

Foods to support your Healthy menu plan

Allowed Foods

Vegetables:

All vegetables except mushrooms. Potatoes (maybe 1x a week) Scrub all vegetables before use.

Meats:

- Beef (small amounts 1x/wk)
- Chicken
- Fish
- Lobster
- Lamb
- Turkey

- Crab
- Salmon
- Tuna
- Shrimp
- Veal

Dairy:

- Butter
- Eggs
- Raw Cottage Cheese
- Soy Milk Tofu

Condiments:

- Apple Cider Vinegar (raw & unfiltered-refrigerate)
- Fresh Herbs (i.e. basil, parsley, etc.)
- Sea salt Pepper Spices (without additives, MSG, etc.)
- Homemade mayonnaise

Beans & Legumes:

All (except fermented soy products, i.e., miso, tepeh). Good to eliminate this group for the first month- then eat only 3x/wk.

Fruits (one per day):

- Apples (granny smith-peeled)
- Blueberries
- Coconut
- Grapefruit
- Lemons
- Limes

Oils:

- Flaxseed, Sesame oil, Sunflower oil (not for cooking, just flavoring)
- Olive oil (good for cooking)

Drinks:

- Filtered Water
- Mineral Herbal Teas (in moderation)

Nuts & Seeds:

- Almonds
- Brazil Chestnuts
- Hazelnuts
- Macadamia
- Pecans

- Walnut
- Pumpkin seeds
- Sesame seeds
- Sunflower Seeds

Sweeteners:

- Stevia
- Xylitol

Grains:

- Amaranth
- Barley*
- Brown rice
- Buckwheat
- Millet
- Oats*

- Pasta (whole grains that are not wheat)
- Quinoa
- Rye*
- Wild rice
- Sourdough Bread (recipe)
- Pizza Crust (100% wheat and yeast free)

* (If gluten intolerant stay away from barley, oats, rye, and spelt) Miscellaneous:

- Carob-unsweetened
- Salsa (fresh w/ no vinegar or sugar)

Please adhere to the diet as closely as possible. Candida fungus grows on sugar, starch and high carbohydrate foods. It is also fed by gluten-containing grains. Gluten-containing grains include wheat, oats, rye, and barley. Candida is also fed by the other yeast molds that are contained in many foods. Please read labels and check for ingredients that are on the avoid list.

If you have to cheat, do so sparingly. Your cravings will slowly dissipate once that Candida is leaving the body. Slowly introduce foods back into your diet after a month that are on the "Foods to Avoids" list. You will be able to tell which foods you will be able to tolerate. You will notice which foods will agree with your system.

Foods to Avoid (remember, this is just for a short time)

Vegetables:

- Corn
- Mushrooms

Meats:

- Processed & packaged meats (all)
- Hamburger
- Hot dogs
- Sausage

Dairy:

- All cheeses including Cottage Cheese
- Buttermilk
- Cow & goat milk

- Margarine
- Sour Cream
- Yogurt

Condiments:

- Catsup
- Gravy
- Mustard
- Jams & jellies
- Pickles
- Relish
- Sauces
- Soy Oil
- Tamari
- Worcestershire
- Spices with yeast, sugar or additives
- Dried Herbs (mold collects on leaves during drying process)
- Salad Dressing (unless no added sugar and only raw apple cider vinegar is added)
- All vinegars (except apple cider & raw unfiltered)

Beans & Legumes:

- Peas
- No Fermented Soy Products

Fruits:

- Apricots
- Berries
- Bananas
- Cherries
- Currants
- Dates
- Dried fruits

- Figs
- Grapes
- Kiwi
- Mangos
- Melons
- Nectarines
- Oranges

- Papayas
- Pears
- Peaches
- Pineapple
- Plums
- Pomegranates
- Tangerines

Oils:

- Peanut oils
- Processed Oils
- Hydrogenated Oils

Drinks:

- Alcohol
- Coffee
- Fruit Juices
- Soda (diet & regular)
- Tea (all caffeinated and de-caf-except herbal)

Nuts & Seeds:

- Cashews
- Peanuts
- Pistachios

Sweeteners:

- Aspartame
- Barley Malt
- Brown Rice Syrup
- Brown Sugar
- Corn Syrup
- Dextrose
- Fructose
- Honey

- Maltodextrin
- Maple Syrup
- Molasses
- Sorbitol
- White Sugar
- Raw Cane
- Juice Crystals
- Sucralose

Grains:

- Breads (unless wheat, dairy, yeast and sugar free)
- Cereals (unless wheat, dairy and sugar free)
- Corn
- Kamut

- Pastries
- Spelt
- White Rice
- Wheat
- White flour

Miscellaneous:

- Candy
- Cookies
- Chocolate
- Coffee
- Donuts
- Gelatin
- Gum

- Fried Foods
- Muffins
- Pastry Pizza
- Processed foods-all
- smoked, dried, pickled or cured foods

Remember to stay away from these foods for at least the first month or so. Then we will do a reevaluation at about 5 weeks and see which foods can be reintroduced. Once you can slowly introduce each food back into your diet you'll watch for a reaction. You should be able to tell what your body will accept at this time. If you do get a reaction, we wait another month and retest. Many people will be able to eat most foods again; however, there are some that may just need to be eliminated completely.

Disclaimer: The information above is presented for informational and educational purposes only. The information contained herein is not intended to diagnose, cure, or prevent any diseases or, medical problems. It is not intended to replace your doctor's recommendations. The information is provided for educational purposes only.