

Shopping Lists For The Ultimate Candida Diet

Tips On Which Foods To Buy

This section contains some helpful tips on which foods you should buy for your Candida treatment. There are probiotic foods, antifungal foods, ingredients for salad dressings and a list of essentials that you need in your kitchen cupboard. Note that this is by no means a full list of the foods you can eat during the diet – I have included a more comprehensive list over the next few pages.

If you are getting prepared for your Candida treatment, simply print out this eBook, put a tick next to the foods that you want to buy, and take it to the store with you.

Candida-Fighting Foods

This is a list of Candida-fighting foods, a collection of the foods that will have the most impact in treating your Candida. I have included antifungal foods, probiotic foods, and foods that help to remove Candida's toxic byproducts from your body.

Antifungal Foods

- | | | |
|---|--|-----------------------------------|
| <input type="checkbox"/> Broccoli | <input type="checkbox"/> Garlic | <input type="checkbox"/> Rutabaga |
| <input type="checkbox"/> Brussels sprouts | <input type="checkbox"/> Kale | <input type="checkbox"/> Seaweed |
| <input type="checkbox"/> Chilies | <input type="checkbox"/> Olive oil | <input type="checkbox"/> Turmeric |
| <input type="checkbox"/> Cinnamon | <input type="checkbox"/> Onions | <input type="checkbox"/> Turnip |
| <input type="checkbox"/> Coconut flour | <input type="checkbox"/> Pumpkin seeds | |
| <input type="checkbox"/> Coconut oil | <input type="checkbox"/> Red cabbage | |

Probiotic And Prebiotic Foods

- | | | |
|---|-------------------------------------|---|
| <input type="checkbox"/> Artichokes | <input type="checkbox"/> Kefir | <input type="checkbox"/> Yogurt, plain with live cultures |
| <input type="checkbox"/> Dandelion greens | <input type="checkbox"/> Kimchi | |
| <input type="checkbox"/> Garlic | <input type="checkbox"/> Sauerkraut | |

Detoxing Foods

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|--|--------------------------------------|-------------------------------------|
| <input type="checkbox"/> Apple Cider Vinegar | <input type="checkbox"/> Ginger | <input type="checkbox"/> Lime juice |
| <input type="checkbox"/> Cayenne pepper | <input type="checkbox"/> Lemon juice | |

Kitchen Essentials

Here is a list of the items that I typically have in my kitchen, ready for cooking and preparing meals. You'll find that you are using these ingredients in lots of your recipes, so it's a great idea to always have a few of these in stock. All the recipes in the book use one or more of these ingredients.

- | | | |
|---|---|--|
| <input type="checkbox"/> Apple cider vinegar | <input type="checkbox"/> Buckwheat groats | <input type="checkbox"/> Eggs, organic |
| <input type="checkbox"/> Baking powder, Aluminum-free | <input type="checkbox"/> Butter, organic | <input type="checkbox"/> Millet flour |
| <input type="checkbox"/> Baking soda | <input type="checkbox"/> Coconut flakes (unsweetened) | <input type="checkbox"/> Olive oil |
| <input type="checkbox"/> Black pepper | <input type="checkbox"/> Coconut flour | <input type="checkbox"/> Sea salt |
| <input type="checkbox"/> Buckwheat flour | <input type="checkbox"/> Coconut milk, canned | <input type="checkbox"/> Stevia |
| | | <input type="checkbox"/> Yogurt, plain |

Ingredients For Salad Dressings

Creating some tasty salad dressings will make your diet much more interesting, particularly during Phase 1 of the program. This list of ingredients is totally fine on the Candida diet, and you can use them in different combinations to make some delicious dressings.

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|--|------------------------------------|---------------------------------------|
| <input type="checkbox"/> Apple Cider Vinegar | <input type="checkbox"/> Lemons | <input type="checkbox"/> Sea salt |
| <input type="checkbox"/> Coconut aminos | <input type="checkbox"/> Limes | <input type="checkbox"/> Black pepper |
| <input type="checkbox"/> Coconut oil | <input type="checkbox"/> Olive oil | |

Here are three simple salad dressing ideas:

Salad dressing 1: Coconut oil, apple cider vinegar, lemon juice and sea salt.

Salad dressing 2: Coconut aminos, apple cider vinegar, olive oil.

Salad dressing 3: Olive oil, lemon juice, sea salt.

Foods to Eat

Here is a comprehensive list of the foods you can eat during your Candida treatment plan, from Phase 2 onwards.

Vegetables

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|---|--|---|
| <input type="checkbox"/> Artichokes | <input type="checkbox"/> Cucumber | <input type="checkbox"/> Romaine |
| <input type="checkbox"/> Arugula | <input type="checkbox"/> Dandelion greens | <input type="checkbox"/> Rutabaga |
| <input type="checkbox"/> Asparagus | <input type="checkbox"/> Eggplant | <input type="checkbox"/> Sauerkraut (raw) |
| <input type="checkbox"/> Avocado | <input type="checkbox"/> Endive | <input type="checkbox"/> Seaweed |
| <input type="checkbox"/> Bamboo Shoots | <input type="checkbox"/> Garlic (raw) | <input type="checkbox"/> Snow pea pods |
| <input type="checkbox"/> Bean sprouts | <input type="checkbox"/> Green beans | <input type="checkbox"/> Spinach |
| <input type="checkbox"/> Beet greens | <input type="checkbox"/> Kale | <input type="checkbox"/> Summer squash |
| <input type="checkbox"/> Bok Choi | <input type="checkbox"/> Kim Chi | <input type="checkbox"/> Swiss chard |
| <input type="checkbox"/> Broccoli | <input type="checkbox"/> Leeks | <input type="checkbox"/> Tomatoes |
| <input type="checkbox"/> Brussels sprouts | <input type="checkbox"/> Lettuce (all types) | <input type="checkbox"/> Turnip |
| <input type="checkbox"/> Cabbage | <input type="checkbox"/> Mustard Greens | <input type="checkbox"/> Water chestnuts |
| <input type="checkbox"/> Cauliflower | <input type="checkbox"/> Okra | <input type="checkbox"/> Watercress |
| <input type="checkbox"/> Celery | <input type="checkbox"/> Olives | <input type="checkbox"/> Wheatgrass |
| <input type="checkbox"/> Chicory | <input type="checkbox"/> Onions | <input type="checkbox"/> Zucchini |
| <input type="checkbox"/> Chilies | <input type="checkbox"/> Peppers | |
| <input type="checkbox"/> Collard greens | <input type="checkbox"/> Radish | |

Carbohydrates

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|------------------------------------|-----------------------------------|---------------------------------|
| <input type="checkbox"/> Buckwheat | <input type="checkbox"/> Oat Bran | <input type="checkbox"/> Quinoa |
| <input type="checkbox"/> Millet | | |

Proteins

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|----------------------------------|------------------------------------|--|
| <input type="checkbox"/> Beef | <input type="checkbox"/> Turkey | <input type="checkbox"/> Herring |
| <input type="checkbox"/> Chicken | <input type="checkbox"/> Eggs | <input type="checkbox"/> Salmon (wild) |
| <input type="checkbox"/> Lamb | <input type="checkbox"/> Anchovies | <input type="checkbox"/> Sardines |

Dairy

- | | | |
|--|--|--------------------------------|
| <input type="checkbox"/> Plain yogurt (no sugar added) | <input type="checkbox"/> Probiotic yogurt (no sugar added) | <input type="checkbox"/> Kefir |
| <input type="checkbox"/> Butter | | <input type="checkbox"/> Ghee |

Nuts

- | | | |
|------------------------------------|-------------------------------------|--|
| <input type="checkbox"/> Almonds | <input type="checkbox"/> Hazelnuts | <input type="checkbox"/> Pumpkin Seeds |
| <input type="checkbox"/> Coconut | <input type="checkbox"/> Hemp Seeds | <input type="checkbox"/> Sunflower Seeds |
| <input type="checkbox"/> Flax Seed | <input type="checkbox"/> Pine Seeds | <input type="checkbox"/> Walnuts |

Mushrooms

- | | |
|----------------------------------|---------------------------------|
| <input type="checkbox"/> Maitake | <input type="checkbox"/> Reishi |
|----------------------------------|---------------------------------|

Herbs, spices & condiments

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|--|---|-----------------------------------|
| <input type="checkbox"/> Apple cider vinegar | <input type="checkbox"/> Coconut aminos | <input type="checkbox"/> Nutmeg |
| <input type="checkbox"/> Basil | <input type="checkbox"/> Cumin | <input type="checkbox"/> Oregano |
| <input type="checkbox"/> Black Pepper | <input type="checkbox"/> Curry | <input type="checkbox"/> Paprika |
| <input type="checkbox"/> Cayenne | <input type="checkbox"/> Dill | <input type="checkbox"/> Rosemary |
| <input type="checkbox"/> Chilies | <input type="checkbox"/> Garlic | <input type="checkbox"/> Sea salt |
| <input type="checkbox"/> Cilantro | <input type="checkbox"/> Ginger | <input type="checkbox"/> Tarragon |
| <input type="checkbox"/> Cinnamon | <input type="checkbox"/> Lemon juice | <input type="checkbox"/> Thyme |
| <input type="checkbox"/> Cloves | <input type="checkbox"/> Mustard powder | <input type="checkbox"/> Turmeric |

Oils

- | | | |
|---|---|-----------------------------------|
| <input type="checkbox"/> Virgin Coconut Oil | <input type="checkbox"/> Pumpkin seed oil | <input type="checkbox"/> Flax Oil |
| <input type="checkbox"/> Olive Oil | <input type="checkbox"/> Macadamia Oil | |
| <input type="checkbox"/> Sesame Oil | <input type="checkbox"/> Almond Oil | |

Sweeteners

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|---------------------------------|----------------------------------|
| <input type="checkbox"/> Stevia | <input type="checkbox"/> Xylitol |
|---------------------------------|----------------------------------|

Foods to Avoid

Here is a comprehensive list of the foods you should avoid during your Candida treatment plan.

Fruit

All fruits except for avocados and olives

Vegetables

Beans
Beets
Carrots
Parsnips

Peas
Potatoes
Sweet Potatoes
Yams

Yucca
Winter squash

Glutinous grains

Barley
Corn

Oats
Rye

Wheat

Meat and fish

Processed Meats

All large fish

Pork

Sugars

Agave nectar
Chocolate
Coconut Sugar
Fructose

Honey
Lactose
Molasses
Rice Syrup

Sucrose
Artificial Sweeteners (e.g.
Asulfame, Nutra-Sweet)

Alcohol

Beer
Cider

Cocktails
Spirits

Wine

Dairy

Buttermilk
Cheese

Milk

Whey powder

Foods to Reintroduce

This is a list of foods to reintroduce in Phase 5 of the Ultimate Candida Diet program. Remember to introduce them one at a time and slowly.

Low-sugar fruits

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|---------------------------------------|--|---------------------------------------|
| <input type="checkbox"/> Apricots | <input type="checkbox"/> Grapefruit | <input type="checkbox"/> Pears |
| <input type="checkbox"/> Blackberries | <input type="checkbox"/> Green Apples | <input type="checkbox"/> Raspberries |
| <input type="checkbox"/> Blueberries | <input type="checkbox"/> Huckleberries | <input type="checkbox"/> Rhubarb |
| <input type="checkbox"/> Cranberries | <input type="checkbox"/> Papaya | <input type="checkbox"/> Strawberries |

Vegetables

- | | | |
|----------------------------------|---|--|
| <input type="checkbox"/> Beets | <input type="checkbox"/> Parsnips | <input type="checkbox"/> Winter Squash |
| <input type="checkbox"/> Carrots | <input type="checkbox"/> Potatoes | <input type="checkbox"/> Yams |
| <input type="checkbox"/> Peas | <input type="checkbox"/> Sweet Potatoes | <input type="checkbox"/> Yucca |

Beans, Peas and Pulses

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|---------------------------------------|---------------------------------------|--------------------------------------|
| <input type="checkbox"/> Azuki Beans | <input type="checkbox"/> Kidney Beans | <input type="checkbox"/> Navy Beans |
| <input type="checkbox"/> Black Beans | <input type="checkbox"/> Lentils | <input type="checkbox"/> Pinto Beans |
| <input type="checkbox"/> Carob Powder | <input type="checkbox"/> Lima Beans | <input type="checkbox"/> Split Peas |
| <input type="checkbox"/> Chickpeas | <input type="checkbox"/> Mung Beans | |