



12-Week Vegan Anti-Candida Treatment Plan

Purpose: This structured 12-week plan combines diet, herbal medicine, probiotics, and lifestyle to support recovery from chronic Candida with skin eruptions. Recipes are included for practicality.

Phase 1: Gut Reset (Weeks 1–4)

- Strict anti-Candida diet (low sugar, no refined carbs, low fruit).
- Herbal compound: 7.5 mL TID with meals.
- Probiotics: *Saccharomyces boulardii* BID, *Lactobacillus rhamnosus* GG OD.
- Supplements: Zinc 15–25 mg OD (8 weeks), Vitamin D as needed.
- Daily coconut oil (2–3 tsp) and pepitas (2–3 Tbsp).

Phase 2: Repair & Rebalance (Weeks 5–8)

- Continue diet; rotate grains (quinoa, buckwheat, millet).
- Herbs: continue or pulse (5 on/2 off).
- Add mucosal repair: slippery elm, aloe vera juice if needed.
- Probiotics: continue both strains.
- Complete zinc by end of Week 8.

Phase 3: Consolidation (Weeks 9–12)

- Reduce herbs to BID if stable.
- Taper *S. boulardii*; continue LGG.
- Begin cautious food reintroductions (one per week).
- Maintain coconut oil, pepitas, antifungal spices.

Recipes

Tofu Scramble with Greens

150 g firm tofu, crumbled

1 tsp coconut oil

½ cup spinach + zucchini slices

1 clove garlic, minced

¼ tsp turmeric, salt & pepper to taste

→ Sauté garlic + tofu in coconut oil, add veg + spices, serve warm.

Pepita Trail Mix

2 Tbsp pepitas

1 Tbsp sunflower seeds

1 tsp cacao nibs

Pinch cinnamon

→ Mix and enjoy as a snack.

Tempeh Veggie Curry

150 g tempeh, cubed

1 Tbsp coconut oil

1 cup mixed veg (broccoli, zucchini, spinach)

½ can coconut milk

1 tsp turmeric + 1 tsp ginger + 1 clove garlic

→ Simmer until thick; serve over millet or quinoa.

Quinoa Tabbouleh Bowl

1 cup cooked quinoa

1 cup parsley, chopped

½ cucumber, diced

½ small tomato (optional)

Lemon juice + 1 Tbsp olive oil

2 Tbsp pepitas

→ Mix and serve with grilled tempeh.

Cauliflower Rice Stir-Fry

2 cups grated cauliflower

1 Tbsp coconut oil

1 cup mushrooms + bok choy

1 clove garlic, minced

1 tsp tamari

→ Stir-fry until tender; serve with marinated tofu.

Quinoa Porridge

½ cup quinoa, cooked in almond milk

1 Tbsp chia seeds

1 Tbsp pepitas

Cinnamon + nutmeg

½ cup blueberries

→ Cook and top with seeds + fruit.

Sauerkraut Avocado Plate

½ avocado slices

2 Tbsp sauerkraut (sugar-free)

Sprinkle of pepitas

→ Serve as a side or light snack.

Quinoa Pilaf with Greens

1 cup cooked quinoa

1 cup broccoli + cauliflower, steamed

1 clove garlic sautéed in 1 tsp coconut oil

Fresh parsley + lemon juice

→ Toss and serve with grilled tempeh.



12-Week Candida Treatment Tracker

Use this weekly tracker to record progress, symptoms, and treatment adherence. Tick boxes help keep you accountable and make it easy to review at follow-ups.

| Week | Herbs taken (✓) | Probiotics (✓) | Diet followed (✓) | Skin condition (✓) | Gut symptoms (0-5) | Energy (0-5) | Notes |
|---------|-----------------|----------------|-------------------|--------------------|--------------------|--------------|-------|
| Week 1 | | | | | | | |
| Week 2 | | | | | | | |
| Week 3 | | | | | | | |
| Week 4 | | | | | | | |
| Week 5 | | | | | | | |
| Week 6 | | | | | | | |
| Week 7 | | | | | | | |
| Week 8 | | | | | | | |
| Week 9 | | | | | | | |
| Week 10 | | | | | | | |
| Week 11 | | | | | | | |
| Week 12 | | | | | | | |