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Antioxidant rich salad
Anti-candida diet

**Ingredients:**

- 4-5 yellow cherry tomatoes, halved (Can use red cherry tomatoes as an alternative)
- ½ red tomato, cut into small pieces
- ½ cup of lettuce, cleaned and cut into large pieces
- 3 tbsp of grated carrot
- ½ zucchini, sliced (peel removed)
- ½ tbsp of apple cider vinegar
- 1 tbsp of extra virgin olive oil
- Salt to taste

**Method:**

1. In a bowl, add all of the ingredients.
2. Give a gentle mix.
3. Serve fresh.
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Antioxidant-rich baby spinach salad
Anti-candida diet

**Ingredients:**

- ¼ cup of chicken breast, cut into small pieces and steamed
- 1 cup of baby spinach leaves, cleaned
- ¼ cup of pomegranate seeds
- ½ tbsp of oregano
- ¼ tbsp of apple cider vinegar
- 1 tbsp of freshly ground black pepper
- ¼ tbsp of avocado oil
- A pinch of garlic powder
- Salt

**Method:**

1. Add all of the ingredients to a bowl.
2. Give a gentle mix.
3. Serve fresh.
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**Broccoli florets and cherry tomatoes**
Anti-candida diet

Ingredients:

- 1 ½ cup of broccoli florets, cleaned
- ½ cup of kale leaves, cleaned and cut into small pieces
- ¼ cup of red cherry tomato, halved
- 1 tbsp of freshly ground black pepper
- ½ tbsp of onion, chopped
- ½ red tomato, chopped
- A pinch of cinnamon powder
- 1 tbsp of sunflower oil
- Salt to taste

Method:

1. In a hot pan, add sunflower oil, onions and chopped tomatoes.
2. Sauté them for 4-6 min.
3. After it is completely sautéed, add broccoli florets, pepper, cinnamon powder and salt.
4. Toss them for 5-6 mix.
5. Add kale leaves and toss the mixture for another 3-4 min.
6. Add cherry tomatoes and turn off the heat.
7. Give a gentle mix and serve.
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Zucchini stuffed with cauliflower
Anti-candida diet

**Ingredients:**

- 1 zucchini, peeled and halved
- ½ cup of cauliflower, steamed and mashed
- 2 tbsp of finely chopped red bell pepper
- ½ tbsp of ginger powder
- ¼ tbsp of cumin powder
- 1 tbsp of freshly ground black pepper
- Salt to taste

**Method:**

1. Add mashed cauliflower finely chopped red bell pepper, ginger powder, cumin powder, black pepper and salt.
2. Mix them thoroughly and keep it aside.
3. Stuff the cauliflower mixture to zucchini halves.
4. Transfer the stuffed zucchini halves to a baking tray.
5. Bake at 150C for 10-15 min.
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**Wild-caught halibut and carrot soup**
Anti-candida diet

Ingredients:

- 150g of halibut, cleaned and washed
- ½ cup of carrot, cut into chunks
- ¼ cup of red tomatoes
- 2 tbsp of chopped garlic
- 1 tbsp of freshly ground black pepper
- 1 cup of fish stock water, unsalted
- Salt to taste

Method:

1. In a vessel, add all of the ingredients.
2. Allow the mixture to boil for 10-15 min.
3. After 15 min, transfer the mixture to a blender and blend them thoroughly.
4. Heat the mixture before serving.
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Broccoli and spinach soup
Anti-candida diet

Ingredients:

- 1 cup of broccoli florets, cleaned
- 1 cup of spinach leaves, chopped
- 1 cup of chicken stock water, unsalted
- 1 tbsp of garlic chopped
- ½ tbsp of rosemary
- 1 tbsp of freshly ground black pepper
- Salt to taste

Method:

1. In a vessel, add all of the ingredients.
2. Allow the mixture to boil for 10-15 min.
3. After 15 min, transfer the mixture to a blender and blend them thoroughly.
4. Heat the mixture before serving.
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Purple cabbage, beet and fruits salad
Anti-candida diet

**Ingredients:**

- ¼ cup of beetroot, cubed and steamed
- ½ cup of purple cabbage, cut into small pieces
- 1 yellow grapefruit, cut into small pieces (peeled)
- ½ red apple, cut into small chunks
- ½ tbsp of grapefruit grind
- 1 tbsp of extra virgin olive oil
- ¼ tbsp of apple cider vinegar
- ¼ tbsp of freshly ground black pepper
- Salt to taste

**Method:**

1. Add all of the ingredients to a bowl.
2. Give a gentle mix.
3. Serve fresh.
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Yellow grapefruit and apple smoothie
Anti-candida diet

Ingredients:

- 1 yellow grapefruit, peeled and juiced
- 1 green apple, seeded and cut into small chunks (peeled)
- 2 tbsp of chopped red apples
- ¼ cup of ice cubes

Method:

1. Add all of the ingredients to a blender.
2. Blend them thoroughly.
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Pumpkin and chicken soup
Anti-candida diet

Ingredients:

- 150g of chicken breast, cut into small pieces
- 1 cup of pumpkin chunks
- 1 cup of chicken stock water, unsalted
- A pinch of ginger powder
- A pinch of cinnamon powder
- 1 tbsp of garlic paste
- 1 tbsp of freshly ground black pepper
- 1 tbsp of olive oil
- Salt to taste

Method:

1. In a hot vessel, add olive oil, garlic paste, chicken breast and salt.
2. Toss them for 5-10 min.
3. Add pumpkin chunks, chicken stock water, ginger powder, cinnamon powder, and pepper.
4. Allow the mixture to boil for 10-12 min.
5. After 12 min, allow the mixture to cool and transfer it to a blender.
6. Blend the mixture thoroughly.
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Highly nutritious tofu salad
Anti-candida diet

Ingredients:

- 60-75g of Tofu chunks
- ½ red bell pepper, sliced
- 6-7 black olives, seeded
- 1 tomato, sliced
- ¼ zucchini, cubed
- 1 tbsp of sesame seeds
- 1 tbsp of avocado oil
- A pinch of freshly ground black pepper
- Salt to taste

Method:

1. In a bowl, add all ingredients except sesame seeds and black pepper.
2. Give a gentle mix.
3. Sprinkle sesame seeds and black pepper on the top.
4. Serve.
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Baked cauliflower
Anti-candida diet

**Ingredients:**

- 1 medium size cauliflower, cleaned
- 2 tbsp of Dijon mustard seeds
- 1 tbsp of paprika powder
- ½ tbsp of turmeric powder
- 2 tbsp of sunflower oil
- 1 tbsp of lemon juice
- A pinch of ginger powder
- Salt to taste

**Method:**

1. In a bowl of hot water, dip the cauliflower and allow the cauliflower to rest for 20 min.
2. After 20 min, remove the cauliflower and add Dijon mustard seeds, paprika powder, turmeric powder, sunflower oil, lemon juice, ginger powder, salt.
3. Give a thorough mix and refrigerate for 1 hour.
4. After 1 hour, transfer the marinated cauliflower to a baking tray.
5. Bake at 150C for 15 min and 175C for 25-30 min.
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High fiber squash and pepper salad
Anti-candida diet

Ingredients:

- ½ yellow or orange bell pepper, sliced
- ½ cup of butternut squash, steamed with peel-on
- A pinch of rosemary
- A pinch of oregano
- ¼ tbsp of freshly ground black pepper
- Salt to taste

Method:

1. In a bowl, add all of the ingredients.
2. Give a thorough mix and serve fresh.
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**Mixed berries smoothie**
Ingredients:

- ¼ cup of blueberries
- ¼ cup of strawberries
- ¼ cup of raspberries
- ¼ cup of almond milk

Method:

1. Add all of the ingredients to a blender.
2. Blend the mixture thoroughly.
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Steamed broccoli with squash
Anti-candida diet

Ingredients:

- ½ cup of broccoli florets, cleaned and steamed
- 3 tbsp of butternut squash, grated
- ¼ red onion, sliced
- 1 tbsp of apple cider vinegar
- 1 tbsp of freshly ground black pepper
- ¼ tbsp of extra virgin olive oil
- Salt to taste

Method:

1. Add all of the ingredients to a bowl.
2. Give a thorough mix.
3. Serve fresh.
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**Fresh veggie crunchy salad**
Anti-candida diet

Ingredients:

- ½ cup of lettuce, cleaned and cut into small pieces
- ¼ cup of purple cabbage leaves, cleaned and cut into small pieces
- ½ medium size carrot, sliced
- ½ turnip, sliced
- 2-3 cherry tomatoes, halved
- ¼ tbsp of extra virgin olive oil
- ½ tbsp of grapefruit juice
- Salt to taste

Method:

1. In a bowl, add all the ingredients.
2. Mix them thoroughly.
3. Serve fresh.

Pepper salad
Anti-candida diet

Ingredients:

- ¼ cup of yellow bell pepper, cleaned, seeded and cut into small pieces
- ¼ cup of red bell pepper, cleaned, seeded and cut into small pieces
- 4-5 cherry tomatoes, halved
- 1 tbsp of red onions, chopped
- 1 tbsp of spring onion stem, chopped
- ½ tbsp of extra virgin olive oil
- ¼ tbsp of oregano
- ¼ tbsp of apple cider vinegar
- Salt to taste

Method:

1. Add all of the ingredients to a bowl.
2. Mix them gently.
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Cooked quinoa with grapefruit
Anti-candida diet

Ingredients:

- ½ cup of quinoa, cooked
- ½ yellow grapefruit, cut into small chunks or pieces
- ¼ of red onion, finely chopped
- ½ cup of halved cherry tomatoes
- ¼ tbsp of freshly ground black pepper
- Salt to taste

Method:

1. Add all of the ingredients to a bowl.
2. Mix them gently and allow the mixture to sit for 10 min.
3. Give a gentle mix before serving.
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**Arugula with baked tomato salad**
Anti-candida diet

Ingredients:

- ¼ cup of arugula leaves, cleaned and washed
- 3 tbsp of cottage cheese
- 4-6 cherry tomatoes
- 1 tbsp of roasted pine nuts
- ½ tbsp of extra virgin olive oil
- ¼ tbsp of apple cider vinegar
- Salt to taste

Method:

1. Add cherry tomatoes, extra virgin olive oil, and salt to a baking tray.
2. Give a gentle mix.
3. Bake at 150C for 5-10 min.
4. After 10 min, allow the baked cherry tomatoes to rest for 30 min.
5. In another bowl, add arugula leaves, cottage cheese, roasted pine nut, salt, and apple cider vinegar. Give a gentle mix.
6. Add baked tomatoes before serving.
Healthy beetroot and chicken salad
Anti-candida diet

**Ingredients:**

- ½ cup of baby spinach leaves, cleaned
- ⅛ cup of beet root, cubed and steamed
- 100g of steamed chicken, shredded
- 1 tbsp of chopped red onions
- 1 tbsp of freshly ground black pepper
- Salt to taste

**Method:**

1. Add all of the ingredients to a bowl.
2. Give a gentle mix.
3. Serve fresh.
Egg and cauliflower casserole
Anti-candida diet

**Ingredients:**

- 1 large egg
- ¼ cup of almond milk
- 1 ½ cup of cauliflower florets
- ½ cup of skinless chicken breast, cut into small pieces
- ½ carrot, cubed
- ½ green bell pepper, sliced
- 3 tbsp of cottage cheese
- 1 tbsp of freshly ground black pepper
- 1 tbsp of ginger powder
- ½ tbsp of chopped garlic
- Salt to taste

**Method:**

1. Add all the ingredients to a bowl.
2. Mix them thoroughly.
3. Transfer the mixture to a casserole baking tray.
4. Bake at 175C for 35-40 min.
5. Serve hot.
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