

Anti-Candida Nutrition Plan

The nutrition plan is based on eliminating certain foods which starve and eliminate bad guys (parasites and bacteria) lining your stomach and intestines. Simply put without bad foods and sugars these bad guys starve and get eliminated from you causing you to feel better and often lose weight easily.

You will see this work if you stick to the allowed foods for two weeks.

If you cheat and have cannot eat foods you reset your two weeks and do not get the desired result.

Phase one for two weeks

Eat everything from home, nothing out, take food with you always, be prepared if out all day.

Can eat	Cannot eat
✓ all above ground vegetables and carrots, try to eat veg mostly raw	✗ bread
✓ green apples	✗ dairy
✓ grain fed or organic red meat	✗ pasta
✓ fish fresh or canned, try to eat mostly fresh	✗ sugar
✓ organic or free range chicken	✗ breaded or crumbed meat fish or chicken
✓ green tea	✗ fruit except green apples and berries
✓ butter, coconut oil, olive oil	✗ sweeteners stevia and xylitol are ok.
✓ unsalted unroasted unsweetened nuts except peanuts e.g. almonds cashews pumpkin seeds are ok	✗ alcohol
✓ freshly blended green apple juice no skin	

....continue next page

- ✓ Celtic sea salt
- ✓ filtered or bottled spring water

- ✗ coffee and black tea
- ✗ processed foods in packets
- ✗ commercial salad dressing
- ✗ commercial juices
- ✗ tap water

Food needed

- red meat
- celery
- Celtic sea salt
- chicken
- alfalfa
- olive, coconut oil or butter
- fresh fish
- broccoli
- bottled or filtered water
- canned tuna in spring water or olive oil
- celery
- stevia or xylitol
- free range eggs
- carrots
- organic green tea
- bacon
- green apples
- lettuce
- baby spinach
- herbs such as
- raspberries or cranberries fresh
- garlic
- avocados

Ways to eat your food



Stirfry



BBQ

...continue next page



Soup



Oven bake



Steam cooked



Blended foods

Make Green smoothies your friend

In order to have your vegetable full of minerals vitamins and antioxidants with optimal natural digestive enzymes to help clear your toxins, eat them raw.

Here is an easy way to do this. BLEND them!!

The recipe



1. Take some filtered or spring water
2. Add green apple, some of your favourite vegetables e.g. broccoli, spinach, celery, bok choy.
3. Press blender on
4. Drink and let your body clean itself up.
5. Have them as fresh as possible so consume within 1 to 2 days.

....continue next page

Sample daily food plan

Day 1 to Day 14				
Breakfast	Lunch	Dinner	Drinks	Snacks alternatives
Fried 4 slices bacon and 2 egg in butter Scrambled eggs or 2 scrambled eggs with 4 bacon slices include some vegetable in the eggs or 2 eggs and 4 slices of bacon broccoli omelette or green smoothie	Fish and vegetables or Chicken and vegetables or Red meat and vegetables or Tuna salad	Fish and vegetables or Chicken and vegetables or Red meat and vegetables or Tuna salad	Green smoothie 2 litres at least water with Celtic sea salts Organic green tea (optional stevia or xylitol sweetened) Freshly squeezed green apple juice no skin	Almonds or nuts Carrots Celery sticks Baby spinach leaves dress with melted butter or olive oil Green apple Raspberries or cranberries Olive oil dressed lettuce with avocado Cooked chicken, fish or chicken pieces

Finally, you must not have any of the banned foods, not even a slight amount, as this will allow the Candida to feed and remain in your body.

Important you eat lots of good fats in your avocados meat and fish.

Drink your quality water.

Eat fresh and vegetable raw as much as possible.

Eat to your metabolic type, which is your protein, fat and carbohydrate mix. See me if you need to be tested for your metabolic type.

....continue next page

Get to bed by 10.30pm each night, keep your stressors down and practice deep diaphragm breathing for 15min per day at least.

Exercise as instructed by your fitness professional. Speak to me for a weekly plan or program. I recommend less weight while you do this nutritional cleanse to reduce your body stress.

You may experience headaches and sluggishness initially in the first two days. But stick to it as you will soon feel fantastic.

Let me know how you go, the usefulness of this information and I will let you know how to progress into phase two.

Speak to you soon.

ROMEO


I recommend you to speak to your doctor, nutritionist or naturopath before commencing this nutrition plan to ok you to do so.

It is intended as general advice. I will not be liable for any damages. It is up to you to make an informed choice for your nutrition

Maintain movement and exercise in addition to your nutrition program.

Contact details

 202 Gorge Road, Newton SA 5074

 (08) 8337 4460

 www.TaxAccountingAdelaide.com

**TAX
ACCOUNTING
ADELAIDE**
USING ACCOUNTING
TO GROW YOUR
WEALTH.

taxaccountingadelaide.com