

**ANTI-CANDIDA DIET**  
**VEGETARIAN** . Enlarge this by 124% onto 8.5x14" paper

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Sweet Potato & Walnuts	Cream of Brown Rice & Pecans	Quinoa & Steamed Broccoli	Avocado & Rice Cakes	Amaranth & Zucchini with Chopped Sweet Potato & Walnuts	Buckwheat, Peas & Toasted Sesame Oil	Oatmeal & Cashews
Beets & Spinach with fresh Lemon	Baked Acorn or Butter Nut Squash	Lentil Soup, Carrots, Broccoli & Celery	Rice Cakes & Cashew Butter		Pinto Beans & Brown Rice	Split Pea Soup & Vegetables
(if need a snack, eat more walnuts or carrots)	(if need a snack, eat more pecans or squash)	(if need a snack, eat sunflower seeds)	(if need a snack, eat cashews)	(if need a snack, eat almonds)	(if need a snack, eat filberts)	(if need a snack, eat more cashews or celery)
Quinoa & Steamed Cauliflower, Zucchini	Brown Rice & Eggplant Baked with Olive Oil	Millet & Asparagus	Split Pea Soup with Carrot & Celery	Baked Potato & Red Chard	Beans with Wild Rice	Brown Rice, Peas
						Toasted Sesame Oil

**Special Instructions:**

- 1) Use only sea salt as a spice
- 2) Drink only spring, distilled, or filtered water.

- 3) Use only fresh vegetables & fruits, ideally organic. Frozen is next best if not organic.
- 4) If you must switch meals around, it is best to switch the entire day in the week.
- 5) If still hungry after eating, eat more of the foods (or snacks listed) before the next meal.

# ANTI-CANDIDA DIET

OMNIVORE . Enlarge this by 124% onto 8.5x 14" paper

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Sweet Potato & Walnuts	Cream of Brown Rice & Pecans	Quinoa & Steamed Broccoli	Poached Eggs & Rice Cakes	Amaranth & Zucchini with Chopped Almonds	Buckwheat, Peas & Toasted Sesame Oil	Oatmeal & Cashews
Tuna & Carrots	Baked Acorn or Butter Nut Squash	Lentil Soup, Carrots, Broccoli & Celery	Rice Cakes & Cashew Butter	Tuna & Carrots	Pinto Beans & Brown Rice	Baked Chicken & Steamed Vegetables
(if need a snack, eat more walnuts or carrots)	(if need a snack, eat more pecans or squash)	(if need a snack, eat sunflower seeds)	(if need a snack, eat cashews)	(if need a snack, eat almonds)	(if need a snack, eat filberts)	(if need a snack, eat more cashews or celery)
Salmon & Steamed Cauliflower	Poached Eggs & Rice Cakes	Cod & Asparagus	Red Snapper & Eggplant Baked with Olive Oil	Millet & Steamed Spinach	Chicken with Wild Rice	Brown Rice, Peas  Toasted Sesame Oil

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