



## ANTI CANDIDA DIET IDEAS & TIPS

These are general ideas that do not take into account your individual needs determined through kinesiology testing, so please adapt accordingly! Those in Green are fine throughout the diet, even on the first strict week!

### SNACKS / BREAKFASTS

Little gem lettuce leaves with peanut butter / humous filling (use the lettuce leaf as a cracker!)

Rice/oat cakes with peanut/nut butter

Boiled egg with rice cake and butter soldiers

Omelette with peppers/mushrooms/onion (do not add milk to the eggs!)

Porridge made with water, add cream and xylitol or manuka honey to sweeten

Fried eggs in coconut oil, fried tomatoes and mushrooms in butter, rice cake or Ryvita Sesame with butter

Carrot, celery and cucumber sticks with houmous

Gluten-free falafel (check ingredients!) with houmous and salad

Egg/chicken/beef salad with apple cider vinegar dressing

Rice salad with peppers onions and peas

Quinoa salad with peppers onions and olives

Home made chicken pate on crackers

### MEALS

Main protein (Any fish or meat, preferably lean, home-made beanburgers, eggs)  
with 3 types of steamed veg (2 green, 1 coloured) drizzled with garlic butter

Main Protein (as above) with abundant leafy salad and small serving of quinoa, rice or barley  
couscous

Spaghetti bolognese – make bolognese with a passatta base and fresh garlic, parsley and basil  
serve with 'Slim Pasta' or spiralised courgette 'spaghetti' (soften in boiling water for a few minutes)

Curry and rice – use passatta base for curry, add ground almond and dessicated coconut to  
sweeten, use brown basmati rice (or cauliflower rice by whizzing florets and dry frying to warm  
through)

Roasted veg (sweet potato, butternut squash, red peppers, red onions, courgettes, aubergine,  
mushrooms, coconut oil and herbs to your taste) with barley couscous with butter