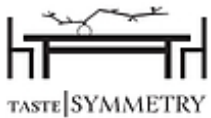


INTERNAL WELLNESS PLAN



ANTI CANDIDA

BY TASTE SYMMETRY



Anti-Candida Diet

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Welcome to your meal plan! On the next pages, you will find the customized plan I have created for you, along with an itemized grocery list and delicious recipes.

Grocery List Tips

I have included a full grocery list that outlines the ingredients you will need to follow this meal plan. Before you head out to do your shopping, take some time to go through the list and check off any items you already have. This will save you time and money!

Shopping Tips

The grocery list is organized into categories based on how a typical grocery store is laid out. This will allow you to do your grocery shopping in an organized order starting with fruits, then vegetables, etc. Doing your shopping this way will save you time.

Recipe Tips

Every recipe states the total number of servings and the total prep time so that you know how many servings the recipe creates, and how long it will take you to make it. Before you start cooking, assemble all ingredients and prep them according to the ingredients list. Unless otherwise indicated, you will be eating one serving of each meal. So if a recipe serves four, prepare it, divide it into four even portions and enjoy one portion.

Leftovers

You'll notice that some meals on the plan are shaded out. This means that the meal has been marked as a leftover. You've already prepared it, so you do not need to make it again. Cook once, eat multiple times. Leftovers are a great way to save you money and time in the kitchen!

This program was created using foods compliant with the first phase of a candida cleansing diet and with the following principles in mind:

Low Carbohydrate

Eating the proper amount and type of carbohydrate is important during a candida cleanse to decrease fungus growth. This low-carbohydrate program is grain-free, sugar-free, gluten-free, and uses low glycemic foods to optimize blood sugars and energy levels. Adequate dietary fiber intake is associated with better digestive health and reduced inflammation. The plan provides daily fiber from non-starchy vegetables, nuts, and seeds.

High-Quality Protein

































Without adequate protein, infection incidents can increase due to a decrease in the T cell functions which affect the immune system. Getting enough daily protein can help prevent infection and fungus growth. This meal plan provides up to 30% of calories from high-quality protein sources such as chicken, salmon, eggs, turkey, and tilapia.

Healthy Fats

This plan is rich in monounsaturated fat from olive oil, avocado, nuts, and seeds, and medium-chain fatty acids from coconut oil. Adding coconut oil to the diet can reduce candida growth in the gut. Oleic acid found in olive oil can affect the type of bacteria growth in the gut. It contains tocopherols, polyphenols, and a balanced linoleic/alpha-linolenic acid profile, which is beneficial for the immune system and inflammatory responses.

Prebiotics

Probiotics are recommended so that the gut microflora may be repopulated with good bacteria and help boost immunity. Prebiotics support digestive health by feeding the good bacteria. Combining probiotics with prebiotics creates a synergistic effect to promote intestinal health. This program incorporates prebiotics by adding onions and garlic to meals.

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Zucchini Turkey Breakfast Skillet	 Zucchini Turkey Breakfast Skillet	 Zucchini Turkey Breakfast Skillet	 Pesto Zoodles with Poached Egg	 Pesto Zoodles with Poached Egg	 Pesto Zoodles with Poached Egg	 Pesto Zoodles with Poached Egg
Snack 1	 Celery with Sunflower Seed Butter	 Celery with Sunflower Seed Butter	 Toasted Walnuts	 Toasted Walnuts	 Celery with Sunflower Seed Butter	 Celery with Sunflower Seed Butter	 Hummus Dippers
Lunch	 Protein Packed Deviled Eggs	 Butter Chicken & Cauliflower Rice	 One Pan Salmon with Green Beans & Roasted Tomato	 Slow Cooker Bolognese with Spaghetti Squash	 15 Minute Tilapia	 Baked Chicken with Tomatoes, Avocado &...	 Spaghetti Squash Burrito Bowls
Snack 2	 Toasted Walnuts	 Protein Packed Deviled Eggs	 Hummus Dippers	 Hummus Dippers	 Hummus Dippers	 Toasted Walnuts	 Toasted Walnuts
Dinner	 Butter Chicken & Cauliflower Rice	 One Pan Salmon with Green Beans & Roasted Tomato	 Slow Cooker Bolognese with Spaghetti Squash	 15 Minute Tilapia	 Baked Chicken with Tomatoes, Avocado &...	 Spaghetti Squash Burrito Bowls	 Baked Chicken with Tomatoes, Avocado &...

Fruits

- 2 1/2 Avocado
- 2 Lemon
- 2 1/4 Lime

Seeds, Nuts & Spices

- 1 1/2 Bay Leaf
- 1 1/2 tbsps Chili Powder
- 1 1/2 tsps Cumin
- 1 1/2 tsps Curry Powder
- 1 tsp Garam Masala
- 1 tsp Garlic Powder
- 2 tsps Oregano
- 1 tbsp Paprika
- 1 tsp Red Pepper Flakes
- 1 1/4 tsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1 3/4 cups Walnuts

Vegetables

- 10 cups Baby Spinach
- 1 1/4 cups Basil Leaves
- 1 Carrot
- 1/2 head Cauliflower
- 12 stalks Celery
- 4 cups Cherry Tomatoes
- 1/4 cup Cilantro
- 1/2 Cucumber
- 4 1/2 Garlic
- 1 tbsp Ginger
- 2 cups Green Beans
- 1 stalk Green Onion
- 1 Red Bell Pepper
- 1/2 cup Red Onion
- 1 1/2 Spaghetti Squash
- 1 Tomato
- 1 Yellow Bell Pepper
- 1 1/2 Yellow Onion
- 6 Zucchini

Boxed & Canned

- 1/2 cup Canned Coconut Milk
- 1 1/2 cups Crushed Tomatoes
- 1 1/2 cups Diced Tomatoes
- 1 cup Salsa
- 2 tbsps Tomato Paste
- 1 can Tuna

Bread, Fish, Meat & Cheese

- 1 1/8 lbs Chicken Breast
- 2 lbs Extra Lean Ground Turkey
- 1 cup Hummus
- 10 ozs Salmon Fillet
- 2 Tilapia Fillet

Condiments & Oils

- 2 tbsps Capers
- 1 1/2 tsps Coconut Oil
- 2/3 cup Extra Virgin Olive Oil
- 1/2 cup Sunflower Seed Butter

Cold

- 11 Egg

Other

- 2/3 cup Water



Zucchini Turkey Breakfast Skillet

3 servings
20 minutes

Ingredients

- 1 1/2 tsps Coconut Oil
- 1 lb Extra Lean Ground Turkey
- 2 Zucchini (large, finely diced)
- 1 cup Salsa
- 3 Egg
- Sea Salt & Black Pepper (to taste)

Directions

- 1 Add the coconut oil to a large skillet and place over medium heat.
- 2 Cook the ground turkey, breaking it up as it cooks through. Once it starts to brown, stir in the zucchini. Continue to saute until the zucchini has softened (about 3 - 5 minutes).
- 3 Add the salsa to the skillet and stir well to mix.
- 4 Use a spoon to create pockets for the eggs. Crack an egg into each pocket and cover the skillet with a lid. Let the eggs cook until done to your liking (3 to 5 minutes).
- 5 Divide onto plates and season with sea salt and black pepper to taste. Add hot sauce if you'd like some heat. Enjoy!

Notes

Leftovers: For best results, refrigerate the turkey/zucchini mixture separate from the eggs in an airtight container for up to three days. When reheating, add the eggs just before serving.

More Protein: Add extra eggs.

Vegetarian: Use lentils instead of ground turkey.

More Greens: Stir in baby spinach or kale right after you add the salsa. Stir until wilted.

No Salsa: Use crushed tomatoes instead.



Pesto Zoodles with Poached Egg

4 servings
20 minutes

Ingredients

4 Zucchini (large)
1 cup Basil Leaves
1 cup Baby Spinach
1 Garlic (clove, minced)
1/4 cup Walnuts
1/3 cup Extra Virgin Olive Oil
1 Lemon (juiced)
1/2 tsp Sea Salt
4 Egg

Directions

- 1 Spiralize your zucchinis into noodles and set aside.
- 2 In a food processor combine basil, spinach, garlic, walnuts, olive oil, lemon juice and sea salt. Blend until smooth.
- 3 Fry your eggs in a skillet or poach them in a small sauce pan with water and vinegar. Transfer them to a plate lined with paper towel.
- 4 You can serve this dish in two ways: For a cold dish, toss your zucchini noodles in desired amount of pesto, top with a fried or poached egg and serve. Or, for a warm dish, heat a bit of olive oil in the skillet and saute your noodles until warmed through, add pesto and work it around with tongs to evenly distribute. Transfer to bowls and top with a fried egg. Enjoy!

Notes

Nut-Free: Use sunflower or pumpkin seeds instead of walnuts.

More Carbs: Use brown rice pasta instead of zucchini noodles.

No Spinach: Use kale or any dark leafy green.

Meat Lover: Skip the poached egg and top with chicken, bacon or steak instead.

Vegan: Skip the poached egg and top with beans, lentils or chickpeas instead.



Celery with Sunflower Seed Butter

4 servings

5 minutes

Ingredients

8 stalks Celery (sliced into sticks)
1/2 cup Sunflower Seed Butter

Directions

- 1 Spread sunflower seed butter across celery sticks (about 1 tbsp per celery stalk). Happy munching!

Notes

No Celery: Use cucumber instead



Protein Packed Deviled Eggs

2 servings
20 minutes

Ingredients

4 Egg (hard boiled)
1 can Tuna (drained)
1/2 Avocado
1 stalk Green Onion (chopped)
Sea Salt & Black Pepper (to taste)
1/2 tsp Paprika
1/2 Cucumber (sliced)

Directions

- 1 Hard boil your eggs.
- 2 Once cool, peel the eggs and slice them in half. Remove the yolk and add it to a bowl. Add in the tuna, avocado and green onion. Season with sea salt and black pepper to taste. Mix and mash very well and then stuff the mixture back into the eggs. Sprinkle with paprika and enjoy with cucumber slices on the side.

Notes

Canned Tuna: One can of tuna is equal to 165 grams (5.8 ounces).



Toasted Walnuts

5 servings
15 minutes

Ingredients

1 1/2 cups Walnuts (shelled)

Directions

- 1 Preheat oven to 350°F (177°C) and spread the walnuts across a baking sheet lined with parchment paper. Toast in the oven for 5 to 10 minutes, tossing at the halfway point.
- 2 Remove from oven, let cool and enjoy!

Notes

Extra Flavour: Sprinkle with sea salt or spices of your choice.



Hummus Dippers

4 servings
15 minutes

Ingredients

- 1 Yellow Bell Pepper
- 1 Carrot
- 4 stalks Celery
- 1 cup Hummus

Directions

- 1 Slice your pepper, carrot and celery into sticks.
- 2 Line up 4 small mason jars (we like to use size 250 ml). Fill the bottom of each with $\frac{1}{4}$ cup hummus. Then place the veggie sticks into the hummus so that they are standing vertically. Seal the jar and place in the fridge until ready to eat.

Notes

Homemade: Make your own hummus! Check out our Sweet Potato Hummus or Green Pea Hummus recipes.

Mix it Up: Substitute in different veggies like cucumber or zucchini.



Butter Chicken & Cauliflower Rice

2 servings
 30 minutes

Ingredients

6 ozs Chicken Breast
 1 tbsp Extra Virgin Olive Oil
 1 Yellow Onion (diced)
 1 Garlic (cloves, minced)
 1 tbsp Ginger (grated)
 2 tbsps Tomato Paste
 1 tsp Paprika
 1 1/2 tsps Curry Powder
 1 tsp Garam Masala
 1/2 tsp Sea Salt
 1 1/2 tsps Chili Powder
 2 tbsps Water
 1/2 cup Canned Coconut Milk (full fat)
 1/2 head Cauliflower
 1/4 Lime (juiced)

Directions

- 1 Dice your chicken into cubes and set aside.
- 2 Heat olive oil in a large skillet over medium heat. Saute your onion, garlic and ginger. Stir in tomato paste, paprika, curry, garam masala, sea salt and chilli powder. Cook for 1 to 2 minutes or until fragrant.
- 3 Add diced chicken and stir until cooked through, about 5 to 7 minutes. Add in the water and loosen the paste.
- 4 Stir in coconut milk and reduce to simmer for about 5 minutes.
- 5 Meanwhile, create your cauliflower rice by adding the florets to the food processor. Process until the cauliflower has a rice-like consistency.
- 6 Squeeze lime juice on cauliflower rice and transfer into a bowl.
- 7 Remove from heat and ladle butter chicken over cauliflower rice. Enjoy!

Notes

Vegan or Budget-Friendly: Skip the chicken breast and replace with chickpeas, lentils or beans.

No Coconut Milk: Use Greek yogurt instead.

No Cauliflower Rice: Serve over brown rice or quinoa instead.

More Veggies: Add chopped cauliflower, sweet potatoes, peas, broccoli, baby spinach or chopped kale. Or serve it with a side salad.

Storage: Refrigerate in an air-tight container for up to 2 - 3 days.



One Pan Salmon with Green Beans & Roasted Tomato

2 servings
25 minutes

Ingredients

2 cups Green Beans (washed and trimmed)
1 cup Cherry Tomatoes
1 1/2 tsps Extra Virgin Olive Oil (or coconut oil)
Sea Salt & Black Pepper (to taste)
10 ozs Salmon Fillet

Directions

- 1 Preheat oven to 510°F (266°C).
- 2 Place green beans and cherry tomatoes in a mixing bowl and toss with olive oil. Season with sea salt and black pepper. Transfer to a baking sheet and bake in the oven for 10 minutes.
- 3 Season your salmon fillets with sea salt and black pepper.
- 4 Remove veggies from oven and place salmon fillets over top. Place back in the oven and bake for 7 to 10 minutes or until salmon flakes with a fork.
- 5 Divide veggies between plates and top with salmon. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

No Salmon: Use any type of fish fillet. Baking times will vary depending on thickness.

Vegan: Use roasted chickpeas instead of salmon.

More Carbs: Serve with quinoa or rice.

Added Touch: Toss the green beans in balsamic vinegar before serving.



Slow Cooker Bolognese with Spaghetti Squash

2 servings

8 hours

Ingredients

3/4 tsp Extra Virgin Olive Oil
8 ozs Extra Lean Ground Turkey
1/2 Yellow Onion (diced)
2 1/2 Garlic (cloves, minced)
1 1/2 cups Diced Tomatoes (drained)
1 1/2 cups Crushed Tomatoes
1 1/2 Bay Leaf
1/2 tsp Oregano
1/2 Spaghetti Squash
1/4 cup Basil Leaves (chopped)
1/2 tsp Red Pepper Flakes

Directions

- 1 Heat olive oil in a large skillet over medium heat. Add ground turkey, onion and garlic. Cook while breaking up the pieces with a spatula until browned. Transfer to your slow cooker. Add diced tomatoes, crushed tomatoes, bay leaves and oregano. Cover and cook on low for 8 hours.
- 2 About 1 hour before you are ready to eat, preheat the oven to 400. Carefully slice your spaghetti squash in half. Use a spoon to scoop out the seeds and discard.
- 3 Line a baking sheet with foil and place the squash on the sheet with the flesh side up. Bake in the oven for 30 to 45 minutes depending on the size of the squash.
- 4 Remove from oven and allow it to cool until it is safe to handle. Use a fork to carve the flesh out of the squash. It should come out like spaghetti noodles. Place the flesh in a large mixing bowl and toss with a drizzle of extra virgin olive oil, chopped basil and season with sea salt and pepper to taste.
- 5 Remove bay leaves from slow cooker. Plate spaghetti squash and spoon bolognese sauce over top. Garnish with fresh ground pepper and red pepper flakes if you like it spicy. Enjoy!

Notes

More Vegetables: Add diced green pepper and mushrooms.

Vegetarian: Use lentils instead of ground turkey.

More Carbs: Use brown rice pasta instead of spaghetti squash.

No Slow Cooker: Make it on the stovetop and let simmer for at least an hour.



15 Minute Tilapia

2 servings
15 minutes

Ingredients

1/2 cup Water
1 1/2 cups Cherry Tomatoes
1/2 tsp Red Pepper Flakes
2 Tilapia Fillet
Sea Salt & Black Pepper (to taste)
6 cups Baby Spinach
1 tbsp Extra Virgin Olive Oil
1/2 Lemon (juiced)
2 tbsps Capers

Directions

- 1 Add water to a skillet, place it over high heat and bring it to a boil. Add tomatoes and red pepper flakes. Set fish on top and season with sea salt and black pepper. Cover with a lid and cook for 3 minutes.
- 2 Remove lid and set the spinach on top of the tilapia. Cover again and let cook for another 2 minutes or until tilapia flakes with a fork. Use a slotted spoon to transfer the tilapia and vegetables to a plate. Turn off the heat.
- 3 In a bowl, combine the olive oil, lemon juice, and capers. Whisk with a fork.
- 4 Divide spinach and tomatoes between plates. Top with tilapia and drizzle with olive oil sauce. Season with more sea salt and black pepper if you so desire. Enjoy!

Notes

No Tilapia: Use any type of white fish. Adjust poaching time depending on thickness of the fillet.

Make it Spicy: Double up on the red pepper flakes.



Baked Chicken with Tomatoes, Avocado & Spinach Salad

3 servings
40 minutes

Ingredients

12 ozs Chicken Breast
Sea Salt & Black Pepper (to taste)
1 1/2 tsps Paprika
1 1/2 cups Cherry Tomatoes (halved)
1 1/2 Avocado (peeled and pitted)
1 1/2 Lime (juiced)
3 tbsps Red Onion (finely diced)
3 cups Baby Spinach
1 1/8 tsps Extra Virgin Olive Oil
1/3 Lemon (juiced)

Directions

- 1 Preheat oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 2 Season your chicken breasts with sea salt, black pepper and paprika to taste. Place them to one side of the baking sheet. Spread your cherry tomatoes across the other side of the baking sheet. Bake the chicken and the cherry tomatoes together in the oven for 30 minutes or until chicken is cooked through.
- 3 In the mean time, place avocado, lime juice and red onion together in a mixing bowl. Season with a pinch of sea salt and pepper. Mash with a fork until a creamy consistency forms.
- 4 Toss spinach with olive oil and lemon juice.
- 5 Plate the spinach, and then serve baked chicken over top. Top with guacamole and roasted tomatoes. Enjoy!



Spaghetti Squash Burrito Bowls

2 servings
 40 minutes

Ingredients

1 Spaghetti Squash (medium)
 1 1/2 tbsps Extra Virgin Olive Oil (divided)
 8 ozs Extra Lean Ground Turkey
 1 Red Bell Pepper (diced)
 1 tbsp Chili Powder
 1 1/2 tsps Cumin
 1 1/2 tsps Oregano
 1 tsp Garlic Powder
 1/4 tsp Sea Salt
 1/4 cup Red Onion (finely diced)
 1 Tomato (diced)
 1/2 Avocado (cubed)
 1/4 cup Cilantro (chopped)
 1/2 Lime (sliced into wedges)




Directions






- 1 Preheat oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 2 Using a sharp knife, very carefully split the spaghetti squash in half lengthwise and scoop out the seeds with a spoon. Brush the inside surface with half the olive oil, and place face-down on the baking sheet.
- 3 Bake squash for 40 minutes, until it is easily pierced with a fork.
- 4 While the squash is baking, heat remaining olive oil in a skillet. Add the turkey and cook until it begins to brown. Break it up with a spatula as it cooks through. Add the diced pepper, spices and salt. Continue cooking for about 10 minutes, or until turkey is thoroughly cooked.
- 5 Spoon the turkey filling into the each half of the spaghetti squash. Top with diced red onion, tomato, avocado, cilantro and a squeeze of lime juice.






Notes




Vegan & Vegetarian: Use black beans instead of ground meat.

Leftovers: Refrigerate in an air-tight container up to 2 days. Reheat before serving.

Day		Task	Notes
0 Sun		Grocery shop.	Grab the grocery list for the 7 Day Anti-Candida Program and get to it! Adjust serving sizes if necessary and mark off items from the list you already have.
		Freeze the tilapia, ½ pound of the ground turkey, and 3 chicken breasts.	We'll remind you later in the week when to set them out to thaw.
		Make Toasted Walnuts.	Let cool, then store in individual snack-sized baggies.
		Make Celery with Sunflower Seed Butter snacks.	Spread sunflower seed butter across celery sticks, divide into small containers and store in the fridge.
		Make Protein Packed Deviled Eggs.	Divide into containers, seal and store in the fridge.
		Optional: Make Zucchini Turkey Breakfast Skillet	Divide into containers, seal and store in the fridge. (You can also make this fresh in the morning if you prefer.)
1 Mon		Pack your meals if you are on-the-go.	Zucchini Turkey Breakfast Skillet, Celery with Sunflower Seed Butter, Protein Packed Deviled Eggs and Toasted Walnuts.

		Make Butter Chicken with Cauliflower Rice for dinner.	Divide leftovers into containers for tomorrow's lunch.
2 Tue		Pack your meals if you are on-the-go.	Zucchini Turkey Breakfast Skillet, Celery with Sunflower Seed Butter, Butter Chicken with Cauliflower Rice, and Protein Packed Deviled eggs.
		Make One Pan Salmon with Green Beans & Roasted Tomato for dinner.	Divide leftovers into containers for tomorrow's lunch.
		Prepare your Hummus Dipper snacks.	Divide into jars, seal and store in the fridge.
3 Wed		Start Slow Cooker Bolognese with Spaghetti Squash.	Follow first step of recipe to brown the beef and add all sauce ingredients to slow cooker. Cook on low for 8 hours.
		Pack your meals if you are on-the-go.	Zucchini Turkey Breakfast Skillet, Toasted Walnuts, One Pan Salmon with Green Beans & Roasted Tomato, and Hummus Dippers.
		Bake spaghetti squash to finish making Slow Cooker Bolognese with Spaghetti Squash for dinner.	Divide leftovers into containers for tomorrow's lunch.
		Make Pesto Zoodles with Poached Egg (only top 2 portions with egg).	While spaghetti squash is baking, follow recipe to make Pesto Zoodles with Poached Egg. Divide noodles into containers and top 2 portions with egg, for tomorrow and Friday breakfasts.

		Transfer the tilapia, ground turkey, and chicken breasts from freezer to the fridge.	For dinners the rest of the week.
4 Thu		Pack your meals if you are on-the-go.	Pesto Zoodles with Poached Egg, Toasted Walnuts, Slow Cooker Bolognese with Spaghetti Squash, and Hummus Dippers.
		Make 15 Minute Tilapia for dinner.	Divide leftovers into containers for tomorrow's lunch.
5 Fri		Pack your meals if you are on-the-go.	Pesto Zoodles with Poached Egg, Celery with Sunflower Seed Butter, 15 Minute Tilapia and Hummus Dippers.
		Make Baked Chicken with Tomatoes, Avocado and Spinach Salad for dinner.	Divide leftovers into containers for tomorrow's lunch and Friday's dinner.
6 Sat		Make eggs for Pesto Zoodles with Poached eggs.	Top 2 remaining portions of Pesto Zoodles with Poached Eggs. Have one for breakfast and store remaining in the fridge for tomorrow.
		Pack your meals if you are on-the-go.	Pesto Zoodles with Poached Egg, Celery with Sunflower Seed Butter, Baked Chicken with Tomatoes, Avocado and Spinach Salad, and Toasted Walnuts.

		Make Spaghetti Squash Burrito Bowls for dinner.	Divide leftovers into containers for tomorrow's lunch.
7 Sun		Pack your meals if you are on-the-go.	Pesto Zoodles with Poached Egg, Hummus Dipper, Spaghetti Squash Burrito Bowl, and Toasted Walnuts.
		Enjoy leftover Baked Chicken with Tomatoes, Avocado and Spinach Salad for dinner.	Don't forget to set aside some time to plan your meals and prepare for the upcoming week!