



## **ANTI CANDIDA DIET IDEAS & TIPS – FRUIT OPTION**

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!)

Whey protein smoothie with berries and nut milk

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

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

Fried eggs in coconut oil, fried tomatoes and mushrooms in 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

Cauliflower rice or 'Slim rice' with peppers, onions and peas flavoured with garlic

Quinoa salad with peppers onions peas and olives

Home made chicken pate on little gem lettuce 'crackers'

Mixed berries with double or clotted cream

Olives and feta cheese

### **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

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 as a base for curry, add garam masala, ground almond and  
dessicated coconut to sweeten, use cauliflower rice by whizzing florets and dry frying to warm  
through, or just serve with poppadoms (check ingredients)

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

Mashed vegetable cakes (bubble and squeak) fried in butter with fried egg and mushrooms and  
salad or steamed vegetable

Omelette with sweet potato chips cooked in coconut oil