

## Candida Rotation Diet (Optional)

### (No Grains, Dairy/Casein, Starchy Veggies, Fruits, and Legumes)

This is an eating plan in which you rotate the favorable food groups over a 4-day period, so that your body does not become sensitive to certain foods that are eaten too frequently. Just follow the easy color coding for the foods (found at the bottom of the chart).

DAY 1	DAY 2	DAY 3	DAY 4
Lamb	Duck	Coconut milk	Chicken
Beef	Turkey	Alfalfa sprouts	Salmon (Wild)
Bison	Red snapper	Brussel sprouts	Trout
Ghee	Sole	Avocado*	Whitefish
Bell peppers	Anchovy	Asparagus*	Herring
Chive	Cod	Green beans	Bass
Cucumber	Grouper	Onion*	Perch
Dandelion*	Duck eggs	Leeks*	Rabbit
Eggplant	Almond milk	Chia seeds	Eggs
Okra	Artichoke*	Filberts	Broccoli
Spinach	Celery*	Pine nuts	Cabbage*
Swiss chard	Chicory	Hazelnuts	Cauliflower*
Tomato	Endive	Coconut	Collard greens
Macadamias	Escarole	Coconut oil	Horseradish
Sunflower	Kohlrabi	Avocado oil	Jicama
Seeds	Lettuce	Pecan oil	Kale
Grapeseed oil	Rutabaga	Rice syrup	Mustard
Cayenne	Turnip	Bay leaf	Greens
Chili pepper	Almonds	Black/white-pepper	Radish
Cream of tartar	Brazil nuts	Cinnamon	Sauerkraut
Garlic*	Chestnuts	Licorice	Squash
Mace	Flaxseed	Peppermint	Watercress
Nutmeg	Flaxseed oil	Sassafras	Zucchini
Paprika	Sesame oil	Spearmint	Lemons
Tarragon	Sesame seeds	Wintergreen	Limes
	Stevia	Arrowroot	Pecans
	Allspice		Pumpkin seeds
			Walnuts

(cont'd)

DAY 1	DAY 2	DAY 3	DAY 4
	Anise Caraway Celery seed Clove Coriander Cumin Dill Fennel Parsley Agar/kanten		Black/green-olives Olive oil Basil Lemon balm Marjory Oregano Sage Savory Thyme Kuzu/kudzu

**Note:** It is very important to be well hydrated, so drink at least 8 glasses of water daily. Low water intake is associated with increased allergic response.

\* FODMAP (*Fermentable Oligo-Di-Monosaccharides and Polyols*) foods.

Use only the **unsweetened** almond milk and coconut milk.

Proteins (Animal & Fish)

Vegetables

Nuts & Seeds

Spices

Dairy substitutes

Fruits

Sweeteners

Thickeners