



Breakfast



Lunch

eBook

CANDIDA

DIET FRIENDLY RECIPES

★ ★ ★



Salads



Dips & Sauces

40+

DELICIOUS RECIPES
TO ALLEVIATE
SYMPTOMS AND
RESTORE GUT HEALTH



Smoothies



Soups

Dinner

Desserts



canxida



BREAKFAST

It is hardest to be on diet especially when you are suffering from any disease. It becomes more harder to figure out what to eat and what to leave. Candida is an overgrowth of a yeast in human body that mainly feeds on sugar. Anti-candida diet is particularly sugar- free and gluten-free and addresses to this yeast infections.

Anti-candida cuisines include lots of non-starchy vegetables, low sugar fruits, herbs, and gluten-free grains. It can have some probiotic fermented foods as well. Patients are supposed to avoid caffeine and other stimulants.

Breakfast gives you a lot of energy for all the day long activities. On an anti-candida diet, breakfast does not need to be complex. Eggs and vegetables can form the core of your anti-infective feast. Non-glutenous flour can be used for baking.

Here are some recipes which are made out of all these ingredients yet very rich in flavor and extremely beneficial for anti-candida diet.

Baked Scrambled Eggs



Yield



2 Servings

Prep Time



10 Mins

Total Time



10 Mins

Kick start your day with this super easy, nourishing, and delicious breakfast. It packs in various beneficial ingredients that make this recipe perfectly suitable for people who are struggling with candida yeast overgrowth. Firstly, this filling recipe is very low in carbohydrates and nearly zero in sugar content that will help cease the yeast infection symptoms. There is an addition of turmeric powder that is very well-known for its potent anti-fungal properties. Almond milk replaces the high-lactose dairy milk in the recipe that suppresses the infection, enhances gut health, and adds softness to the scrambled eggs.

Directions

1. Preheat oven to 350°F (177°C).
2. In a bowl, whisk eggs, turmeric, milk, black pepper, salt, and cumin powder.
3. Grease a baking pan with olive oil and pour in the egg batter.
4. Place the pan in the oven and bake for 10-12 minutes.
5. When the eggs have been set, remove the pan from the oven and stir the pan's eggs with a wooden spatula.
6. Take the pan out from the oven and serve the scrambled eggs with the toppings of chopped cilantro.

Calories	149 Kcal
Proteins	12.8g
Fats	9.9g
Carbohydrates	1.3g
Sugar	0.4g
Fiber	0.1g

Ingredients

- ★ **Eggs:** 4
- ★ **Almond Milk:** 1/4 cup
- ★ **Turmeric Powder:** 1/4 Tsp
- ★ **Black Pepper:** 1/4 Tsp
- ★ **Salt:** 1/4 Tsp
- ★ **Cumin Powder:** 1/4 Tsp
- ★ **Cilantro:** 1 Tbsp, freshly chopped

Shakshuka



Yield



4-5 Servings

Prep Time



5 Mins

Cook Time



15 Mins

Total Time



20 Mins

Shakshuka features poached eggs in a deliciously spiced onion, tomatoes, and bell pepper mixture. These vegetables being the non-starchy vegetables are seemed to be pretty well-tolerated by most candidiasis sufferers. Else the outgoing combination of these vegetables in shakshuka gives intensity to the flavor. Eggs, one of the most delicious high-quality protein elements, are cracked over the mixture giving the meal a cheesy flavor. This simple and easy one-pan recipe stands well for the anti-candida breakfast.

Directions

1. In a large skillet, pour in the olive oil and heat it over a medium flame. Add chopped onion and saute it for 2-3 minutes. Mix in the minced garlic and continue cooking until onions turn slightly brown.
2. Add the bell pepper to the skillet and mix well. Cook until pepper is tender.
3. Add the chopped tomatoes and tomato paste to the skillet. Stir simme and add cayenne pepper, chili pepper, and paprika powder, salt, and pepper. Give it a good mix and on low heat, allow the mixture to simmer.
4. Crack the eggs in the skillet over the mixture. Cover the skillet and allow it to cook for 10-15 minutes until the eggs are well-cooked and no egg liquid remains in the dish.
5. Garnish it with the chopped parsley and serve.

Calories	136.4 Kcal
Proteins	7.5g
Fats	5g
Carbohydrates	6.6g
Sugar	0.9g
Fiber	2g

Ingredients

- ★ **Extra Virgin Olive Oil:** 1 Tbsp
- ★ **Onion:** ½, chopped
- ★ **Bell pepper:** 1, chopped
- ★ **Tomatoes:** 4 cups, diced
- ★ **Tomato paste:** 2 Tbsp
- ★ **Garlic:** 1 clove, minced
- ★ **Cayenne Pepper:** a pinch
- ★ **Chili:** 1 Tsp
- ★ **Paprika Powder:** 1 Tsp
- ★ **Salt:** up to taste
- ★ **Black Pepper:** up to taste, ground
- ★ **Eggs:** 5
- ★ **Parsley:** 1/2 Tsp, fresh and chopped

Avocado Coconut Milk Smoothie

Yield



2 Servings

Prep Time



10 mins

Total Time



10 mins



This creamy avocado smoothie with a flair of coconut milk is packed with potent anti-inflammatory and anti-oxidative ingredients like turmeric and ginger that offer protection against candida infection. Avocados have adequate storage of healthy fats and are also seen to have antimicrobial effects. Vitamin A, C, and E in avocados boosts the body's immune system and helps fight off the bacterial attack. Avocados have zero-sugar content, which is what primarily makes them anti-candida friendly ingredients. Coconut milk is a rich source of medium-chain fatty acids (also called lauric acid) that are metabolism boosters. Lauric acid in coconut milk is shown to have antifungal effects that wipe off the pathogenic growth and is highly effective for candida infections. Adding just a pinch of black pepper to the avocado coconut milk smoothie makes the anti-microbial "Curcumin" compound in turmeric more bioavailable for the body. It is perfect to start your morning by detoxifying your body with this delicious anti-candida Avocado Coconut Milk Smoothie.

Directions

1. In the food processor jar, add avocado, coconut milk, almond milk, grated ginger, turmeric, black pepper, and lime juice. Process at a low speed until smooth.
2. Add crushed ice and stevia and blend at high speed until smooth.
3. Transfer it in to the serving smoothie cups and serve.

Calories	232 Kcal
Proteins	12.8g
Fats	22.4g
Carbohydrates	6.9g
Sugar	1.1g
Fiber	2.8g

Ingredients

- ★ **Avocado:** 1/2
- ★ **Coconut Milk:** 3/4 cup
- ★ **Almond Milk:** 1/4 cup
- ★ **Turmeric:** 1/2 Tsp
- ★ **Black Pepper:** a pinch
- ★ **Ginger:** 1 Tsp, freshly grated
- ★ **Lemon Juice:** 1 Tsp
- ★ **Ice:** 1 cup, crushed
- ★ **Stevia:** up to taste

Baby Green Salad

with Lemon Tahini Dressing



Yield



2 Servings

Prep Time



10 mins

Total Time



10 mins

This dairy-free antioxidative salad will surely get your morning going. The greens, avocados, tomatoes, and cucumbers add to the goodness that is this recipe. With their super nutritional profile, these vegetables will surely stand out well in your anti-candida diet routines. Chop it all and arrange them in your bowls. The addition of grilled chicken to the salad makes it tempting and filling. This hearty meal in and of itself will make you drool over its creamy lemon tahini toppings. A perfect adjustment of hard-boiled eggs in an ideally seasoned salad would surely complete the meal.

Directions

1. In a large bowl, combine all the vegetable ingredients. Add the chicken cubes and mix well.
2. Add all the seasoning ingredients to a food processor and blend until smooth. Add water to achieve the desired consistency.
3. Divide the salad into two serving bowls. Arrange the boiled egg halves in each bowl. Drizzle the dressing over each bowl and serve.

Calories	543.9 Kcal
Proteins	78g
Fats	50.6g
Carbohydrates	18.5g
Sugar	1g
Fiber	11.8g

Ingredients

- ★ **Baby Greens:** 4 cups
- ★ **Cucumber:** 1, medium
- ★ **Avocados:** 1, pitted and sliced
- ★ **Tomatoes:** 1/2 cup, sliced
- ★ **Grilled Chicken Breast:** 1, cubed
- ★ **Extra Virgin Olive Oil:** 3 Tbsp
- ★ **Plain Tahini:** 3 Tbsp
- ★ **Lemon Juice:** 2 Tbsp, freshly squeezed
- ★ **Salt:** 1/4 Tsp
- ★ **Black Pepper:** 1/4 Tsp, ground
- ★ **Cumin:** 1/4 Tsp
- ★ **Water:** 1/4 cup
- ★ **Egg:** 2, boiled and halved

Coconut Pancakes

with Creamy Almond Butter Toppings



Yield



2 Servings

Prep Time



5 Mins

Cook Time



10 Mins

Total Time



15 Mins

Coconut pancakes are one of the most favorite breakfast options for many people to go with. This recipe piles up various essential fatty acids, including medium-chain triglycerides. MCTs are mainly known for their anti-bacterial and anti-fungal properties. The real goodness in coconut flour is its outstanding nutritional profile with low carbohydrate and low sugar content. Moreover, milled flaxseed from the organic origin is a terrific addition of omega-3 fatty acids, a powerful anti-inflammatory component. A sprinkle of cinnamon enhances the taste and aroma. Moreover, cinnamon is also well known for its antimicrobial properties. These anti-infective features of the ingredients in this recipe patently make their way to an outstanding anticandidal prescription. These dairy-free coconut pancakes are topped with a drizzle of creamy almond butter that will make you beg for more.

Directions

1. In a large bowl, add coconut flour, baking soda, milled flaxseed, cinnamon, and salt. Mix them well.
2. Now add beaten eggs, almond milk, and vanilla extract. Mix them well until a smooth batter is formed.
3. Heat the extra virgin olive oil in a pan and place a spoonful of batter. Spread the batter in a circular motion with the fork when the batter becomes doughy.
4. Cook the pancake on medium heat until tiny air bubbles appear on it.
5. Flip and cook the other side the same way.
6. Repeat the same process on the remaining batter.
7. Transfer the coconut pancakes to the serving plate, top them with almond butter and a drizzle of shredded coconut flakes.

Calories	325 Kcal
Proteins	8.9g
Fats	22.6g
Carbohydrates	0g
Sugar	0g
Fiber	1.8g

Ingredients

- ★ **Eggs:** 3
- ★ **Coconut Flour:** 1/4 cup
- ★ **Organic Milled Flaxseed:** 1Tbsp
- ★ **Baking Soda:** 1/2 Tsp
- ★ **Cinnamon:** a pinch
- ★ **Salt:** a pinch
- ★ **Almond Milk:** 1/4 cup
- ★ **Vanilla Extract:** 1/2 Tsp
- ★ **Extra Virgin Olive Oil:** 2 Tbsp
- ★ **Coconut Flakes:** 1 Tbsp
- ★ **Almond Butter:** 2 Tbsp

Cheesy Broccoli Muffins



Yield



6 muffins

Prep Time



5 Mins

Cook Time



30 Mins

Total Time



35 Mins

These savory, cheesy broccoli muffins are the new best things in the town. Broccoli, a high protein main ingredient, is also rich in various other nutrients such as fiber, vitamin C, vitamin K, iron, and potassium. Vitamin K plays a vital role in the regulation of the immune system. Several studies investigated the anti-infective properties of vitamin C. These cheesy muffins are meant to be a highly nutritious filling complete meal. They have an addition of eggs that enhances the protein score and creates the batter's structure and stability. This non-starchy high nutrient meal recipe altogether gives the body an anti-candida cleanse.

Directions

1. Preheat the oven to 350°F (177°C).
2. In a large bowl, add all the ingredients and mix well until smooth.
3. Spoon out the batter into the greased muffintins. Sprinkle over some cheese. Place the muffin tin tray into the oven and bake for 30 mins until the toothpick comes out clean when inserted in the center of the muffin.

Calories	196 Kcal
Proteins	9g
Fats	10.5g
Carbohydrates	1.9g
Sugar	0g
Fiber	1g

Ingredients

- ★ **Eggs:** 2
- ★ **Almond Flour:** 2 cups
- ★ **Baking Powder:** 1 Tsp
- ★ **Extra Virgin Olive Oil:** 1 Tbsp
- ★ **Broccoli Florets:** 1 cup, finely chopped
- ★ **Almond Milk:** 1 cup, unsweetened
- ★ **Salt:** 1/2 Tsp
- ★ **Mozzarella Cheese:** 3 Tbsp

Buckwheat Flatbreads with Fried Eggs



Yield



8 flatbreads

Prep Time



5 Mins

Cook Time



10 Mins

Total Time



15 Mins

These crispy buckwheat flatbreads with fried eggs make the perfect anti-candida meal. They are super delicious and a little different from your usual breakfast. Buckwheat constitutes bioactive compounds that benefit gut health. They are super tasty and a bit different from your typical breakfast. You can also use your most desired toppings like tomatoes, basils, chili flakes, and mozzarella cheese over your flatbread to make it an ideal breakfast.

Directions

1. In a large bowl, add buckwheat flour, baking powder, olive oil, and water and mix until well combined.
2. Knead it until a soft dough is formed.
3. Divide the dough into eight portions and make the balls out of them.
4. Roll the balls into a round shape and flatten them to about ½ cm thick.
5. Place the rolled buckwheat dough in the baking tray lined with baking paper. Drizzle olive oil and salt over them.
6. Place the baking tray in the oven and bake for 15 minutes at 200° C until they turn golden brown.
7. Remove from the oven and set them aside to cool slightly.
8. On each flatbread, spread a little mozzarella cheese, top with a fried egg, chopped tomatoes, a few basil leaves, a pinch of black pepper, a pinch of chili flakes, and a sprinkle of salt.

Calories	366 Kcal
Proteins	22g
Fats	21.1g
Carbohydrates	8g
Sugar	0.8g
Fiber	3.5g

Ingredients

- ★ **Buckwheat Flour:** 2 cups
- ★ **Baking Powder:** 1 Tsp
- ★ **Water:** 1 Tsp
- ★ **Olive oil:** 2 Tbsp
- ★ **Eggs:** 8
- ★ **Chili Flakes:** 1 Tsp
- ★ **Black Pepper:** 1 Tsp
- ★ **Salt:** 1Tsp
- ★ **Mozzarella Cheese:** 100g
- ★ **Basil:** a small bunch, fresh
- ★ **Tomatoes:** 2, chopped

Vegetable Egg Breakfast



Yield



6 slices

Prep Time



5 Mins

Cook Time



25 Mins

Total Time



30 Mins

Vegetable Egg Breakfast? Yes, it is a favorite weekend anticandidal breakfast idea for sure! Vegetables are rarely added to the breakfast menu. This recipe is a complete package of antimicrobial vegetables that will manage your satiety and hinder yeast growth. The vegetable egg breakfast batter is filled with a heavenly fusion of low-carb ingredients giving the baked egg a delightful flavor.

Directions

1. In a medium-sized bowl, crack the eggs, add olive oil, baking powder, tahini sauce, minced garlic, salt, black pepper, turmeric, ginger powder, and apple cider vinegar. Beat them until well combined.
2. Mix in the chopped cabbage, bell peppers, fried onion, gouda cheese, and coconut flour.
3. Grease the baking pan and transfer the batter into it. Top the batter with sesame seeds and black seeds.
4. Place it into preheated oven and bake for 30-35mins at 200°C.
5. Take it out from the oven and let it cool enough to handle.
6. Slice it and serve.

Calories	121 Kcal
Proteins	3.9g
Fats	9.6g
Carbohydrates	1g
Sugar	0g
Fiber	0.8g

Ingredients

- ★ **Eggs:** 3
- ★ **Olive Oil:** 2 Tbsp
- ★ **Baking Powder:** 1/2 Tbsp
- ★ **Tahini Sauce:** 1/4 cup
- ★ **Garlic:** 1 clove, minced
- ★ **Salt:** up to taste
- ★ **Black Pepper:** up to taste, ground
- ★ **Turmeric:** 1/4 Tsp
- ★ **Ginger Powder:** 1/4 Tsp
- ★ **Apple Cider Vinegar:** 1 Tbsp
- ★ **Onion:** 1/4 cup, sliced and fried
- ★ **Bell Peppers:** 1/2 cup, chopped
- ★ **Cabbage:** 1 cup, chopped
- ★ **Coconut Flour:** 2 Tbsp
- ★ **Gouda Cheese:** 1/2 cup
- ★ **Cilantro Leaves:** 2 Tbsp, chopped
- ★ **Sesame Seeds:** 1 Tbsp
- ★ **Black Seeds:** 1/2 Tsp

Buckwheat Cupcakes



Yield



1 serving

Prep Time



5 Mins

Cook Time



10 Mins

Total Time



15 Mins

You are now going to love this healthy breakfast buckwheat cupcakes. Buckwheat is naturally gluten-free, non-allergic, full of micronutrients, and a great source of protein. This recipe is specifically curated for people suffering from microbial infections. Every ingredient of this recipe works perfectly well to cease the anticandidal action. Almond milk is one of the best-chosen options from a dairy-free milk source. Almonds packs in the antimicrobial lipids are potent antimicrobial compounds. It is a super-easy and less time-consuming morning recipe

Directions

1. Preheat the oven at 350°F.
2. In a medium sized bowl, add buckwheat flour, almond flour, baking powder, salt. Mix the dry ingredients well.
3. In another mixing bowl, add eggs, stevia, coconut oil, almond milk, and vanilla extract. Beat them well. Now combine both dry ingredient mixture and wet ingredient mixture.
4. Transfer the batter in the muffin baking pan.
5. Place the baking pan in the oven for 20-25 mins.
6. Take out the pan and allow the cup cakes to cool.
7. Now serve and enjoy!

Calories	288 Kcal
Proteins	8.4g
Fats	17.4g
Carbohydrates	13.4g
Sugar	1.2g
Fiber	3g

Ingredients

- ★ **Buckwheat Flour:** 1 cup
- ★ **Almond Flour:** 1 cup
- ★ **Baking Powder:** 2 Tsp
- ★ **Salt:** 1/4 Tsp
- ★ **Eggs:** 4
- ★ **Stevia:** 1/4 cup
- ★ **Coconut Oil:** 1/2 cup
- ★ **Almond Milk:** 1/4 cup
- ★ **Vanilla Extract:** 2 Tsp

Omelet Burrito



Yield



2 servings

Prep Time



5 Mins

Cook Time



10 Mins

Total Time



15 Mins

When you are bored of having those same routine omelets, you need to make the scenarios more creative and delicious. It is just an omelet with your favorite vegetable combo filling. Spread the anti-candida hemp seed ranch over the omelet before sprinkling the vegetable to add a bit more taste. The most exciting aspect of this healthy recipe is that none of the ingredients would irritate your candida condition.

Directions

1. In a medium-sized bowl, crack in the eggs and add salt cayenne pepper. Beat them well.
2. Drizzle the olive oil in a medium-sized pan and heat it on medium heat.
3. Pour in the egg mixture and cook it from both sides until it turns out to a light brown color.
4. Transfer the omelet to a serving plate and spread the hemp seed ranch over its surface.
5. Sprinkle the chopped spring onion, bell pepper, cucumber, cilantro, and black pepper.
6. Wrap the omelet in to a burrito and serve it warm.

Calories	373.5 Kcal
Proteins	3.8g
Fats	31.5g
Carbohydrates	5.4g
Sugar	0g
Fiber	3g

Ingredients

- ★ **Eggs:** 2
- ★ **Olive Oil:** 1 Tbsp
- ★ **Salt:** up to taste
- ★ **Cayenne Pepper:** 1/4 Tsp
- ★ **Spring Onion:** 2 Tbsp
- ★ **Bell Pepper:** 2 Tbsp, chopped
- ★ **Cucumber:** 2 Tbsp, chopped
- ★ **Hemp Seed Ranch:** 1 Tbsp
- ★ **Cilantro:** 1 Tbsp, chopped
- ★ **Black Pepper:** 1/4 Tsp

Golden Milk Pudding



Yield



2 servings

Prep Time



10 mins

Total Time



10 mins

Breakfasts are always enticing part of our meals. Golden milk pudding is the best option to boost yourself for a long and exciting day ahead. It can also be used as a snack. The richness of high-quality fats encapsulated in coconut milk is best manifested in this recipe. Chia seeds in milk pudding are rich in linoleic fatty acid that are super important in boosting immune system. It is loaded with curcumin which is present in turmeric. Curcumin suppresses candida yeast overgrowth. Anti-inflammatory properties of cinnamon and chia seeds makes this recipe a perfect choice for any low carb, anti-infective diet followers.

Directions

1. In a large mixing bowl, combine coconut milk, honey, vanilla extract, cinnamon, turmeric, and ginger. Stir them well until they turn into yellow liquid.
2. Mix in the chia seeds.
3. Cover the bowl and place it in the refrigerator for six hours overnight.
4. Divide the chia pudding into two serving glasses and top it with shredded coconut and fresh berries.

Calories	765.8 Kcal
Proteins	11.6g
Fats	72.2g
Carbohydrates	23.8g
Sugar	3.7g
Fiber	7.2g

Ingredients

- ★ **Coconut Milk:** 2 cups
- ★ **Turmeric:** 1/2 Tsp
- ★ **Cinnamon:** 1/4 Tsp
- ★ **Chia Seeds:** 1/4 cup
- ★ **Vanilla Extract:** 1/2 Tsp
- ★ **Ginger:** 1/4 Tsp, ground
- ★ **Berries:** 1/2 cup
- ★ **Coconut:** 1/4 cup, shredded

Gluten-free Bread

Yield



6 slices

Prep Time



10 mins

Total Time



10 mins



If you have never baked a bread, this recipe is perfect for you. Goodness of eggs combined with richness of almond flour gives this bread a heavenly flavor. Almond flour, being gluten free is the best choice for anti-candida diet. Coconut oil in the bread batter has the capric acid that inhibits the fungal properties of the yeast. Another specialty of this bread is that it involves no kneading, no special pans, no wait to rise. Yet is the best treat to your taste buds

Directions

1. Preheat the oven to 190 C.
2. In a medium mixing bowl, sift the almond flour to avoid a lumpy mixture.
3. Beat the egg whites in a bowl. Add lemon juice and continue whisking it until you get a stiff mixture.
4. Now start whisking the yolks until they become fluffy. Add salt, baking powder, and coconut oil.
5. Continue whisking the yolks until they are well combined.
6. Add the almond flour and fold in the mixture very gently.
7. Now add the egg whites to the mixture and mix that as well.
8. Add the mixture to a greased baking tin.
9. Place the baking tin in the oven and bake for 30 minutes till the toothpick comes out clean.
10. Take out the baking tin from the oven and set it aside to cool.
11. Cut it into slices and serve with whatever you like.

Calories	101 Kcal
Proteins	5g
Fats	5.7g
Carbohydrates	6.6g
Sugar	0g
Fiber	0.2g

Ingredients

- ★ **Almond Flour:** 1 ½ cup
- ★ **Eggs:** 6, separated into yolks and whites
- ★ **Baking Powder:** 1 Tsp
- ★ **Salt:** ¼ Tsp
- ★ **Lemon Juice:** 1 Tsp
- ★ **Coconut Oil:** 4 Tbsp



LUNCH

Anti-candida diet is basically the incorporation of anti-inflammatory wholesome foods in your dietary routine and restricting certain food elements such as gluten, sugar, certain dairy products, alcohol, caffeine, and harmful additives

Lunch: Even preparing for lunch, it has to be noted that all the ingredients should be low on sugar. Keeping this in mind, we have a variety of choices like chicken, meat, fish, and nevertheless from vegetables like zucchini, cauliflower, bell peppers, tomatoes, baby spinach and much more.

When a restrictive diet is mandatory to be followed and meals are required to be prepared in just a short interval of time, don't panic! There's still a lot you can curate by being just a little bit more creative. The busy weekday anti-inflammatory lunch meals can be still made crazy quickly without compromising the taste or variety.

From upgraded tacos and curries to super tasty vegetable rice and pastas, we've got it all. Check out these quick lunch meal recipes.

Cauliflower Curry



Yield



6 servings

Prep Time



10 Mins

Cook Time



35 Mins

Total Time



45 Mins

Worried about the lunch menu? Let's discover the amazing taste of cauliflower. Who can deny the health benefits of cauliflower? This eye-catching vegetable is not only a treat for eyes but it also takes care of your taste buds. Cauliflower is the best possible substitute of potatoes in the low carb world. The out-class taste of zucchini combined with baby spinach not only produces a splash of taste but its nutritional values anti candida diet.

Directions

1. Heat oil in a large skillet over a medium flame.
2. Add onions, celery and minced garlic. Saute them for about 5 minutes until vegetables are tender.
3. Sprinkle in the powdered spices, red pepper flakes, cumin, coriander, turmeric, and ginger. Stir them well and saute for a minute until spices are fragrant.
4. Add cauliflower, zucchini, tomatoes, and broth. Cover and cook for 20 minutes until tender.
5. Uncover the skillet and add spinach. Simmer for another 3 to 4 minutes.
6. Transfer the cauliflower curry to the serving bowl. Garnish it with almonds and finely chopped cilantro. Place the lemon wedges and serve with a few dollops of yogurt.

Calories	70.2 Kcal
Proteins	2.65g
Fats	3.5g
Carbohydrates	2.31g
Sugar	1.1g
Fiber	2.8g

Ingredients

- ★ **Olive Oil:** 2 Tbsp
- ★ **Onion:** 1/4 cup, diced
- ★ **Garlic:** 1 clove, minced
- ★ **Celery:** 2 stalks
- ★ **Cauliflower:** 1, bite sized pieces
- ★ **Zucchini:** 1, halved and sliced
- ★ **Tomatoes:** 3, diced
- ★ **Animal Broth:** 2 cups
- ★ **Ginger Powder:** 1/2 Tsp
- ★ **Turmeric Powder:** 1/2 Tsp
- ★ **Red Pepper Flakes:** 1/4 Tsp
- ★ **Cumin Powder:** 1/2 Tsp
- ★ **Coriander Powder:** 1/2 Tsp
- ★ **Salt:** 1 Tsp
- ★ **Baby Spinach:** 1 cup
- ★ **Almonds:** 2 Tbsp, toasted
- ★ **Cilantro:** 2 Tbsp, finely chopped
- ★ **Lemon:** 1, cut into wedges
- ★ **Plain Yogurt:** 1 cup

Buckwheat Pasta

with Zucchini Pesto Pasta



Yield



4 servings

Prep Time



5 Mins

Cook Time



15 Mins

Total Time



20 Mins

Although gluten free low carb recipes are unusual, there is no compromise on taste. Buckwheat is the safest bet for anti-candida meals. Pesto sauce made out of zucchini, cheese, basil and olive oil not only supports the anti candida diet but these ingredients render a very tempting taste.

Directions

1. Cook the buckwheat pasta according to the instructions on the package and set it aside.
2. In the bowl of the food processor, combine zucchini, basil, sunflower seeds, garlic, and one fourth cup of olive oil. Blend it for 15 seconds.
3. Add cheese, lemon juice, salt, pepper. Combine them well.
4. While the food processor is running add the remaining olive oil and blend until ingredients are well combined.
5. Pour the desired amount of pesto over buckwheat pasta and serve.

Calories	749 Kcal
Proteins	8.7g
Fats	40.9g
Carbohydrates	15g
Sugar	3.7g
Fiber	11.4g

Ingredients

- ★ **Buckwheat Pasta:** 8 ounces
- ★ **Filtered Water:** for cooking pasta
- ★ **Fresh Basil:** 1 cup
- ★ **Garlic:** 2 cloves
- ★ **Zucchini:** 1 cup, chopped
- ★ **Extra Virgin Olive Oil:**
1/2 cup, divided
- ★ **Goat's Mozzarella Cheese:** 1/2 cup
- ★ **Lemon Juice:** 1 Tsp, freshly squeezed
- ★ **Salt:** 1/2 Tsp
- ★ **Black Pepper:** 1/2 Tsp
- ★ **Sunflower Seeds:** 1/2 cup, shelled

Chicken Zoodle Soup



Yield



8 servings

Prep Time



5 Mins

Cook Time



15 Mins

Total Time



20 Mins

Soups are the perfect choice when you don't want to go with the flow of usual meals. Chicken soup is an old age preference for perfect healthy food. Soup combined with noodles complete all your needs for a meal. Noodles are replaced by zoodles to adjust this super healthy food to fit in the menu of anti-candida patients. Apart from their nutritional value, sage, rosemary, and thyme enhances the taste of soup.

Directions

1. Heat the coconut oil in a large stock pot over a medium heat. Add the turmeric and cook for 90 seconds.
2. Add onion and garlic in the pot. Cook until translucent and fragrant, about 5 minutes.
3. Add In the celery and carrots. Cook until the vegetables begin to soften for about 10 minutes.
4. Add in the chicken, broth, bay leaves, sage, rosemary, thyme, and sea salt.
5. Bring to a boil and reduce heat. Let it simmer for 25-30 minutes.
6. Spiralize the zucchini into zucchini noodles.
7. Remove the soup from the heat and discard the bay leaves. Add in the zucchini noodles and stir well. Cook the noodles until they are softened without getting soggy.
8. Serve and enjoy.

Calories	221 Kcal
Proteins	16g
Fats	13.3g
Carbohydrates	8.7g
Sugar	8g
Fiber	1g

Ingredients

- ★ **Coconut Oil:** 1 Tbsp
- ★ **Turmeric:** 1/2 Tbsp, ground
- ★ **Onion:** 2, diced
- ★ **Garlic:** 3 cloves, minced
- ★ **Carrots:** 1 large, peeled and diced
- ★ **Celery:** 2 cups, minced
- ★ **Cooked Chicken:** 1 cups, minced
- ★ **Chicken Broth:** 3 cups
- ★ **Bay Leaves:** 2
- ★ **Sage:** 1 Tsp, dried
- ★ **Rosemary:** 1 Tsp, dried
- ★ **Thyme:** 1 Tsp, dried
- ★ **Salt:** 1 Tsp
- ★ **Zucchini:** 1 medium

Chicken Chili



Yield



6 servings

Prep Time



10 mins

Cook Time



4hrs

Total Time



4 hrs 10 mins

Chicken, without any doubt, is the king of dishes. Every dish becomes perfect when it comes to chicken. The umami flavors of chicken make a blast of taste in your mouth. Red and white beans are rich in proteins. This perfect combination of proteins helps to build and repair body muscles. Goat cheese gives this recipe a perfect creamy texture. All these nutritionally rich ingredients help to prevent the growth of candida.

Directions

1. In a skillet, heat oil over a medium heat. Stir fry the chicken until it turns light brown.
2. Add in the onions, tomato sauce, diced tomatoes, peppers, beans, chili powder, cumin, salt and pepper to the skillet. Stir them well and cook them until the tomato sauce in the skillet gives the desired consistency.
3. Transfer it into the serving bowls. Top it with a sprinkle of cheddar cheese and chopped green onions. Serve and enjoy.

Calories	749 Kcal
Proteins	8.7g
Fats	40.9g
Carbohydrates	15g
Sugar	3.7g
Fiber	11.4g

Ingredients

- ★ **Olive Oil:** 1 Tbsp
- ★ **Onion:** 1 medium, diced
- ★ **Chicken:** 200 g, minced
- ★ **Bell Pepper:** 2, chopped
- ★ **Tomato Sauce:** 2 cup
- ★ **Tomatoes:** 4
- ★ **White Beans:** 1 cup, boiled and drained
- ★ **Red Kidney Beans:** 1 cup, boiled and drained
- ★ **Chili Powder:** 2 Tsp
- ★ **Cumin:** 1 Tbsp
- ★ **Salt:** up to taste
- ★ **Pepper:** up to taste
- ★ **Goat's Parmesan Cheese:** 3 Tbsp, shredded
- ★ **Green Onion:** 3 Tbsp, chopped

White Chickpea and Bean Soup Bowl



Yield



6 servings

Prep Time



10 mins

Cook Time



30 mins

Total Time



40 mins

Soups are the best choice for lighter but nutritionally perfect cuisine. This soup is a good choice for vegan proteins, fiber and minerals. Nutty flavors of chickpeas last on your tongue for a long time. The earthy flavor of protein rich beans goes very well with chickpeas. Lemon detoxify and prevent the fungal infection

Directions

1. Heat the oil in a pot and add onions. Cook until tender, for at least 4-5 minutes. Add garlic and cook for another 2-3 minutes.
2. Stir in chickpeas, white beans, salsa verde, vegetable broth, chili powder, cumin, cilantro, oregano, and lime juice. Add the salt and pepper up to taste. Stir it well and cover. Simmer for about 15-20 minutes.
3. Transfer the chickpea and bean soup to the serving bowls and garnish them with the toppings. Serve it warm.

Calories	749 Kcal
Proteins	8.7g
Fats	40.9g
Carbohydrates	15g
Sugar	3.7g
Fiber	11.4g

Ingredients

- ★ **Olive Oil:** 1 Tbsp
- ★ **Onion:** 1 large, diced
- ★ **Garlic:** 3 cloves
- ★ **White Beans:** 1 ½ cups, boiled and drained
- ★ **White Chickpeas:** 2 cups, boiled and drained
- ★ **Salsa Verde:** 2 cups
- ★ **Vegetable Broth:** 4 cups, low sodium
- ★ **Oregano Powder:** 1/4 Tsp
- ★ **Chili Powder:** 1/2 Tsp
- ★ **Cilantro:** ¼ Cup, chopped
- ★ **Lemon juice:** 1 lemon, freshly squeezed
- ★ **Salt:** up to taste
- ★ **Pepper:** up to taste
- ★ **Plain Greek Yogurt:** 1 cup (for toppings)
- ★ **Cilantro:** 2 Tbsp (for toppings)

Mexican Beef with Quinoa



Yield



6 servings

Prep Time



5 mins

Cook Time



25 mins

Total Time



30 mins

Quinoa is low carb gluten free grain which is extremely beneficial for anti-candida cuisine. It is high in protein. Fiber present in bell pepper makes it more digestive. Vegan protein of beans and animal protein of chicken and beef make it a perfect filling meal.

Directions

1. In a skillet, heat olive oil and add chopped onions, bell pepper. Cook until tender for at least 5-10 minutes.
2. Add minced beef and cook until it turns brown.
3. Pour in the chicken broth. Now add quinoa and beans. Add the spices and stewed tomatoes. Bring it to a boil.
4. Now reduce the flame. Cover and simmer for 15 minutes until quinoa turns opaque.
5. Now transfer it to the serving dish and sprinkle with cilantro.

Calories	362 Kcal
Proteins	27.4g
Fats	21g
Carbohydrates	16g
Sugar	7.19g
Fiber	1.9g

Ingredients

- ★ **Olive Oil:** 1 Tbsp
- ★ **Onion:** 1 medium, chopped
- ★ **Bell Pepper:** 1, chopped
- ★ **Minced Beef:** 1 pound, extra lean
- ★ **Low Sodium Chicken Broth:** 4 cups
- ★ **Quinoa:** 1 cup, uncooked
- ★ **Stewed Tomatoes:** 1 cup
- ★ **White Beans:** 1 cup, boiled and drained
- ★ **Chili Powder:** 1 Tsp
- ★ **Salt:** up to taste
- ★ **Pepper:** up to taste
- ★ **Cilantro:** 3 Tbsp, chopped

Chicken Alfredo

with Zucchini Zoodles



Yield



4 servings

Prep Time



5 mins

Cook Time



30 mins

Total Time



35 mins

When animal protein and vegan fiber are combined for a meal, it becomes a top choice. Savory taste of chicken suits well with zoodles. Almond milk is lactose free, a fine choice for gut health. Goat cheese blended with almond milk gives it the best creamy touch. It's a mouthwatering and stomach filling dish.

Directions

1. Place the zucchini noodles on paper towels and sprinkle a pinch of salt.
2. In a large skillet, heat a tablespoon of olive oil over a medium heat.
3. Place the chicken breasts and add in the salt and pepper. Cook until cooked properly.
4. Set the chicken fillets aside and let them cool enough to handle and then slice them.
5. Pour in the remaining olive oil and minced garlic. Cook for a minute until fragrant.
6. Add almond milk and cheese. Allow it to cook until the cheese melts and is well combined.
7. Gently pat dry the zucchini noodles with the paper towels. Add the zucchini noodles in the hot skillet. Cook for 2 minutes.
8. Now divide the zucchini noodles into the serving plates and place the sliced chicken fillets on the top.

Calories	563 Kcal
Proteins	75g
Fats	18.2g
Carbohydrates	30.5g
Sugar	2.7g
Fiber	12.3g

Ingredients

- ★ **Olive Oil:** 2 Tbsp
- ★ **Zucchini:** 3 medium, spiralized into noodles
- ★ **Chicken Breast Fillets:** 4 small
- ★ **Garlic:** 2 cloves, minced
- ★ **Salt:** up to taste
- ★ **Black Pepper:** up to taste
- ★ **Goat's Parmesan Cheese:** 1 cup, shredded
- ★ **Almond milk:** 1 cup

Lentil Tacos



Yield



8 servings

Prep Time



10 mins

Cook Time



30 mins

Total Time



40 mins

Lentils are high in protein. 25-30% of caloric value of lentils consists of protein. It is also rich in fiber which helps in digestion carbohydrates, which makes it perfect fit for those on candida diet. Crispiness of tacos joined with super nutrients of lentils taste heavenly.

Directions

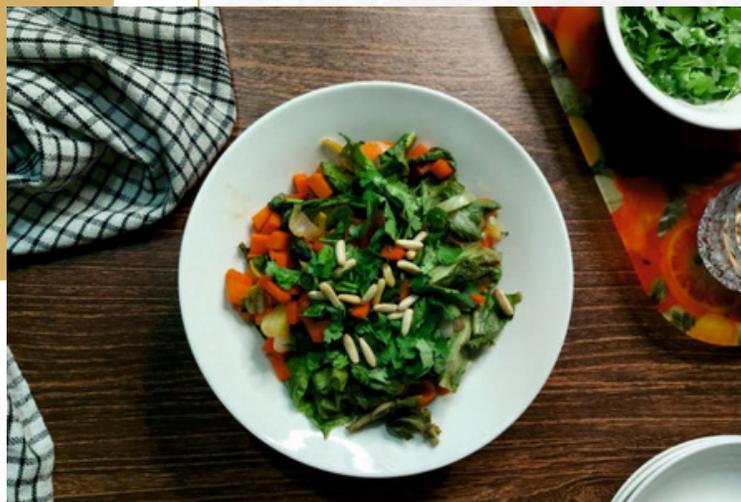
1. Heat a tablespoon of olive oil in the pan over a medium heat. Sauté the onion for 4-5 minutes until the onions are translucent.
2. Add in the garlic and spices in olive oil and cook for another 2 minutes.
3. Add the lentils and stir to combine. Pour in the vegetable broth and with the help of potato masher or for, mash the lentils.
4. Cook the lentils for another few minutes and if the lentils start to dry out, add another tablespoon of vegetable broth.
5. Warm the tortillas by placing them in the microwave oven.
6. Place one or two heap full spoons of lentil in the taco shell. Add the vegetable fillings and serve.

Calories	749 Kcal
Proteins	8.7g
Fats	40.9g
Carbohydrates	15g
Sugar	3.7g
Fiber	11.4g

Ingredients

- ★ **Olive Oil:** 1 Tbsp
- ★ **Onion:** 1 medium, diced
- ★ **Lentils:** 2 cups, cooked
- ★ **Garlic:** 2 cloves, minced
- ★ **Vegetable Broth:** 1/4 cup
- ★ **Rice Flour Tortillas:** 4
- ★ **Lettuce:** 2 cups, shredded
- ★ **Jalapenos:** 1 cup, sliced
- ★ **Salt:** 1 Tsp
- ★ **Pepper:** 1 Tsp
- ★ **Red Pepper Flakes:** 1/4 Tsp, crushed
- ★ **Cumin:** 1 ½ Tsp, ground
- ★ **Paprika Powder:** 1/2 Tsp
- ★ **Oregano:** 1/4 Tsp, dried

Carrots and Fennel Salad Bowl



Yield



8 cups

Prep Time



10 mins

Cook Time



30 mins

Total Time



40 mins

If you are looking for a perfect combo for your lunch this salad is a good choice. Fennel bulbs are anti-inflammatory, rich in vitamin c that is good for immune health and tissue repair. Carrots are a good source of antioxidants, vitamin A and beta carotene. This salad overall promotes gut health which is very much important for anti-candida.

Directions

1. In a large skillet, heat the olive oil. Sauté the carrots in the oil.
2. Stir together the vinegar, honey, and mustard in a small bowl.
3. Drizzle the mixture into the skillet over the carrots.
4. Let it cook until the carrots get tendered.
5. Add the sliced fennel bulbs and onion.
6. Add in the lettuce and mix well. Divide the salad in the serving dishes. Garnish with parsley and pine nuts.

Calories	71.6 Kcal
Proteins	2g
Fats	1.66g
Carbohydrates	12g
Sugar	7.83g
Fiber	7g

Ingredients

- ★ **Olive Oil:** 1/2 Tbsp
- ★ **Carrots:** 3 medium, chopped
- ★ **Apple Cider Vinegar:** ½ cup
- ★ **Organic Honey:** ½ Tbsp
- ★ **Dijon Mustard:** 1 ½ Tsp
- ★ **Salt:** 1/4 Tsp
- ★ **Fennel Bulbs:** 2 small, cored
- ★ **Lemon Juice:** 2 lemon, freshly squeezed
- ★ **Iceberg Lettuce:** 4 cups, one-inch diced
- ★ **Red Onion:** 1/2 small, sliced
- ★ **Pine Nuts:** 1 Tbsp

Cauliflower Rice



Yield



2 servings

Prep Time



15 mins

Cook Time



10 mins

Total Time



25 mins

Cauliflower rice is the best substitute for gluten rich rice. Cauliflower is the best source of potassium and vitamin C. Carrots are rich in beta carotene which plays an important part in clearing of fungal infection. Bell peppers are rich in minerals and salts which promote gut health.

Directions

1. Process the cauliflower florets in the food processor into white sized rice grain size.
2. Press the cauliflower rice in paper towels to remove the excess moisture.
3. In a skillet, heat the coconut oil, and saute onion and garlic for 2-3 minutes.
4. Stir in the cauliflower rice. Cook for 2-3 minutes.
5. Add the rest of the vegetables and mix well.
6. Add the chili powder, turmeric powder and salt and mix well.
7. Keep stir-frying until all the liquid is absorbed.
8. Remove from the heat. Garnish with hemp seeds and almonds before serving.

Calories	262 Kcal
Proteins	9.5g
Fats	15g
Carbohydrates	26.5g
Sugar	10.5g
Fiber	9.75g

Ingredients

- ★ **Cauliflower:** 1 head, cut in florets
- ★ **Onion:** 1 medium, copped
- ★ **Garlic:** 3 cloves
- ★ **Cayenne Peppers:** 3 small
- ★ **Bell Peppers:** 2 medium, chopped
- ★ **Carrots:** 2 medium
- ★ **Almonds:** 2 oz
- ★ **Coconut Oil:** 2 Tbsp
- ★ **Salt:** up to taste
- ★ **Chili Powder:** 1 Tsp
- ★ **Turmeric Powder:** 1 Tsp

Chicken Curry Rice



Yield



2 servings

Prep Time



15 mins

Cook Time



25 mins

Total Time



40 mins

Animal protein is a good option for a stomach filling meal. Chicken is undoubtedly a popular and most accepted flavor. Its savory taste and ability to enhance the richness of a cuisine make it a perfect choice. Rice is a versatile grain and widely accepted all around the world. Brown rice has all parts of a grain. Research shows that whole grain has the ability to reduce the risk factor of many diseases including lowering the blood sugar level. Lower blood sugar level helps to prevent the growth of candida.

Directions

1. In a cooking pan, cook the rice according to the package directions.
2. In a medium skillet, melt the olive oil, add the vegetables until sauteed and softened, about 5 minutes.
3. Stir in the spices and cook for a minute.
4. Now add in the chicken, brown rice, and broth. Mix well and serve.

Calories	524 Kcal
Proteins	57g
Fats	14.1g
Carbohydrates	25g
Sugar	0.4g
Fiber	2.3g

Ingredients

- ★ **Celery:** 2 stalks, thinly sliced
- ★ **Onion:** 1/2 medium, diced
- ★ **Green Bell Pepper:** 1/2, diced
- ★ **Carrots:** 1/2 cup, diced
- ★ **Salt:** 1/4 Tsp
- ★ **Black Pepper:** 1/4 Tsp
- ★ **Olive Oil:** 2 Tbsp
- ★ **Cumin:** 1/4 Tsp
- ★ **Coriander:** 1 Tsp, dried
- ★ **Turmeric Powder:** 1/4 Tsp
- ★ **Vegetable Broth:** 1/4 cup
- ★ **Chicken Breasts:** 2, cooked and cubed
- ★ **Brown Rice:** 1 cup, uncooked

Almond Chicken Salad



Yield



1 serving

Prep Time



30 mins

Total Time



30 mins

This chicken salad can easily replace a full healthy meal as it consists of chicken broccoli, bell pepper, lettuce and onions. All the vegetables help to promote gut health which in return ceases candida growth. Broccoli, being non starchy and cruciferous, is rich in nutrients which inhibits fungal growth.

Directions

1. In a pan, heat the olive oil and saute onion and garlic, for about 2 minutes.
2. Add the chicken and green pepper. Saute them.
3. Now add in the tomatoes, steamed broccoli and lettuce. Mix well.
4. Remove the pan from the heat.
5. Transfer to the bowl and top it with almonds before serving.

Calories	266 Kcal
Proteins	29.6g
Fats	37g
Carbohydrates	8.52g
Sugar	2.13g
Fiber	3.4g

Ingredients

- ★ **Broccoli Florets:** 2 cups, steamed
- ★ **Olive Oil:** 1 ½ Tsp
- ★ **Boneless Chicken Breast:** 3 oz, sliced
- ★ **Bell Peppers:** 1 ½, chopped
- ★ **Onion:** ¾ cup, chopped
- ★ **Garlic:** 1 clove, minced
- ★ **Tomatoes:** 1 cup, freshly diced
- ★ **Ice Berg Lettuce:** 6 cups, one-inch diced
- ★ **Salt:** up to taste
- ★ **Black Pepper:** up to taste
- ★ **Almonds:** 1 Tsp, sliced



DESSERT

Dessert is a very tempting part of a cuisine! Don't be worried that you can't have these on an anti-infective diet. But be careful not to make anti-candida sweets while using table sugar, honey, maple syrup and other ingredients high in gluten.

Here are some mouth-watering anti-candida dessert recipes which are made out of all anti-candida approved ingredients yet very rich in flavor

Hazelnut Butter Bars



Yield



9 bars

Prep Time



10 Mins

Cook Time



20 Mins

Total Time



30 Mins

When you are on candida diet you may have many fears doubts and questions. To choose a perfect and best sweet to satisfy your both needs of diet and appetite is difficult. Hazel nut bars are best for this purpose. it includes ingredients that support anti candida diet. Surprisingly it is very easy and quick to make. Hazelnut and avocado combined with stevia will surely satisfy your sweet cravings.

Directions

1. Preheat oven to 350° F (177° C). Line the baking pan with the parchment paper. Grease it and set aside.
2. In a medium sized mixing bowl, whisk together the eggs, vanilla extract, and stevia until smooth and frothy.
3. Add hazelnut butter, melted coconut oil, cubed avocados, baking soda and salt in the food processor. Process until smooth.
4. Add the egg mixture in the bowl of the food processor and blend it again until well combined.
5. Pour the mixture in the baking pan and place the baking pan in the oven. Bake it for 20 minutes.
6. Let the pan to cool. Cut it into the bars and serve.

Calories	265 Kcal
Proteins	9g
Fats	24.8g
Carbohydrates	7.4g
Sugar	2.8g
Fiber	3.1g

Ingredients

- ★ **Eggs:** 2
- ★ **Stevia Powder:** 1 Tbsp
- ★ **Vanilla Extract:** 1 Tsp
- ★ **Hazelnut Butter:** 1 cup
- ★ **Avocado:** 1, peeled, seeded and cubed
- ★ **Coconut Oil:** 1/4 cup, melted
- ★ **Baking Soda:** 1/2 Tsp
- ★ **Salt:** 1/4 Tsp
- ★ **Hazelnuts:** 1/4 cup, toasted and chopped

Coconut Cupcakes



Yield



20 servings

Prep Time



10 Mins

Cook Time



25 Mins

Total Time



35 Mins

Coconut cupcakes is a good example of a sweet treat you should eat when you follow candida diet properly. These cupcakes have all healthy fats and proteins one should be eating on this diet. Coconut flour enhances the flavour and improves gut health as it is a low carb flour. xylitol not only sweetens the cupcakes but helps to kill candida.

Directions

1. Preheat oven to 325°F (163°C).
2. In a food processor, grind the shredded coconut.
3. In a mixing bowl, add almond flour, coconut flour and ground shredded coconut, xylitol, baking powder, and salt.
4. In a separate bowl, melt the coconut oil. Beat the eggs, coconut milk and vanilla extract.
5. Add the dry ingredients in the egg batter and beat for a few minutes.
6. Grease the muffin pan with olive oil and add the muffin batter.
7. Place the muffin pan in the oven and allow it to bake for 20-25 minutes.
8. Remove the muffins from the oven and allow it to cool and serve.

Calories	76 Kcal
Proteins	1.57g
Fats	5.77g
Carbohydrates	4.8g
Sugar	3.12g
Fiber	0.94g

Ingredients

- ★ **Coconut Oil:** 2 Tbsp
- ★ **Almond Flour:** 1/4 cup
- ★ **Coconut Flour:** 1 Tbsp
- ★ **Baking Powder:** 1/2 Tsp
- ★ **Coconut Milk:** 1/4 cup
- ★ **Vanilla Extract:** 1 Tsp
- ★ **Xylitol:** 1/2 cup
- ★ **Salt:** 1/8 Tsp
- ★ **Eggs:** 3, large
- ★ **Coconut:** 2 cups, shredded

Coconut and Almond Balls



Yield



20 servings

Prep Time



10 Mins

Total Time



10 Mins

Regardless candida is a problem for you or not, Anti candida cuisine is very helpful to maintain a healthy lifestyle. Sweet dishes included in this cuisine are very good for perfect gut health. Coconut and almond flour are low in carb but render best taste to any sweet dish. These balls are soft, chewy and delicious. Stevia used in this recipe is perfect sweetener for any type of diet.

Directions

1. Add all the ingredients in the food processor and blend until mixed well.
2. Now make the bite sized balls out of the mixture and roll them in the shredded coconut.
3. Place them in the refrigerator and refrigerate for 30minutes.

Calories	130 Kcal
Proteins	5.1g
Fats	11.7g
Carbohydrates	5.8g
Sugar	0g
Fiber	1.8g

Ingredients

- ★ **Almond Butter:** 1 cup, unsweetened
- ★ **Coconut Flour:** 1/2 cup
- ★ **Shredded Coconut:** 1/2 cup
- ★ **Baking Powder:** 1/2 Tsp
- ★ **Coconut Milk:** 4 Tbsp
- ★ **Coconut Oil:** 1 Tsp
- ★ **Stevia:** 1 packet

Lemon Coconut Loaf



Yield



8 servings

Prep Time



15 Mins

Cook Time



35 Mins

Total Time



50 Mins

This simple and easy anti-candida dessert recipe is all there to give your mouth a perfectly delicious coconut zesty flare. The base of this all-time favourite loaf cake is made up of almond flour and coconut flakes. Both are known to have significant importance in their nutritional aspects. These flours are gluten free, anti-inflammatory and anti-infectionary. They are super friendly for the people suffering from bacterial/viral infections or any gut sensitivities. Lemon zest and lemon juice in the loaf batter eradicates the eggy smell and adds a slight 'lemony flavour'. The addition of coconut oil for an even combining the loaf cake batter blesses you with many other goodness as well. Coconut oil is medium chain triglycerides (MCTs). They have shown to have potent antifungal and antibacterial properties. The fatty acids in MCTs ceases the yeast growth hence this MCT oil addition proves to be helpful for the people who suffer Candida overgrowth.

Directions

1. Preheat the oven to 350°F (177°C).
2. In a large bowl, mix in the almond flour, coconut flakes, baking soda, salt, lemon zest and stevia powder.
3. Now in another mixing bowl add in the beaten eggs, lemon juice, vanilla extract, and coconut oil. Mix them well.
4. Now combine the dry mixture into the wet ingredients' mixture. Mix them well.
5. Pour in the loaf batter into the loaf pan and smooth the surface with the help of a spatula.
6. Place the loaf pan into the oven and allow it to bake for 35-40 minutes until the inserted tooth pick comes out clean and the edges of the loaf turns brown.
7. Take out the loaf from the oven and allow it to cool. Slice the loaf and transfer the pieces into the serving dish. Serve and enjoy!

Calories	210 Kcal
Proteins	7g
Fats	17.7g
Carbohydrates	8.8g
Sugar	3.2g
Fiber	4g

Ingredients

- ★ **Almond Flour:** 2 cup
- ★ **Coconut Flakes:** 1/2 cup, unsweetened
- ★ **Baking Soda:** 1 Tsp
- ★ **Salt:** ¼ Tsp
- ★ **Lemon Zest:** 1 lemon
- ★ **Lemon Juice:** ½ cup
- ★ **Eggs:** 3 (beaten)
- ★ **Vanilla Extract:** 1 Tsp
- ★ **Coconut Oil:** 1 Tbsp
- ★ **Stevia Powder:** 1 Tsp (or up to taste)

Gluten-Free Almond Cake



Yield



12 servings

Prep Time



5 Mins

Cook Time



30 Mins

Total Time



35 Mins

Worried for a perfect cake in your gluten restricted diet? Treat yourself with incredibly delicious cake having an intense almond flavour. Almond flour is low in carbohydrate and densely packed with essential nutrients like vitamin E (antioxidant) and magnesium. This flour is naturally gluten free. This all together fights will cease the anti-candida infections.

Directions

1. Preheat the oven to 350°F (177°C).
2. In a large bowl, mix in the almond flour, egg yolks, stevia powder, vanilla extract, baking powder and lemon zest. Combine them well until the batter smoothens.
3. In another mixing bowl add the egg whites and nicely beat them with an egg beater until stiff peaks are formed. Fold in the egg whites into the cake batter.
4. Transfer the batter to a greased baking cake pan. Sprinkle the chopped almonds over the batter.
5. Place the pan into the oven and allow it to bake for 15 minutes until the inserted toothpick comes out clean.
6. Take the baking pan out of the oven and allow it to cool.
7. Slice it out and serve!

Calories	91.3 Kcal
Proteins	5g
Fats	8.5g
Carbohydrates	3.3g
Sugar	0.7g
Fiber	0.75g

Ingredients

- ★ **Almond Flour:** 1 1/2 cup
- ★ **Eggs:** 4
- ★ **Baking Powder:** 1/2 Tsp
- ★ **Lemon Zest:** 1 tsp
- ★ **Vanilla Extract:** 1 Tsp
- ★ **Almonds:** 1/4 cup, sliced
- ★ **Stevia Powder:** 1 1/2 Tsp
(or up to taste)

Almond Butter Mousse



Yield



2 servings

Prep Time



5 Mins

Freezing Time



45 Mins

Total Time



50 Mins

This anti-candida friendly creamy almond butter mousse surely fits the bill by just having a little of it in your dessert. This super quick and easy recipe is a healthy mixture of three ingredients. Almond butter in the mousse adds the real creaminess and nutty flavour to this dessert bowl. Nonetheless almond butter is rich in healthy fats, vitamins and minerals necessary for a healthy immune system to fight off the body yeast infections. Coconut milk has proven to have anti-inflammatory properties. According to various studies, coconut oil has lauric acid inside it which helps ceasing the bacterial growth in the body. So, the whole recipe is a proven anti-candida friendly dessert.

Directions

1. Scoop out the coconut cream from the top of the refrigerated full-fat coconut milk.
2. Add in the almond butter and stevia in the coconut cream. Give it a good mix until well combined.
3. Refrigerate the mixture for 35-45 mins.
4. Divide it into the bowls and serve.

Calories	538Kcal
Proteins	7.8g
Fats	55g
Carbohydrates	14.5g
Sugar	0g
Fiber	5.8g

Ingredients

- ★ **Full-Fat Coconut Milk:** 13.5 oz (refrigerated overnight)
- ★ **Almond Butter:** 2 Tbsp, unsweetened
- ★ **Stevia Powder:** 1/2 Tsp (or up to taste)

Sugar-free Strawberry Coconut Ice-cream



Yield



3 servings

Prep Time



5 Mins

Freezing Time



4hrs

Total Time



4 hrs 5 mins

A sugar-free scoope of creamy frozen dessert hulled with the fresh flavour of strawberries can be one of an amazing option you can go for in your anti-candida sweet dish. The creaminess to this dairy free ice cream is added by coconut cream. Coconut cream is all the way there to give you antibacterial support in your gluten restricted diet the other way. Strawberries being low in sugar stand out well in flavouring the frozen delight. Nonetheless, strawberries are well-packed with the antioxidants known as 'polyphenols'. This altogether ceases and protects against the yeast growth.

Directions

1. In the bowl of food processor, add strawberries and stevia powder. Process until it is thoroughly blended.
2. In a medium sized bowl, mix in the coconut cream, vanilla extract, and salt. Beat until the cream thickens.
3. Add the thickened coconut cream into the strawberry mixture and process until well combined.
4. Transfer the mixture in an airtight container and place it in the refrigerator for four hours.
5. Scoop the ice cream in the serving ice cream bowls and sprinkle over the roasted nuts. Serve and enjoy before it melts!

Calories	292 Kcal
Proteins	2.8g
Fats	28.6g
Carbohydrates	10.2g
Sugar	6.3g
Fiber	3.46g

Ingredients

- ★ **Strawberries:** 1 cup
- ★ **Stevia Powder:** 2 Tbsp
- ★ **Coconut Cream:** 1 1/2 cup
- ★ **Vanilla Extract:** 1 Tsp
- ★ **Salt:** 1/4 Tsp
- ★ **Hazelnuts:** 1 Tbsp (roasted and chopped)

Lemon Coconut Biscuits



Yield



18 servings

Prep Time



15 Mins

Cook Time



15 Mins

Total Time



30 Mins

These quickest coconut and zesty lemon biscuits are the perfect gluten-free treat for anyone looking for an instant dessert in the anti-candida diet routines! These cookies have an amazing pairing of best-chosen anti-inflammatory ingredients in its batter. Almond flour, shredded coconut and chia seeds are known for their anti-infectious and anti-inflammatory properties. Lemon zest and lemon juice enhances the taste by adding a light 'lemony flavour' to the cookies. So, help yourself with something delicious and nutritious straight from the oven!

Directions

1. Pre heat the oven to 350°F (175C).
2. In a medium sized mixing bowl, combine together coconut milk, vanilla, 1 teaspoon of stevia, and lemon juice.
3. In another mixing bowl, add almond flour, 1/2 cup shredded coconut, lemon zest, chia seeds and a pinch of salt. Mix them well.
4. Now combine both the mixtures well into a smooth dough.
5. Now scoop out the dough into the balls and then flatten them into half inch thickness cookies. Place them in to the baking tray lined with parchment paper. Place the baking tray into the oven at 350 F for 15 minutes.
6. In the meanwhile, add 1/4 cup shredded coconut, 1/2 teaspoon powdered stevia in the bowl of the food processor. Pulse for 10 seconds until fine powder is created.
7. Once the cookies are baked and are all set to go, sprinkle the powdered coconut dust over the cookies.

Calories	62.5Kcal
Proteins	1.66g
Fats	5.56g
Carbohydrates	3g
Sugar	1.3g
Fiber	1.14g

Ingredients

- ★ **Coconut Milk:** 1/4 cup, unsweetened
- ★ **Vanilla Extract:** 1 Tsp
- ★ **Stevia Powder:** 1 Tsp
- ★ **Almond Flour:** 1 cup, blanched
- ★ **Stevia Powder:** 2 Tsp (or up to taste)
- ★ **Chia Seeds:** 1 Tbsp
- ★ **Lemon Zest:** 1 Tsp
- ★ **Shredded Coconut:** 1 1/2 cup, unsweetened
- ★ **Salt:** a pinch

Creamy Quinoa Pudding



Yield



4 servings

Prep Time



5 Mins

Cook Time



20 Mins

Total Time



25 Mins

Sugar-free creamy quinoa pudding is a perfect comfort anticandidal dessert to satisfy your sweet cravings. This is spiced by cardamom and cinnamon giving it a significantly delicious taste and aroma. These both spices are proven for their anti-inflammatory health benefits as well. The milk added in this pudding is dairy-free. Almond milk has a good amount of a potent antioxidant known as vitamin C that helps defending against the candida yeast growth

Directions

1. Wash, rinse and strain the quinoa. Now soak them in water for half an hour.
2. In a medium sized cooking pot, melt ghee and coconut oil. Add the rinsed and drained quinoa. Cook it until it changes its color.
3. Add stevia, almond milk, cardamom powder, cinnamon powder and salt. Cook for 15 minutes at medium-high flame.
4. Transfer the pudding into the bowl and place it in the refrigerator for an hour.
5. Sprinkle over the chopped nuts and enjoy.

Calories	100 Kcal
Proteins	1.4g
Fats	10.8g
Carbohydrates	7g
Sugar	0.4g
Fiber	0.8g

Ingredients

- ★ **Ghee:** 2 Tbsp, organic
- ★ **Coconut Oil:** 2 Tbsp
- ★ **Quinoa:** 1/2 cup, rinsed and drained
- ★ **Stevia Powder:** 2 Tbsp or up to taste
- ★ **Almond Milk:** 3 cups, unsweetened
- ★ **Cardamom Powder:** 1/4 Tsp
- ★ **Cinnamon Powder:** 1/4 Tsp
- ★ **Salt:** a pinch
- ★ **Almonds and Pistachios:**
2 Tbsp, chopped

Flaxseed Cupcakes

with Creamy Toppings



Yield



6 servings

Prep Time



5 Mins

Cook Time



15 Mins

Total Time



20 Mins

Now its time for flavorful cupcakes bursting out the flaxseed flavor. The creamy frosting of thickened coconut cream paired with chia seeds makes an absolutely flavorful combination over the cups. The anti-inflammatory and anti-bacterial properties of chia seeds, cinnamon and beneficial MCTs of coconut cream are the real 'icing over the cake'. The gluten free flour of flaxseed is rich in omega-3 which is actually an anti-inflammatory essential fatty acid. The good amounts of fiber in the flaxseed flour feeds the beneficial bacteria inside our gut, strengthening the immune system to fight off the anti-candida infections. So, to fully reap the health benefits of flaxseeds, chia seeds, coconut creams and oils, try this tasty, super easy and quick sugar-free cupcake recipe!

Directions

1. Preheat the oven to 350°F (175°C).
2. In a medium sized mixing bowl, add the beaten eggs, coconut oil, water, and vanilla extract. Mix them well.
3. In another bowl, add, flaxseed flour, two tablespoons of stevia, cinnamon powder and baking powder. Mix it well.
4. Combine dry mixture with the egg batter. Mix them well until smooth cupcake batter is formed.
5. Transfer the batter into the cupcake baking tray.
6. Place the baking in the oven for 15 minutes at 350°F.
7. In the meanwhile in a small bowl, add the coconut cream, 1 teaspoon of stevia and chia seeds. Mix them well.
8. Take out the baked cupcakes and set them aside to cool.
9. Spread the coconut cream over the cupcakes and set the berries over the cupcakes. Serve and enjoy!

Calories	304Kcal
Proteins	8.2g
Fats	27.7g
Carbohydrates	8.7g
Sugar	0g
Fiber	7.7g

Ingredients

- ★ **Eggs:** 3, beated
- ★ **Coconut Oil:** 1/3 cup
- ★ **Water:** 1 Tbsp, warm
- ★ **Vanilla Extract:** 1 Tsp
- ★ **Cinnamon Powder:** 2 Tbsp
- ★ **Stevia Powder:** 1/4 cup
- ★ **Flaxseed Flour:** 1 cup
- ★ **Baking Soda:** 1 Tsp
- ★ **Coconut Cream:** 100 ml
- ★ **Chia Seeds:** 1 Tbsp
- ★ **Berries:** 6

Crispy Tahini Bites



Yield



9 biscuits

Prep Time



5 Mins

Cook Time



10 Mins

Total Time



15 Mins

This super easy and super quick delight is a wonderful option to go with when you are on a diet and off your patience to satisfy your sweet tooth. The simple combination of almond and coconut flour in the batter is rather wonderful nutritional duo. Almond flour is rich in vitamin E which is a potent antioxidant. The antibacterial properties of this flour help in ceasing body's yeast overgrowth. A drizzle of tahini (sesame paste) in the batter is actually an addition to energy boost, and improvement in a healthy digestion.

Directions

1. Preheat the oven to 356°F.
2. In a medium bowl, add coconut flour, almond flour, baking powder, tahini, and stevia. Mix them well. Add water in the batter and combine them well to a thick tough.
3. Scoop out the dough and make the balls out of the batter. With the help of a fork lightly press the balls over the baking tray.
4. Place the baking tray in the oven and bake for 10 minutes at 356° F.
5. Take out the tray and set it aside to cool.
6. Serve and enjoy!

Calories	67 Kcal
Proteins	2.5g
Fats	4.5g
Carbohydrates	4.9g
Sugar	1.14g
Fiber	1.3g

Ingredients

- ★ **Coconut Flour:** 7 Tbsp, unsweetened
- ★ **Almond Flour:** 4 Tbsp
- ★ **Baking Powder:** 1 Tsp
- ★ **Tahini:** 2 Tbsp
- ★ **Stevia Powder:** 3 Tsp
- ★ **Water:** 2

Strawberry and Chia Creamy Parfait



Yield



2 servings

Prep Time



10 Mins

Freezing Time



30 Mins

Total Time



40 Mins

This strawberry creamy chia parfait is a classic treat to your taste buds after a perfect anti-candida meal. Strawberries adds sweet, juicy and slightly savory taste to the creamy parfait. Strawberries are low in carbohydrates and high in beneficial vitamins, minerals, potent antioxidants essential for candida preventive meal. Coconut cream and chia seeds are well-packed with anti-inflammatory and anti-bacterial components that strengthen your body defense against candida infection

Directions

1. In the bowl of food processor, pulse in the strawberries until they form a uniform strawberry paste.
2. Add coconut cream, chia seeds, stevia, and salt. Process it is combined well.
3. Transfer it into the serving jars and place it in the refrigerator for half an hour.
4. Serve the chilled strawberry and chia creamy parfait.

Calories	542 Kcal
Proteins	18.8g
Fats	49.5g
Carbohydrates	5.5g
Sugar	3.5g
Fiber	12.5g

Ingredients

- ★ **Strawberries:** 2 cup
- ★ **Coconut Cream:** 1 1/2 cup
- ★ **Chia Seeds:** 1/4 cup
- ★ **Stevia Powder:** 2 Tsp or up to taste
- ★ **Salt:** a pinch



DINNER

Dinners being the last meal of the day is very important. Anti-candida cuisine has many gluten-free food elements to prepare a be-filled meal.

Here are some mouth-watering anti-candida dessert recipes which are made out of all anti-candida approved ingredients yet very rich in flavor

Cabbage Chicken Dumplings



Yield



7 dumplings

Prep Time



10 Mins

Cook Time



15 Mins

Total Time



25 Mins

These easy to make chicken dumplings are basically boiled cabbage leaves stuffed with chicken and onions. They are fried in the best anti-inflammatory olive oil and are all ready to be served. Cabbage, a cruciferous vegetable which is used as food and as well as in traditional medicines. Various studies have reported antifungal activities of cabbage leaves which can significantly help in reversing the candida infection

Directions

1. In a medium sized skillet, boil the cabbage leaves until they are tender.
2. Fill the boiled cauliflower leaves with minced cooked chicken and chopped onions. Nicely roll them up and place in a separate dish.
3. In a large sized pan, heat the olive oil on a medium high flame. Place the prepared cabbage dumplings to the pan and fry it until they get light brown color.
4. Take the dumplings out of the pan and serve.

Calories	178 Kcal
Proteins	10.1g
Fats	14g
Carbohydrates	2.4g
Sugar	0g
Fiber	2.13g

Ingredients

- ★ **Cabbage Leaves:** 7-8
- ★ **Cooked Chicken:** 200 g, minced
- ★ **Olive Oil:** 2 Tbsp
- ★ **Onion:** 1 small, chopped

Chicken Cabbage Coleslaw Wraps



Yield



3 wraps

Prep Time



10 Mins

Cook Time



10 Mins

Total Time



20 Mins

This light anti-candida dinner recipe features the spiced grilled chicken, cabbage coleslaw and pickled onion slices wrapped in gluten-free buckwheat tortillas. The anti-candida goodness of cabbage and yogurt coleslaw in the wrap will benefit your infective condition apart from giving the wrap roll a classic flavour and crunch. Cabbage has a good amount of vitamin C which is a powerful antioxidant. Pickled onions encourage a healthy growth and balance in your gut microflora, strengthening the innate immunity to fight off various viral yeast and pathogens. These remarkable benefits packed in these wraps are all there to help you have an anti-candida yeast growth protection.

Directions

1. In a mixing bowl, add yogurt, half teaspoon of salt, red pepper powder, fenugreek leaves, lemon juice, minced garlic and chicken. Mix them well until the chicken is nicely coated. Marinate it for 30 mins.
2. In a large pan, heat the olive oil and add the marinated chicken. Now add the marinated chicken in to the pan and let them cook until nicely tendered. Take them out in a separate dish and set them aside.
3. In small mixing bowl, add the pickled onions, lemon juice, and ¼ teaspoon of salt. Mix it well and set it aside.
4. In another small mixing bowl, add 1 cup of yogurt, mint and coriander paste, cabbage and green bell pepper. Mix it well and set the coleslaw set it aside too.
5. Now on warmed buckwheat wraps, place cabbage coleslaw mixture, some pickled onions, cooked chicken cubes, and roll them.
6. Place the prepared rolls in a serving dish and enjoy.

Calories	131 Kcal
Proteins	15.8g
Fats	3.62g
Carbohydrates	9.37g
Sugar	0g
Fiber	0.35g

Ingredients

- ★ **Chicken Breast:** 1, cube sized cut
- ★ **Yogurt:** 1 ½ cup
- ★ **Salt:** 1 Tsp or up to taste
- ★ **Red Pepper Powder:** 1 Tsp
- ★ **Fenugreek Leaves:** 1 Tbsp, dried
- ★ **Lemon juice:** 1 ½ lemon
- ★ **Garlic:** 1Tsp, minced
- ★ **Olive oil:** 1 Tbsp
- ★ **Pickled Onions:** 1 small, sliced
- ★ **Coriander and Mint Paste:** 1 Tbsp
- ★ **Cabbage:** 1 cup, shredded
- ★ **Green Chili:** 1/2, chopped
- ★ **Buckwheat wraps:** 3

Cheesy Spinach and Mushrooms with Grilled Chicken



Yield



3-4 servings

Prep Time



5 Mins

Cook Time



20 Mins

Total Time



25 Mins

Make your day's last meal more enriched and healthier by adding more flavourful and nutritious anticandidal vegetables. Mushrooms, spinach, capsicum will perfectly pair well with the chicken fillets. Mushrooms are rich in antioxidants, essential B vitamins and minerals which aids in boosting the immune system. Spinach in this recipe being one of the nutritious gluten free vegetable is icing on cake! Addition of sliced capsicum not only adds flavour to the meal but also enhances the nutritional value of the recipe. Capsicums are gluten-free and low in carbohydrates. Plant components in capsicum such as Capsanthin, Violaxanthin, Lutein, Quercetin are the potent antioxidants making this vegetable candida protective.

Directions

1. Grease the pan and place the chicken fillets. Cook them until nicely tendered. Take them out and set aside
2. Pour in the olive oil in the pan. Add the chopped onion and minced garlic. Saute them and add sliced mushrooms. Cook them for 5 mins and add spinach to the pan. Cover the pan and let it cook for 5-7 mins on a medium low flame.
3. Now uncover the pan and add capsicum. Mix it well.
4. Add the almond milk, yogurt, salt, pepper, and oregano. Mix it well. Let it cook for 2-3 mins and remove the pan from the stove.
5. On a baking tray place the chicken fillets. Add the spinach and mushroom mixture over the cooked chicken breasts. Sprinkle the goat's mozzarella cheese over it.
6. Microwave it for 10 minutes and serve.

Calories	240 Kcal
Proteins	36g
Fats	7.9g
Carbohydrates	7.3g
Sugar	2g
Fiber	3.25g

Ingredients

- ★ **Chicken Breast:** 4
- ★ **Olive Oil:** 1 Tbsp
- ★ **Onion:** ½, small
- ★ **Garlic:** 2 cloves, minced
- ★ **Mushrooms:** 1/4 cup, sliced
- ★ **Spinach:** 3 cup, shredded
- ★ **Capsicum:** 1/2, sliced
- ★ **Almond Milk:** 1/2 cup, unsweetened
- ★ **Yogurt:** ½ cup
- ★ **Salt:** 1/4 Tsp
- ★ **Pepper:** 1/4 Tsp
- ★ **Goat's Mozzarella Cheese:**
1/2 cup, shredded

Egg Curry

Yield



3 servings

Prep Time



5 Mins

Cook Time



20 Mins

Total Time



25 Mins



Not in a mood of complicated cooking but still want to fill your stomach with something super healthy and delicious? Egg curry is perfect match for that then. Tomato puree spiced by aromatic herbs is poured over boiled eggs. Eggs are all fine to eat on a yeast control diet. Spices like turmeric and red chili gives the curry significantly a different taste. Turmeric on the other hand is anti-inflammatory condiment that supports the recipe for its anti-candida purpose.

Directions

1. In a small pot, boil the eggs for 6 minutes. Peel off the egg shell and set the boiled eggs aside.
2. In a medium sized skillet, heat the olive oil. Add in the onion paste, minced garlic, red chili powder, turmeric, and salt. Saute them well.
3. Now add the tomato puree and cook it for 5-6 minutes. Add water and cover the skillet. Let it cook on a medium high flame for 8 minutes.
4. Uncover the skillet and place the boiled eggs. Mix them well.
5. Serve the curry with cauliflower rice.

Calories	746 Kcal
Proteins	6.53g
Fats	14.5g
Carbohydrates	2.9g
Sugar	2.2g
Fiber	0.73g

Ingredients

- ★ **Eggs:** 3
- ★ **Garlic:** 2 cloves, minced
- ★ **Onion Paste:** 1 small onion
- ★ **Green Chili:** 1. Chopped
- ★ **Olive Oil:** 2 Tbsp
- ★ **Turmeric:** 1 Tsp
- ★ **Red Chili Powder:** 1 Tsp
- ★ **Coriander Powder:** 1 Tsp
- ★ **Salt:** 1/4 Tsp
- ★ **Tomato Puree:** 1 tomato
- ★ **Water:** 1 cup
- ★ **Coriander:** 1 Tbsp, chopped

Egg Fried Cauliflower Rice



Yield



4 servings

Prep Time



5 Mins

Cook Time



10 Mins

Total Time



15 Mins

Feeling deficient of anti-candida dinner recipe options to go with? Here is a super easy classic recipe of egg fried cauliflower rice that you are definitely going to love. Cauliflower has a good amount of essential vitamins and minerals. They are high in fiber and low in carbohydrates. This altogether makes it candida friendly. Adequately spiced egg batter pored in the cauliflower rice adds nutritional value to the recipe apart from enhancing its flavour.

Directions

1. Place the cauliflower florets in the bowl of food processor. Process them well.
2. In a medium mixing bowl, break the eggs, add dijon mustard, minced garlic, black pepper, and salt. Wisk them well and set aside.
3. Heat a skillet over a medium flame and add the cauliflower rice. Cook them for 5-7 minutes.
4. In the middle of skillet add olive oil and heat it for a few seconds. Now add the egg batter and mix it nicely with cauliflower.
5. Cook until the eggs are nicely done.
6. Transfer the egg fried cauliflower rice in the serving plate and serve.

Calories	61 Kcal
Proteins	4.30g
Fats	4.43g
Carbohydrates	3.35g
Sugar	0.15g
Fiber	1.25g

Ingredients

- ★ **Cauliflower Florets:** 1 head
- ★ **Eggs:** 2
- ★ **Dijon Mustard:** 1 Tbsp
- ★ **Garlic:** 2 cloves
- ★ **Chili Powder:** 1 Tsp
- ★ **Salt:** 1/4 Tsp
- ★ **Black Pepper:** 1/4 Tsp
- ★ **Green Onion:** 2 Tbsp

Meatball Curry



Yield



5 servings

Prep Time



10 Mins

Cook Time



20 Mins

Total Time



30 Mins

This classic anti-candida recipe of meatballs simmered in a tasteful tomato puree and aromatic spices will definitely make you drool over. All the ingredients used in this recipe are well tolerated in inflammatory condition. This meatball curry will perfectly stand well with gluten-free cauliflower rice!

Directions

1. In the bowl of food processor, add boneless chicken, black pepper, white pepper, red pepper flakes, garlic, salt, green onion, psyllium husk, goat's mozzarella cheese, Blend until nicely combined and processed.
2. Now add chopped and sauteed onion, parsley and blend it again.
3. Make the balls out of the batter and fry them in a pan until they get golden brown. Take the balls out of the pan and them aside.
4. In a jar, add fried onion and tomato puree. Blend them with a hand beater and set the onion tomato mixture aside.
5. In the same pan, saute minced garlic. Add chili powder, salt, dried coriander, and turmeric powder. Cook it for a minute and add the onion tomato mixture into the pan. Give it a good mix and allow it to cook for 5 minutes on a medium flame.
6. Now add in the fried meat balls in to the curry and add yogurt.
7. Transfer the meatball curry into the dish and serve it with cauliflower rice.

Calories	239 Kcal
Proteins	24.8g
Fats	13.1g
Carbohydrates	7.4g
Sugar	0.9g
Fiber	0.96g

Ingredients

- ★ **Chicken:** 500 g, boneless
- ★ **Black Pepper:** 1 Tsp
- ★ **White Pepper:** 1/2 Tsp
- ★ **Red pepper Flakes:** 1/2 Tsp
- ★ **Garlic:** 3 Tsp, minced
- ★ **Salt:** 2 Tsp
- ★ **Green Onion:** 2 Tbsp
- ★ **Goat's Mozzarella Cheese:** 2Tbsp
- ★ **Sauteed Onion:** 2 med, chopped
- ★ **Tomato Puree:** 1 cup
- ★ **Chili Pepper:** 1 Tsp
- ★ **Dried Coriander:** 1 Tsp
- ★ **Yogurt:** 2 Tbsp
- ★ **Turmeric:** 1 Tsp

Vegetable Fritters



Yield



5 servings

Prep Time



10 Mins

Cook Time



10 Mins

Total Time



20 Mins

The self-shaped fried vegetable in your dinner plate might be a healthy addition to your anti-candida diet. Ground gluten-free vegetables like bell peppers, carrots and cabbage are paired together. They are shaped and fried into fritters. These vegetables are anti-inflammatory and rich in various essential vitamins and minerals that enhance the body immune system. Thus, super healthy to add in your anti-candida diet routine!

Directions

1. In the bowl of food processor, add cabbage and blend it well. Pat dry the ground cabbage between paper towels and transfer it in a bowl. Set it aside.
2. In a pan, heat olive oil on a medium flame. Saute ginger powder and minced garlic.
3. Add the sauteed ginger and garlic, salt, red chili powder, turmeric powder, black pepper powder, bell peppers, carrots, and eggs into the bowl with dried ground cauliflower. Add almond flour into the fritters' batter to get desired consistency.
4. Add olive oil in the pan to fry the fritters. Make fritters out of the batter and place them into the hot oil to fry adequately from the either side.
5. Transfer the fritters into the serving tray and enjoy them with salad and coconut bread.

Calories	65.7 Kcal
Proteins	3.3g
Fats	3.69g
Carbohydrates	5,78g
Sugar	0g
Fiber	2.48g

Ingredients

- ★ **Cabbage:** 1
- ★ **Olive Oil:** 1 Tbsp
- ★ **Ginger Powder:** 1 Tsp **Garlic:** 1 Tsp, minced
- ★ **Salt:** up to taste
- ★ **Red Chili Powder:** 1/4 Tsp
- ★ **Turmeric Powder:** 1/4 Tsp
- ★ **Eggs:** 3
- ★ **Almond flour:** 3 tbsp
- ★ **Bell pepper:** ½
- ★ **Carrots:** 1/4 cup

Tahini Bun Vegetable Burger



Yield



5 servings

Prep Time



10 Mins

Cook Time



10 Mins

Total Time



20 Mins

Finely prepared grain-free hearty tahini burger buns paired with vegetable fritters and topped with creamy mint and coriander yogurt along with tomato and cucumber slices will be your all time go-to-dinner. Tahini buns' batter is simply and easily prepared with all candida friendly ingredients. These delicious 'Tahini Bun Vegetable Burgers' are the best replacement for the burgers made out of refined flour!

Directions

1. In a medium sized mixing bowl, add tahini, egg, baking powder, salt, and apple cider vinegar. Mix it until well combined.
2. On a medium-high flame grease a pan and scoop out two tablespoons of the tahini batter. Cook both sides of the tahini bun until they get a light brown texture. Likewise make three tahini buns and set them aside.
3. Place a tahini bun on a dish, place a vegetable fritter, pour two teaspoons of coriander and herb yogurt over the vegetable fritter, place another bun over it. Now add another vegetable fritter on the next bun, add a slice of tomato, cucumber, and mozzarella cheese. Now cover it with another tahini bun.
4. If required, cut the burger into half and serve it hot!

Calories	239 Kcal
Proteins	7.25g
Fats	13.9g
Carbohydrates	9.28g
Sugar	0.15g
Fiber	3.88g

Ingredients

- ★ **Tahini:** 2 Tbsp
- ★ **Egg:** 1
- ★ **Baking Powder:** 1/2 Tsp
- ★ **Salt:** a pinch
- ★ **Apple Cider Vinegar:** 1 Tbsp
- ★ **Vegetable Fritters:** 2
- ★ **Coriander Mint Yogurt:** 1 Tbsp
- ★ **Tomato:** 1/2, sliced
- ★ **Cucumber:** 1/2, sliced
- ★ **Goat's Mozzarella Cheese:** 1 Tbsp

Beef Stroganoff

Yield



5 servings

Prep Time



10 Mins

Cook Time



10 Mins

Total Time



20 Mins



Beef stroganoff is one of a perfect go to dinner for beef lovers. Beef fried chunks in perfectly spiced creamy mushroom sauce will absolutely make you drool over. With all that flavour every ingredient in this recipe is approved candida friendly food component. Beef stroganoff will stand well with lightly spiced sauteed zoodles in your anti-candida dinner.

Directions

1. In a large pan, heat two tablespoons of olive oil and add stripped beef. Cover the skillet and cook until nicely tendered. Take the fried beef out in a dish and set aside.
2. In the same pan, add rest of the olive oil and heat it on a medium flame. Add onion and garlic until fragrant.
3. Add sliced mushrooms and cook them for 5-7 minutes.
4. Add salt, pepper, chili powder and cook for 2-3 minutes.
5. Add the fried beef in the pan and pour in the water.
6. Cover the pan and cook until water remains half and beef is nicely soft and tendered.
7. Add one-fourth cup of yogurt in the pan and give it a good mix. Cover and cook for 6-7 minutes on a medium-low flame.
8. In another small cooking pot, add olive oil and zucchini noodles. Sprinkle in the salt and pepper and cook for 2-3 minutes.
9. In a serving plate, transfer the cooked zoodles and drop some beef stroganoff over them. Add a tablespoon of yogurt over it. Garnish it with chopped parsley and serve.

Calories	392 Kcal
Proteins	21.6g
Fats	32.8g
Carbohydrates	3.4g
Sugar	2.9g
Fiber	0.6g

Ingredients

- ★ **Olive Oil:** 3 Tbsp
- ★ **Beef:** 1 cup, boneless and stripped
- ★ **Onion:** 1 medium, chopped
- ★ **Garlic:** 1 clove, minced
- ★ **Mushroom:** ½ cup, sliced
- ★ **Chili Powder:** ½ Tsp
- ★ **Salt:** up to taste
- ★ **Pepper:** ½ Tsp
- ★ **Water:** ½ litter
- ★ **Yogurt:** 1/2 cup
- ★ **Zucchini Noodles:** 1/2 zucchini
- ★ **Parsley:** 1 Tbsp, chopped

Buckwheat Chicken Vegetable Pasta



Yield



4 servings

Prep Time



10 Mins

Cook Time



20 Mins

Total Time



30 Mins

A best way to satisfy your taste buds is by feeding yourself with these savory gluten-free buckwheat chicken vegetable pasta in your dinner time. Buckwheat noodles are generously piled with candida friendly vegetables like cabbage, capsicum, and carrots. All the selected puree and spices are well tolerated in inflammatory conditions. This recipe is crafted foreseeing all the concerns of candida yeast infection.

Directions

1. In a medium mixing bowl, add chicken, salt, soysauce, olive oil, and black pepper. Mix it well until the chicken is well coated. Marinate the chicken for half an hour.
2. In another mixing bowl, add tomato puree, soysauce, redpepper flakes, black pepper, apple cider vinegar, white pepper, salt, and stevia powder. Mix it well until well combined. Set the noodle sauce aside.
3. In a large skillet, heat olive oil and sauté garlic until fragrant. Add the marinated chicken and fry it until well tendered.
4. Add carrots, cabbage, capsicum, and onion. Mix it well and set aside.
5. In another skillet, boil buckwheat spaghetti and drain in cold water.
6. In the skillets with chicken and vegetables, add the prepared noodle sauce and mix it well. Now add boiled noodles in the chicken and vegetable mixture. Give it a good mix and serve it hot.

Calories	340 Kcal
Proteins	24.5g
Fats	22.9g
Carbohydrates	23.3g
Sugar	0.7g
Fiber	2.1g

Ingredients

- ★ **Chicken:** ½ kg
- ★ **Salt:** up to taste
- ★ **Black pepper:** 1 Tsp
- ★ **Soy sauce:** 2 Tbsp
- ★ **Olive:** 3 Tbsp
- ★ **Tomato Puree:** 1 cup
- ★ **Red Pepper Flakes:** 1 tsp
- ★ **Apple Cider Vinegar:** 1 Tbsp
- ★ **White Pepper:** ½ Tsp
- ★ **Salt:** 1 Tbsp or up to taste
- ★ **Stevia:** ½ Tsp
- ★ **Garlic:** 1 tsp. minced
- ★ **Carrots:** 1 cup, julienne
- ★ **Cabbage:** 1 cup, shredded
- ★ **Capsicum:** 1 cup, julienne
- ★ **Onion:** 1 cup, sliced

Chicken Alfredo



Yield



2 servings

Prep Time



5 Mins

Cook Time



20 Mins

Total Time



25 Mins

Nothing spells more comfortable than the cheesy and creamy bites. And if you are on an anti-candida diet and are feared to include dairy in your meal, then you are on an absolutely right page! This recipe is made out of maximum dairy free and candida friendly ingredients. Mushrooms apart from giving a savory flavour to the recipe also enhances the overall food nutrition. Savory creamy mushroom sauce is smeared over grilled chicken to satisfy your night hungers in the healthy anti-candida protocols

Directions

1. In a large dish, place vertically sliced pieced of chicken breast and sprinkle a pinch of salt and pepper over them. Mix them and marinate for 30 minutes.
2. Pour two tablespoons of olive oil in a large sized pan and heat it. Place the marinated chicken pieces in the pan and let them cook until they are tendered and get light brown colour. Take them out of the pan and set them aside.
3. Without wasting the leftovers of the fried chicken, add rest of the olive oil in the same pan and heat it. Add the sliced mushrooms and cook for 5 minutes.
4. Pour in the almond milk and cook until it gets a boil.
5. Now drop in the shredded goat's mozzarella cheese in the pan and mix it well. Add salt and pepper and cook until the alfredo sauce thickens.
6. Now in a serving dish, place the grilled chicken breast pieces and pour over the alfredo sauce. Sprinkle over the parsley and black pepper. Serve it hot!

Calories	357 Kcal
Proteins	31g
Fats	24g
Carbohydrates	5.12g
Sugar	3.5g
Fiber	0.53g

Ingredients

- ★ **Chicken Breast:** 1, vertically sliced in to three
- ★ **Olive Oil:** 3 Tbsp
- ★ **Garlic:** 1 clove, minced
- ★ **Mushroom:** 1/4 cup, sliced
- ★ **Salt:** 1/4 Tsp
- ★ **Pepper:** 1/4 tsp
- ★ **Goat's Mozzarella Cheese:** 1 cup
- ★ **Almond milk:** 1 cup
- ★ **Parsley:** 1 Tbsp

Chicken and Vegetable Stir-Fry



Yield



2 servings

Prep Time



15 Mins

Cook Time



10 Mins

Total Time



25 Mins

Are you in a hurry and desiring to make something filling and tasteful? Anti-candida chicken and vegetable stir fry meal is something worth making. It is super quick and easy yet tempting. Chicken along with anti-inflammatory vegetables like cabbage and capsicum are stir fried. They are adequately spiced by aromatic dried herbs. This stir-fry is all ready to be placed on your dinner tables and enjoyed with boiled brown rice!

Directions

1. Prepare the rice as instructed on the package and set them aside.
2. In a pan, add a tablespoon of olive oil and saute garlic until fragrant. Add chicken in the pan and cook and cover the pan until the minced chicken whitens and tendered. Add the salt in the minced chicken. Mix it well, take the chicken out of the pan and set it aside.
3. Add the remaining olive oil in the pan, saute cabbage, capsicum, and onion. Sprinkle a tablespoon of salt and pepper. Add the cooked minced chicken.
4. Turn the flame off. Add rest of the black pepper, white pepper, and oregano. Mix it well.
5. In a serving plate, set the prepared brown rice. Add the stir-fry chicken. Garnish it with green onions and serve.

Calories	333 Kcal
Proteins	20.3g
Fats	14.6g
Carbohydrates	18.1g
Sugar	1.5g
Fiber	2.1g

Ingredients

- ★ **Brown rice:** 1 cup, cooked
- ★ **Olive Oil:** 2 Tbsp
- ★ **Minced Chicken:** 200g
- ★ **Cabbage:** 1/2, sliced
- ★ **Capsicum:** 1/2 cup, sliced
- ★ **Onion:** 1cup, sliced
- ★ **Salt:** a pinch
- ★ **Black pepper:** 1 Tsp
- ★ **White Pepper:** 1/2 Tsp
- ★ **Oregano:** 1 tsp, dried



SOUPS

Soups are light weight and refreshing options for a light mood. Cabbage, tomatoes, green peas, chicken, and other non-starch vegetables can be used to make a variety of soups from them.

Here are some recipes which are made out of all candida friendly ingredients yet very rich in flavor and extremely beneficial for anti-candida diet

Creamy Tomato Soup



Yield



3 servings

Prep Time



5 Mins

Cook Time



15 Mins

Total Time



20 Mins

This thick, smooth and silky anti candida creamy tomato soup is all there to make your day. Coconut cream accompanied by goat's cheese will add the real creaminess to this perfectly spiced soup. Tomatoes are rich in carotenoids and antioxidants that will boost your immunity to fight against the viral infections. The combination of stevia and salt gives the recipe distinct and a rich flavour.

Directions

1. In a large skillet, drizzle and heat olive. Add garlic cloves, onion, and tomatoes. Cover and cook for 5-7 minutes on a medium heat.
2. Use a hand blender to blend them. Add vegetable stock and continue blending until smooth.
3. Pour in the apple cider vinegar, stevia powder, coconut cream, almond milk, salt, and pepper. Mix it well and cook for 7-10 minutes on a low flame.
4. Pour the soup in the serving bowls and garnish with chopped parsley. Serve it hot.

Calories	294 Kcal
Proteins	7g
Fats	27.g
Carbohydrates	5.5g
Sugar	3.25g
Fiber	1.25g

Ingredients

- ★ **Tomatoes:** 4 med
- ★ **Olive oil:** 2 Tbsp
- ★ **Garlic:** 4 cloves, whole
- ★ **Onion:** 1/2, chopped
- ★ **Stevia Powder:** 1 tsp
- ★ **Coconut Cream:** 1 cup
- ★ **Vegetable Stock:** 3 cup
- ★ **Goat's Parmesan Cheese:** 1/2 cup
- ★ **Black pepper:** 1 tsp
- ★ **Apple Cider Vinegar:** 1 Tbsp
- ★ **Salt:** 1 tsp

Creamy Cauliflower Soup



Yield



4 cups

Prep Time



10 Mins

Cook Time



20 Mins

Total Time



30 Mins

This warm and creamy anti-candida cabbage soup is packed with tons of nutritious goodness. Cauliflower is a significant source of many vital nutrients. It is rich in anti-inflammatory components that play a very essential part in strengthening the body self defence against viral infections like the one candida yeast overgrowth

Directions

1. In a large skillet, heat olive oil. Add sliced onions and saute them.
2. Add cauliflower florets and garlic to the skillet. Sprinkle over nutmeg powder and black pepper powder. Mix it well.
3. Pour in the water and cover the skillet. Let it cook until the cauliflower is nicely tendered and soft.
4. Take out the cauliflower florets from the pan and put them into bowl of food processor. Blend them well and add the left-over water from the pan into the bowl of food processor. Blend it again until smooth.
5. Pour the cauliflower soup in to the skillet and add salt and pepper to taste. Mix it well and pour the creamy cauliflower soup into the serving bowls. Add the sliced goat's mozzarella cheese and parsley over the soup and serve it hot!

Calories	100 Kcal
Proteins	1.63g
Fats	9.4g
Carbohydrates	3.67g
Sugar	0g
Fiber	2g

Ingredients

- ★ **Olive Oil:** 2 tbsp
- ★ **Onion:** 1 med, sliced
- ★ **Cauliflower Florets:** 1 med
- ★ **Garlic:** 4 cloves
- ★ **Nutmeg Powder:** ¼ Tsp
- ★ **Black Pepper:** 1/4 Tsp
- ★ **Water:** 1/2 liter
- ★ **Goat's Mozzarella Cheese:**
2 Tbsp, sliced

Creamy Mushroom Soup



Yield



3 dumplings

Prep Time



10 Mins

Cook Time



10 Mins

Total Time



20 Mins

Cozy up with a cup of anti candida creamy mushroom soup. Most of the disturbing dairy ingredients are replaced with anticandidal ingredient to make your restricted diet plan more exciting and successful. Mushrooms are rich in vitamins, minerals, antioxidants and fiber that are benefits your digestive system

Directions

1. In a pan, heat olive oil and saute onion and add mushrooms. Cook them for 5-7 minutes and pour in the chicken broth.
2. Add the full fat coconut cream, salt and pepper to taste. Mix it well and allow it to cook until desired consistency is obtained.
3. Pour the soup in a bowl and serve.

Calories	322 Kcal
Proteins	4.3g
Fats	32.5g
Carbohydrates	7.1g
Sugar	1.1g
Fiber	1.1g

Ingredients

- ★ **Olive Oil:** 2 Tbsp
- ★ **Onion:** 1 medium, sliced
- ★ **Mushrooms:** 8 chopped
- ★ **Chicken Broth:** ½ cup
- ★ **Coconut Cream:** ¾ up
- ★ **Salt and Pepper:** up to taste

Creamy Spinach Soup



Yield



1 serving

Prep Time



5 Mins

Cook Time



15 Mins

Total Time



20 Mins

This anti candida creamy and tasteful spinach soup is definitely a feast to your taste buds. When it comes to fight against the body infections, your immune system is the army that will create a strong defence against the infective pathogens. Spinach is rich in vitamin C, which is a potent antioxidant, proves to strengthen the body's immunity to ward off viral and bacterial microorganisms.

Directions

1. In a medium pan, heat olive oil and saute garlic and onion.
2. Add in the spinach leaves and broth. Cover the pan and cook until spinach is tendered.
3. Uncover the pan and add salt and pepper. Mix it well and let it cook for another 7-10 minutes on a low flame.
4. Using a hand blender, blend the spinach in the pan until smooth and frothy.
5. Pour the spinach soup in a serving bowl and add coconut cream and a sprinkle of black pepper powder. Serve it hot!

Calories	174 Kcal
Proteins	2.8g
Fats	15.3g
Carbohydrates	8.4g
Sugar	0g
Fiber	2.2g

Ingredients

- ★ **Olive Oil:** 2 tbsp
- ★ **Onion:** 1 med
- ★ **Garlic:** 1 Tsp
- ★ **Spinach:** 4 cup, chopped
- ★ **Salt:** ¼ tsp or up to taste
- ★ **Pepper:** ¼ tsp
- ★ **Vegetable Stock:** 1 cup
- ★ **Coconut Cream:** 2 Tbsp

Gluten-Free Hot and Sour Chicken Soup



Yield



1 serving

Prep Time



5 Mins

Cook Time



15 Mins

Total Time



20 Mins

A healthy bowl of warm filling soup on a tiring weekend is the best comfort food. This recipe is made out of all candida friendly ingredients that you are going to love in your restricted dietary routines. Shredded crunchy cabbage, capsicum, cabbage, carrots, and green beans cooked in this umami rich minced chicken soup is all there to nourish your body on an anti-candida diet!

Directions

1. In a medium skillet, heat olive oil saute, garlic, ginger, and green chili.
2. Add onion, cabbage, carrots, capsicum, and green peas. Cook them for 2-3 minutes and add water.
3. Pour in the soy sauce, apple cider vinegar, chili sauce, black pepper, and stevia powder. Let it cook until chicken is well tendered
4. Sprinkle in psyllium husk and salt. Mix it well.
5. Take the soup out in the serving bowl and serve it hot.

Calories	187 Kcal
Proteins	13.1g
Fats	13.3g
Carbohydrates	3.3g
Sugar	1.1g
Fiber	1.1g

Ingredients

- ★ **Olive Oil:** 2 Tbsp
- ★ **Garlic:** 2 cloves, minced
- ★ **Ginger:** 1 inch, minced
- ★ **Green Chili:** 1, chopped
- ★ **Onion:** 2 Tbsp
- ★ **Carrots:** ½ cup
- ★ **Cabbage:** 3 Tbsp
- ★ **Capsicum:** ½
- ★ **Green peas:** ½ cup, boiled and drained
- ★ **Water:** 4 cup
- ★ **Apple Cider Vinegar:** 2 Tbsp
- ★ **Soy Sauce:** 2 Tbsp
- ★ **Chili sauce:** 2 tbsp
- ★ **Black Pepper Powder:** ½ tsp
- ★ **Stevia Powder:** ½ tsp
- ★ **Salt:** half tsp
- ★ **Minced Chicken:** 200 g
- ★ **Psyllium Husk:** 1 Tbsp



SALAD

Including salads almost every day is the most healthy and common way to add excessive amounts of vegetables in your diet. Salads are rich in various essential micro and macro vitamins and minerals that are essential for your body's processes.

Here are some thoughts, tips and directions to help you anticandidal vegetables into your favorite and filling salads!

Chicken Vegetable Mix Salad



Yield



3 servings

Prep Time



10 Mins

Cook Time



10 Mins

Total Time



20 Mins

This easy and healthy anti-candida salad is filled with the delicious flavours of colourful vegetables and adequately spiced grilled chicken fillet. Apple cider vinegar is poured over the salad which is one of the best anti-candida condiments to flavour your meal. Drizzling the chicken left over is a secret to enhance the overall flavour of the recipe. Olives, cabbage cucumbers and tomatoes add the real goodness to the salad plate and as well as to the nutritional profile of the recipe!

Directions

1. In a medium sized mixing bowl, place the chicken fillet, add a pinch of salt and pepper, apple cider vinegar, and a teaspoon of olive oil. Mix it well until the chicken is nicely coated and marinate for half an hour.
2. In a pan, pour and heat a tablespoon of the olive oil. Add the marinated chicken and cook on a medium flame until nicely tendered.
3. In a small bowl take out the resting juices of the chicken from the pan and set it aside.
4. In another mixing bowl, add Greek yogurt, a table spoon of olive oil, leftover of chicken, lemon juice, ¼ teaspoon salt and pepper and cayenne pepper. Mix until nicely combined and set the yogurt aside.
5. Now in the serving tray, spread the shredded cauliflower, place in the sliced grilled chicken breast, tomatoes, cucumbers and olives. Pour in the prepared yogurt and mix the salad well. Serve and enjoy.

Calories	294 Kcal
Proteins	21.7g
Fats	17.4g
Carbohydrates	15.4g
Sugar	1.6g
Fiber	4.5g

Ingredients

- ★ **Chicken Breast:** 1
- ★ **Salt:** 1 Tsp
- ★ **Black Pepper:** ¼ Tsp
- ★ **Apple Cider Vinegar:** 1 Tbsp
- ★ **Olive oil:** 3 Tbsp
- ★ **Tomatoes:** 1 medium, sliced
- ★ **Cucumber:** 1 medium, sliced
- ★ **Black Olives:** 3
- ★ **Cabbage:** 2 cups, chopped
- ★ **Greek Yogurt:** 1 Tbsp
- ★ **Lemon Juice:** 1 Tsp
- ★ **Cayenne Pepper:** ¼ Tsp

Chicken and Spinach Slaw Salad



Yield



3 servings

Prep Time



10 Mins

Cook Time



10 Mins

Total Time



20 Mins

When it comes to a quick, tasty and healthy salad in your restricted diet routines, nothing fits better than this classic spinach layered chicken salad with other tossed vegetable mix on the salad plate. Mushrooms and olives in the vegetable mix adds the real perfection to the taste of the salad recipe. Cabbage, capsicum, cucumbers, mushrooms, olives, and tomatoes are super anti candida ingredients with an excellent stacking of a lot of vitamins, minerals, and anti oxidants which will strengthen the immune system to fight off or protect against the candida yeast infection

Directions

1. In a medium sized mixing bowl, mix in the onion, tomatoes, cabbage, capsicum, mushrooms, and olives. Set them aside
2. Now on the base of serving plate, spread shredded spinach. Place breast pieces on it. Pour in the lemon juice, chicken left overs, and olive oil.
3. Sprinkle salt and pepper over the plate and mix the salad well.
4. Serve and enjoy.

Calories	379 Kcal
Proteins	35.9g
Fats	21.1g
Carbohydrates	16.7g
Sugar	0g
Fiber	8.2g

Ingredients

- ★ **Onion:** 1/2 medium, sliced
- ★ **Tomatoes:** 1 small, chopped
- ★ **Cabbage:** 1 Cup, chopped
- ★ **Capsicum:** 1 medium, chopped
- ★ **Cucumber:** 1/2 medium
- ★ **Mushrooms:** 1/4 cup, sliced
- ★ **Grilled Chicken Breast:** 1/2
- ★ **Lemon Juice:** 1 lemon
- ★ **Olive Oil:** 2 Tbsp
- ★ **Olives:** 8
- ★ **Spinach:** 1 ½ cups, chopped

Chickpea Rainbow Salad



Yield



1

Prep Time



10 Mins

Cook Time



10 Mins

Total Time



20 Mins

If you are a chickpea lover, can out your chickpeas into this fresh and super tasteful vegetable rainbow! This filling salad will enhance the growth and health of your gut microflora. Chickpeas are gluten free and are a good source of minerals and fibers necessary for a healthy digestion

Directions

1. Add tomatoes, cucumbers, chickpeas, sauteed onions, capsicum.
2. Drizzle olive oil, lemon juice, and parsley over the salad.
3. Sprinkle salt, pepper and goat's feta cheese.
4. Mix the salad well and serve.

Calories	235 Kcal
Proteins	11.4g
Fats	13.6g
Carbohydrates	12.5g
Sugar	0g
Fiber	6g

Ingredients

- ★ **Tomato:** 2 medium, chopped
- ★ **Cucumber:** 1, sliced
- ★ **Chickpea:** 1 cup, boiled and drained
- ★ **Onion:** 1 medium, chopped and sauteed
- ★ **Capsicum:** 1 medium, chopped
- ★ **Olive oil:** 1 Tbsp
- ★ **Lemon Juice:** 1 lemon
- ★ **Parsley:** ¼ cup, chopped
- ★ **Pepper and salt:** up to taste
- ★ **Goat's Feta Cheese:** 3 Tbsp, crumbled

Eggplant Salad with Pumpkin Hummus



Yield



1 serving

Prep Time



10 Mins

Cook Time



10 Mins

Total Time



20 Mins

Wondering how to get your eggplant super soft and tender yet yummy in your salads on an anti-candida diet? Just top the eggplant slices with chilli sauce and grill on a greased pan. To make this salad more filling, flavourful and nutritious, add quinoa, green peas, and tomatoes. Lastly, give your salad a tasty and a healthy twist by adding pumpkin hummus to the salad

Directions

1. In a medium sized mixing bowl, coat the sliced eggplant with chili paste.
2. Grease a grill pan and place the coated eggplant sliced over it. Cook until they are tendered and soft. Take them out of the pan and set aside.
3. In a mixing bowl, add quinoa and green peas. Sprinkle a pinch of salt and pepper. Mix it well and set aside.
4. In another bowl, mix the chickpeas and tomato together and set the bowl aside.

Calories	362 Kcal
Proteins	15g
Fats	4.6g
Carbohydrates	70.2g
Sugar	9g
Fiber	8.4g

Ingredients

- ★ **Eggplant:** 1 medium, sliced
- ★ **Chili paste:** 1 Tbsp
- ★ **Quinoa:** 1 cup, boiled and drained
- ★ **Green Peas:** ¼ cup
- ★ **Salt and Pepper:** a pinch
- ★ **Chickpeas:** 1 cup, boiled and drained
- ★ **Tomato:** 1 med, chopped
- ★ **Pumpkin Hummus:** 2 tbsp

Tomato and Avocado Salad



Yield



3 dumplings

Prep Time



10 Mins

Cook Time



10 Mins

Total Time



20 Mins

Salty creamy avocado slices, juicy tomato chops, and tendered salty red beans will stand best with the moderately spiced tendered chicken breast pieces. Avocado is incredibly nutritious especially in your anticandidal dietary routines. Avocado is rich in antioxidants that will help you prevent from candida yeast overgrowth. A variety of nutrients and fibers in red kidney beans enhances the colon health

Directions

1. Place a grilled and sliced chicken breast on a serving plate.
2. Add sliced avocados, chopped tomatoes and boiled red beans in the plate.
3. Sprinkle salt and chopped parsley over the salad and serve.

Calories	175 Kcal
Proteins	30.8g
Fats	3.4g
Carbohydrates	6g
Sugar	0g
Fiber	1.7g

Ingredients

- ★ **Grilled Chicken:** 1 breast
- ★ **Avocado:** 1 small, sliced
- ★ **Tomato:** 1 med, chopped
- ★ **Red Beans:** ¼ cup, boiled and drained
- ★ **Salt and Pepper:** up to taste



DIPS AND SPREADS

Creamy Lime Avocado Dip

Yield



8 servings

Prep Time



5 Mins

Total Time



5 Mins



This recipe is a great way to get more raw garlic into your diet because the sharp taste is masked by the avocado. Eating raw garlic that's been blended is even better than because chopping garlic makes the allicin (the main anti-candida ingredient in garlic) in it stronger. I have many videos on Candida & Garlic on my YouTube channel which you can see here:

<https://www.youtube.com/user/CandidaCrusher/search?query=garlic>

Directions

1. Pit the avocados and scoop them into the bowl of a food processor.
2. Add all the ingredients and blend until well combined.
3. Serve with raw vegetables, grilled salmon, or chicken tenders for dipping.

Ingredients

- ★ **Avocados:** 2, large
- ★ **Cilantro:** 1 cup
- ★ **Lime Juice:** 1/4 cup
- ★ **Cumin:** 3 Tsp
- ★ **Salt:** 1/2 Tsp
- ★ **Garlic:** 3 cloves

Zucchini Dip

Yield



2 Cups

Prep Time



10 Mins

Cook Time



10 Mins

Total Time



20 Mins



Directions

1. In a large skillet, heat oil over a medium flame. Add grated zucchini, diced onions, and salt. Cover and simmer for 10 minutes, stirring halfway. Uncover skillet, add minced garlic, and pepper to taste. Sauté for 30 seconds. Remove skillet from heat and cool vegetables to room temperature, about 1 hour.
2. In the bowl of a food processor, add cooked vegetables, ground coriander, lemon zest and juice, fresh minced herbs, and yogurt. Process until the mixture is smooth.
3. Serve dip with a platter of assorted roasted vegetables.

Ingredients

- ★ **Olive Oil or Coconut Oil:** 1 Tbsp
- ★ **Zucchini:** 2, medium
- ★ **Onion:** 1/4 cup, diced
- ★ **Salt:** 1/2 Tsp or up to taste
- ★ **Pepper:** 1/2 Tsp or up to taste
- ★ **Garlic:** 1 clove
- ★ **Coriander:** ¼ tsp, ground
- ★ **Lemon zest:** 1/2 Tsp
- ★ **Lemon Juice:** 1 Tbsp
- ★ **Fresh Mint or Parsley:** 1 Tbsp, chopped
- ★ **Yogurt:** 1/4 cup, plain

Sunflower Seed Dip

Yield



1-2 cups

Prep Time



5 Mins

Total Time



5 Mins



Directions

1. Add lemon juice, apple cider vinegar, sunflower seeds, garlic cloves, salt, and black pepper. Blend them well. If the dip appears very chunky and has a hard time blending, add 1 Tablespoon of filtered water at a time and then continue blending until your dip is smooth and creamy.
2. Lastly, add your herb of choice and blend again for about 3-5 seconds to evenly combine.
3. Serve it as a topping of the salads or as chicken and fish dip sauce

Ingredients

- ★ **Filtered Water:** 1/3 cup or more if needed
- ★ **Lemon Juice:** 2 or 3 Tbsp
- ★ **Apple Cider Vinegar:** 1 Tbsp
- ★ **Unsalted Sunflower Seeds:** 1 cup, raw
- ★ **Garlic:** 2 clove, minced
- ★ **Sea Salt:** 1/4 Tsp
- ★ **Black Pepper:** a pinch
- ★ **Herb of choice (cilantro, dill, green onion, or parsley):** 2 Tbsp, fresh or dried

Tzatziki Dip

Yield



1 cups

Prep Time



5 Mins

Total Time



5 Mins



Directions

1. Add everything to a bowl and mix thoroughly.
2. Refrigerate for 1 hour for the best flavor.
3. Serve with quinoa crackers.

Ingredients

- ★ **Plain Yogurt:** 1 cup
- ★ **Cucumber:** 1/2, peeled and diced
- ★ **Garlic:** 1 clove, minced
- ★ **Apple Cider Vinegar:** 1 Tsp
- ★ **Extra Virgin Olive Oil:** 1 Tbsp
- ★ **Fresh Dill:** 1 Tsp, chopped
- ★ **Salt and Pepper:** Up to taste

Gluten-Free Cauliflower Dip



Yield



1 Medium Jar

Prep Time



10 Mins

Cook Time



15 Mins

Total Time



25 Mins

Directions

1. Preheat the oven to 180 C (356 F) and line a baking sheet with parchment paper.
2. Cut the cauliflower into small florets and place in a large bowl that holds all the cauliflower. Drizzle in 1 tablespoon of olive oil, sprinkle ground turmeric, salt, pepper, and mix with your hands to ensure its coated evenly.
3. Arrange the cauliflower on a baking sheet and place in the oven at 180 C (356 F) for 13-15 minutes until it's golden brown. Let it cool for a few minutes.
4. Transfer the roasted cauliflower into a food processor. Add the remaining 1 tablespoon of olive oil, garlic powder, chili powder, lemon juice, pine nuts, and coriander. Blend for around 3-5 minutes until everything is well combined.
5. Whilst motor is still running, slowly start adding the water, a little at a time. Keep adding water until the desired consistency is achieved.
6. For best results, chill it in the fridge for an hour before serving.

Ingredients

- ★ **Cauliflower:** 160 g
- ★ **Extra Virgin Olive Oil:** 2 Tbsp
- ★ **Turmeric:** 1/2 Tsp, ground
- ★ **Salt and Pepper:** up to taste
- ★ **Garlic Powder:** 1/2 Tsp
- ★ **Chili Powder:** 1/4 Tsp
- ★ **Lemon Juice:** 1 lemon
- ★ **Pine Nuts:** 1 Tbsp
- ★ **Fresh Coriander or Parsley:**
1 bunch, chopped
- ★ **Water:** 3 1/4 cup

Hemp Seed Ranch

Yield



3 cups

Prep Time



5 Mins

Cook Time



20 Mins

Total Time



25 Mins



This is one of my favorite dips because it allows you to get more extra virgin olive oil into your diet. Extra virgin olive oil (or EVOO) is the best oil you can eat for your gut in my personal opinion. It's also the oil richest in what are called polyphenols, which are antioxidants. Learn more about olive oil and candida in this video on my channel: <https://youtu.be/jcdvrax63-Q>

Directions

1. Place the rinsed hemp seeds, along with all of the other ingredients (except for the fresh herbs) in a blender and start blending with slow speed, gradually increasing to high. Stop and scrape down the sides as necessary. Blend until smooth and creamy.
2. Add the fresh herbs, bring the speed back down to low and give it a quick blend to incorporate.
3. Serve it with sliced vegetables, gluten-free crackers, or as a salad dressing.

Ingredients

- ★ **Raw Hemp Seeds:** 1 cup, rinsed
- ★ **Extra Virgin Olive Oil:** 1/3 cup
- ★ **Lemon Juice:** 1/4 cup
- ★ **Filtered Water:** 1/2 cup
- ★ **Raw Sunflower Seeds:** 1/2 cup
- ★ **Garlic:** 3 cloves
- ★ **Sea Salt:** 1 Tsp
- ★ **Lemon Juice:** 1 Tbsp
- ★ **Green Onion:** 2 Tbsp, chopped
- ★ **Fresh Cilantro:** 2 Tbsp, chopped
- ★ **Fresh Dill:** 1 Tbsp, chopped

Garlic Beet Hummus Dip



Yield



8 servings

Prep Time



15 Min

Cook Time



1 Hour

Total Time



1 Hour
15 Mins

Many people with Candida can tolerate hummus even though they can't tolerate black-eyed peas, adzuki beans or even regular chickpeas that haven't been blended into hummus. So if you can't tolerate chickpeas and get gas and bloating, do try this hummus recipe. You may find that you can tolerate it. Watch this video if you want to know why: https://youtu.be/pN6T8_n-cqk

Directions

1. Preheat oven to 218 C (425F).
2. Remove outer papery layers from the head of garlic and leave the innermost layer to keep the head whole. Remove leaves from beet, if needed. Drizzle with half of the olive oil, and wrap loosely in aluminum foil. Roast in the preheated oven until the beet is tender, and the garlic starts to turn golden brown, about an hour. Remove from the oven. When cool enough to handle, remove cloves from the head and peel the skin away from the beet.
3. Combine roasted garlic and beet with tahini, lemon juice, remaining olive oil, chickpeas, and salt in the bowl of a food processor. Process until fine. With the food processor running, add a stream until the desired consistency is reached. Process until smooth.
4. Top the hummus with walnuts and smoked paprika. Enjoy garlic beet spread with glutenfree crackers or sandwiches.

Ingredients

- ★ **Garlic:** 1 head
- ★ **Beet:** 1, large
- ★ **Olive Oil:** 2 Tbsp
- ★ **Tahini:** 1 Tbsp
- ★ **Fresh Lemon Juice:** 1 Tbsp
- ★ **Chickpeas:** 15 ounces, rinsed and drained
- ★ **Salt:** 1/4 Tsp
- ★ **Water:** 2 Tbsp
- ★ **Smoked Paprika:** for dressing

Garlic Cashew Dip



Yield



3/4 cup

Prep Time



5 Mins

Cook Time



1 Hour

Total Time



1 Hour
5 Mins

Directions

1. Soak the cashews in filtered water for 30-60 minutes, then rinse and drain. Soaking raw cashews will make them soft and the mixture extra smooth.
2. Add all the ingredients in the blender and blend until well combined, but still thick, taking care not to over blend.
3. Taste and adjust seasonings to your preference.
4. Store in the refrigerator.

Ingredients

- ★ **Cashews:** 2 cup, raw
- ★ **Organic Garlic:** 4 cloves
- ★ **Lemon Juice:** 1/2 cup
- ★ **Salt:** 1/2 Tsp

Lemon Tahini Sauce

Yield



10 servings

Prep Time



5 Mins

Total Time



5 Mins



If I was to pick my favorite seed or nut butter for Candida, it would be tahini (sesame seed butter), hands down. Some Candida patients have trouble with nuts in the early stages of their recovery period, but I've never seen the same with tahini.

Directions

1. Add all the ingredients in a bowl and whisk well to combine.
2. Add extra water, one tablespoon at a time, until desired consistency is obtained.
3. This dip will thicken up when stored in the fridge. It's great as a dip, but if you want to thin it for a salad dressing, add another tablespoon of water and stir thoroughly.

Ingredients

- ★ **Tahini:** 1/2 cup
- ★ **Filtered Water:** 1/4 cup, plus more to thin
- ★ **Fresh Lemon Juice:** 6 Tbsp
- ★ **Garlic:** 3 cloves, minced
- ★ **Onion Powder:** 1/2 Tsp
- ★ **Sea Salt:** 3/4 tsp
- ★ **Black Pepper:** to taste, freshly ground

Pumpkin Hummus

Yield



8 servings

Prep Time



5 Mins

Total Time



5 Mins



Be careful with pumpkin and other foods in the squash family (except for zucchini) do to their high sugar content. You can eat these foods in the mid to late stage of your candida recovery diet, but it's to wait at least one to two months before introducing them into your diet.

Directions

1. Put all the above ingredients in the food processor and pulse until smooth.
2. Serve it with plain gluten-free crackers, tortilla chips, or vegetables.

Ingredients

- ★ **Garbanzo Beans:** 15 ounces
- ★ **Pumpkin Puree:** 1 cup
- ★ **Olive Oil:** 2 Tbsp
- ★ **Tahini:** 2 Tbsp
- ★ **Fresh Lemon Juice:** 1 Tbsp
- ★ **Garlic:** 1 clove
- ★ **Cumin:** 1/2 Tsp
- ★ **Cayenne Pepper:** 1/8 Tsp
- ★ **Salt:** up to taste
- ★ **Pumpkin Seeds for dressing**

Jalapeno Lime Dip Sauce

Yield



8 Servings

Prep Time



10 Mins

Total Time



10 Mins



Directions

1. Puree everything in the food processor or blender until smooth.
2. Serve with vegetables or gluten-free crackers.

Ingredients

- ★ **Plain Yogurt:** 2 cup
- ★ **Jalapeno:** 1/4, seeded and coarsely chopped
- ★ **Cilantro:** 1 cup
- ★ **Garlic:** 2 clove, minced
- ★ **Salt:** a pinch
- ★ **Lemon Juice:** 1 Tbsp

French Onion Spread

Yield



2 servings

Prep Time



10 Mins

Cook Time



25 Mins

Total Time



35 Mins



Directions

1. Slice half a Vidalia onion into thin rings. In a skillet, heat a tiny drizzle of olive oil over medium-high heat and add the onion slices along with a dash of salt and pepper. Toss regularly and cook until the onions soften and begin to brown.
2. While the onions are caramelizing, blend the other ingredients: drain the cashews of their soaking water and combine in a blender with 1/2 cup water, a few grinds of black pepper, a tablespoon of soy sauce, a tablespoon of garlic powder, and a little apple cider vinegar. Blend until totally smooth. You can add additional water if needed to achieve desired consistency.
3. When the onions are done, pour them right in the blender and blend on low for just a few seconds until the slices have been broken into small pieces, but stop before they become smoothly pureed into the dip.
4. Refrigerate for at least 2 hours in the refrigerator.
5. Top with chives and serve with your favorite veggies

Ingredients

- ★ **Vidalia Onion:** 1/2
- ★ **Extra Virgin Oil:** 2 Tsp
- ★ **Cashews:** 2/3 cup, raw
- ★ **Water:** 1/2 cup
- ★ **Soy Sauce:** 1 to 2 Tbsp
- ★ **Apple Cider Vinegar:** 2 Tbsp
- ★ **Garlic Powder:** 1 Tbsp
- ★ **Salt:** up to taste
- ★ **Pepper:** up to taste
- ★ **Fresh Chives:** 2 to 3 Tbsp

Baba Ganoush

Yield



2 servings

Prep Time



10 Mins

Cook Time



25 Mins

Total Time



35 Mins



Directions

1. Heat oven to 220 C (425F).
2. Place egg plant cubes on a large baking sheet.
3. Drizzle 1 tablespoon of olive oil, 1/4 teaspoon of salt, and the black pepper over the eggplant cubes and mix so that all of the eggplant cubes are coated with oil.
4. Place baking sheet in the oven and bake for 25-30 minutes, until eggplant is tender.
5. Remove eggplant from the oven, and when roasted eggplant cubes are cool enough to handle, transfer to a food processor or blender.
6. Add the peeled garlic clove, lemon juice, tahini, 1/4 teaspoon salt, cumin, and the remainder of the olive oil to the food processor and pulse until well blended. (You can add additional water to achieve the desired consistency).
7. Add the parsley and pulse a few more times.
8. Pour the baba ganoush into a small bowl and drizzle about 1/4 of a teaspoon of olive oil over the top and sprinkle with a pinch of smoked paprika. Place in the refrigerator for an hour or two.
9. Serve with pita bread or raw vegetables.

Ingredients

- ★ **Eggplant:** 1 pound, peeled and 1-inch cubed
- ★ **Olive Oil:** 4 Tbsp, divided plus 1/4 tsp for garnish
- ★ **Salt:** 1/2 Tsp
- ★ **Black Pepper:** 1/4 Tsp, crushed
- ★ **Garlic:** 1 clove
- ★ **Lemon Juice:** 1/2 Tbsp
- ★ **Tahini:** 2 Tbsp
- ★ **Cumin:** 1/8 Tsp, ground
- ★ **Parsley:** 1 Tbsp, chopped
- ★ **Smoked Paprika:** a pinch, for garnish

Avocado Sesame Guacamole

Yield



**4 to 6
Servings**

Prep Time



15 Mins

Total Time



15 Mins



Directions

1. In a bowl, mash the avocado with a fork until it is nearly at your desired consistency, Stir the red onion, lime juice, soy sauce, sesame seed oil, sesame seeds, cilantro, and pepper. Season with additional salt if desired.
2. Refrigerate for 2 hours and serve it with vegetables or crackers.

Ingredients

- ★ **Avocados:** 3 (halved, pitted, and scooped out)
- ★ **Red Onion:** 1 medium, minced
- ★ **Fresh Lemon Juice:** 1 Tsp
- ★ **Soy sauce:** 1/2 Tsp
- ★ **Sesame Oil:** 1/2 Tsp
- ★ **Sesame Seeds:** 2 Tsp, roasted
- ★ **Cilantro:** 2 Tbsp, chopped
- ★ **Black Pepper:** up to taste
- ★ **Salt:** up to taste

Gluten-free BBQ Sauce

Yield



2 Cups

Prep Time



10 Mins

Cook Time



13 Mins

Total Time



23 Mins



Directions

1. Add oil to a saucepan and heat over medium flame. Add garlic and sauté until fragrant, about 3-4 minutes. Make sure to stir and watch the garlic; it can burn quickly.
2. Add the rest of the ingredients, including the seasonings and spices. Stir to combine.
3. Allow mixture to come to a simmer over medium-low heat and cook for about 2-3 minutes, stirring. Use a lid to prevent splashing.
4. Taste and adjust seasoning for the desired flavor.
5. Cool and transfer to a blender. Blend until everything is smooth and ends up in a silky dip

Ingredients

- ★ **Tomatoes:** 1.5 cups, diced
- ★ **Tomato Paste:** 1/2 cup, unsalted
- ★ **Olive Oil:** 2 Tbsp
- ★ **Onion:** 1 medium, diced
- ★ **Garlic:** 3 to 4 cloves, diced
- ★ **Stone Ground Mustard:** 1 Tbsp
- ★ **Celery:** 1 stalk, diced
- ★ **Apple Cider Vinegar:** 1/3 cup
- ★ **Coconut Aminos:** 1/3 cup
- ★ **Basil:** 1 Tsp, dried
- ★ **Smoked Paprika:** 1 Tbsp
- ★ **Red Pepper Flakes:** 1/2 Tsp
- ★ **Salt:** 1 Tsp
- ★ **Black Pepper:** 1/2 Tsp
- ★ **Stevia Extract Powder:** a pinch

Black Bean Spread

Yield



1 or 1/2
cups

Prep Time



5 Mins

Total Time



5 Mins



Directions

1. Place all ingredients in the bowl of a food processor and process until smooth. Add more water until desired consistency is reached.
2. Refrigerate the black beans spread for 2 hours and serve.

Ingredients

- ★ **Black Beans:** 15 ounces, well rinsed and drained
- ★ **Lemon Juice:** 1/2 lemon
- ★ **Natural Smooth Almond Butter:** 1/4 cup
- ★ **Cumin:** 1/2 Tsp
- ★ **Cilantro Leaves:** 1/4 cup
- ★ **Salt:** 1/4 Tsp
- ★ **Water:** 2 Tbsp or more

Carrot Spread



Yield



1 or 1/2 cups

Prep Time



10 Mins

Cook Time



45 mins

Total Time



55 Mins

As I noted in the Pumpkin Squash recipe, be careful with sweet foods like carrot in the early stages of your Candida recovery diet. It's a great food to have towards the mid to late stages but if you know carrots give you gas, back off of it for the first 1 to 2 months of your protocol. Same goes for the sweet potato recipe on the next page.

Directions

1. Add extra virgin olive oil to a saute pan and set over medium heat. Add carrots, ginger, and honey. Stir until ingredients are coated. Sprinkle the garlic powder, onion powder, cumin, cayenne pepper, and salt over the carrots and cover the pan with a lid. Lower heat to medium-low and cook for approximately 18 minutes, or until the carrots are tender.
2. Remove lid and let it cool for 10 minutes. Transfer ingredients to the bowl of a food processor. Pulse until it becomes chunky puree, making sure there aren't any big pieces of carrot.
3. Transfer the dip to a serving bowl, top with chopped fresh parsley and sesame seeds.
4. Serve with gluten-free crackers or pita bread.

Ingredients

- ★ **Extra Virgin Olive Oil:** 2 Tbsp
- ★ **Carrots:** 1 1/2 pounds, peeled and chopped
- ★ **Fresh Ginger:** 1 2-inch piece, peeled
- ★ **Garlic Powder:** 1/4 Tsp
- ★ **Onion Powder:** 1/4 Tsp
- ★ **Cumin:** 1/4 Tsp, ground
- ★ **Cayenne Pepper:** 1/8 Tsp
- ★ **Honey:** 1 Tbsp
- ★ **Salt:** 1 Tsp
- ★ **Fresh Parsley:** 1 Tsp, chopped (for garnish)
- ★ **Sesame seeds:** for garnish

Sweet Potato Spread

Yield



1 or 1/2 cups

Prep Time



5 Mins

Total Time



5 Mins



Directions

1. Add the mashed sweet potato, beans, lime juice, almond butter, soy sauce, two tablespoons of hot water, curry paste, basil, coriander, and salt to a food processor. Process for 3 to 4 minutes until smooth and well combined.
2. Garnish with almonds and basil. Serve with crackers or assorted sliced vegetables.

Ingredients

- ★ **Sweet Potatoes:** 1 packed cup (248g), cooked and mashed
- ★ **White Beans:** 1 1/2 cups
- ★ **Fresh Lemon Juice:** 2 Tbsp
- ★ **Smooth Almond Butter:** 2 Tbsp
- ★ **Soya Sauces:** 2 Tbsp
- ★ **Thai Red Curry Paste:** 1/4 cup
- ★ **Salt:** 1/4 Tsp
- ★ **Basil:** 1Tsp, dried
- ★ **Coriander:** ½ cup, ground
- ★ **Roasted Almonds:** Sliced, for garnish



SMOOTHIE

Ginger and Turmeric Smoothie



Directions

1. Chop ginger into small pieces.
2. Add ginger, and remaining ingredients to a blender.
3. Blend on high until smooth.

Ingredients

- ★ **Ginger:** 1-inch
- ★ **Turmeric:** ½ Teaspoon
- ★ **Coconut Oil:** 1 Teaspoon
- ★ **Coconut Milk:** 1 Cup
- ★ **Ice Cubes:** ½ Cup

Spiced Smoothie



Directions

1. Chop green apple into small pieces.
2. Add green apple, and remaining ingredients to a blender.
3. Blend on high until smooth.

Ingredients

- ★ **Green Apple:** ½
- ★ **Almond Butter:** 1 Teaspoon
- ★ **Nutmeg:** 1 Pinch
- ★ **Almond Milk:** 1 Cup
- ★ **Ice Cubes:** ½ Cup

Strawberry and Coconut Smoothie



Directions

1. Chop strawberries into small pieces.
2. Add strawberries, and remaining ingredients to a blender.
3. Blend on high until smooth.

Ingredients

- ★ **Strawberries:** ½ Cup
- ★ **Coconut Milk:** 1 Cup
- ★ **Coconut Oil:** 1 Teaspoon
- ★ **Ice Cubes:** ½ Cup

Mint and Coconut Smoothie



Directions

1. Juice the lime.
2. Add lime juice, and remaining ingredients to a blender.
3. Blend on high until smooth.

Ingredients

- ★ **Lime:** ½
- ★ **Spinach:** ½ Cup
- ★ **Mint:** ½ Cup
- ★ **Coconut Milk:** 1 Cup
- ★ **Coconut Oil:** 1 Teaspoon
- ★ **Ice Cubes:** ½ Cup

Mixed Berry Smoothie



Directions

1. Chop strawberries and blueberries into small pieces.
2. Add strawberries, blueberries, and remaining ingredients to a blender.
3. Blend on high until smooth.

Ingredients

- ★ **Strawberries:** ¼ Cup
- ★ **Blueberries:** ¼ Cup
- ★ **Almond Milk:** 1 Cup
- ★ **Plain Yogurt:** 1 Teaspoon
- ★ **Ice Cubes:** ½ Cup

Strawberry and Vanilla Smoothie



Directions

1. Chop strawberries into small pieces.
2. Add strawberries, and remaining ingredients to a blender.
3. Blend on high until smooth.

Ingredients

- ★ **Strawberries:** ½ Cup
- ★ **Cashew Milk:** 1 Cup
- ★ **Pure Vanilla Extract:** 1 Teaspoon
- ★ **Chia Seeds:** 1 Teaspoon
- ★ **Ice Cubes:** ½ Cup

Kiwi and Lime Smoothie



Directions

1. Juice the lime.
2. Chop kiwi into small pieces.
3. Add lime juice, kiwi, and remaining ingredients to a blender.
4. Blend on high until smooth.

Ingredients

- ★ **Lime:** ½
- ★ **Kiwi:** ½
- ★ **Swiss Chard:** 1 Cup
- ★ **Spirulina:** 1 Teaspoon
- ★ **Water:** 1 Cup
- ★ **Ice Cubes:** ½ Cup

Cinnamon and Apple Smoothie



Directions

1. Chop green apple into small pieces.
2. Add green apple, and remaining ingredients to a blender.
3. Blend on high until smooth.

Ingredients

- ★ **Green Apple:** ½
- ★ **Sunflower Butter:** 1 Teaspoon
- ★ **Cinnamon:** 1 Teaspoon
- ★ **Almond Milk:** 1 Cup
- ★ **Ice Cubes:** ½ Cup

Hulk Smoothie



Directions

1. Add all ingredients to a blender.
2. Blend on high until smooth.

Ingredients

- ★ **Spinach:** ½ Cup
- ★ **Almond Butter:** 1 Teaspoon
- ★ **Pure Vanilla Extract:** 1 Teaspoon
- ★ **Chia Seeds:** 1 Teaspoon
- ★ **Almond Milk:** 1 Cup
- ★ **Ice Cubes:** ½ Cup