

CANDIDA DIET: PHASE 1

Strict Cleanse & Rebalance

Date: _____

DAY	BREAKFAST	LUNCH	DINNER	SNACKS / TEA
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				

YES: Low-Starch

- Leafy greens, Broccoli, Zucchini
- Eggs, Wild Salmon, Chicken
- Avocado, Lemons, Limes
- Almonds, Walnuts, Chia
- Apple Cider Vinegar, Turmeric

NO: High-Sugar

- All Sugar & Sweeteners
- Grains (Wheat, Rye, Rice)
- High-Sugar Fruits (Grapes, Bananas)
- Dairy (Except Ghee/Butter)
- Alcohol & Mushrooms

Daily Goals

- ☐ 2L+ Filtered Water
- ☐ Probiotic Supplement
- ☐ Antifungal (Garlic/Oregano)
- ☐ Zero Processed Sugar
- ☐ 8 Hours Sleep