

CANDIDA DIET: PHASE ONE

Approved Food Reference List

NON-STARCHY VEGETABLES

- Asparagus & Artichokes
 - Broccoli & Cauliflower
 - Brussels Sprouts
 - Cabbage & Kale
 - Celery & Cucumber
 - Eggplant & Zucchini
 - Garlic & Onions (Raw)
 - Spinach & Swiss Chard
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PROTEINS (ORGANIC/WILD)

- Chicken & Turkey
 - Beef (Grass-fed)
 - Eggs
 - Salmon & Sardines
 - Herring & Anchovies
 - Lamb
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HEALTHY FATS & OILS

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

- Almonds
 - Walnuts
 - Flax Seeds
 - Chia Seeds
 - Sunflower Seeds
 - Pumpkin Seeds (Pepitas)
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PROBIOTIC FOODS

- Kefir (Unsweetened)
 - Yogurt (Live Cultures)
 - Sauerkraut (Raw)
 - Kimchi
 - Apple Cider Vinegar
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BEVERAGES & HERBS

- Chicory Root Coffee
 - Herbal Teas (Lemon, Ginger)
 - Filtered Water
 - Turmeric & Cinnamon
 - Oregano & Rosemary
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STRICTLY AVOID:

â€¢ All Sugars/Syrups â€¢ White Flour/Grains â€¢ High-Sugar Fruits â€¢ Alcohol â€¢ Processed Meats â€¢ Mushrooms â€¢ Peanuts/Pistachios â€¢ Cheese/Milk â€¢ Soy Sauce

This document is for educational purposes only. Consult with a healthcare professional before starting any restrictive diet.