

90-DAY CANDIDA DIET

IF YOU HAVE ANY KNOWN OR SUSPECTED FOOD SENSITIVITIES, THEN THESE ITEMS SHOULD BE AVOIDED.

FOODS TO EAT

VEGETABLES

- All vegetables, except nightshades (tomatoes, eggplant, peppers, paprika, potatoes) and mushrooms

FRUIT (limit to one serving a day)

- Berries (blackberries, blueberries, cranberries (unsweetened), raspberries, strawberries)
**** with all berries, DISCARD if you see any visible mold!*
- Lemons/Limes (do not need to limit to one serving per day)
- Olives (without vinegar or preservatives only / do not need to limit to one serving per day)
- NO FRUIT JELLIES, JAMS, JUICES OR DRIED FRUIT OF ANY KIND

ANIMAL PROTEIN

- Beef, bison, lamb (organic, grass-fed and grass-finished)
- Chicken, turkey, duck (organic, free-range)
- Bacon (uncured, zero sugar, nitrate free)
- Organic Eggs (only if they aren't a sensitivity for you)
- Fish (only wild-caught Alaskan salmon, Pacific sardines, Atlantic mackerel, albacore tuna or sablefish/black cod)
- NEVER EVER CONSUME FARM-RAISED FISH

DAIRY

- ELIMINATE ALL DIARY EXCEPT LIMITED AMOUNTS OF:
- Butter (grass-fed such as Kerry Gold)
- Ghee (clarified butter)

SEEDS

- Hemp seeds
- Chia seeds
- Flaxseeds
- Kaniwa (different from quinoa)
- Pumpkin seeds
- Sesame seeds / tahini
- Sunflower seeds

ROOTS (limit to 3x/week)

- Tapioca/Cassava (only if this is not a sensitivity for you)
- Sweet potatoes (not white potatoes)
- Yucca
- Winter squash (not a root but starchy like a root)

GRAINS

- ELIMINATE ALL GRAINS (i.e. wheat, barley, rye, rice, corn, etc.)
- Quinoa (limit to 1x/week) (only if this is not a sensitivity)

SWEETENERS

- Chicory root
- Lo han (luo han)
- Xylitol (small amounts; The Ultimate Sweetener or Xyla brands)

FOODS TO AVOID

AVOID ENTIRELY (NO CHEATING!)

- Alcohol
- Dairy (except butter & ghee)
- Sugar/Honey/Maple Syrup/Agave (see approved sweeteners above)
- Grains (except quinoa no more than 1x/week)
- Soy (except Braggs Liquid Aminos)
- Beans/Legumes/Peas (green beans are ok)
- Nightshades
- Nuts/coconut (coconut oil and coconut aminos are ok)

- Chocolate/Carob
- Fermented foods/drinks (Kombucha, Sauerkraut, Kimchi, Vinegar, Pickles, Relish, etc.) (apple cider vinegar is ok)
- Coffee (caffeinated and decaffeinated)
- Caffeinated tea (except green tea)
- Energy drinks (any and all)
- All fruit juices and carrot juice (green juices are ok)
- Kefir
- Soda (regular or diet)

REMEMBER, YOU CAN DO ANYTHING FOR 90 DAYS!