

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 Proteins:

Cheese (fresh, unaged):
Cottage cheese, goat cheese,
mozzarella, ricotta–1 oz
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 Proteins:

Mung bean/Edamame
pasta–½ oz
Natto–1 oz
Spirulina–2 T
Tempeh#–1 oz
Tofu# (firm/extra firm)–1½-2 oz
Tofu# (soft/silken)#–3 oz

Protein Powder:

Check label for # grams/scoop–
1 protein serving = 7 g
Egg, hemp, pea, rice, soy, whey

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
Beans#, lentils# (cooked)–½ c

Edamame#–¼ c

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

Eliminate: Peas and peanuts

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–6-8 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 T
Macadamias–2-3

Nut and seed butters: Almond,
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, 4 g fat

Eliminate: Cashews, peanuts, and pistachios

Fats & Oils

Fats

Servings/day _____

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

Avocado–2 T or ⅛ whole
Coconut butter (raw)–1 t
Coconut milk, unsweetened
(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
(extra virgin), pumpkin seed,
safflower (high-oleic), sesame,
sunflower (high-oleic) walnut
–1 t
Olives: Black, green,
kalamata–8
Pesto (olive oil)–1 t

1 serving = 45 calories, 4 g fat

Eliminate: Commercially prepared salad dressings, sauces, and spreads, margarine, mayonnaise, highly processed oils (canola, corn, grapeseed, peanut, soybean), and shortening.

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

Items marked with # 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.

This food plan should be followed under the supervision of a qualified healthcare professional.

Vegetables Non-starchy

Carbs

Servings/day _____

Organic, non-GMO preferred

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

1 serving = ½ c, 1 c raw greens = 25 calories, 5 g carbs

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

Fruits

Carbs

Limit servings to 1-2 per day.

Unsweetened, no sugar added. Organic, non-GMO preferred.

Apple, green [#] -1 sm	Huckleberries [#] -½ c
Apricots [#] -4	Peach [#] -1 sm
Blackberries-½ c	Pomegranate seeds [#] -½ c
Blueberries-½ c	Raspberries-1 c
Cranberries-½ c	Strawberries-1 c
Grapefruit [#] -½ c	

1 serving = 60 calories, 15 g carbs

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

Herbs & Spices

No sugar added. Organic and non-GMO preferred.

Basil	Cacao powder (100% raw)
Bay leaf	Coriander seed
Black pepper	Cumin
Cayenne pepper	Curry powder
Chili powder	Dill
Cilantro	Fenugreek
Cinnamon	Garlic powder
Cloves	Ginger

Herbs & Spices (continued)

Himalayan salt	Red curry paste
Nutmeg	Rosemary
Onion powder	Sage
Oregano	Sea salt
Parsley	Thyme
Paprika	Turmeric
Pumpkin spice	Vanilla bean (whole)

Whole Grains (100%)

Carbs

Servings/day _____

Unsweetened required. Sprouted and organic preferred

Gluten-Free:

Amaranth [#] -⅓ c
Buckwheat [#] /Kasha [#] -½ c
Millet [#] -½ c
Oats [#] (rolled, whole)-½ c
Quinoa [#] - ½ c
Rice [#] : Brown, wild-⅓ c

Gluten-Containing:

Barley [#] - ⅓ c
Rye [#]
Wheat [#]
Spelt [#] -⅓ c

Individual Portions:

Bread [#] -1 slice
Cereal [#] -½ c
Granola [#] (homemade)-3 T
Pasta [#] -⅓ c
Tortilla-1, 6 in

All grain servings are for cooked amounts. 1 serving = 75-110 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

Broth (organic): Bone, meat, vegetable	Seltzer water
Coconut water kefir	Tea (decaffeinated): Herbal
Filtered water	Vegetable juice (fresh, raw, cold pressed)

Eliminate: Alcohol, energy drinks, fruit juices, soda, and tea (green & black).

Condiments

Coconut aminos	Miso
Ketchup (sugar-free)	Mustard: Dijon, stone ground
Lemon/lime juice (fresh)	Vinegars: Apple cider

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.

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

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