

The Complete Candida Diet Food Shopping List

BRASSICA

(best veggies for Candida)

- ARUGULA
- BOKCHOY
- BROCCOLI
- BRUSSELS SPROUTS
- CABBAGE
- CAULIFLOWER
- COLLARD GREENS
- HORSERADISH
- KALE
- (Cook or Steam)
- MUSTARD GREENS
- RADISHES
- RUTABAGA
- TURNIPS
- WATERCRESS

OTHER VEGETABLES

- ARTICHOKE
- ASPARAGUS
- BEEF GREENS
- CELERY
- CHARD
- CUCUMBER
- DANDELION GREENS
- EGGPLANT
- FENNEL
- LETTUCE
- OKRA
- PEPPERS
- SPINACH
- SPROUTS
- (Lentils, Alfalfa, Broccoli, Radish, or Sunflower)
- TOMATOES
- ZUCCHINI

ALLIUM VEGETABLES

- GARLIC
- GREEN
- ONION LEEKS
- ONIONS
- SCALLIONS
- SHALLOTS

PLANT SOURCES OF PROTEIN

- BEANS
- CHIA SEEDS
- HEMP SEEDS
- LENTILS
- PEAS
- (Green or Yellow)
- QUINOA
- SPROUTS
- TEMPEH
- TOFU

FRUITS

- AVOCADO
- BILBERRY
- BLACKBERRY
- BOYSENBERRY
- CRANBERRY
- CURANT
- GOJI BERRY
- GRAPEFRUIT
- GREEN APPLE
- KIWI
- KUMQUAT
- LEMON
- LIME
- MULBERRY
- POMEGRANATE
- RASPBERRY
- STRAWBERRY

ANIMAL PROTEIN

- ANCHOVIES
- BEEF
- BONE BROTH
- CHEESE
- (Goat's Mozzarella, Feta, & Gouda are best)
- DUCK
- EGGS
- (Chicken or Duck)
- FATTY FISH
- (Like Mackerel)
- FISH ROE
- GAME MEAT
- (Rabbit, Venison, Quail)
- GOAT
- LAMB
- LIVER
- ORGANIC CHICKEN
- PHEASANT
- PORK
- SARDINES
- TURKEY
- WILD SALMON

PLANT SOURCES OF PROTEIN

- ALMONDS
- BRAZIL NUTS
- CASHEWS
- CHESTNUTS
- COCONUTS
- FLAXSEEDS
- HAZELNUTS
- NUTMEATS
- PINE NUTS
- PUMPKIN SEEDS
- SESAME SEEDS
- SUNFLOWER SEEDS

CULTURED & FERMENTED FOODS

- MISO
- PLAIN UNSWEETENED
- GOAT YOGHURT
- SAUERKRAUT
- SOUR GREEK YOGHURT
- TEMPEH
- UNSWEETENED
- COCONUT YOGHURT

OILS & FATS

- COCONUT OIL
- EXTRA VIRGIN OIL
- FLAXSEED OIL
- GHEE
- PUMPKIN SEED OIL
- RICE BRAN OIL
- SESAME SEED OIL
- (Toasted or Not)
- SUNFLOWER OIL
- WALNUT OIL

GRAINS, PASTA & NOODLES

- RICE
- (Brown, Black, Red, etc)
- BUCKWHEAT
- MILLET
- RICE NOODLE
- RICE VERMICELLI
- SOBA
- SOURDOUGH
- UDON
- WHOLE OAT FLAKES
- WILD RICE
- YEAST FREE, GLUTEN FREE, SUGAR-FREE
- BREADS & BREAD PRODUCTS

DAIRY ALTERNATIVES

- ALMOND MILK
- FLAX MILK
- HEMP MILK
- OAT MILK
- OTHER UNSWEETENED
- NUT / SEED MILKS
- RICE MILK
- UNSWEETENED
- COCONUT MILK

SEAWEEDS

- ARAMI
- DULSE
- HIJIKI
- KELP
- KOMBU
- NORI
- WAKAME

FRESH HERBS & SPICES

- ANIES
- BASIL
- BAY LEAF
- BLACK PEPPER
- CACAO
- CAYENNE
- CHIVES
- CILANTRO / CORIANDER
- CUMIN
- DILL
- GARLIC
- GINGER
- MARJORAM
- MINT
- NUTMEG
- OREGANO
- PAPRIKA
- PARSLEY
- RED CHILI FLAKES
- ROSEMARY
- SAGE
- SEA SALT
- STEVIA
- TARRAGON
- THYME
- TURMERIC
- VANILLA

SNACKS & OTHERS

- APPLE CIDER VINEGAR
- BUCKWHEAT OR MILLET
- COOKIES
- JAPANESE RICE
- CRACKERS
- MUESLI
- SEAWEED CRACKERS
- HUMMUS & NUT BUTTERS

FOODS TO TRY AS GUT IMPROVES

- BANANAS
- CARROTS
- PINEAPPLES
- POTATO & SWEET POTATO
- (Try different method of cooking)
- SOURDOUGH & OTHER GRAINS PRODUCTS
- SQUASH

Disclaimer:

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