

Anti-Candida & Anti-Parasite Diet Shopping List

Vegetables

- ☐ Spinach
- ☐ Kale
- ☐ Arugula
- ☐ Collard Greens
- ☐ Swiss Chard
- ☐ Mustard Greens
- ☐ Cucumbers
- ☐ Zucchini
- ☐ Acorn Squash
- ☐ Butternut Squash
- ☐ Summer Squash
- ☐ Spaghetti Squash
- ☐ Asparagus
- ☐ Radishes
- ☐ Turnips
- ☐ Daikon Radish
- ☐ Broccoli
- ☐ Cauliflower
- ☐ Brussels Sprouts
- ☐ Celery
- ☐ Green Cabbage
- ☐ Red Cabbage
- ☐ Napa Cabbage
- ☐ Green Bell Peppers
- ☐ Yellow Bell Peppers
- ☐ Red Bell Peppers
- ☐ Orange Bell Peppers
- ☐ Button Mushrooms
- ☐ Portobello Mushrooms
- ☐ Shiitake Mushrooms
- ☐ Oyster Mushrooms
- ☐ Green Beans
- ☐ Artichokes
- ☐ Leeks
- ☐ Garlic
- ☐ Yellow Onions
- ☐ Red Onions
- ☐ Shallots
- ☐ Eggplant
- ☐ Fresh Olives
- ☐ Sea Vegetables (Nori, Seaweed, Dulse, Wakame)

Fruits

- ☐ Avocados
- ☐ Lemons
- ☐ Limes
- ☐ Fresh Coconut or Unsweetened Dried Coconut
- ☐ Olives
- ☐ Unsweetened Cranberries
- ☐ Raspberries
- ☐ Blackberries
- ☐ Strawberries
- ☐ Blueberries (moderation)
- ☐ Granny Smith Apples
- ☐ Pomegranate (moderation)
- ☐ Grapefruit (moderation)

Proteins (Meat)

- ☐ Organic, pasture-raised chicken
- ☐ Organic, pasture-raised turkey
- ☐ Organic, pasture-raised duck
- ☐ Grass-fed beef
- ☐ Grass-fed organ meats (liver, heart, kidney)
- ☐ Pasture-raised lamb

Proteins (Seafood)

- ☐ Wild-caught salmon
- ☐ Sardines
- ☐ Anchovies
- ☐ Cod
- ☐ Mackerel
- ☐ Wild-caught shrimp
- ☐ Scallops
- ☐ Pasture-raised, organic eggs

Milk Alternatives

- ☐ Unsweetened Almond Milk
- ☐ Unsweetened Coconut Milk (canned, full-fat)
- ☐ Unsweetened Macadamia Milk
- ☐ Unsweetened Cashew Milk
- ☐ Unsweetened Hemp Milk
- ☐ Unsweetened Flax Milk

Cheese Alternatives

- ☐ Nutritional Yeast
- ☐ Cashew Cheese
- ☐ Almond Cheese
- ☐ Coconut Milk-Based Cheese

Butter Alternatives

- ☐ Coconut Oil
- ☐ Avocados
- ☐ Extra Virgin Olive Oil
- ☐ Ghee (clarified butter)

Yogurt Alternatives

- ☐ Unsweetened Coconut Yogurt
- ☐ Unsweetened Almond Yogurt
- ☐ Unsweetened Cashew Yogurt
- ☐ Coconut Kefir

Cream Alternatives

- ☐ Unsweetened Coconut Cream
- ☐ Cashew Cream
- ☐ Unsweetened Almond Milk Creamer

Nuts & Seeds

- ☐ Almonds
- ☐ Walnuts
- ☐ Macadamia Nuts
- ☐ Hazelnuts
- ☐ Pecans
- ☐ Chia Seeds
- ☐ Flaxseeds
- ☐ Sunflower Seeds

Nuts & Seeds (Cont'd)

- ☐ Pumpkin Seeds
- ☐ Sesame Seeds
- ☐ Almond Butter (unsweetened)
- ☐ Coconut Butter
- ☐ Sunflower Seed Butter (unsweetened)

Flours & Baking Essentials

- ☐ Coconut Flour
- ☐ Almond Flour
- ☐ Flaxseed Meal
- ☐ Cassava Flour (small amounts)
- ☐ Monk Fruit Sweetener
- ☐ Stevia
- ☐ Allulose
- ☐ Baking Soda
- ☐ Aluminum-Free Baking Powder
- ☐ Arrowroot Powder
- ☐ Psyllium Husk

Herbs & Spices

- ☐ Turmeric
- ☐ Ginger
- ☐ Cinnamon
- ☐ Cloves

Herbs & Spices (Cont'd)

- ☐ Oregano
- ☐ Basil
- ☐ Rosemary
- ☐ Thyme
- ☐ Cumin
- ☐ Coriander
- ☐ Cayenne Pepper
- ☐ Black Pepper

Fermented & Gut-Healing Foods

- ☐ Raw Sauerkraut
- ☐ Kimchi (unsweetened, no vinegar)
- ☐ Coconut Kefir
- ☐ Raw, Unfiltered Apple Cider Vinegar

Oils & Cooking Fats

- ☐ Coconut Oil
- ☐ Avocado Oil
- ☐ Extra Virgin Olive Oil
- ☐ Sesame Oil
- ☐ MCT Oil