

Integrative Wellness Center : Phase 1 (30 Day) Anti-Candida Diet Menu Plan

Protein: 2-3 Servings/day

Serving size – 3-4oz cooked or as indicated.

1serving = approximately 150 calories

- Fish – fresh or water canned. Limit farmed raised fish. Wild is best.
- Leg of lamb, very lean
- Organic Poultry: chicken or Cornish hen, turkey
- Grass fed, organic beef
- Organic, pastured eggs
- Plain cottage cheese

Nutritional Beverage: 2-3 servings/day

- Mixed with Greens

(after 2 weeks)

Dairy Alternatives: 1 servings/day

Serving size: as indicated

1 serving = approximately 80 calories

- Coconut milk 8 oz unsweetened
- Almond milk 8 oz unsweetened
- Hemp milk 6 oz unsweetened

Nuts and Seeds: 1 servings/day

Serving size: as indicated

1 serving = approximately 100 calories

- Almonds or hazelnuts, 15 whole
- Coconut, unsweetened, grated, 3 tbs.
- Flax seeds, ground, 1 Tbsp.
- Chia seeds, 2 tsp.
- Pine nuts, 1 1/2 Tbsp.
- Sunflower/pumpkin/sesame seeds, 2 Tbsp.
- Walnut or pecan halves, 7-8
- Nut butter, 1 Tbsp, made from above nuts

Category 1 Veggies: 5-10 servings/day

Up to 9 servings/day (total from all 3 sub-categories) Serving size: 1/2 cup, or 1 cup for raw greens. 1 serving = approximately 10-25 calories

Veggies for Metabolic Detoxification:

1-4 servings

minimum 2 in this sub-category

- Asparagus
- Artichokes
- Greens: arugula, bok choy, escarole, endive, kale, Swiss chard, collard greens, dandelion, watercress, radicchio, beet/mustard greens
- Celery, celery root
- kelp, seaweeds
- Onion, garlic

Cruciferous Veggies for Cleansing:

3-5 servings

- Broccoli, broccoflower, radishes
- Brussels sprouts, Cauliflower
- Cabbage (all types), Kohlrabi

Additional Category 1 Vegetables:

1-2 servings/day

(up to 5 daily in combination with other sub-categories for 9 total servings)

- Bamboo shoots
- Chicory
- Cucumber, dill pickles
- Chives, leeks
- Green beans
- Lettuce: Romaine, red/green leaf
- Snow peas
- Spinach
- Sprouts
- Mixed Vegetable Juice
- Water chestnuts, 5 whole
- Zucchini, yellow, summer or spaghetti squash

Fruits: 1 servings/day (after 2 weeks)

1 serving = approximately 80 calories

- Granny Smith Apple, 1 medium

Oils and Fats: 5-6 servings/day

Serving size: 1 tsp. or as indicated Oils

should be cold pressed, organic

- Coconut milk (canned) light, 3 tbs
- Coconut milk (canned) reg, 1/12 Tbsp
- Coconut oil
- Flaxseed oil (refrigerate)
- Grapeseed oil, cold pressed
- Walnut oil
- High oleic safflower oil
- Olive oil (extra virgin)
- Fresh Olives, 8-10 medium
- Sesame oil
- Hemp Oil

Condiments:

- Fresh or dried herbs - any (e.g. dill, basil, sage, thyme, rosemary, mint, chives, parsley, etc.)
- Mustard
- Garlic
- Himalayan and Celtic sea salt

Beverages: Drink 1/2 body weight in

ounces. Increase with cardiovascular exercise.

- Green tea, rooibos tea (unsweetened)
- Bone broth
- Mineral water (still or carbonated)
- Non-caffeinated herbal teas (mint, chamomile, hibiscus, Pau'd Arco, etc.)

Total Calories/Day _____

***Read labels carefully** - no dairy except plain cottage cheese and immunoGPRP, no soy, gluten, sugar/sweeteners, or other additives.

Caution: If you have been diagnosed with hypothyroid, eat cruciferous vegetables in moderation (3x a week) and always cook them first.

- Broccoli, broccoflower, radishes
- Brussels sprouts, Cauliflower
- *Cabbage (all types), Kohlrabi

SIBO: Leave off

Cruciferous Veggies for Cleansing:

3-5 servings

- Broccoli, broccoflower, radishes
- Brussels sprouts, Cauliflower
- Cabbage (all types), Kohlrabi
- Asparagus
- beet
- Onion, garlic
- Granny Smith Apple, 1 medium

* Do not take probiotics.

The Integrative Wellness Center

Programs by John Smothers, MH, FLT