

CANDIDA-CONTROL DIET COMPREHENSIVE COMPANION GUIDE

Trillions of microorganisms live in our digestive tract, making up what is called the “microbiome.” Our microbiome determines in large part our overall health. These microorganisms regulate immune function, make B vitamins and vitamin K, affect metabolism, release natural antibiotics and anti-cancer substances, facilitate breakdown of lactose and toxins, and so much more. Candida, a yeast-like fungus, is a normal part of the microbiome as well. Its growth is usually limited by our immune system and by the other microorganisms in our digestive tract, including a large number of health-promoting bacteria.

If Candida is allowed to grow due to a weakened immune system, hormone changes, or disease such as diabetes, the harmonious balance between the Candida and the “good” microorganisms in the digestive tract is upset, resulting in intestinal candidiasis (also called “yeast syndrome”). Not only can this imbalance cause problems such as vaginal infections and chronic sinusitis, but Candida also releases byproducts that can be absorbed into the bloodstream. In this way the whole body can be exposed to a variety of symptoms as the immune system tries to fight the fungal invasion. Common symptoms include fatigue, bloating, gas, diarrhea and/or constipation, recurring bladder infections, menstrual irregularities, food sensitivities, allergies, chemical sensitivities, and depression.

What increases the risk of Candida overgrowth? The following list includes the most common factors:

- Repeated use of antibiotics, oral contraceptives, and/or steroids like prednisone
- A diet high in sweets
- Alcohol
- Chronic stress
- Diabetes
- Weakened immune system

How is candidiasis treated? A comprehensive approach is necessary to reduce the overgrowth of Candida organisms. The risk factors listed above must be reduced as much as possible, while supporting immune, digestive, and liver functions. Since yeast and other fungi feed on carbohydrates, a food plan must be followed that starves yeast of its main fuel—simple sugars. Additional support in the form of healthy bacteria (called probiotics, which can be live, active cultures in food such as yogurt or as dietary supplements) is also used to compete with Candida in the intestines, resulting in a re-balancing of the intestinal microorganisms. Sometimes anti-fungal prescription medications or dietary supplements are used to kill the yeast.

How is candidiasis prevented? It is important to reduce as many of the above risk factors as possible to keep a healthy balance of intestinal microorganisms. Eating greatly reduced amounts of refined sugars and avoiding alcohol is a good place to start. It is also helpful to begin to develop a practice of mind-body techniques for stress reduction. This approach might include meditation/visualization, yoga, tai chi, or most any exercise you enjoy.

How will I feel when I start this type of program? Many of the symptoms associated with candidiasis are associated with absorption of yeast breakdown products. As the yeast die, some of these organisms and their byproducts are reabsorbed into the bloodstream, increasing the load for the liver to filter or detoxify. It is common to experience short term reactions to this die-off, such as headaches, abdominal bloating, muscle and joint aches, or fatigue. It is also common to crave the very foods yeast thrives on, such as sweets, breads, and alcohol. For further reading about intestinal candidiasis, you may find *The Yeast Connection* or *The Yeast Connection for Women* by William Crook, MD to be helpful.

Candida-control Food List

In general, foods are restricted because of their carbohydrate (sugar) content. Candida “feeds” on sugars and starches; the following food list helps to starve the yeast. There is yet no scientific consensus as to which anti-Candida dietary approach works best, but all the approaches are based on a low-carbohydrate intake. Early work by Orian Truss, MD restricted carbohydrate content in the diet to less than 30 grams daily. Subsequent programs, based on clinical experience, have attempted to determine which specific foods or carbohydrates may be tolerated, which must be excluded, and how much to eat.

Most often, individuals on a Candida-control diet report increased energy, mental alertness, and a general sense of improved well-being. However, some people report some initial reactions to the diet, especially in the first week, as their bodies adjust to a different dietary program. We are basically waging a war, and there is bound to be some toxic debris that gets released. Symptoms you may experience in the first week or so can include changes in sleep patterns, lightheadedness, headaches, joint or muscle stiffness, and changes in gastrointestinal function, such as bloating. Such symptoms rarely last for more than a few days. These dietary modifications are typically implemented for 2-4 weeks to assess your response to the program. When Candida is a primary issue, people often feel an enormous improvement in wellbeing in approximately 2 weeks. Follow-up modifications are then made on an individual basis.

Occasionally someone will lose too much weight. The Candida-control dietary approach is not meant to be a calorie-restricted diet, so if you’re losing weight or feeling tired, remember to eat 5 small, frequent meals and snacks throughout the day so that you’re eating approximately every 3 hours.

Below is a list of recommended foods to include and exclude. Most of the foods to avoid are high in carbohydrates. You also want to avoid foods that can have a high fungal content, such as peanuts, peanut butter, and pistachios. Mushrooms are in the fungus family also and may cross-react with Candida. Additionally, foods produced by fermentation with yeast or other fungi, such as beer, wine, vinegars, and bleu and other aged cheeses, may also provoke symptoms.

Food Category	Foods to Include	Foods to Exclude
Fats/Oils	Avocado, butter, ghee, olives Cold pressed oils: almond, chia seed, coconut, flax seed, pumpkin, safflower, sesame, sunflower, and walnut oils	Margarine, mayonnaise, shortening, processed oils, prepared salad dressings, spreads and sauces
Nuts & Seeds	Nuts: almonds, cashews, hazelnuts (also called filberts), pecans, walnuts Nut butters (no added sugar) Seeds: flax, poppy, pumpkin, sesame, and sunflower seeds	Peanuts (although technically a legume, peanuts are often thought of as nuts and are in the Nuts & Seeds food category) Pistachios
Protein (lean)	Eggs (chicken, duck, ostrich, turkey) Meats: beef, bison, lamb, pork, poultry (chicken, Cornish hen, turkey, ostrich), wild game	Cold cuts or processed meats Any processed protein (will have an ingredient list) Any breaded protein

	Seafood (all fresh or flash frozen fish and shellfish that is unbreaded and not fried ; canned tuna, salmon, or sardines)	
Non-starchy Vegetables	Most vegetables except mushrooms and those listed under Starchy Vegetables, Foods to Exclude Vegetable juice, from nonstarchy vegetables May be eaten raw, baked, steamed, sautéed, stir-fried, juiced, or cultured, such as fresh sauerkraut or kimchi	Mushrooms
Legumes	All	None
Dairy/Dairy Alternatives	Cheeses, non-aged (cottage cheese,* fresh goat cheese, Mozzarella, ricotta) Milks: unsweetened almond, coconut, hemp, rice, soy Yogurt with live active cultures, plain, unsweetened (cow, sheep, or goat) Yogurt, Greek, plain, unsweetened Yogurt, soy, plain, unsweetened * Cottage cheese is usually treated as a protein food but, for the purposes of the Candida-control diet, is usually listed under Dairy.	All dairy except as listed under Foods to Include Aged cheeses Milk substitutes that contain any type of sweetener except stevia
Starchy Vegetables	None	All Examples: Beets, corn, potatoes (white), sweet potatoes and yams, winter squash (acorn, butternut, parsnip, pumpkin, turnip)
Fruits	For the first 2-3 weeks, exclude ALL fruit. After that, eat ½ to 1 cup daily of <u>unsweetened</u> fresh or frozen fruit or canned fruit packed in water, as tolerated. DO NOT INCLUDE any of the fruits under Foods to Exclude . Use lemon and lime juice freely.	Bananas, pineapple, papaya All dried fruits All fruit juices or fruit punches
Grains	<u>100% whole grains</u> only: Amaranth, barley, buckwheat groats (kasha), oats (whole or	All refined grains and flours All breads and crackers unless 100% whole grain, sugar-free

	steel-cut), quinoa, rice (brown or wild only), rye, spelt *In severe cases, consider going without grains for first 2-3 weeks.	Cereals, except as listed under <i>Foods to Include</i> Corn, cornmeal, grits Baked goods, unless made with whole grains and unsweetened
Acidic & fermented foods	Lemon and lime juices and vitamin C crystals as replacements for vinegar	All vinegars and preserved foods: sauerkraut, pickles, foods preserved in brine or vinegar
Beverages	Filtered spring or distilled water, coconut water, decaffeinated coffee or tea, herbal teas (alfalfa, angelica root, bergamot, chamomile, hyssop, lemon grass, pau d'arco)	All alcoholic beverages All sweetened beverages Coffee, caffeinated Fruit juice, fruit punch Non-dairy creamer Soft drinks
Herbs and Spices	Salt, pepper All herbs and spices	Avoid blends that contain sugar, MSG, or other additives
Sweeteners	Stevia herbal sweetener (be sure there is no sugar added to the stevia)	All: white/brown sugars, agave syrup, cane syrup, corn syrup, fructose, fruit juice or other fruit sweeteners, honey, high fructose corn syrup, maple syrup, molasses, rice syrup (from white or brown rice)

If a longer period of the Candida-control diet is needed...

After the initial 2-4 weeks, your healthcare practitioner may decide that your issues with candidiasis indicate a need for a more restrictive regimen for an additional period of time. If this is the case, you will need to continue the Candida-control diet and also eliminate the following foods for an additional 7-14 days, as determined by your healthcare practitioner:

- All grains
- All fruit
- All dairy products except for plain yogurt with live active cultures

Food Reintroductions

At the end of the length of time recommended by your healthcare practitioner, gradually add these 3 food groups into your diet, one food group at a time:

Day 1: add 1 serving (1/3 cup) whole grains daily, such as quinoa, brown rice, or wild rice. Keep a food diary of what you eat and how you feel/any symptoms. After 3-5 days on grains, assess symptoms. If well tolerated with little or no symptoms that had originally been bothering you, continue with 1 serving whole grains/day and proceed to adding 1 serving of the next type of food (fruit). If grains are not well tolerated, remove the serving of grains until symptoms calm down and then move on, adding back small amounts of fruit as tolerated. Do not rush the process. It is best to reintroduce these foods slowly.

Day 3 or 5: add 1 small fruit, such as orange or apple, each day. After 3-5 more days, assess symptoms. If well tolerated, proceed to adding small amounts of dairy products. If fruit is not well tolerated, stay on the grains and fruit for several more days until tolerance improves, then proceed to adding dairy.

Day 7 or 10: add a dairy product, such as cottage cheese or ricotta. Continue to assess symptoms and report to your healthcare practitioner. You may proceed at this time on the less restrictive list of allowed foods on page 2.

The recipes that following may be used during any phase of the Candida-control diet.

Meal Suggestions for the Candida-control Diet

The following are menu suggestions, with recipes provided for those items with an asterisk. Since this meal plan is quite low in carbohydrates, you may experience cravings at first, but this will pass and you will soon feel quite satisfied. If you are hungry you may increase your portion size since the Candida-control diet is not intended to be a calorie-restricted program. Any recipe may be used for any meal; leftovers from dinner make a quick lunch. However, on a Candida-control diet, it is best to use leftovers within 24 hours to minimize microbial growth. Do not eat any leftovers that are over 24 hours old.

Breakfast Suggestions

Eggs—any style except fried
Curried Eggs and Vegetables*
Mexi Tofu Scramble*
Protein Berry Shake*
Scrambled Tofu*
Silken Smoothie*
Spanish Omelet*
Spiced Eggs*
Yogurt, plain (cow or goat), add real vanilla, nuts, or seeds, as desired

Lunch Suggestions

Beans and Greens Soup*
Bean Salad*
Celery Root Salad*
Chilled Shrimp*
Chinese Soup*
Creamy Cold Tomato Soup*
Deluxe Tuna, Chicken, or Turkey Salad*
Italian Tofu*
Lentil Soup*
Mixed Greens Salad with Tofu or Tuna*
Quick Steamed Greens*
Spinach Salad*
Stuffed Peppers*
Vegetable Beef Soup*
Vegetable Soup*

Dinner Suggestions

Baked Cornish Hen, Chicken, or Turkey

Broiled Lamb Chops

Coconut Chicken with Rice*

Coconut Salmon*

Curried Lentils and Cauliflower*

Fish, broiled: trout, cod, salmon, halibut, swordfish, tuna, shellfish

Grilled Vegetables*

Ratatouille*

Roasted Garlic*

Roast Leg of Lamb or Pot Roast

Roasted Red Peppers*

Roasted Veggies*

Stir-fried Pea Pods*

Stir-Fry Vegetables and Tofu, Shrimp, Chicken, or Turkey*

Tempeh Stew*

Turkey Chili*

Vegetables: any allowed fresh, baked, steamed, or sautéed vegetables in unlimited quantities, topped with Tofu Mash*

Snack Suggestions

Cauliflower Popcorn*

Dipping veggies: celery, carrot, daikon radishes, jicama, red peppers, zucchini, yellow summer squash, whole green beans, broccoli, cauliflower, kohlrabi, endive, scallions, snap peas, cucumber, and cherry or grape tomatoes

Fresh, raw vegetables with your choice of the following:

nut butter, salsa, hummus,* yogurt and dill, Tofu Mash,* Roasted Garlic,* Walnut Spread,* or allowable salad dressing

Roasted or raw nuts and seeds* (without peanuts, pistachios)

Yogurt, cow or goat, plain with live active cultures

RECIPES

Coconut is known to possess anti-fungal properties. For this reason it can be helpful to include both coconut oil and coconut milk (very low in carbohydrates) on a Candida-control regimen. The naturally sweet flavor of coconut is a pleasant addition to a low carbohydrate dietary program such as this.

Selected Breakfast Recipes

Scrambled Tofu - Serves 4

1 Tablespoon olive oil
1/2 cup red cabbage
1/2 medium zucchini, sliced
2 green onions, minced
1 pound firm tofu, drained and crumbled
1 teaspoon turmeric
1/4 teaspoon cayenne, or to taste
sea salt to taste
1/4 cup fresh parsley, minced

Heat oil in a skillet. Sauté cabbage, zucchini, and onions until they begin to soften. Drain tofu well, pressing out excess water. Crumble tofu into skillet and add seasonings, stirring to mix well. Heat thoroughly and add fresh parsley just before serving.

Mexi Tofu Scramble - Serves 4

1 Tablespoon olive oil
1/2 medium onion, chopped
1/2 green pepper, chopped
1 pound firm tofu
1 teaspoon chili powder, or to taste
sea salt, to taste
1/4 cup fresh cilantro, minced
1 medium tomato, chopped

Heat oil in a skillet. Sauté onion and pepper until they begin to soften. Drain tofu well, pressing out excess water. Crumble tofu into skillet and add seasonings, stirring to mix well. Heat thoroughly and add fresh cilantro and tomato just before serving.

Curried Eggs & Vegetables - Serves 2-3

2 teaspoons olive oil
3/4 cup chopped onion
2 slices ginger root

1 clove garlic, minced
1 teaspoon curry powder
6 Tablespoons chicken broth
3/4 cup bell pepper, cut into thin strips
1/2 cup snow peas
1/2 cup celery, sliced
1 teaspoon olive oil
3-4 eggs
2 Tablespoons water

Heat the olive oil over low heat in large skillet. Sauté onions, ginger root, and garlic until onions are soft. Remove ginger root. Add curry powder and chicken broth to onion mixture and simmer. In a second skillet, heat 1 teaspoon olive oil. Beat eggs and water and add to skillet. While eggs are cooking, add remaining vegetables to onion mixture; cover and continue to simmer. When eggs are done but still moist, fold vegetable mixture into eggs and serve.

Spiced Eggs - Serves 1

1/2 cup water
1/4 cup onions, sliced
1/2 cup summer squash, chopped
1/2 cup each spinach, bok choy, watercress, all torn into small pieces
2 eggs
1/8 teaspoon nutmeg
1-2 teaspoons olive oil

Cook onions in water until they begin to soften. Add squash and cook 4-5 minutes. Add spinach, bok choy, and watercress and cook until soft. Do not overcook (they would begin to darken and become brown). Spoon vegetables into a bowl, reserving cooking water. Beat eggs and add nutmeg and 2 tablespoon cooking water. Heat oil and pour eggs into pan. Cook 2-3 minutes. While top is still moist, fill with vegetables and continue to cook. When eggs are done, fold one half of the egg mixture over the vegetables, into an omelet, and serve.

Spanish Omelet - Serves 1

1/2 cup water
1/4 cup onions, chopped
1/4 cup celery, chopped
1/4 cup green pepper, chopped
1/4 cup zucchini or crookneck squash,
chopped
1 Tablespoon arrowroot, optional
2 Tablespoons water
1/2 cup tomato, chopped
2 eggs
1 teaspoon olive oil
1/4 cup parsley, chopped

Cook onions in water for 1-2 minutes. Add celery, green pepper, and squash and continue cooking until soft. In a separate bowl, stir arrowroot into water. Move vegetables to edge of pan and stir arrowroot into cooking liquid, mixing well. Add tomatoes, reduce heat to simmer and cover. Beat eggs. Heat oil in a second skillet over low heat. Pour eggs into pan and cook gently. When the eggs are done, mix in vegetables, warm, and remove. Sprinkle parsley over all and serve.

Silken Smoothie - Serves 1-2

1 carton silken tofu

2-3 Tablespoons cashew, hazelnut, or almond butter

Soy, almond, or hemp milk to desired consistency (approximately 1/2 - 1 cup for medium-thick consistency)

Place all ingredients in a blender and puree until smooth. Optional ingredients: ground flax seed, flax oil, or spirulina powder.

Protein Berry Shake - Serves 1

1 scoop medical food protein supplement

1/2 cup unsweetened strawberries, not packed (approximately 5 average sized berries) OR

2/3 cup unsweetened blueberries

8 oz (1 cup) water or unsweetened milk substitute

Optional: Fiber supplement may be added

Combine ingredients in a blender and mix well. You may try substituting part of the water with 2-3 ice cubes or you may use frozen fruit. You will need to increase liquid if adding fiber.

Selected Lunch Recipes

Lunch and dinner recipes may all be used interchangeably. Dinner leftovers are a great way to make quick lunches. When using a Candida-control diet, it is best to use leftovers within 24 hours or discard them.

Mixed Greens Salad with Tofu or Tuna - Serves 1

1 cup tofu cubes or tuna chunks (salmon, chicken, or turkey can substitute)

2 cups mixed greens

1/2 cup celery, chopped

Red and/or green cabbage, shredded

1/2 cup garbanzo, kidney or other beans of our choice

1 Tablespoon minced parsley

Slice tofu into 1/2" x 1" pieces, or break tuna into chunks. Add remaining ingredients and top with dressing of our choice from below.

Dressings (choose one):

1. To 1/2 cup olive and/or flax oil and 1/4 cup lemon juice, add crushed garlic, oregano, and basil. Whisk in

- 1 teaspoon mustard powder, salt and pepper to taste.
- 2. Mix tahini (sesame butter) with water to thin a little and drizzle over salad.
- 3. Mix 1/2 cup plain yogurt, 1/4 cup chopped chives, and 1 small clove minced garlic
- 4. Whisk 1-3 Tablespoons plain yogurt (to taste) into dressing #1

Mock Mayo I

- 1 pound tofu
- 1/2 cup lemon juice
- 1 cup cold-pressed grapeseed, safflower or canola oil
- 1 teaspoon sea salt
- 1/2 teaspoon dry mustard powder
- 1-2 garlic cloves, optional

In a blender, whip all ingredients together until thick. Store in refrigerator. You may freeze half. Try being creative by adding paprika, celery seed, or any favorite herbs or spices.

Mock Mayo II

- 1 egg
- 1/2 teaspoon sea salt
- 1/2 teaspoon dry mustard
- 2 Tablespoons lemon juice
- 1 cup cold-pressed grapeseed, canola or safflower oil

Place egg, seasonings, lemon juice and 1/2 cup oil into blender and process at high speed. While blender is still running, remove top and add remaining oil in a steady stream. Continue until oil blends in. Store in refrigerator.

Deluxe Tuna, Chicken, or Turkey Salad- Serves 2

- 2 hard boiled eggs, chopped
- 1 - 2 Tablespoon Mock Mayo I or II (see above) or hummus
- 1/2 cup shredded and chopped cabbage
- 2 Tablespoons fresh cilantro, basil, or parsley, chopped

Add all ingredients to 1 cup leftover tuna, chicken, or turkey (or 7 oz. can)

Stuffed Pepper Variation - Serves 2

Make above salad and substitute 1-2 teaspoons chopped fresh dill in place of cilantro and stuff into

2 medium red peppers. Serve cold.

Spinach Salad – Serves 1

- 1/2 cup chopped walnuts or pecans
- 1 clove crushed garlic
- 1 Tablespoon olive oil
- 2 cups chopped spinach greens
- 1 or 2 hard boiled eggs
- 1/4 cup sliced black olives

10 cherry tomatoes

Ingredients for dressing #1, above

Sauté walnuts or pecans and crushed garlic in olive oil, being careful not to burn. Set aside to cool. Toss dressing #1 with spinach and remaining ingredients. Garnish with garlic and walnut/pecan sauté.

Bean Salad - Serves 4

2 cups black beans (or other favorite bean)

1 red pepper, diced

1 yellow or green pepper, diced

1/4 to 1/2 cup diced red onion or scallions

1 cup cherry tomatoes, optional

1/4 cup olive oil

1 Tablespoon lemon juice

2 teaspoon ground cumin

Combine all ingredients and chill for an hour before serving:

Italian Tofu - Serves 2-3

1 cup tomato puree

1 cup water

1 cup broccoli

1 cup cauliflower

1/4 teaspoon sea salt

2-3 cloves minced garlic

1/2 teaspoon parsley

1 teaspoon basil

1/2 teaspoon oregano

8 ounces regular firm tofu (not silken), cubed

In a saucepan, combine all ingredients except tofu. Simmer until vegetables are tender and flavors are blended. Drain tofu and cut into cubes. Gently fold tofu into tomato mixture. Heat through and serve.

Chilled Shrimp - Serves 1

6 large unpeeled shrimp or prawns

3 cups boiling water

1 Tablespoon lemon juice

Add shrimp to boiling water. Remove the shrimp when they turn pink (about 5 minutes), drain, set aside. Shell the shrimp. Drizzle with lemon juice and serve. May be added to salad greens.

Creamy Cold Tomato Soup - Serves 5

1 cucumber, chopped

1 scallion, chopped

1 clove garlic

4 cups tomato juice

1 cup plain yogurt

1 green pepper, chopped
1/2 teaspoon dill weed
Fresh tomato, diced, for garnish (optional)

Combine all ingredients (except yogurt) in small amounts in blender and blend until smooth. Use salt sparingly if needed, and pepper to taste. Whisk in yogurt. Chill several hours before serving and garnish as desired with optional diced tomato.

Beans and Greens Soup - Serves 6

2 cups white kidney beans (or other white beans)
2 cups kidney or red beans
1 1/2 cups chickpeas (garbanzo beans)
3 cups fresh spinach, escarole, or Swiss chard, washed, drained and chopped OR 4 cups chicken or vegetable broth
2 large onions, chopped
2 cloves garlic, minced
1 teaspoon dried basil or 1 Tablespoon fresh basil
1 Tablespoon dried parsley or 2 Tablespoons fresh parsley
1 teaspoon dried oregano or 2 teaspoon fresh oregano

Beans may be canned or cooked from dry state. If canned, organic is preferred, and include any liquid from the beans. Combine all ingredients and simmer about 45 minutes to 1 hour. Add pepper to taste.

Lentil Soup - Serves 4

2 cloves garlic, minced
1 medium onion, chopped
2 large carrots, sliced or diced
2 stalks celery, diced
1 1/2 cups red and/or green lentils, rinsed well
2 quarts water
pinch thyme or any seasoning you like
1 bay leaf
salt to taste
2 cups finely chopped fresh spinach, Swiss chard, or kale

Combine first 6 ingredients and bring to boil (red lentils should be added 25 minutes later as they need a shorter time to cook). Add seasonings. Reduce heat to medium-low and simmer, covered 45 minutes to 1 hour, until lentils are soft. About 10 minutes before done, add the greens and continue cooking. Remove bay leaf before serving. Puree half in the blender if you prefer a creamy soup.

Chinese Soup - Serves 1-2

2 cups chicken broth
1 scallion, sliced
1 egg
1/4 package silken tofu, cubed

Warm sliced scallions in broth. Turn up the heat so that liquid is almost boiling. Using a whisk or fork, beat the egg and then dribble it into the hot broth while stirring rapidly so that egg coagulates into thin noodle-

like strands. Continue to stir and cook only until the egg is firm. Add tofu cubes toward the end and warm through.

Vegetable Beef Soup - Serves 3-4

Beef bones, preferably from organically raised or grass-fed beef
2 cups water
2 cups sliced onions
2 cups chopped celery
2 cups green beans, cut in pieces (or 10-oz package frozen cut green beans)
2 cups chopped cabbage
1 pound chuck roast pieces
2 cups fresh tomatoes, chopped (or 1-lb can diced tomatoes)
Sea salt
Herbs of our choice

Simmer the bones in the water with the onion, celery, and green beans for 20 minutes. Add the cabbage and meat. Simmer 10 minutes and remove bones. Continue to cook until meat is tender. Add chopped fresh tomatoes 10 minutes before serving. Season to taste with sea salt and herbs.

Vegetable Soup - Serves 1-2

1 teaspoon olive oil
1 red or green pepper, chopped
1 clove garlic, minced
1 large leek, chopped
1/2 cup celery
16 ounces chicken or vegetable broth
4 ounces cubed silken tofu
1 cup green beans, cut into 1 inch pieces
3/4 cup red or white kidney beans, optional
2-4 Tablespoons parsley or cilantro, to taste

Sauté leek, garlic, pepper, celery in olive oil until slightly brown. Add remaining ingredients and simmer until vegetables are softened, about 15 minutes.

Quick Steamed Greens - Choose any of the following: beet greens, bok choy, collard greens, dandelion greens, endive, kale, mustard greens, spinach or Swiss chard. Servings will depend on the amount of greens used.

For greens with tough stems, tear or cut leaves away from the stem before washing. Wash carefully (fill sink with cold water, submerge greens and rinse well). Chop into bite-sized pieces. Steam tender leaves for about 2-5 minutes, and tougher greens (kale, collards) for 5-10 minutes. Sauté 2-3 chopped cloves garlic in 1 Tablespoon olive oil. Toss steamed greens with olive oil and garlic. Serve with a squeeze of fresh lemon if desired. For a different flavor, add a sprinkle of cumin just before serving.

Selected Dinner Recipes

Lettuce and Turkey Wrap-Ups – serves 4-5

2 Tablespoons olive oil
2 medium carrots, peeled and grated
1 medium zucchini, grated
4 green onions, thinly sliced
1 pound ground turkey
3 Tablespoons Bragg's liquid aminos
Dash of garlic powder
Crispy lettuce leaves

Heat olive oil in skillet or wok. Add carrots, zucchini, and green onions and sauté for about 3-4 minutes until softened. Add turkey and continue to cook, stirring, breaking up the chunks, until turkey is no longer pink, about 5 minutes. Add tamari soy sauce and garlic powder and mix well. Serve in a bowl with lettuce leaves on the side. Wrap filling in a lettuce leaf.

Coconut Chicken with Rice – serves 4

1 cup brown basmati rice
1/4 teaspoon salt
2 Tablespoons olive or coconut oil
1/2 cup chopped onion
2 cloves mince garlic
1 14-oz can diced tomatoes
1 pound boneless chicken breasts, cut into strips
1 Tablespoon curry powder
2/3 cup lite coconut milk or 1/3 cup regular coconut milk plus 1/3 cup water
1/8 teaspoon ground cinnamon
4 or 5 fresh basil leaves, chopped for garnish
Salt and freshly ground pepper

In a medium saucepan, bring 2 cups water to a boil and add rice and salt. Reduce heat to low, cover and allow to simmer for about 45 minutes, until rice is cooked. While rice is cooking, heat oil over medium heat in a large skillet. Add onions and cook, stirring, until softened. Add garlic and sauté for 1 more minute. Add tomatoes, chicken strips, and curry powder. Cook over low heat, stirring, for about 15-20 minutes, until chicken is thoroughly cooked and mixture is thick. Stir in coconut milk and cook for 5 more minutes. Top with a sprinkle of cinnamon and garnish with basil. Serve immediately with rice.

Coconut Salmon - serves 6

1 14-oz. can coconut milk
2 teaspoon arrowroot or cornstarch
1 1/2 teaspoon curry powder
1 1/2 pounds salmon fillets
Salt and freshly ground pepper to taste
1 large tomato, chopped, OR 1 cup cherry tomatoes, cut in half
1/4 cup chopped fresh basil or cilantro

Preheat oven to 350 degrees. Mix coconut milk with arrowroot or cornstarch and curry powder in a 2-3 quart ovenproof dish. Add salmon and bake, covered, for about 35-45 minutes. Add salt and pepper to taste. Serve immediately with some of the sauce on top of each fillet and top with tomato and basil or cilantro. Remaining sauce may be used to top rice or veggies such as cauliflower, broccoli or green beans.

Stir-Fry Vegetables with Tofu, Salmon, Shrimp, Chicken, or Turkey

1-3 teaspoons coconut oil

1 teaspoon ginger, peeled and grated

Cut-up pieces of broccoli, cabbage (thinly sliced or shredded), celery (slant cut), bok choy (sliced), onion or scallions (sliced or diced), sliced water chestnuts, and bamboo shoots. (leftovers work well)

Firm tofu, cubed, or cooked shrimp, chicken, turkey, or salmon cut into cubes

1/4 cup chicken broth or coconut milk

Preheat cast iron skillet or wok. Add oil after preheating. Quickly sauté the ginger for about 1 minute, then add all of the vegetables and sauté until they begin to soften, stirring continuously. Add our choice of protein and sauté for 2-3 minutes. You will need to cook a bit longer if not using pre-cooked protein. Then add broth or coconut milk and stir until all ingredients are warmed through. Serve immediately.

Note: Servings depend on the amount of vegetables and protein used.

Cauliflower Popcorn - Serves 6-8

A surprisingly delicious appetizer or side dish. It can be served fresh out of the oven or at room temperature.

2 Tablespoons olive oil, approximately

3/4 - 1 pound (approximately) cauliflower

Salt to taste

Preheat oven to 425 degrees. Brush 1 or 2 baking sheets with olive oil. Cut or break cauliflower into 1 inch florets. Toss with olive oil and spread evenly on the baking sheet(s). Roast in pre-heated oven for about 10 minutes. Shake around or toss with a spoon so that they brown evenly. Roast for another 5 minutes. Taste at this point to see if they are done to our liking. Allow to cool for a few minutes before sprinkling with salt and serving. This may also be served at room temperature.

Grilled Vegetables - Servings will depend on the amount of veggies used

Prepare any combination of the following vegetables:

1 eggplant, cut into 1/2 inch rounds

1 red and green pepper, cut into large wedges

1 onion, cut into large wedges

1 summer squash, cut into long, thick strips

1 zucchini, cut into long thick strips

Preheat grill. Brush both sides of each vegetable piece with a light coat of olive oil. When grill hot, place vegetables on grill and cook on each side until brown. Eat as a side dish and use leftovers in a green salad.

Roasted Veggies - Servings will depend on the amount of veggies used

Prepare any combination of the following vegetables:

- 1 each red and yellow bell pepper, cut into large chunks
- 2 red or yellow onions, peeled and cut into thick wedges
- 1 medium eggplant OR 4 baby eggplants, trimmed and cut into chunks
- 2 cups Brussels sprouts, cut in half only if large
- 1 fennel bulb, thickly sliced (optional, but gives a licorice flavor)

- 4-8 large garlic cloves, peeled
- 2 Tablespoon cold-pressed, extra virgin olive oil
- Fresh rosemary sprigs
- 1/4 teaspoon each sea salt freshly ground pepper (or to taste)

Lightly oil a shallow roasting pan. You may need 2 pans if using a larger quantity of veggies. Spread vegetables in a single layer and arrange garlic cloves among the vegetables. Spray all with olive oil. Place rosemary sprigs among vegetables and grind some pepper over top. Sprinkle salt over all. Roast for 20-30 minutes at 425°, turning vegetables after 15 minutes. The time may vary for each vegetable, so check oven periodically. Serve immediately or allow to cool. Serve at room temperature. Leftovers will enhance a salad or side dish.

Stir-fried Pea Pods – Serves 2-3

- 2 teaspoon sesame oil, divided
- 1 bunch scallions, chopped
- 1/2 pound sugar snap peas, washed
- 1/4 cup pine nuts

In a heavy fry pan or wok, heat 1 teaspoon sesame oil over low heat. Add scallions and sauté for 3-4 minutes. Add nuts and continue sautéing for 2 more minutes. Remove from pan and set aside. Remove string from snap peas and stir-fry in 1 more teaspoon sesame oil for 3-4 minutes. Toss scallion/nut mixture in and serve immediately.

Ratatouille - 6 servings

- 1/4 cup olive oil
- 2 large onions, sliced
- 1 medium eggplant, cut into 1-inch cubes
- 2 green peppers, chopped
- 3 zucchini, cut into 1/2-inch slices
- 3 minced garlic cloves
- 28 oz. can tomatoes, drained
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1 teaspoon oregano
- 1/2 teaspoon thyme

Heat oil in a 6-quart pot and sauté onion for 5 minutes. Add eggplant and sauté about 5 minutes. Add peppers and sauté 5 more minutes. Add zucchini and garlic and sauté 5 more minutes. Add tomatoes and seasonings; cover and simmer for about 30 minutes. Use as a side dish or as a sauce for spaghetti squash.

Spaghetti Squash Variation: Heat oven to 350 degrees. Bake 1 small spaghetti squash on a greased cookie sheet until fork-tender, about 40-45 minutes. Set aside to cool. Scrape out “spaghetti” strands with a fork, and top with ratatouille.

Curried Lentils and Cauliflower - Serves 4-6

1 cup dried (brown/green) lentils
1 bay leaf
2 cups water
2 teaspoons olive oil
1 onion, chopped
1 clove garlic, minced
1/4 teaspoon sea salt
1 teaspoon curry powder
1 teaspoon cumin
1 teaspoon turmeric
1 small head cauliflower, cut into flowerets
1/2 - 1 cup tomato sauce (no sugar added)
1 teaspoon grated gingerroot
1/2 - 1 cup water or coconut milk
Plain yogurt for garnish (optional)

Rinse lentils several times and place in a medium soup pot with bay leaf and water. Bring to boil, lower heat, and cover. Simmer 25-30 minutes until soft. While lentils are cooking, heat oil in another large pot. Add onion and sauté until soft. Add garlic, spices and remaining ingredients. Cover and simmer until cauliflower is tender (10-15 minutes). Stir cooked lentils into cauliflower-tomato mixture, and discard the bay leaf. Dress with plain yogurt if desired.

Tempeh Stew - Serves 3-4

6-8 cups chicken broth
12-16 baby onions or scallions, chopped
1 pound tempeh, cut into 1" squares
Broccoli and cauliflower florets
1/4 head Chinese cabbage
3 stalks celery, sliced
1/2 pound green beans
Bring chicken broth to a boil and add onion. Reduce heat and simmer 5 minutes. Add tempeh. Cook for 1/2 hour. Add remaining vegetables and cook until tender.

Tempeh Spaghetti Squash - Serves 2-3

1 small spaghetti squash, cut in half, seeds removed
1 Tablespoon olive oil
1 large onion, chopped
2 cloves garlic, minced
8 ounces tempeh, crumbled
2 cups chopped zucchini, broccoli, and green pepper (any combination)
2 Tablespoons chopped fresh basil leaves or 1 teaspoon dried
2 Tablespoons chopped fresh oregano or 1 teaspoon dried

1/2 teaspoon sea salt

1- 15-ounce jar of organic tomato sauce (or other with no sugar added)

1 to 1 1/2 cups water

Heat oven to 350 degrees. Bake 1 small spaghetti squash on a greased cookie sheet until fork-tender. Set aside to cool. Meanwhile, in a large skillet, heat oil and sauté onion until softened. Add garlic and crumbled tempeh bits to onion mixture and brown well. Add chopped vegetables, herbs, tomato sauce, salt and water. Stir, cover, and simmer 10-15 minutes. Scrape out “spaghetti” strands with a fork and top with tempeh-vegetable mixture. Serve with a green salad.

Turkey Chili - serves 8

2 pounds ground raw turkey

1-28 ounce can tomatoes, cut up

2- 15 ounce cans red kidney beans, drained

1- 8 ounce can tomato sauce

1/2 cup chopped onion

1-2 Tablespoon chili powder

1 teaspoon dried parsley flakes

3/4 teaspoon dried basil, crushed

3/4 teaspoon dried oregano, crushed

1/2 teaspoon black pepper

1/2 teaspoon ground cinnamon

1 clove garlic, minced

1/4-1/2 teaspoon ground red pepper

1 bay leaf

In a 4 quart Dutch oven cook the turkey until it is no longer pink. Drain off fat. Stir in undrained tomatoes, drained kidney beans and remaining ingredients. Simmer uncovered for 45 minutes. Add more chili powder as needed for a zippier taste.

Selected Snack and Condiment Recipes

Roasted Nuts or Seeds

Heat oven to 325 degrees. Place nuts or seeds in a shallow baking pan, in one layer. If they are various sizes, you may wish to roast separately as cooking times will vary (larger pieces like almonds or hazelnuts will take longer than sunflower seeds). Stir occasionally to cook the pieces evenly. Watch carefully to prevent burning. Mixture is done when nuts darken just slightly and give off a nutty aroma. Cool and store in an airtight container.

Walnut Spread – yield 1 1/4 cups

1 cup garbanzo beans (chickpeas), drained (reserve liquid)

1/2 cup chopped walnuts

1/2 cup basil leaves

2 Tablespoon olive oil

2-3 teaspoon lemon juice

Dash salt and pepper

Drain beans and reserve liquid. In a blender or food processor, combine beans with 2 Tablespoons bean liquid and remaining ingredients. Cover and blend until smooth. Add additional liquid as needed and scrape sides of bowl periodically. Use as a dip for raw veggies and store in refrigerator. Use within in 5 days.

Roasted Garlic

In any quantity desired, cut the root (bottom) side of the garlic bulb off so that it has a flat even surface and so that the cloves are now exposed. Add 1/4 - 1/2 teaspoon olive oil and rub over the cut area and around the outside. Wrap them in foil, placing root end up (cut end with olive oil up), or place in a garlic baker (which can be purchased in kitchen stores) for approximately 35-45 minutes at 350 degrees. Add roasted garlic to dressings, soups, and salads – or use as a spread.

Roasted Red Peppers

In any quantity desired, place red peppers on a lightly greased cookie sheet and place in the oven on “broil.” As the skin blackens, turn to the other three sides. Do not allow peppers to burn through to the inside. You just want to darken the outside. When the peppers are blackened on all four sides, place in a paper bag and seal for 10 minutes to “sweat”. After cooling, gently remove the charred skins. As you do this, save any juice that accompanies the peppers. Cut into chunks or strips and marinate in olive oil and garlic slivers. Serve as a garnish for green salads, or mix into tuna or chicken salad.

Tofu Mash

1/4 pound tofu

1-2 teaspoons tahini

Put ingredients in a food processor and blend until smooth. Add a touch of liquid if necessary to allow for better processing. Serve with vegetables.

Candida-control Diet Shopping List

Vegetables

- Artichoke
- Asparagus
- Bamboo shoots
- Beet greens
- Bok choy
- Broccoli, Broccoflower
- Brussels sprouts
- Cabbage – all types
- Carrots
- Cauliflower
- Celery
- Cucumber
- Eggplant
- Garlic, chives
- Green beans, wax beans
- Jicama
- Kale, collards
- Kohlrabi
- Lettuce- red or green leaf and all types of greens, (arugula, endive, escarole, radicchio, dandelion, etc)
- Okra
- Onions, leeks, scallions, shallots
- Peppers (all kinds)
- Radish, daikon
- Sea vegetables- seaweed, kelp, nori, dulse, hiziki
- Peas – all types
- Spaghetti squash
- Spinach
- Sprouts (*broccoli and bean)
- Swiss chard
- Tomatoes
- Watercress
- Winter squash, all types
- Zucchini

Fruits

- Apples (green), pears
- Grapefruit
- Kiwi
- Oranges, tangerines

- Peaches, nectarines
- Plums, grapefruit
- Watermelon

Concentrated Proteins

- Chicken, Cornish game hens, turkey, duck
- Fresh ocean fish – Pacific salmon, halibut, haddock, cod, sole, tuna, mahi mahi, etc.
- Shellfish
- Water-packed canned tuna, turkey, chicken, wild salmon
- Lamb
- Wild game
- Lean beef or pork
- Eggs
- Tofu- regular or lowfat
- Tempeh

Grains

- Amaranth
- Barley
- Buckwheat
- Millet
- Oats
- Quinoa
- Teff

Beans– 1 cup/day

- All beans (dried or canned)
- Edamame (green soy beans)
- Hummus
- Lentils - brown, green, red
- Split peas - yellow, green

Oils

- Almond
- Flax seed
- Canola
- Coconut
- Olive
- Safflower
- Sesame
- Soy

- Sunflower
- Walnut

Dairy and Substitutes

- Coconut milk
- Cottage cheese, cow
- Goat cheese, fresh, unaged
- Milk alternatives, unsweetened (almond, hemp, soy)
- Mozzarella
- Ricotta
- Yogurt with live active cultures, plain—cow , goat or soy

Nuts and Seeds

- Almonds
- Cashews
- Flax seeds
- Hazelnuts (filberts)
- Pecans
- Pine nuts
- Poppy seeds
- Pumpkin seeds
- Sesame seeds
- Sunflower seeds
- Walnuts

All of the above can also be consumed as nut butters and spreads (eg, tahini)

Vinegar Replacements

- Lemon and lime juice
- Vitamin C crystals

Beverages

- Herbal tea (non-caffeinated)
- Water—distilled, mineral or spring water

Miscellaneous

- All spices
- Olives (without vinegar)

