



5-Day Vegan Anti-Candida Meal Plan

Purpose: This plan supports recovery from chronic Candida with skin eruptions by reducing dietary sugars, incorporating antifungal foods, and focusing on a balanced vegan approach. Fruit intake is limited to one serve of low-sugar fruit per day. Pepita seeds and coconut oil are included daily for added antifungal and nutritional support.

Day 1

Breakfast	Tofu scramble with spinach, zucchini, garlic, turmeric + 1 tsp coconut oil
Snack	Small handful pepita seeds + green tea
Lunch	Quinoa tabbouleh + grilled tempeh
Snack	½ cup blueberries + coconut kefir (unsweetened)
Dinner	Buckwheat noodles stir-fried with broccoli, bok choy, ginger, garlic, tamari + coconut oil

Day 2

Breakfast	Chia pudding with almond milk, cinnamon, flaxseed, pepitas + ½ green apple
Snack	Celery sticks with tahini dip
Lunch	Buddha bowl: kale, roast pumpkin, quinoa, avocado, pepitas, tahini dressing
Snack	Handful almonds + rooibos tea
Dinner	Cauliflower 'rice' with coconut oil, garlic, ginger, mushrooms + marinated tofu

Day 3

Breakfast	Quinoa porridge with coconut milk, cinnamon, chia, pepitas, ½ kiwi
Snack	Herbal tea + hummus with cucumber sticks
Lunch	Lentil & vegetable stew (zucchini, carrot, celery, garlic, thyme) with buckwheat bread
Snack	Pepita-flax crackers with avocado smash
Dinner	Tempeh curry (coconut milk, broccoli, zucchini, spinach, turmeric) over millet

Day 4

Breakfast	Smoothie: almond milk, hemp protein, spinach, cucumber, ½ cup raspberries, 1 tsp coconut oil
Snack	Pepita trail mix (pepitas, sunflower seeds, cacao nibs, cinnamon)
Lunch	Roast veggie salad: eggplant, zucchini, rocket, tahini dressing, quinoa base
Snack	Sauerkraut with avocado slices + pepitas
Dinner	Buckwheat stir-fry with garlic, ginger, kale, mushrooms, sesame oil + tofu

Day 5

Breakfast	Savoury chia-flax flatbread with avocado, garlic, lemon, pepitas
Snack	Celery sticks with almond butter
Lunch	Spinach & zucchini soup blended with coconut oil + buckwheat toast
Snack	Coconut kefir with cinnamon + ½ cup blueberries
Dinner	Quinoa pilaf with broccoli, cauliflower, garlic, parsley, and grilled tempeh

Key Notes:

- Limit celery juice to 1 small glass/day (avoid large volumes).
- Keep fruit to 1 serving daily (berries, green apple, kiwi, lemon/lime).
- Use culinary antifungals daily: garlic, ginger, thyme, oregano, cinnamon.
- Stay hydrated with water and herbal teas.