

# Candida Diet

## Foods Allowed:

### Proteins:

Whole eggs (soft centered yolk)  
Chicken  
Lamb  
Turkey  
Fish (with fins and scales)

### Grains and Seeds:

Spelt (no yeast)  
Brown Rice  
Millet  
Quinoa  
Amaranth  
Poppy, Sesame  
Sunflower, Pumpkin  
Wild Rice  
Flax

### Vegetables and Legumes:\*

Almost all (see Avoid List)  
Steamed or Stir Fried  
Raw vegetable salad wit olive oil  
and Apple Cider Vinegar only

### Oils:

Extra Virgin olive oil  
Organic butter

### Seasonings:

Onions  
Garlic  
Sea Salt  
Apple Cider Vinegar

### Beverages:

Chlorophyll and water  
(Hot or cold 6-8 Glasses daily)  
to cleanse and alkalize system  
Rice Dream (original)  
Goat's Milk, Plain Yogurt  
Slippery Elm Tea  
Green Tea (from NSP caps)  
SynerPro-Protein Powder  
Collatrim Plus

## Foods to Avoid:

Alcohol including beer and wine  
Caffeine (coffee or herbal tea)  
Soft Drinks  
All Dairy products-cow's milk, cheese,  
cottage cheese, cream cheese, yogurt  
Shellfish, Beef, Pork, Deli Products  
\*Fruit (1/4 cup/day of berries allowed)  
No Bran, Buckwheat, Corn, Wheat, Oat,  
pumpnickel, of flour by products such as  
pie, cake cookies, breads, pizza, etc.  
\*Mushrooms  
\*Potatoes, Sweet Potato or Yam  
Sugar  
Processed foods  
White Vinegar and white vinegar products  
(pickles, ketchup)  
Yeast

This diet is designed to bring balance to your internal body. It should be followed closely for 14 days with the **Candida Clear** herbal program. It is highly recommended to include Black Walnut (for parasitic elimination) as well as **Digestive Enzymes** or **Garden Essence** with each meal.

**Super Vitamins and Minerals** or **Green Zone**, **LBS11** if constipation is an issue and always include **Probiotics** upon rising and at bedtime... away from food.

It is recommended to avoid certain foods for 30 days following cleanse: sweets, white vinegar products (ketchup, mayo, pickles, etc.) breads, bagels, beer, wine.

Foods should be reintroduced slowly, one at a time, for 3 days in a row (watch for intolerances) eg. berries.

Most people will only have to do the cleanse for the initial 14 days, however some people may need to repeat the program. Please always consult your health consultant before starting such a cleanse