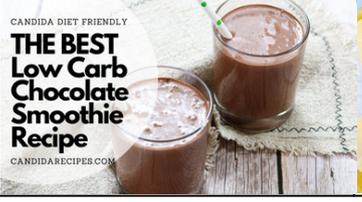


	Breakfast	Lunch	Snack	Dinner
Monday	<p>1 cup of blueberry smoothie.</p>  <p><b>Blueberry Smoothie</b> CANDIDARECIPES.COM</p>	<p>4 crispy zucchini fritters.</p>  <p><b>Crispy Zucchini Fritters</b> CANDIDARECIPES.COM</p>	<p>12 crisp onion rings</p>  <p><b>Crisp Onion Rings (oven)</b> CANDIDARECIPES.COM</p>	<p>1/4 serving of chicken leek casserole</p>  <p><b>Chicken Leek Casserole</b> CANDIDARECIPES.COM</p>
Tuesday	<p>2 eggs' spinach omelet</p>  <p><b>Spinach Omelette</b> CANDIDARECIPES.COM</p>	<p>1/3 serving of red lentil soup</p>  <p><b>Stuffed Bell Peppers</b> CANDIDARECIPES.COM</p>	<p>1 bowl of coconut custard</p>  <p><b>Coconut Custard</b> CANDIDARECIPES.COM</p>	<p>1/2 serving of ground beef zoodle pasta</p>  <p><b>Ground Beef Zoodle Pasta</b> CANDIDARECIPES.COM</p>
Wednesday	<p>2 1/2 cups of tabbouleh salad.</p>  <p><b>Refreshing Tabbouleh Salad</b> CANDIDARECIPES.COM</p>	<p>1 cup of salmon salad.</p>  <p><b>Salmon Salad</b> CANDIDARECIPES.COM</p>	<p>1 cup of chocolate smoothie.</p>  <p><b>THE BEST Low Carb Chocolate Smoothie Recipe</b> CANDIDARECIPES.COM</p>	<p>1/2 serving of onion soup.</p>  <p><b>Classic Onion Soup</b> CANDIDARECIPES.COM</p>
Thursday	<p>7 small lettuce breakfast wraps.</p>  <p><b>Breakfast Wrap</b> CANDIDARECIPES.COM</p>	<p>1 cup of cucumber salad.</p>  <p><b>Cucumber Salad</b> CANDIDARECIPES.COM</p>	<p>2 energy carrot balls.</p>  <p><b>Energy Carrot Balls</b> CANDIDARECIPES.COM</p>	<p>1/3 serving of greek lemon chicken.</p>  <p><b>Greek Lemon Chicken</b> CANDIDARECIPES.COM</p>
Friday	<p>2 eggs' green probiotic omelet.</p>  <p><b>GREENS &amp; PROBIOTIC OMELET</b> Delicious CANDIDARECIPES.COM</p>	<p>1/2 serving of stir-fried eggplant.</p>  <p><b>Stir-fried Eggplant</b> CANDIDARECIPES.COM</p>	<p>1 coconut cube.</p>  <p><b>Coconut Cubes</b> CANDIDARECIPES.COM</p>	<p>3 stuffed bell peppers.</p>  <p><b>Stuffed Bell Peppers</b> CANDIDARECIPES.COM</p>
Saturday	<p>3 deviled eggs.</p>  <p><b>Easy Deviled Eggs</b> CANDIDARECIPES.COM</p>	<p>1/2 serving of veggie casserole.</p>  <p><b>Tasty Veggie Casserole</b> CANDIDARECIPES.COM</p>	<p>1 cup of blueberry smoothie.</p>  <p><b>Blueberry Smoothie</b> CANDIDARECIPES.COM</p>	<p>1/2 serving of sauerkraut with sausages.</p>  <p><b>Sauerkraut Sausages</b> CANDIDARECIPES.COM</p>
Sunday	<p>1 cup of oats and chia porridge.</p>  <p><b>Oats &amp; Chia Porridge</b> CANDIDARECIPES.COM</p>	<p>2 cups of roasted garlic broccoli.</p>  <p><b>Roasted Garlic Broccoli</b> CANDIDARECIPES.COM</p>	<p>3 coconut macrons.</p>  <p><b>Homemade Coconut Macaroons</b> CANDIDARECIPES.COM</p>	<p>1/2 serving of ground beef zoodle pasta</p>  <p><b>Ground Beef Zoodle Pasta</b> CANDIDARECIPES.COM</p>

# Anti-Candida Monthly Meal Planner (2nd Week)

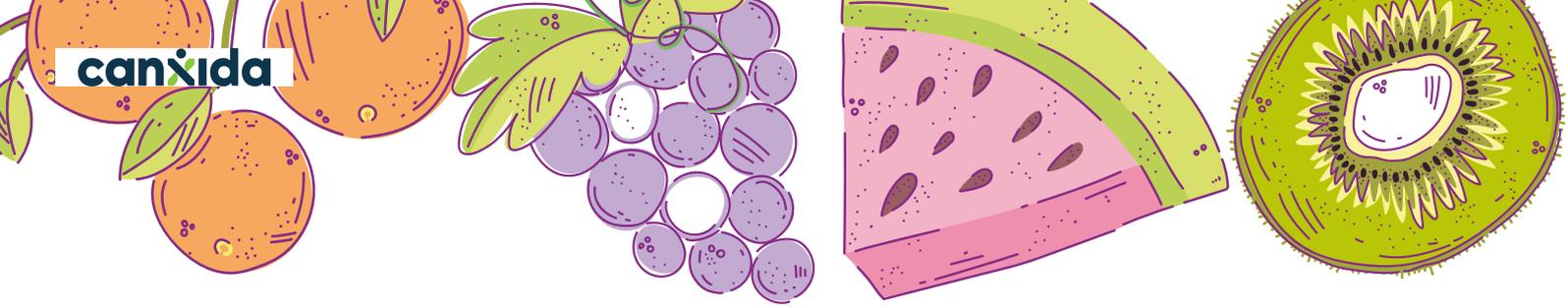
	Breakfast	Lunch	Snack	Dinner
Monday	<p>2 eggs' spinach omelet.</p>  <p><b>Spinach Omelette</b> CANDIDARECIPES.COM</p>	<p>1 1/2 cup of light and fresh salad.</p>  <p><b>Light &amp; Fresh Salad</b> CANDIDARECIPES.COM</p>	<p>1 cup of turmeric latte.</p>  <p><b>Golden Drink Recipe Turmeric Latte</b> CANDIDARECIPES.COM</p>	<p>2 cup of salmon salad.</p>  <p><b>Salmon Salad</b> CANDIDARECIPES.COM</p>
Tuesday	<p>3 coconut macrons.</p>  <p><b>Homemade Coconut Macaroons</b> CANDIDARECIPES.COM</p>	<p>3 stuffed bell peppers.</p>  <p><b>Stuffed Bell Peppers</b> CANDIDARECIPES.COM</p>	<p>Cauliflower bites of 1/2 cauliflower florets.</p>  <p><b>Baked Cauliflower Bites Recipe</b> CANDIDARECIPES.COM</p>	<p>1/3 serving of red lentil soup.</p>  <p><b>Red Lentil Soup</b> CANDIDARECIPES.COM</p>
Wednesday	<p>3 deviled eggs.</p>  <p><b>Easy Deviled Eggs</b> CANDIDARECIPES.COM</p>	<p>1 cup of cucumber salad.</p>  <p><b>Cucumber Salad</b> CANDIDARECIPES.COM</p>	<p>3 slices of coconut loaf.</p>  <p><b>Coconut Loaf Cake</b> CANDIDARECIPES.COM</p>	<p>1/2 serving of greek lemon chicken.</p>  <p><b>Greek Lemon Chicken</b> CANDIDARECIPES.COM</p>
Thursday	<p>2 1/2 cup of tabbouleh salad.</p>  <p><b>Refreshing Tabbouleh Salad</b> CANDIDARECIPES.COM</p>	<p>1/2 serving of chicken coconut curry soup.</p>  <p><b>Chicken Coconut Curry Soup</b> CANDIDARECIPES.COM</p>	<p>3 energy carrot balls.</p>  <p><b>Energy Carrot Balls</b> CANDIDARECIPES.COM</p>	<p>1/2 serving of veggie casserole.</p>  <p><b>Tasty Veggie Casserole</b> CANDIDARECIPES.COM</p>
Friday	<p>7 lettuce breakfast wraps.</p>  <p><b>Breakfast Wrap</b> CANDIDARECIPES.COM</p>	<p>2 cups of roasted garlic broccoli.</p>  <p><b>Roasted Garlic Broccoli</b> CANDIDARECIPES.COM</p>	<p>3 coconut cube.</p>  <p><b>Coconut Cubes</b> CANDIDARECIPES.COM</p>	<p>1/2 serving of sauerkraut with sausages.</p>  <p><b>Sauerkraut Sausages</b> CANDIDARECIPES.COM</p>
Saturday	<p>1 cup of blueberry smoothie.</p>  <p><b>Blueberry Smoothie</b> CANDIDARECIPES.COM</p>	<p>1/2 serving of ground beef pasta.</p>  <p><b>Ground Beef Zoodle Pasta</b> CANDIDARECIPES.COM</p>	<p>15 homemade crispy onion rings.</p>  <p><b>Crisp Onion Rings (oven)</b> CANDIDARECIPES.COM</p>	<p>5 zucchini fritters.</p>  <p><b>Crispy Zucchini Fritters</b> CANDIDARECIPES.COM</p>
Sunday	<p>1 cup of and oats and chia porridge.</p>  <p><b>Oats &amp; Chia Porridge</b> CANDIDARECIPES.COM</p>	<p>1 stir-fried eggplant.</p>  <p><b>Stir-fried Eggplant</b> CANDIDARECIPES.COM</p>	<p>1 bowl of coconut custard.</p>  <p><b>Coconut Custard</b> CANDIDARECIPES.COM</p>	<p>10 stuffed mushrooms.</p>  <p><b>STUFFED MUSHROOMS</b> CANDIDARECIPES.COM</p>

# Anti-Candida Monthly Meal Planner (3rd Week)

	Breakfast	Lunch	Snack	Dinner
Monday	1 cup of chocolate smoothie.  <b>THE BEST Low Carb Chocolate Smoothie Recipe</b> CANDIDARECIPES.COM	3 stuffed bell peppers.  <b>Stuffed Bell Peppers</b> CANDIDARECIPES.COM	1/2 serving of onion soup.  <b>Classic Onion Soup</b> CANDIDARECIPES.COM	1 fried eggplant.  <b>fried Eggplant</b> CANDIDARECIPES.COM
Tuesday	7 lettuce breakfast wraps.  <b>Breakfast Wrap</b> CANDIDARECIPES.COM	2 cups of roasted garlic broccoli.  <b>Roasted Garlic Broccoli</b> CANDIDARECIPES.COM	3 coconut cubes.  <b>Coconut Cubes</b> CANDIDARECIPES.COM	1/3 serving of red lentil soup.  <b>Red Lentil Soup</b> CANDIDARECIPES.COM
Wednesday	2 eggs' spinach omelet.  <b>Spinach Omelette</b> CANDIDARECIPES.COM	1 1/2 cups of light and fresh salad.  <b>Light &amp; Fresh Salad</b> CANDIDARECIPES.COM	3 energy carrot calls.  <b>Energy Carrot Balls</b> CANDIDARECIPES.COM	1/2 serving of chicken leek casserole.  <b>Chicken Leek Casserole</b> CANDIDARECIPES.COM
Thursday	2 eggs' spinach omelet..  <b>GREENS &amp; PROBIOTIC OMELET</b> Delicious CANDIDARECIPES.COM	1 cup of cucumber salad.  <b>Cucumber Salad</b> CANDIDARECIPES.COM	1 cup of blueberry smoothie.  <b>Blueberry Smoothie</b> CANDIDARECIPES.COM	1/2 serving of sauerkraut with sausages.  <b>Sauerkraut Sausages</b> CANDIDARECIPES.COM
Friday	1 bowl of coconut custard.  <b>Coconut Custard</b> CANDIDARECIPES.COM	1/2 serving of chicken coconut curry soup.  <b>Chicken Coconut Curry Soup</b> CANDIDARECIPES.COM	12 homemade crisp onion rings.  <b>Crisp Onion Rings (oven)</b> CANDIDARECIPES.COM	1/2 serving of veggie casserole..  <b>Tasty Veggie Casserole</b> CANDIDARECIPES.COM
Saturday	3 deviled eggs.  <b>Easy Deviled Eggs</b> CANDIDARECIPES.COM	1/2 serving of greek lemon chicken  <b>Greek Lemon Chicken</b> CANDIDARECIPES.COM	10 stuffed mushrooms.  <b>STUFFED MUSHROOMS</b> CANDIDARECIPES.COM	1 stir-fried eggplant.  <b>Stir-fried Eggplant</b> CANDIDARECIPES.COM
Sunday	1 cup of oats and chia porridge.  <b>Oats &amp; Chia Porridge</b> CANDIDARECIPES.COM	1 cup of salmon salad.  <b>Salmon Salad</b> CANDIDARECIPES.COM	1 cup of turmeric latte.  <b>Golden Drink Recipe Turmeric Latte</b> CANDIDARECIPES.COM	1/2 serving of ground beef zoodle pasta  <b>Ground Beef Zoodle Pasta</b> CANDIDARECIPES.COM

# Anti-Candida Monthly Meal Planner (4th Week)

	Breakfast	Lunch	Snack	Dinner
Monday	<p>2 eggs' green and probiotic omelet.</p>  <p><b>Greens &amp; Probiotic Omelet</b></p>	<p>1 stir-fried eggplant.</p>  <p><b>Stir-fried Eggplant</b></p>	<p>1 cup of blueberry smoothie.</p>  <p><b>Blueberry Smoothie</b></p>	<p>1/3 serving of greek lemon chicken.</p>  <p><b>Greek Lemon Chicken</b></p>
Tuesday	<p>1 cup chocolate smoothie.</p>  <p><b>The Best Low Carb Chocolate Smoothie Recipe</b></p>	<p>2 cups of roasted garlic broccoli.</p>  <p><b>Roasted Garlic Broccoli</b></p>	<p>4 slices of coconut loaf cake.</p>  <p><b>Coconut Loaf Cake</b></p>	<p>10 stuffed mushrooms.</p>  <p><b>STUFFED MUSHROOMS</b></p>
Wednesday	<p>7 small lettuce breakfast wraps.</p>  <p><b>Breakfast Wrap</b></p>	<p>1/2 serving of onion soup.</p>  <p><b>Classic Onion Soup</b></p>	<p>4 energy carrot balls.</p>  <p><b>Energy Carrot Balls</b></p>	<p>1/3 serving of chicken leek casserole.</p>  <p><b>Chicken Leek Casserole</b></p>
Thursday	<p>3 deviled eggs.</p>  <p><b>Easy Deviled Eggs</b></p>	<p>1 1/2 cup of light and fresh salad.</p>  <p><b>Light &amp; Fresh Salad</b></p>	<p>1 bowl of coconut custard.</p>  <p><b>Coconut Custard</b></p>	<p>1/2 serving of chicken coconut curry soup.</p>  <p><b>Chicken Coconut Curry Soup</b></p>
Friday	<p>1 cup blueberry smoothie.</p>  <p><b>Blueberry Smoothie</b></p>	<p>1/2 serving of ground beef zoodle pasta.</p>  <p><b>Ground Beef Zoodle Pasta</b></p>	<p>Cauliflower bites of 1/2 cauliflower.</p>  <p><b>Baked Cauliflower Bites Recipe</b></p>	<p>1/3 serving of red lentil soup.</p>  <p><b>Red Lentil Soup</b></p>
Saturday	<p>2 eggs' spinach omelet.</p>  <p><b>Spinach Omelette</b></p>	<p>3 stuffed bell pepper.</p>  <p><b>Stuffed Bell Peppers</b></p>	<p>1 cup turmeric latte.</p>  <p><b>Golden Drink Recipe Turmeric Latte</b></p>	<p>1/2 serving of veggie casserole.</p>  <p><b>Tasty Veggie Casserole</b></p>
Sunday	<p>1 cup of oats and chia porridge.</p>  <p><b>Oats &amp; Chia Porridge</b></p>	<p>1 cup of salmon salad.</p>  <p><b>Salmon Salad</b></p>	<p>1 bowl coconut custard.</p>  <p><b>Coconut Custard</b></p>	<p>1/2 serving of sauerkraut sausages.</p>  <p><b>Sauerkraut Sausages</b></p>



# Anti- Candida Meal Planner

## Introduction:

Anti-Candida meal plan curation involves focusing on foods and recipes that are low in sugar, yeast, carbohydrates while emphasizing on non-starchy vegetables, healthy fats, proteins and low sugar fruits.

## Other tips:

### 1. Stay hydrated:

Drink plenty of water throughout the day to help flush out the toxins and support overall health.

### 2. Manage your stress:

Stress can weaken immune system and promote candida overgrowth. Incorporate stress reducing activities like yoga, deep breathing exercises and meditation in your daily routine.

### 3. Exercise regularly:

Find activities you enjoy like walking, cycling, dancing or yoga and aim for at least 30 minutes of most days of week.

### 4. Good Oral Hygiene:

Brush or floss your teeth regularly and consider using a natural mouth wash or oil pulling to support good oral health as poor oral hygiene can contribute candida overgrowth.

### 5. Get Enough Sleep:

Aim for 7-9 hours of quality sleep each night to support immune function.

Remember, consistency is key when following an anti-candida diet.