

## **BELOW IS A SAMPLE WEEKLY DIET FOR CANDIDA SUFFERERS**

- Drink 8 large glasses of water per day. This is a MUST!
- Also, try to exercise for at least 30 minutes and sauna 5X per week
- You can substitute steak, buffalo, or lean beef (only 1X per week) for one of the meats

### **Monday**

- First thing: take Threelac, Formula SF722, and other supplements
- Breakfast: 4 eggs with spinach and onions, 2 slices of turkey bacon, 1 glass flavored mineral water
- Snack: 1 medium sliced organic cucumber
- Lunch: Big green salad with cabbage, 1/4 lb. sliced turkey, greens and homemade salad dressing (flax oil, apple cider vinegar, sea salt, parsely, dill seed, oregano)
- Snack: Sugar Free Almond milk with stevia sweetener
- Dinner: Organic chicken breast (Salt and Lemon Pepper seasoning) and steamed broccoli (Frozen Foods) with sea salt and Smart Balance Butter and 1/4 cup of Brown Rice

### **Tuesday**

- First thing: take Threelac, Formula SF722, and other supplements
- Breakfast: 1/4 cup of cooked millet with Smart Balance butter, stevia sweetener, and ground cinnamon, 1 glass of water
- Snack: 1 sliced organic zucchini with sea salt and pepper
- Lunch: Low carb Jay Robb Protein Shake
- Snack: Granny Smith Apple
- Snack: Handful of sunflower/pumpkin seeds
- Dinner: Organic salmon filet with olive oil, oregano, sea salt, parsely and steamed asparagus with sea salt, pepper and Smart Balance Butter

### **Wednesday**

- First thing: take Threelac, Formula SF722, and other supplements
- Breakfast: Organic talapia fish with seasoning and steamed broccoli with sea salt, pepper, and Smart Balance Butter, 1 glass of lemon water (squeeze 1-2 lemons and stevia sweetener in distilled/purified water)
- Snack: 1 sliced organic cucumber
- Snack: 1 Organic Brown Rice Cake
- Lunch: Boston Market's Chicken/Turkey meal with steamed vegetables.
- Snack: Large White Grapefruit
- Snack: 1/2 Organic Avocado (or make homemade guacamole with garlic, onions, and lemon juice) and Organic Blue Corn tortilla chips (small amount)
- Dinner: Organic Vegetable broth with steamed Brussels sprouts and seasonings

### **Thursday**

- First thing: take Threelac, Formula SF722, and other supplements
- Breakfast: 4 egg omelet with spinach or leeks, 1 cup flavored mineral water
- Snack: 1 sliced organic squash with sea salt and pepper
- Lunch: Big green salad with sliced turkey, and homemade salad dressing (flax oil, apple cider vinegar, sea salt, parsely, dill seed, oregano)
- Snack: Probiotic or Greens Drink
- Dinner: Organic chicken breast and steamed asparagus with sea salt, pepper, and butter

### **Friday**

- First thing: take Threelac, Formula SF722, and other supplements
- Breakfast: Steamed Brussels sprouts and Quinoa with butter, sea salt, and pepper.
- Snack: Handful of Almonds
- Lunch: Grilled chicken salad with homemade dressing
- Snack: Organic Sugar Free Soy milk (chocolate or vanilla)
- Snack: Sliced Red Bell Pepper
- Dinner: Go out to eat but limit your sugar/carb intake. Order something like the herb grilled salmon with steamed vegetables or grilled chicken breast with broccoli.

**Saturday and Sunday** - -First thing: take Threelac, Formula SF722, and other supplements  
Pick from the above list of foods. You can go out and eat once per day (avoid carbs and sugars).