugar, zero yeast, zero grains.