

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