

Anti-Yeast / Anti-Candida Diet

Sugar is off limits as it encourages yeast growth

Foods to eat

Focus on incorporating these foods while on the candida diet:

- **Low-sugar fruits:** Lemon, limes, [berries](#) (may be eaten in small amounts).
- **Non-starchy vegetables:** Asparagus, Brussels sprouts, cabbage, broccoli, kale, celery, cucumber, eggplant, onion, spinach, zucchini, tomatoes and rutabaga (best if eaten raw or steamed).
- **Gluten-free grains:** Millet, quinoa, oat bran and buckwheat.
- **High-quality protein:** Chicken, eggs, salmon, turkey and sardines (organic, pasture-raised and wild-caught varieties are best).
- **Healthy fats:** Avocado, olives, unrefined coconut oil, oil, extra-virgin olive oil, avocado oil
- **Certain dairy products:** Butter, [ghee](#), organic kefir or plain yogurt with no added sugar
- **Nuts and seeds low in mold:** Almonds, sunflower seeds, coconut, or flaxseed.
- **Herbs and spices:** Black pepper, salt, cinnamon, dill, garlic, ginger, oregano, rosemary, paprika, [turmeric](#), and thyme.
- **Condiments:** Apple cider vinegar, coconut aminos and sauerkraut fermented and not made with vinegar
- **No-sugar sweeteners:** Stevia A, and xylitol.
- **Non-caffeinated beverages:** Herbal teas, chicory coffee, filtered water, homemade almond milk, coconut milk (look for one without additives) and water infused with lemon or lime.

Foods to avoid

The list of foods to AVOID on the candida diet include:

- **High-sugar fruits:** Bananas, dates, raisins, grapes and mango.
- **Grains that contain gluten:** Wheat, rye, barley and spelt.
- **Certain meats:** Deli meats and [farm-raised fish](#).
- **Refined oils and fats:** Canola oil, soybean oil, sunflower oil, or margarine.
- **Condiments:** Ketchup, soy sauce, white vinegar, BBQ sauce, horseradish or mayonnaise.

- **Certain dairy products:** Cheese, milk and cream.
- **Sugar and artificial sweeteners:** Aspartame, agave, cane sugar, corn syrup, honey, maple syrup, molasses, and table sugar.
- **Nuts and seeds higher in mold:** Peanuts, cashews, pecans, and pistachios.
- **Caffeine, alcohol and sugary beverages:** Caffeinated teas, coffee, [energy drinks](#), soda, fruit juice, beer, wine or spirits.
- **Additives:** Nitrates or sulfates.

Sample Menus - feel free to change it as your family likes

Monday

- **Breakfast:** Scrambled eggs with tomatoes and [avocado](#) on the side
- **Lunch:** Turkey atop a salad of greens, avocado slices, cabbage, broccoli and an olive oil dressing
- **Dinner:** Stir-fry of quinoa, chicken breast, steamed vegetables and coconut aminos

Tuesday

- **Breakfast:** Yogurt parfait made with plain yogurt no added sugar, 1/4 cup (25 grams) of berries, cinnamon and almonds
- **Lunch:** Thai red curry chicken
- **Dinner:** Salmon cakes served with steamed broccoli and a cup of bone broth

Wednesday

- **Breakfast:** Turkey-and-sage breakfast sausages (like [these](#)) with a side of Brussels sprouts
- **Lunch:** Lemon-roasted chicken served over salad greens
- **Dinner:** Hamburger patty (no bun), topped with avocado and served with steamed vegetables and sauerkraut

Thursday

- **Breakfast:** Vegetable omelet made with eggs, shallots, spinach and tomatoes
- **Lunch:** Leftover turkey-and-sage breakfast sausages with a side of sautéed cabbage
- **Dinner:** Coconut curry chicken over quinoa and steamed vegetables

Friday

- **Breakfast:** Omelet made with red peppers, onions, kale and fried eggs
- **Lunch:** Turkey meatballs with a [kale](#) salad and millet topped with ghee

- **Dinner:** Wild-caught salmon seasoned with lemon and dill, plus a side of asparagus

Saturday

- **Breakfast:** Buckwheat breakfast muffins (try this [recipe](#)) with chicory coffee
- **Lunch:** Leftover coconut curry chicken over quinoa and steamed vegetables
- **Dinner:** Zucchini noodles topped with chicken, raw garlic, pesto and olive oil

Sunday

- **Breakfast:** Smoothie made from plain [kefir](#), a handful of berries, almond butter, coconut and cinnamon
- **Lunch:** Chef salad of hard boiled eggs, turkey, tomatoes, cucumbers, olives and an olive-oil-based dressing
- **Dinner:** Chicken fajita bowl made with chicken, peppers, onions, cilantro, avocado and salad greens