

CANDIDA DIET PHASE 1: CLEANSE & RESET

Reference Guide for Professional Use

NON-STARCHY VEGETABLES

- Asparagus
 - Broccoli & Cauliflower
 - Brussels Sprouts
 - Cucumber & Celery
 - Kale & Spinach
 - Zucchini
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CLEAN PROTEINS

- Wild-caught Salmon
 - Organic Chicken
 - Turkey Breast
 - Grass-fed Beef
 - Sardines
 - Hard-boiled Eggs
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HEALTHY FATS & OILS

- Extra Virgin Olive Oil
 - Coconut Oil (MCTs)
 - Avocado Oil
 - Flax Oil
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STRICTLY PROHIBITED

- All Refined Sugars
 - High-Sugar Fruits (Grapes, Bananas)
 - Grains (Wheat, Rye, Barley)
 - Alcohol & Fermented Spirits
 - Cured Meats (Nitrates)
 - Mushrooms & Moldy Cheeses
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NUTS & SEEDS (LOW MOLD)

- Almonds
 - Walnuts
 - Chia Seeds
 - Pumpkin Seeds (Pepitas)
 - Flax Seeds
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BEVERAGES

- Filtered Water with Lemon

- Herbal Teas (Peppermint/Ginger)
 - Chicory Root Coffee
 - Unsweetened Almond Milk
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This chart is a template for educational purposes. Consult a healthcare provider before starting any restrictive diet protocol.