



Anti-Candida Food Plan

PROTEINS

Proteins

Servings/day _____

Lean, free-range, grass-fed, organically grown animal protein; non-GMO, organic plant protein; and wild-caught, low-mercury fish preferred.

Animal Protein:

- Cheese (fresh, unaged): Cottage cheese, goat cheese, mozzarella, ricotta
- Egg—1
- Fish: Anchovies, cod, flounder/sole, herring, halibut, salmon, sardines, trout, etc.—1 oz
- Meat: Beef, buffalo, elk, lamb, ostrich, pork, venison, etc.—1 oz
- Poultry (skinless): Chicken, Cornish hen, duck, pheasant, turkey, etc.—1 oz

Plant Protein:

- Mung bean/Edamame pasta—½ oz
 - Natto—1 oz
 - Spirulina—2 T
 - Tofu (firm/extra firm)—1½-2 oz
 - Tofu (soft/silken)—3 oz
 - Tempeh—1 oz
- Protein Powder:**
- Check label for # grams/scoop (1 protein serving = 7g protein)
 - Bovine collagen, egg, hemp, pea

1 serving as listed = 35-75 calories, 5-7 g protein, 3-5 g fat, 0-4 g carbs

Average protein serving is 3-4 oz (size of palm of hand).

Eliminate

All deli meat, lunchmeat, and processed meats. All cheeses except for those specifically allowed.

LEGUMES

Proteins/Carbs

Limit servings to 2-3 per day.

Organic, non-GMO preferred. Dried, soaked overnight, and rinsed.

- Black soybeans—¼ c
- Edamame—¼ c
- Dried beans, lentils (cooked)—½ c

1 serving = ½ c = 90-110 calories, 3-7 g protein, 0 fat, 15 g carbs

Eliminate

Peas and peanuts.

NOTE: Consume no more than 1 cup of plant proteins per day.

DAIRY & ALTERNATIVES

Proteins/Carbs

Servings/day _____

Unsweetened required. Organic and non-GMO preferred.

Dairy:

- Kefir (plain)—6-8 oz
- Yogurt (plain, with live cultures): Cow, sheep, goat—6 oz

Dairy Alternatives:

- Milk: Almond, cashew, coconut, flaxseed, hazelnut, hemp, soy—8 oz
- Yogurt: Coconut, soy (cultured)—4-6 oz
- Kefir: Coconut, soy—4-6 oz

1 dairy serving = 90-150 calories, 7-8 g protein, 12 g carbs

1 dairy alternative serving = 25-90 calories, 1-9 g protein, 1-4 g carbs (nutritional values vary)

Eliminate

Cow's milk, goat's milk, and all flavored or sweetened yogurts.

NUTS & SEEDS

Proteins/Fats

Servings/day _____

Unsweetened required. Unsalted and organic preferred.

- Almonds—6
- Brazil nuts—2
- Chia seeds—1 T
- Coconut (dried)—3 T
- Coconut wraps (raw, vegan)—1 wrap
- Flaxseed (ground)—2 T
- Hazelnuts—5
- Hemp seeds—1
- Macadamias—2-3
- Nut and seed butters: Almond, cashew, macadamia, pecan, sunflower, tahini, walnut—½ T
- Pecan halves—4
- Pine nuts—1 T
- Pumpkin seeds—1 T
- Sesame seeds—1 T
- Sunflower seeds—1 T
- Walnut halves—4

1 serving = 45 calories, 5 g fat

Eliminate

Cashews, peanuts, and pistachios.

FATS & OILS

Fats

Servings/day _____

Minimally refined, cold-pressed, organic, non-GMO preferred

- Avocado—2 T or ½ whole
- Coconut butter (raw)—1 t
- Coconut milk, regular (BPA-free canned or boxed)—1½ T
- Ghee/clarified butter (grass-fed)—1 t
- Oils, cooking: Avocado, coconut, ghee/clarified butter, olive (extra virgin), sesame—1 t
- Oils, salad: Almond, avocado, flaxseed, hempseed, olive oil (extra virgin), pumpkin, safflower (high-oleic), sunflower (high-oleic), sesame, walnut—1 t
- Olives: Black, green, kalamata—8
- Pesto (olive oil)—1 t

Eliminate

Commerically prepared salad dressings, sauces, and spreads. Margarine, mayonnaise, highly processed oils (canola, corn, grapeseed, peanut, soybean), and shortening.

Items in orange indicate foods to eliminate when following a more strict version of the Anti-Candida Food Plan.

Notes: Nutritional amounts are based on average values for the variety of foods within each food category.

Dietary prescription is subject to the discretion of the health practitioner.



VEGETABLES Non-starchy

Carbs

Servings/day _____

- | | |
|--|---|
| <input type="checkbox"/> Artichokes | <input type="checkbox"/> Green beans |
| <input type="checkbox"/> Arugula | <input type="checkbox"/> Horseradish |
| <input type="checkbox"/> Asparagus | <input type="checkbox"/> (additive-free) |
| <input type="checkbox"/> Bamboo shoots | <input type="checkbox"/> Jicama |
| <input type="checkbox"/> Bean sprouts | <input type="checkbox"/> Kohlrabi |
| <input type="checkbox"/> Beets (fresh, cubed) | <input type="checkbox"/> Leeks |
| <input type="checkbox"/> Bok choy | <input type="checkbox"/> Lettuce, all |
| <input type="checkbox"/> Broccoflower | <input type="checkbox"/> Radishes |
| <input type="checkbox"/> Broccoli | <input type="checkbox"/> Microgreens |
| <input type="checkbox"/> Broccoli sprouts | <input type="checkbox"/> Okra |
| <input type="checkbox"/> Brussels sprouts | <input type="checkbox"/> Onion |
| <input type="checkbox"/> Cabbage | <input type="checkbox"/> Parsley |
| <input type="checkbox"/> Carrots | <input type="checkbox"/> Peppers, all |
| <input type="checkbox"/> Cauliflower | <input type="checkbox"/> Radicchio |
| <input type="checkbox"/> Celery | <input type="checkbox"/> Salsa |
| <input type="checkbox"/> Chard/Swiss chard | <input type="checkbox"/> Sea vegetables |
| <input type="checkbox"/> Chervil | <input type="checkbox"/> Scallions |
| <input type="checkbox"/> Chives | <input type="checkbox"/> Shallots |
| <input type="checkbox"/> Cilantro | <input type="checkbox"/> Snap peas/snow peas |
| <input type="checkbox"/> Cucumbers | <input type="checkbox"/> Spinach |
| <input type="checkbox"/> Daikon radishes | <input type="checkbox"/> Sprouts, all |
| <input type="checkbox"/> Eggplant | <input type="checkbox"/> Squash: Delicata , |
| <input type="checkbox"/> Endive | <input type="checkbox"/> pumpkin , spaghetti, |
| <input type="checkbox"/> Escarole | <input type="checkbox"/> yellow , zucchini, etc. |
| <input type="checkbox"/> Fennel | <input type="checkbox"/> Tomato |
| <input type="checkbox"/> Garlic | <input type="checkbox"/> Turnip |
| <input type="checkbox"/> Greens: Beet, collard, | <input type="checkbox"/> Watercress |
| dandelion, kale, | |
| mustard, turnip, etc. | |

1 serving = 1/2 c, 1 c raw greens = 25 calories, 5 g carbs

Eliminate

Corn, fermented foods (kimchi, pickles, sauerkraut), mushrooms, potatoes, yams, and other root vegetables, and starchy vegetables.

Organic, non-GMO fruits, vegetables, herbs and spices preferred

NO SUGARS, NATURAL SWEETENERS, OR ARTIFICIAL SWEETENERS, INCLUDING (BUT NOT LIMITED TO) ASPARTAME, SLENDA, STEVIA, AND SUGAR ALCOHOLS.

FRUITS

Carbs

Limit servings to 1-2 per day.

Unsweetened, no sugar added

- | | |
|--|--|
| <input type="checkbox"/> Apple, green —1 sm | <input type="checkbox"/> Huckleberries —1/2 c |
| <input type="checkbox"/> Apricots —4 | <input type="checkbox"/> Peach —1 sm |
| <input type="checkbox"/> Blackberries—1/2 c | <input type="checkbox"/> Pomegranate seeds —1/2 c |
| <input type="checkbox"/> Blueberries—1/2 c | <input type="checkbox"/> Raspberries—1 c |
| <input type="checkbox"/> Cranberries—1/2 c | <input type="checkbox"/> Strawberries—1 c |
| <input type="checkbox"/> Grapefruit —1/2 c | |

1 serving = 60 calories, 15 g carbs

Eliminate

All fruits not specifically listed above, all dried fruits, and all fruit juice.

HERBS & SPICES

- | | |
|--|---|
| <input type="checkbox"/> Basil | <input type="checkbox"/> Ginger |
| <input type="checkbox"/> Bay leaf | <input type="checkbox"/> Himalayan salt |
| <input type="checkbox"/> Black pepper | <input type="checkbox"/> Nutmeg |
| <input type="checkbox"/> Cayenne pepper | <input type="checkbox"/> Onion powder |
| <input type="checkbox"/> Chili powder | <input type="checkbox"/> Oregano |
| <input type="checkbox"/> Cilantro | <input type="checkbox"/> Parsley |
| <input type="checkbox"/> Cinnamon | <input type="checkbox"/> Paprika |
| <input type="checkbox"/> Cloves | <input type="checkbox"/> Pumpkin spice |
| <input type="checkbox"/> Cacao powder (100% raw) | <input type="checkbox"/> Red curry paste |
| <input type="checkbox"/> Coriander seed | <input type="checkbox"/> Rosemary |
| <input type="checkbox"/> Cumin | <input type="checkbox"/> Sage |
| <input type="checkbox"/> Curry powder | <input type="checkbox"/> Sea salt |
| <input type="checkbox"/> Dill | <input type="checkbox"/> Thyme |
| <input type="checkbox"/> Fenugreek | <input type="checkbox"/> Turmeric |
| <input type="checkbox"/> Garlic powder | <input type="checkbox"/> Vanilla bean (whole) |

WHOLE GRAINS (100%)

Limit to 1 serving per day.

Unsweetened required. Sprouted, organic preferred.

Gluten Free:

- Amaranth**—1/3 c
- Buckwheat/Kasha**—1/2 c
- Millet**—1/2 c
- Oats: Rolled, whole**—1/2 c
- Quinoa**—1/2 c
- Rice: Brown, wild**—1/3 c

Gluten Containing:

- Barley**—1/3 c
- Rye**
- Wheat**
- Spelt**—1/3 c

Individual portions:

- Bread**—1 slice
- Cereal**—1/2 c
- Granola** (homemade)—3 T

- Pasta**—1/3 c
- Tortilla**—1, 6 in
1 serving = 75-110 calories, 15 g carbs

1 serving = 60 calories, 15 g carbs

Eliminate

Corn products: chips, grits, polenta, tortilla, etc. Refined grain products (white bread, sweetened cereals, multi-grain cereals, sweetened baked goods, etc.) and yeast breads.

BEVERAGES

Unsweetened, no sugar added

- | | |
|---|---|
| <input type="checkbox"/> Broth (organic): Bone, meat, vegetable | <input type="checkbox"/> Seltzer water |
| <input type="checkbox"/> Coconut water kefir | <input type="checkbox"/> Tea (decaffeinated): Herbal |
| <input type="checkbox"/> Filtered water | <input type="checkbox"/> Vegetable juice (fresh, raw, cold pressed) |

Eliminate

Alcohol, caffeine, coffee, energy drinks, fruit juices, soda, and tea (green & black).

CONDIMENTS

- | | |
|---|---|
| <input type="checkbox"/> Coconut aminos | <input type="checkbox"/> Mustard: Dijon, stone ground |
| <input type="checkbox"/> Ketchup (sugar-free) | <input type="checkbox"/> Tamari |
| <input type="checkbox"/> Lemon/lime juice (fresh) | <input type="checkbox"/> Vinegars: Apple cider |
| <input type="checkbox"/> Miso | |

Use sparingly, suggest 1 T or less per serving.

Eliminate

Ketchup (sweetened), mayonnaise, relish, soy sauce, tamari, vinegar (all except apple cider), all brined or sweetened products.

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