

CANDIDA FOOD PLAN rev.07102024

No Artificial Sweeteners
No Sugar of ANY Kind
No Alcohol
No Dairy: Cheese, Milk, Yogurt
Nothing from a COW, Goat,
Sheep, nor Pig (no pork or beef)
No Bread (yeast-free spelt only)
No Wheat (whole or white)

No Potatoes (white or sweet)
No Fruit, EXCEPT Lemons
No Fruit Juice, EXCEPT Unsweetened Lemon
No Mushrooms, carrots, peas or beets
No Tea with caffeine, Herbal ONLY
No Green Tea
No Coffee, (neither regular, nor decaf)
No Vinegar

ALLOWED FOODS (Organic is BEST!)

BEVERAGES

Herbal Teas (without caffeine): fruit teas,
berry teas, zinger teas, peppermint tea,
(Dandy Blend, Amazon sells this)
Chlorophyll liquid
WATER (hot or cold and lots of it!!!!)

Unsweetened Milk substitutes

(Original or Vanilla flavor ONLY):

Rice or OAT milk
Almond milk
Coconut milk
Hemp milk
DAIYA brand Cheeses

MEAT & EGGS

Whole Eggs
Chicken
Turkey
Fish
Seafood

NATURAL SWEETNERS

Xylitol (Unsafe for pets)
Stevia, liquid ONLY
Monk Fruit

VEGETABLES & LEGUMES

All Vegetables
Except Mushrooms, Peas, Carrots & Beets

VEGETABLES & LEGUMES (Cont'd)

ORGANIC Corn ONLY (Small amount)
Steamed vegetables
Stir-Fried vegetables (See OILS)
Raw vegetables
Beans and Lentils
Tomato
Avocado
Chickpeas (or Garbanzo beans)

GRAINS

Spelt Bread, yeast free
Berlin Bakery Sourdough bread, (yellow bag)
Brown Rice
ChickPea or Spelt Pasta
Brown Rice Pasta
Millet
Buckwheat
Quinoa — rinse well
Amaranth
Bob Red Mill Brand Oatmeal, Gluten Free
LeVeneziane brand Corn Pasta

OILS

Extra Virgin Olive Oil (cold-pressed)
Coconut Oil
Grapeseed Oil
Butter
Ghee

NATURAL ALLERGY SOLUTIONS

973-616-6400 main

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SEASONINGS

Onion, Garlic, Sea Salt, Basil, Oregano, Thyme, Mint

NO Herb Blends (may contain "extra" ingredients)

SNACKS

Blue Corn Chips

Hot Air Popcorn (add your own EVO or butter)

Raw Almonds, Walnuts, Sunflowers Seeds, Almond, Sunflower Butter and Cashew butter

All Raw Tree Nuts (NO Peanuts)

No Peanut Butter

Brown Rice Cakes (Plain),

Seaweed

SOME RECIPES

Salad Dressing

1/2 c. Olive oil

1/2 c. Fresh lemon juice

Add Sea Salt to taste. Mix together. Keep refrigerated.

Guacamole

Mash three Avocados.

Add 1/2 bunch of Cilantro chopped

Add 1 tsp Sea Salt.

Add 3 Tbsp Fresh Lemon juice Add Chopped Tomato

Organic Salsa Ingredients

Chopped Tomato, Cilantro, Sea Salt, and fresh Lemon juice

Hummus

Plain - BJ's or Costco brand

Salad (ORGANIC ingredients)

Romaine Lettuce

Cucumber

Celery

Tomatoes

Fresh Parsley

Onion/Scallion

1 tsp dried Mint

1 tsp dried Sumac (Amazon sells)

Olive Oil

Salt

Lemon — Taste before using

OPTIONAL, Add Toasted Gluten Free Pita or Toasted Rice Tortilla

French Lentil Soup

1 c. Organic Lentils - Bring to boil in water

Add Organic Celery, White Turnip (diced)

Collard Greens (optional)

Let boil

Cut up 1 Onion, 6-7 Garlic cloves (diced)

Sauté onion and garlic in Olive oil

Then, Add to lentils and veggies (soup)

Add 1/2 bunch Cilantro

Add Gluten Free Pasta

Salt to taste, 1/3 c. fresh organic lemon juice will brighten up the soup!