

## The Candida Eating Plan

Category	Forbidden Foods	Alternatives
<b>Breads and Baked Goods</b>	All Commercial breads and biscuits with wheat. Oats for the first three weeks cakes, muffins, pastries, wheat pastas or white flour products. Products with yeast	Rice, Corn, Buckwheat, Millet, Rice or Corn Crackers, Puffed Millet and Rice Flakes for cereal, Pastas with Rice, Corn, Millet or Buckwheat.
<b>Beverages</b>	Alcohol, juices, soft drink, cordials, tea, coffee, dairy milk, malted or sweetened soy or rice milks	Pau D'arco tea, red clover tea, dandelion tea, other herbal teas, filtered water, Soda water with a squeeze of lemon or lime juice and pinch of stevia.
<b>Condiments, Oils and Spreads</b>	Sugar, malt, honey, fructose, lactose, vinegar; Worcestershire, tomato or BBQ sauce; Soy sauce or Tamari; Vegemite, margarine	Make your own dressing with cold pressed olive oil, salt, pepper and lemon juice. Add garlic and herbs if desired. Tahini, avocado, butter as a spread. Dips: Hummus and Tzatziki
<b>Dairy Products</b>	Ice cream, milk, cream, Whey protein powders, skim milk, buttermilk, some cheeses.	Small amounts of: Cheddar cheese, butter, swiss cheese, plain yoghurt (Vaalina, Jalna, Danone Activa) Soy milk with no added sugar or malt.
<b>Fruit</b>	All during first 4 weeks except berries	Small amounts of berries.
<b>Vegetables</b>	For first 4 weeks: Sweet corn, sweet potato, potato, pumpkin, carrots, peas, mushrooms	All other fresh vegetables are fine.
<b>Nuts and seeds</b>	Peanuts	All other fresh nuts and seeds (soak overnight for better digestion)
<b>Protein</b>	Any processed meats (salami, ham, sausage) Fermented foods: tofu, miso, tempeh	Lean meats: beef, chicken, lamb, pork. Fish and eggs.
<b>Grains and Legumes</b>	Any processed bakery products and flour products, white rice, white pastas.	Small amounts of whole grains and legumes: brown rice, black rice, quinoa, buckwheat, lentils, black beans. (soak overnight or all day before cooking for better digestion)

# Meal Suggestions

## Breakfast

- Tahini on gluten free bread or rice cakes / cruskets – sprinkle on pepitas, linseeds and sunflower seeds that have been shaken in jar with pinch of stevia.
- Poached egg on yeast free corn bread
- Cooked buckwheat or quinoa porridge with malt free soy milk , stevia and nuts.
- Omelette

## Lunch

- Stir fry vegetables with buckwheat pasta and eggs
- Salad with fresh herbs/ olive oil / garlic dressing and swiss cheese sprinkled with lightly toasted seeds.
- Salad with chicken pieces and dressing
- Tuna salad with four bean mix and dressing

## Dinner

- Brown rice and split pea soup
- Baked chicken and vegetables
- Roast Lamb and vegetables
- Fillet of fish and steamed vegetables
- Mince patties with salad and avocado
- Tacos made with mince and vegetable filling and guacamole, salad and grated cheddar

## Snacks

- Avocado and grated radish and beetroot on crisp-bread, topped with toasted sesame seeds.
- Handful of roasted nuts or seeds
- Popcorn with salt and pinch of stevia
- Almond or nut paste on crisp-bread /rice cake.