

# 90 Day Candida Cure Diet

## What To Eat:

### Vegetables

-All except nightshades (tomatoes, eggplant, peppers, paprika) 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, best prepared medium-rare)

-Chicken, turkey, duck (organic, free-range)

-Bacon (uncured, zero sugar, nitrate free)

-Eggs (\*only if they aren't a sensitivity for you, ask if you're unsure)

-Fish (only wild-caught Alaskan salmon, Pacific sardines, Atlantic mackerel, Albacore Tuna or sablefish/black cod)

### Seeds

-Hemp seeds

-Chia seeds

-Flaxseeds

-Pumpkin seeds

-Kaniwa (different from quinoa)

-Sesame seeds/tahini

-Sunflower seeds

### Roots (limit to 3x per week)

-Tapioca/Cassava (\*only if this is not a sensitivity for you, ask if you're unsure)

-Sweet potatoes

-Yucca

-Winter squash (not a root but starchy like a root)

### Grains (limit to 3x per week)

- Quinoa (\*only if this is not a sensitivity for you, ask if you're unsure)

### Dairy

- Butter (grassfed such as Kerry Gold)
- Ghee (clarified butter)

### Sweeteners

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

### Avoid entirely (NO CHEATING!!!):

- Alcohol
- Dairy (except butter and ghee)
- Sugar/Honey/Maple Syrup/Agave (see approved sweeteners above)
- Grains (except quinoa for some)
- Soy (except Bragg 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 & decaffeinated)
- Caffeinated tea (except Green Tea)
- Energy drinks
- Juice
- Kefir
- Soda (regular or diet)

***REMEMBER, YOU CAN DO ANYTHING FOR 90 DAYS!***