

# THE PLANT BASED CANDIDA DIET

## 1

### PHASE ONE

- Eliminate High sugar foods
- Eliminate High mold foods
- Eliminate Complex Carbohydrates
- Introduce herbal anti-fungals
- Introduce plant based ( food based anti-fungals)
- Introduce anti-inflammatory foods
- Support " detox" through herbal support and rest
- Introduce low sugar fruits
- Introduce low GI plants and food sources
- Introduce leafy veggies
- Introduce healthy fats ( Avocado and Olive oil)
- Introduce Protein sources: Chickpea, millet, rice, and Quinoa

## 2

### PHASE TWO

- Reintroduce High sugar foods
- Reintroduce High mold foods
- Reintroduce Complex Carbohydrates
- Slowly decrease herbal anti-fungals
- Keep up with plant based ( food based anti-fungals)/ slowly decrease
- Keep up with anti-inflammatory foods
- Keep up with low sugar fruits, introduce high sugar fruits slowly
- Keep up with low GI plants and food sources, introduce complex carbs slowly ( if at all)
- Keep Up with leafy veggies
- Keep Up with healthy fats ( Avocado and Olive oil)
- Keep up Protein sources: Chickpea, millet, rice, and Quinoa

## 3

### PHASE THREE

In Phase Three we integrate into a more balanced approach to whole food eating. What triggers you? What makes you feel your best?

# 3 QUICK TIPS



## PHASE ONE

In Phase One, it is important to monitor changes in symptoms , detox symptoms, and any and all changes you find relevant to you case. It may be helpful to keep a journal and revisit this in phase two, to notice relapse.



## PHASE TWO

In Phase Two, it is important to monitor a relapse symptoms( changes in cravings, brain fog, bloating, digestion, bowl movements, etc.) It may be helpful to keep a journal now as well.If this does occur, transition back to Phase One.



## PHASE THREE

In Phase Three we integrate into a more balanced approach to whole food eating. What triggers you? What makes you feel your best?