

Yeast-Free Anti-Candida Food Plan

Trillions of healthy bacteria live in our digestive tract, making up what is called “microflora.” These bacteria play a supportive role in your intestines, helping to make vitamins, release natural antibiotics, and break down toxins. Candida, a yeast-like fungus, is commonly present in your intestines, and its growth is usually limited by your immune system and by your microflora.

If Candida is allowed to grow due to a weakened immune system or disease such as diabetes, the harmonious balance between it and the “good” bacteria is upset, resulting in intestinal candidiasis. Not only can this imbalance cause problems such as vaginal infections, but Candida also releases byproducts which are subsequently absorbed into the bloodstream, exposing the whole body to a variety of symptoms as the immune system tries to fight it off. Common symptoms include fatigue, bloating, gas, diarrhea and/or constipation, recurring bladder infections, menstrual irregularities, allergies, chemical sensitivities, and depression.

What increases the risk of Candida overgrowth, also called the Yeast Syndrome? The following list includes the most common factors:

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

How is Candidiasis treated? A comprehensive approach is necessary to reduce the overgrowth of Candida organisms. The risk factors listed above must be reduced as much as possible, while supporting immune, digestive, and liver function. Since yeast feeds on carbohydrates, a food plan must be followed that starves yeast of its main fuel – simple sugars. Additional support in the form of healthy bacteria (called probiotics) is also used to compete with Candida in the intestines, resulting in a re-balancing of the microflora. Sometimes anti-yeast supplements or prescriptions are used to kill the yeast.

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

How will I feel when I start this type of program? Many of the symptoms associated with Candidiasis are associated with absorption of yeast breakdown products. As these yeast die off, some of these organisms are reabsorbed into the bloodstream, increasing the load the liver must filter or detoxify. It is common to experience short term reactions to this die-off, such as headaches, abdominal bloating, muscle and joint aches, or fatigue. It is also not unusual to crave the very food yeast thrives on, such as sweets, breads, and alcohol. (For further reading about intestinal candidiasis or yeast syndrome, refer to [The Yeast Connection](#) or [The Yeast Connection Handbook](#) by William Crook, M.D.)

Anti-Candida Food Plan Guidelines

In general, foods are restricted because of their carbohydrate (sugar) content. Peanuts and pistachios are to be avoided due to their high mold content, which can exacerbate Candida. Mushrooms are in the fungus family and may cross react with Candida. Fermented foods (vinegars, aged cheeses) may provoke symptoms because of similarities to Candida yeasts and may also feed Candida yeasts. These modifications are usually implemented for 2-4 weeks to assess response to the program. Follow-up modifications are made on an individual basis.

<u>Category</u>	<u>To Include</u>	<u>To Exclude</u>
Fruits	Fresh/frozen, unsweetened fruit 1-2/day	Banana, pineapple, papaya; all dried fruits and juices
Eggs, dairy, & dairy replacement	Eggs; plain unsweetened yogurt (cow, sheep, or goat), with live cultures, plain, unsweetened soy, almond, or hemp milk, coconut milk, unaged cheeses, (only mozzarella, cottage cheese, ricotta), fresh goat cheese, unaged	Milk and all aged cheeses; milk substitutes that contain any sweetener
Grains	100% whole grains only, (brown or wild rice, quinoa, whole oats, barley, rye, buckwheat, whole wheat, whole spelt, etc) 1 serving/day	All refined grains, breads, sweetened baked goods
Flesh foods	Fish (fresh or canned) & other seafood, chicken, turkey, lean beef, pork, lamb, (preferably organically-raised meats)	Cold cuts or processed meats
Legumes/Beans	Tofu and tempeh; any dried beans, split peas, lentils, edamame, up to 1 cup (cooked)/day	None
Nuts & seeds	Walnuts, hazelnuts, filberts, pecans, almonds, cashews, flax seeds, pumpkin seeds, sunflower seeds, poppy seeds, sesame seeds – whole or as nut butters	Peanuts (often considered a nut but are actually a legume) and pistachios
Vegetables	vegetables – raw, steamed, sautéed, juiced, or baked (see shopping list)	Mushrooms, potatoes, and corn
Fats and oils	Avocado, butter, olives, cold pressed oils: olive, flax seed, coconut, sesame, safflower, pumpkin sunflower, almond, walnut, canola	Margarine, shortening, processed oils, prepared salad dressings, spreads and sauces, mayonnaise
Acidic & fermented foods	Lemon and lime juices and vitamin C crystals as replacements for vinegar.	All vinegars and preserved foods: sauerkraut, pickles, other products preserved in brine or vinegar
Sweeteners	Stevia (herbal sweetener)	All: white/brown sugars, honey, maple syrup, corn syrup, high fructose corn syrup, molasses, brown rice syrup, fruit sweeteners
Beverages	Filtered, spring, or distilled water (drink 8 cups per day), herbal tea (chamomile, bergamot, hyssop, alfalfa, angelica root, lemon grass and pau d'arco).	Soda pop, alcohol, coffee, and non-dairy creamers

An Alternative Program

Your health care practitioner may decide that your issues with candidiasis indicate a need for a more restrictive regimen for a period of time after the initial 2-4 weeks. If this is the case, then you will need to avoid additional foods for a 7-14 day period of time.

Additional foods to avoid include:

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

The recipes following may be used during any phase of the yeast-free Candida diet.

Food Re-introductions

At the end of the additional 7-14 days, please add the above 3 food groups into your diet, very gradually,

Day 1: add 1 serving (1/2 cup) whole grain daily, such as quinoa, brown or wild rice. After 3-4 days on grains, assess symptoms and if well tolerated with little or no digestive symptoms (or other symptoms that had been bothering you), add the next food group below. If not well tolerated, stay on just the grains for several more days until tolerance improves. It is best to do this as slowly as needed.

Day 3 or 4: add 1 fruit, such as orange or apple, each day. After 3-4 more days, assess symptoms. If well tolerated, proceed to the next food. If not well-tolerated repeat the above procedure by waiting several more days.

Day 7 or 8: add a dairy product, such as cottage cheese, or ricotta. Continue to assess symptoms and report to your healthcare practitioner. You may proceed at this time on the less restrictive list of allowed foods on page 2.

Meal Suggestions for the Candida Control Diet

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

Breakfast Suggestions

Eggs-scrambled, hard-boiled, soft-boiled, or poached
Scrambled Tofu*
Mexi Tofu Scramble*
Curried Eggs and Vegetables*
Spiced Eggs*

Spanish Omelet*
Silken Smoothie*
UltraBalance® Protein Drink*
Plain cow or goat yogurt-add real vanilla, and nuts, or seeds as desired.

Lunch Suggestions

Mixed Greens Salad with Tofu or Tuna*
Deluxe Tuna, Chicken, or Turkey Salad*
Stuffed Peppers*
Spinach salad*
Bean Salad*
Chilled Shrimp*
Chinese Soup*
Vegetable Beef Soup*

Creamy Cold Tomato Soup*
Beans and Greens Soup*
Lentil Soup*
Vegetable Soup*
Quick Steamed Greens*
Italian Tofu*
Celery Root Salad*

Dinner Suggestions

Grilled Vegetables*
Roasted Veggies*
Stir-fried Pea Pods*
Roasted Garlic*
Roasted Red Peppers*
Ratatouille*
Stir-Fry Vegetables and Tofu, Shrimp, Chicken, or Turkey*
Curried Lentils and Cauliflower*
Broiled Lamb Chops

Coconut Chicken with Rice*
Baked Cornish Hen, Chicken, or Turkey
Roast leg of Lamb or Pot Roast
Tempeh Stew*
Broiled Fish: trout, cod, salmon, halibut, swordfish, tuna, shellfish
Any allowed fresh, baked, steamed, or sautéed vegetables in unlimited quantities, topped with Tofu Mash*
Coconut Salmon*

Snack Suggestions

Fresh, raw vegetables with your choice of the following: nut butter, salsa, hummus,* yogurt and dill, Tofu Mash,* Roasted Garlic,* Walnut Spread,* or allowable salad dressing.
Roasted or raw nuts and seeds*
(without peanuts, pistachios)
Turkey Chili*

Dipping veggies: celery, carrot, daikon, jicama, red peppers, zucchini, yellow summer squash, whole green beans, broccoli, cauliflower, kohlrabi, endive, scallions, snap peas, cucumber, and cherry tomatoes
Plain cow or goat yogurt with live cultures
Cauliflower Popcorn*

RECIPES

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

Selected Breakfast Recipes

Scrambled Tofu - Serves 4

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

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

Mexi Tofu Scramble - Serves 4

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

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

Curried Eggs & Vegetables - Serves 2-3

2 tsp. olive oil
3/4 cup chopped onion
2 slices ginger root
1 clove garlic, minced
1 teaspoon curry powder
6 tablespoons chicken broth
3/4 cup bell pepper, cut into thin strips
1/2 cup snow peas

1/2 cup celery, sliced
1 tsp. olive oil
3-4 eggs
2 Tablespoons water

Heat 2 tsp. olive oil over low heat in large skillet. Sauté onions, ginger root, and garlic until onions are soft. Remove ginger root. Add curry powder and chicken broth to onion mixture and simmer. In a second skillet, heat 1 tsp. olive oil. Beat eggs and water and add to skillet. While eggs are cooking, add remaining vegetables to onion mixture; cover and continue to simmer. When eggs are done but still moist, fold vegetable mixture into eggs and serve on a plate.

Spiced Eggs - Serves 1

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

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

Spanish Omelet - Serves 1

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

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

Silken Smoothie - Serves 1-2

1 carton silken tofu
2-3 Tbsp. cashew, hazelnut, or almond butter

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

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

UltraBalance Berry Shake - Serves 1

1 scoop UltraBalance protein supplement

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

2/3 cup unsweetened blueberries

8 oz (1 cup) water or unsweetened milk substitute

Optional: Fiber supplement may be added

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

Selected Lunch Recipes

Lunch and dinner recipes may all be used interchangeably. Dinner leftovers are a great way to make quick lunches. When trying to eat foods that do not feed Candida yeast, it is best to use leftovers within a 24 hour period.

Mixed Greens Salad with Tofu or Tuna - Serves 1

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

2 cups mixed greens

1/2 cup celery, chopped

Red and/or green cabbage, shredded

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

1 Tbsp. minced parsley

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

Dressings (choose one):

1. To 1/2 cup olive and/or flax oil and 1/4 cup lemon juice, add crushed garlic, oregano, and basil. Whisk in 1 tsp mustard powder, salt and pepper to taste.
2. Mix tahini (sesame butter) with water to thin a little and drizzle over salad.
3. Mix 1/2 cup plain yogurt, 1/4 cup chopped chives, and 1 small clove minced garlic
4. Whisk 1-3 Tbsp. plain yogurt (to taste) into dressing #1

Mock Mayo I

1 pound tofu
½ cup lemon juice
1 cup cold-pressed grapeseed, safflower or canola oil
1 teaspoon sea salt
½ teaspoon dry mustard powder
1-2 garlic cloves (optional)

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

Mock Mayo II

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

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

Deluxe Tuna, Chicken, or Turkey Salad- Serves 2

2 hard boiled eggs, chopped
1 - 2 Tablespoon Mock Mayo I or II (see above), or hummus
½ cup shredded and chopped cabbage
2 Tablespoons fresh cilantro, basil, or parsley, chopped
Add all ingredients to 1 cup leftover tuna, chicken, or turkey (or 7 oz. can)

Stuffed Pepper Variation - Serves 2

Make above salad and substitute 1-2 tsp. chopped fresh dill for cilantro and stuff into 2 medium red peppers. Serve cold.

Spinach Salad - Serves 1

1/2 cup chopped walnuts or pecans
1 clove crushed garlic
1 Tbsp. olive oil
2 cups chopped spinach greens
1 or 2 hard boiled eggs
1/4 cup sliced black olives
10 cherry tomatoes
Ingredients for dressing #1, above

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

Bean Salad - Serves 4

2 cups black beans (or other favorite bean)
1 red pepper, diced
1 yellow or green pepper, diced
 $\frac{1}{4}$ to $\frac{1}{2}$ cup diced red onion or scallions
1 cup cherry tomatoes (optional)
 $\frac{1}{4}$ cup olive oil
1 Tbsp. lemon juice
2 tsp. ground cumin

Combine all ingredients and chill for an hour before serving:

Italian Tofu - Serves 2-3

1 cup tomato puree
1 cup water
1 cup broccoli
1 cup cauliflower
 $\frac{1}{4}$ teaspoon sea salt
2-3 cloves minced garlic
 $\frac{1}{2}$ teaspoon parsley
1 teaspoon basil
 $\frac{1}{2}$ teaspoon oregano
8 ounces regular firm tofu (not silken), cubed

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

Chilled Shrimp - Serves 1

6 large unpeeled shrimp or prawns
3 cups boiling water
1 Tbsp. lemon juice

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

Creamy Cold Tomato Soup - Serves 5

1 cucumber, chopped
1 scallion, chopped
1 clove garlic
4 cups tomato juice
1 cup plain yogurt

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

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

Beans and Greens Soup - Serves 6

2 cups white kidney beans (or other white beans)
2 cups kidney or red beans
1 1/2 cups chick peas
3 cups fresh spinach, escarole, or Swiss chard, washed, drained and chopped OR
4 cups chicken or vegetable broth
2 large onions, chopped
2 cloves garlic, minced
1 tsp. dried basil or 1 Tbsp fresh basil
1 Tbsp. dried parsley or 2 Tbsp fresh parsley
1 tsp. dried oregano or 2 tsp fresh oregano

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

Lentil Soup - Serves 4

2 cloves garlic, minced
1 medium onion, chopped
2 large carrots, sliced or diced
2 stalks celery, diced
1 ½ cups red and/or green lentils, rinsed well
2 quarts water
pinch thyme or any seasoning you like
1 bay leaf
salt to taste
2 cups finely chopped fresh spinach, Swiss chard, or kale

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

Chinese Soup - Serves 1-2

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

Warm scallion in broth. Turn up the heat so that liquid is almost boiling. Using a whisk or fork, beat the egg and then dribble it into the hot broth while stirring rapidly so that egg coagulates into thin noodle-like strands. Continue to stir and cook only until the egg is firm. Add tofu cubes toward the end and warm through.

Vegetable Beef Soup - Serves 3-4

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

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

Vegetable Soup - Serves 1-2

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

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

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

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

Selected Dinner Recipes

Lettuce and Turkey Wrap-Ups - serves 4-5

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

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

Coconut Chicken with Rice - serves 4

1 cup brown basmati rice
 $\frac{1}{4}$ tsp. salt
2 Tbsp olive or coconut oil
 $\frac{1}{2}$ cup chopped onion
2 cloves mince garlic
1 14-oz can diced tomatoes
1 lb boneless chicken breasts, cut into strips
1 Tbsp. curry powder
 $\frac{2}{3}$ cup lite coconut milk or $\frac{1}{3}$ cup regular coconut milk plus $\frac{1}{3}$ cup water
 $\frac{1}{8}$ tsp ground cinnamon
4 or 5 fresh basil leaves, chopped for garnish
Salt and freshly ground pepper

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

Coconut Salmon - serves 6

1 14-oz. can coconut milk
2 tsp arrowroot or cornstarch
 $1\frac{1}{2}$ tsp. curry powder
 $1\frac{1}{2}$ lbs salmon fillets
Salt and freshly ground pepper to taste
1 large tomato, chopped, OR 1 cup cherry tomatoes, cut in half
 $\frac{1}{4}$ cup chopped fresh basil or cilantro

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

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

1-3 teaspoons coconut oil

1 teaspoon ginger, peeled and grated

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

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

$\frac{1}{4}$ cup chicken broth or coconut milk

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

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

Cauliflower Popcorn - Serves 6-8

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

2 Tbsp. olive oil, approximately

$\frac{3}{4}$ - 1 pound (approximately) cauliflower

Salt to taste

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

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

Prepare any combination of the following vegetables:

1 eggplant, cut into 1/2 inch rounds

1 red and green pepper, cut into large wedges

1 onion, cut into large wedges

1 summer squash, cut into long, thick strips

1 zucchini, cut into long thick strips

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

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

Prepare any combination of the following vegetables:

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

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

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

Stir-fried Pea Pods - Serves 2-3

- 2 tsp sesame oil, divided
- 1 bunch scallions, chopped
- ½ pound sugar snap peas, washed
- ¼ cup pignoli nuts

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

Ratatouille - 6 servings

- ¼ cup olive oil
- 2 large onions, sliced
- 1 medium eggplant, cut into 1-inch cubes
- 2 green peppers, chopped
- 3 zucchini, cut into 1/2-inch slices
- 3 minced garlic cloves
- 1 - 28 oz. can tomatoes, drained
- ½ tsp. salt
- ¼ tsp. pepper
- 1 tsp. oregano

$\frac{1}{2}$ tsp. thyme

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

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

Curried Lentils and Cauliflower - Serves 4-6

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

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

Tempeh Stew - Serves 3-4

6-8 cups chicken broth
12-16 baby onions or scallions, chopped
1 pound tempeh, cut into 1" squares
Broccoli and cauliflower florets
 $\frac{1}{4}$ head Chinese cabbage
3 stalks celery, sliced
 $\frac{1}{2}$ pound green beans

Bring chicken broth to a boil and add onion. Reduce heat and simmer 5 minutes. Add tempeh. Cook for 1/2 hour. Add remaining vegetables and cook until tender.

Tempeh Spaghetti Squash - Serves 2-3

1 small spaghetti squash, cut in half, seeds removed
1 Tablespoon olive oil
1 large onion, chopped
2 cloves garlic, minced
8 ounces tempeh, crumbled
2 cups chopped zucchini, broccoli, and green pepper (any combination)
2 Tablespoons chopped fresh basil leaves or 1 tsp. dried
2 Tablespoons chopped fresh oregano or 1 tsp. dried
 $\frac{1}{2}$ teaspoon sea salt
1- 15-ounce jar of organic tomato sauce (or other with no sugar added)
1 to 1 $\frac{1}{2}$ cups water

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

Turkey Chili - serves 8

2 pounds ground raw turkey
1-28 ounce can tomatoes, cut up
2- 15 ounce cans red kidney beans, drained
1- 8 ounce can tomato sauce
 $\frac{1}{2}$ cup chopped onion
1-2 Tbsp. chili powder
1 tsp. dried parsley flakes
 $\frac{3}{4}$ tsp. dried basil, crushed
 $\frac{3}{4}$ tsp. dried oregano, crushed
 $\frac{1}{2}$ tsp. black pepper
 $\frac{1}{2}$ tsp. ground cinnamon
1 clove garlic, minced
 $\frac{1}{4}$ - $\frac{1}{2}$ tsp. ground red pepper
1 bay leaf

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

Selected Snack and Condiment Recipes

Roasted Nuts or Seeds

Heat oven to 325 degrees. Place nuts or seeds in a shallow baking pan, in one layer. If they are various sizes, you may wish to roast separately as cooking times will vary (larger pieces like almonds or hazelnuts will take longer than sunflower seeds). Stir occasionally to cook the pieces evenly. Watch

carefully to prevent burning. Mixture is done when nuts darken just slightly and give off a nutty aroma. Cool and store in an airtight container.

Walnut Spread - yield 1½ cups

1 cup garbanzo beans (chick peas), drained (reserve liquid)
½ cup chopped walnuts
½ cup basil leaves
2 Tbsp. olive oil
2-3 tsp. lemon juice
Dash salt and pepper

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

Roasted Garlic

In any quantity desired, cut the root (bottom) side of the garlic bulb off so that it has a flat even surface and so that the cloves are now exposed. Add ¼ - ½ teaspoon olive oil and rub over the cut area and around the outside. Wrap them in foil, placing root end up (cut end with olive oil up), or place in a garlic baker (which can be purchased in kitchen stores) for approximately 35-45 minutes at 350 degrees. Add roasted garlic to dressings, soups, and salads - or use as a spread.

Roasted Red Peppers

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

Tofu Mash

1/4 pound tofu
1-2 teaspoons tahini

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

Anti-Candida Food Plan Shopping List

Vegetables

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

Fruits

- watermelon
- Apples (green), pears
- Peaches, nectarines
- Plums
- Kiwi
- Oranges, tangerines
- Grapefruit

Concentrated Proteins

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

Grains

- Quinoa
- Millet
- Buckwheat
- Teff
- Amaranth
- Brown or wild rice
- Steel cut oats

Beans– 1 cup/day

- All beans
 - Edamame (green soy beans)
 - Hummus
 - Lentils - brown, green, red
 - Split peas - yellow, green
- All the above beans can be bought dried or canned without added sugar*

Oils

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

Dairy and Substitutes

- Plain cow yogurt with live cultures
- Plain goat yogurt
- Plain soy, almond, or hemp milk – read labels for sweeteners
- Coconut milk
- Fresh, unaged goat cheese
- Cottage cheese
- Mozzarella
- Ricotta

Nuts and Seeds

- Almonds
- Cashews
- Flax seeds
- Hazelnuts (Filberts)
- Pecans
- Pignoli nuts (pine nuts)
- Poppy seeds
- Pumpkin seeds
- Sesame seeds
- Sunflower seeds
- Walnuts

All of the above can be consumed as nut butters and spreads (e.g., Tahini)

Vinegar Replacements

- Lemon and lime juice
- Vitamin C crystals

Beverages

- Herbal tea (non-caffeinated)
- Mineral water
- Spring water
- Distilled water

Miscellaneous

- All spices
- Olives (without vinegar)