

YES FOODS - Anti-Candida Diet

Protein

Chicken

Eggs

Fish

Beef (100g 1 time / week)

Shellfish (max 2 times / month)

Grain

Amaranth

Buckwheat

Millet

Quinoa

Sorghum

Tapioca

Teff

Yucca

Bread (gluten, yeast, sugar and dairy-free)

Brown Rice (2-3 times / week)

Pasta (GF, 1 time / week)

Oats (GF after 2 months)

Vegetables

All (except corn, mushrooms, peas and nightshades)

Sweet Potato (max 3 servings / week)

Pumpkin (max 3 servings / week)

Nuts

All (no peanuts, cashews or pistachios)

limit to a handful at the time

Nut butters

Nut milk

Oil

Olive

Coconut

Almond

Avocado

Grapeseed

Flaxseed

Hempseed

Beans

All (no soy or peas) in small amounts 1-2 times / week

Dairy

Ghee

Butter (small amounts)

Fruit

Green Sour Apple

Avocado

Blackberries

Blueberries

Coconut

Coconut Milk

Cranberries

Grapefruit

Lemon

Lime

Olives (without vinegar)

Raspberries

Strawberries

Other:

Apple Cider Vinegar

Fresh herbs

Himalayan Salt

Ginger

Turmeric

Almond, coconut, hemp milk

Sweetener: chicory root, lo han, stevia

Coconut butter

Cacao (small amounts after 2 months)

Carob (small amounts after 2 month)

Supplements

Diflucan and or Nystatin

Grapefruit Seed Extract

Garlic Extract

Pau d'Arco

Berberine

Black Walnut

Caprylic Acid

Undecylenic Acid

Oregano Extract

Magnesium

Probiotic (s. Boulardii) after month 2