

Integrative Wellness Center : Phase 2 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
- Poultry: chicken or Cornish hen, turkey
- Grass-fed beef
- Organic, pastured eggs
- Plain cottage cheese

Nutritional Beverage: 2-3 servings/day

- Mixed with Greens

Legumes: 1 Serving/day

Serving size: 1/2 cup cooked, or as indicated

1 serving = approximately 110 calories

- Beans - garbanzo, pinto, kidney, black, lima, cannellini, navy, mung, fat-free refried, green beans
- Bean soup, 3/4 cup
- Hummus, 1/4 cup
- Split peas, sweet green peas, lentils

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.
- Pistachios, 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.

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
- Bean sprouts
- Bell or other peppers
- Chicory
- Cucumber, dill pickles
- Chives, leeks
- Eggplant
- Green beans
- Lettuce: Romaine, red/green leaf
- Mushrooms
- Okra
- Snow peas
- Spinach
- Sprouts
- Tomatoes
- Mixed Vegetable Juice
- Water chestnuts, 5 whole
- Zucchini, summer or spaghetti squash

Grains: 1 servings/day

Serving size: 1/2 cup cooked, or as

indicated 1 serving = approximately 75-100 calories

- Basmati or other rice, wild rice
- Quinoa
- Teff or
- Teff tortilla - 1 large

Fruits: 2 servings/day

Serving size: as indicated

1 serving = approximately 80 calories

Best Choice - Beneficial for Metabolic Detox/Cleansing

Blackberries, blueberries, raspberries & strawberries, cranberries, loganberries, boysenberries, goji berries - 1 cup

Optional for Digestive

Papaya, 1/2 cup

Pineapple, 1/2 cup

Other - Add 2 Apples a day for juicing

Oils and Fats: 5-6 servings/day

Serving size: 1 tsp. or as indicated Oils should be cold pressed, organic

- Avocado 1/8 and avocado oil
- Coconut milk (canned) light, 3 tbs
- Coconut milk (canned) reg, 1/12 Tbsp
- Coconut oil
- Flaxseed oil (refrigerate)

- Cold pressed grape seed oil
- Walnut oil, Hemp oil,
- High oleic safflower oil
- Olive oil (extra virgin)
- Olives, 8-10 medium
- Sesame oil

Condiments

- Raw Agave Nectar, 1 tsp daily
- Cinnamon, carob, miso
- Fresh or dried herbs - any (e.g. dill, basil, sage, thyme, rosemary, mint, chives, parsley, etc.)
- Flavored extracts (e.g., curry, paprika, chili powder, turmeric, etc.)
- Lemon, lime
- Mustard, horseradish
- Stevia, 1 packet daily
- Tabasco sauce (unsweetened)
- Unsweetened tomato sauce or salsa
- Vinegars (unsweetened) Apple Cider or Coconut Vinegar

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

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-cafeinated herbal teas (mint, chamomile, hibiscus, Pau'd Arco, etc.)

*** Add one new food item 3 days after transitioning from phase 1 to phase 2 anti-candida diet. Record in health journal and eliminate if negative reaction occurs.**

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

The Integrative Wellness Center

Programs by John Smothers, MH, FLT

* Do not take probiotics.