



CANDIDA CLEANSE

DIET & PROTOCOL

WHAT IS A CANDIDA CLEANSE?



Candida Cleanse Diet

The purpose of a candida cleanse is to rid yourself of candida in your body creating the unwanted symptoms you have been experiencing. It is important to get to the root cause of the candida issues you are having. The following is meant to help you on your wellness journey.

What To Eat On A Candida Cleanse Diet

When adopting a candida diet, it is important that you listen to your body when it comes to selecting foods from Candida Diet food list. The same foods that may benefit one person may be harmful for another, even though they are healthy, nutritious foods. It is important to listen to your body to make sure that these foods agree with you and that you don't have allergies or sensitivities to them. If you have known allergies or sensitivities on this list, continue to avoid those foods.

Greens

- Arugula
- Beet greens
- Broccoli Leaf
- Chicory
- Collard Greens
- Dandelion Greens
- Endive
- Kale
- Lettuce - *Romaine, Green Leaf, Red Leaf, Butter*
- Mustard Greens
- Spinach
- Swiss Chard
- Turnip Greens
- Watercress

Non-starchy Vegetables

- Artichoke
- Asparagus
- Bok Choy
- Green Beans
- Bean Sprouts
- Brussels Sprouts
- Broccoli
- Cabbage
- Cauliflower
- Celery
- Leeks
- Green Onions
- Sprouts
- Sugar Snap Peas

Meat, Fish & Eggs

It is important when choosing meat that they are organic, 100% antibiotics free, 100% grass fed and preferably leaner cuts.

- Beef
- Bison/Buffalo
- Organic Cage Free Eggs
- Pasture-raised Chicken or Turkey
- Wild Caught Fish – Salmon, Flounder, Mackerel

Vegetable-Like Fruits

- Avocados
- Bell Peppers
- Cucumbers
- Summer Squash
- Tomatoes
- Zucchini

Root Vegetables

It is important that you eat root vegetables in moderation as their carbohydrate content are higher than other vegetables. Notice how you feel after eating any of the items on this list. If you find you feel poorly after consumption, eliminate this food during your candida cleanse. This is indication of a food sensitivity.

- Beets
- Carrots
- Celery Root.
- Daikon
- Garlic
- Horseradish
- Jerusalem Artichokes
- Kohlrabi
- Parsnips
- Onions
- Radishes
- Rutabagas
- Shallots
- Sweet Potato (*Any other potatoes are not allowed*)
- Turnips

Spices & Herbs

When using apple cider vinegar (ACV) on the Candida Diet, it is important that it is organic, raw, and unfiltered. Apple cider vinegar in its raw, unfiltered, unpasteurized form is the only vinegar that is commonly allowed on the Candida Diet making it an excellent choice for salad dressings and detox drinks. Apple cider vinegar is commonly used in many home remedies for candida and yeast infections.

- Basil
- Black Pepper
- Cayenne Pepper
- Cilantro
- Cinnamon
- Cloves
- Dill
- Fennel
- Garlic
- Ginger
- Oregano
- Paprika
- Parsley
- Salt – Sea Salt & Himalayan Salt
- Rosemary
- Tarragon
- Thyme
- Turmeric

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Nuts & Seeds

- Almonds
- Brazil Nuts
- Chia Seeds
- Flax Seeds
- Hazelnuts
- Hemp Seeds
- Macadamia Nuts.
- Pecans
- Pumpkin Seeds
- Sesame Seed
- Sunflower Seeds
- Walnuts

Apple cider vinegar (ACV) can be used on the Candida Diet but is important that it is organic, raw, and unfiltered.

What To Avoid On A Candida Diet

Sugar & Sugar Substitutes

- Agave
- Aspartame
- Cane sugar
- Corn syrup
- Honey
- Maple syrup
- Molasses
- Sugar

Condiments

- Barbecue sauce
- Horseradish
- Ketchup
- Mayonnaise
- Soy sauce
- White vinegar

Glutenous Grains

- Barley
- Rye
- Spelt
- Wheat

Beverages with Sugar

- Cider
- Diet & regular soda
- Fruit juices
- Energy drinks

High-sugar Fruits

- Bananas
- Dates
- Fruit juices
- Grapes
- Mango
- Raisins

Alcohol

- Beer
- Wine
- Hard Cider
- Liquor
- Wine Coolers
- Mixed Drinks

Processed Meats & Toxic Fish

- Processed meats
- Shellfish
- Swordfish
- Tuna

Caffeinated Beverages

- Coffee
- Tea
- Energy Drinks

Oils

- Canola oil
- Fake 'butter' spreads
- Margarine
- Soybean oil
- Sunflower oil

Candida Cleanse - WEEKLY FOOD DIARY

WEEK BEGINNING_____

TIME	FOOD & DRINK (Include Approximate Amounts)	TIME OF REACTION	SYMPTOMS	SEVERITY (1-10)
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				
SATURDAY				
SUNDAY				

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WEEK BEGINNING _____

TIME	FOOD & DRINK (Include Approximate Amounts)	TIME OF REACTION	SYMPTOMS	SEVERITY (1-10)
SUNDAY				

NOTES FOR THE WEEK



LINDGREN FUNCTIONAL NUTRITION