



Anti-Candida Diet Plan

The anti-candida diet focuses on reducing yeast overgrowth by eliminating sugar, refined carbs, and foods that may promote fungal growth.

Key Principles:

1. Eliminate:

- Refined sugars (e.g., candies, baked goods, soda).
- Refined carbohydrates (e.g., white bread, pasta).
- Alcohol and caffeinated drinks.
- High-mold foods (e.g., aged cheese, peanuts, dried fruits).
- Fermented foods initially (e.g., kombucha, vinegar-based products).

2. Include:

- Anti-fungal foods (e.g., garlic, coconut oil, oregano).
- Low-glycemic vegetables (e.g., leafy greens, broccoli).
- Clean proteins (e.g., organic chicken, wild-caught fish).
- Healthy fats (e.g., avocado, olive oil).

Meal Plan:

Day 1:

- **Breakfast:** Scrambled eggs with spinach and avocado.
- **Snack:** Handful of raw almonds.
- **Lunch:** Grilled chicken breast with steamed broccoli and olive oil drizzle.
- **Snack:** Cucumber slices with hummus.
- **Dinner:** Baked salmon with zucchini noodles and garlic sautéed kale.

Day 2:

- **Breakfast:** Chia pudding with unsweetened almond milk and a sprinkle of cinnamon.
- **Snack:** Pumpkin seeds.
- **Lunch:** Turkey lettuce wraps with avocado and cucumbers.
- **Snack:** Celery sticks with sunflower seed butter.
- **Dinner:** Stir-fried vegetables (cauliflower, peppers, and zucchini) with grilled tofu.

Supplements:

- Probiotics (e.g., *Saccharomyces boulardii*, *Lactobacillus acidophilus*).
- Antifungal herbs (e.g., oregano oil, caprylic acid).