

CRAFTING A HEALTHY PANTRY CHECKLIST

Evaluate the Questions Below + Check When Completed.

CUPBOARDS+ PANTRY

☐

Any expired food? Compost!

☐

Not protocol friendly? If not donate, and consider donating microbiome approved items next time around!

☐

Organize + Set up for success!

FRUITS + VEGGIES

☐

Any expired food? Compost!

☐

Not exactly protocol friendly? Feed it to your family or donate.

☐

Organize + Set up for success!

HERBS, SPICES, +CONDIMENTS

☐

Expired? Compost or toss. (Recycle what you can always!)

☐

Not protocol friendly? Consider if you would find this nourishing after the protocol.

☐

Organize + Set up for success!

SUPPLEMENTS

☐

What are you currently taking?
Create a list.

☐

Consider Herbal/ medical
Interactions.

☐

What is expired? Are they scientific
blends/pure compounds?

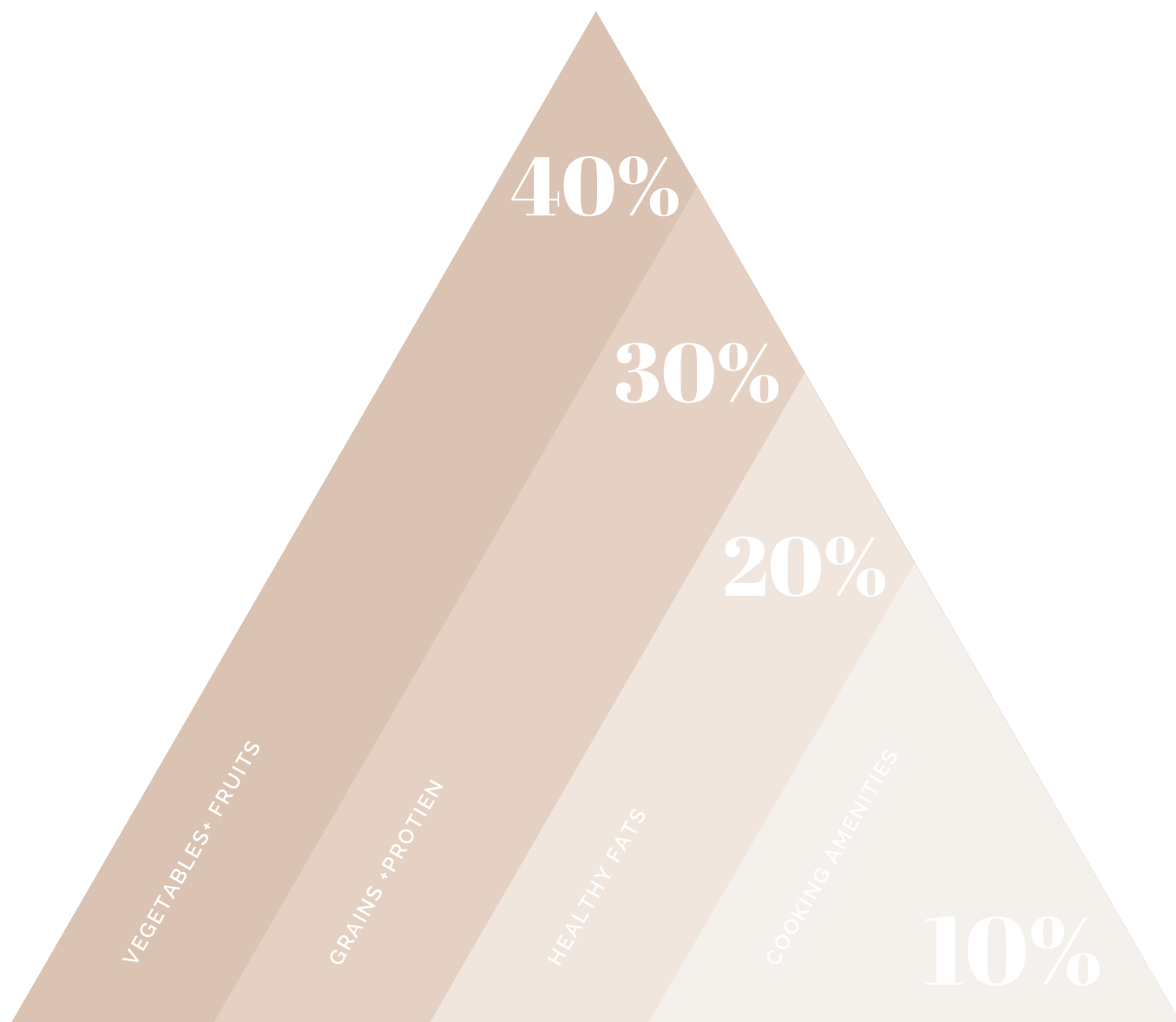
PLANT BASED CANDIDA DIET SHOPPING GUIDE

BASICS + GRAINS

- ☐ Quinoa
- ☐ Hemp Protein/Seeds
- ☐ Teff Flour
- ☐ Buckwheat
- ☐ Peas (Protein, Pea Milk)
- ☐ Almonds (butter, milk, raw)
- ☐ Lentils (Cooked or pasta form)
- ☐ Rice (Phase 2)
- ☐ Coconut Oil
- ☐ Flax Crackers
- ☐ Coconut Aminos
- ☐ Kimchi
- ☐ Sauerkraut
- ☐ Coconut Yogurt
- ☐ Nutritional Yeast
- ☐ Pepper
- ☐ Pink Salt
- ☐ Beans (variety of types)

FRUITS AND VEGGIES

- ☐ Avocado
- ☐ Strawberries
- ☐ Blueberries
- ☐ Lemon
- ☐ Lime
- ☐ Tomatoes
- ☐ Acai
- ☐ Artichokes
- ☐ Leeks
- ☐ Onion
- ☐ Garlic
- ☐ Asparagus
- ☐ Bok Choy
- ☐ Dandelion Greens
- ☐ Celery
- ☐ Kale
- ☐ Collard Greens
- ☐ Brussels Sprouts
- ☐ Cabbage
- ☐ Cucumber
- ☐ Cauliflower



NOURISHMENT IN THE PANTRY

How can we craft a healthy pantry? As a general rule of thumb, we should start with the basics. The basics to this protocol is a stocked refrigerator with fruits, veggies, and ferments. Second to this, would be pantry items. These can include any of the grains listed in the Plant Based Candida Diet Shopping List, herbs for cooking, veggie stock broths, high quality and organic cooking oils, and any other cooking amenities: like coconut aminos, tomatoes paste, etc. Just be sure that anything that falls into the last few categories is low sugar, low carb, and doesn't include any additives, fillers, or artificial sweeteners