

CANDIDA DIET: PHASE ONE

Weekly Success & Symptom Tracker

Week Starting: _____ Current Weight: _____

DAY	NO SUGAR/GRAINS	PROBIOTICS/ANTIFUNGALS	ENERGY LEVEL (1-10)	DIGESTIVE NOTES
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Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Weekly Reflections & Die-off Symptoms:

â€” No Added Sugars â€” No Yeast/Grains â€” High Non-Starchy Veggies â€” Hydration Goal Met