

5 DAY

Candida Killer Meal Plan

A complete 5 day meal plan to help rid your body of Candida.

| MEALS | DAY 1 | DAY 2 | DAY 3 | DAY 4 | DAY 5 |
|-----------|---|--|---|--|---|
| BREAKFAST | Egg scramble with sliced bell peppers, onion, garlic, avocado | Fried egg (In Coconut Oil) Applegate Farms Uncured Turkey Bacon | Breakfast burrito with egg, spinach, onion on Thrive Market Coconut Tortilla | Hard boiled eggs with salt, pepper, paprika, avocado, blueberries & strawberries | Chia seed pudding, blueberries, scrambled eggs |
| LUNCH | Salmon, Broccoli, cauliflower, ghee for flavor | Organic Turkey Breast, Asian Stir fry (no soy or carrots) | Chicken, romaine lettuce, tomatoes, onions, avocado, fried egg (coconut oil) Tossame dressing | Organic Ground beef, lettuce boat, Primal Kitchen Mayo, tomatoes, onion.*season with salt, pepper, paprika | Organic Turkey Breast, Riced Cauliflower, Coconut Aminos, Avocado slices |
| DINNER | Veggie Noodle Co. Zucchini pasta, Grilled Chicken, almonds | Siete Almond Flour Tortillas, Ground beef, Guacamole, lime juice | Jicama Fries, Turkey burgers, avocado, coconut oil, tomatoes | Roasted Brussel Sprouts, onion, sweet peppers, Applegate Farms Sausage (roasted in olive oil with veggies) | Chicken Salad (boiled eggs, mashed avocado, onion, tomatoes, garlic, jalapeno) lettuce boat, pecan pieces |
| SNACKS | Applegate Farms Pepperoni slices + almonds, Guacamole + celery sticks | Julian Bakery Paleo Protein Bar, Coconut butter | Maranatha no salt, no sugar Almond Butter + celery, boiled eggs + | Chicken Sriracha Epic Bar, Applegate Farms Nitrate Free Turkey slices + avocado slices | smoothie-Coconut Milk+ handful of berries+spinach leaves+chia seeds, avocado |
| DRINKS | Lemon water, Ginger tea with lemon, Bone Broth | Lemon water with Sweet Leaf Stevia Drops, Good Earth Sweet & Spicy tea | Water + Ginger+Mint leaves+Stevia Drops, Chamomile tea | Water, Iecchino GT Dark roast Dandelion Tea (similar to coffee) + Coconut cream + Monk Fruit Drops | Water, Milk Thistle tea, Peppermint tea |

Additional Tips:

- Remove sugar from your diet
- Remove processed foods from your diet
- Eat easily digested foods
- Cook with spices and herbs to add flavor
- Drink Bone Broth daily to repair the gut lining.