

Ultimate Candida Diet Pdf Download Free





Choose your BASE (12-16 0Z)

Nondairy milk of choice Water



Choose your GREENS (1-2 CUPS)
Kale Spinach Collard Greens Romaine
Swiss Chard 1-2 tsp. Spirulina



Choose your FAT (1-2 TBSP)

1/2 avocado coconut or flaxseed oil
almond or sunflower butter



Choose your LOW SUGAR FRUIT (1/4 CUP strawberries blueberries lime coconut green apple kiwi

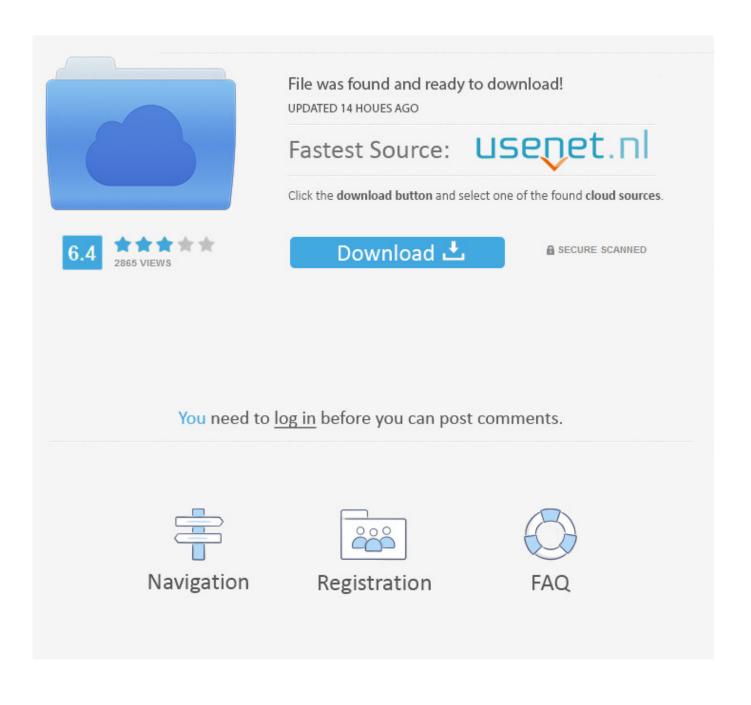


Choose your THICKENER (1 TBSP)
chia seeds flaxseed meal 1/2 c. ice
psyllium powder 1/4 c. plain yogurt



Choose your FLAVORING
liquid stevia cinnamon vanilla
beans fresh mint ginger nutmeg

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3/5

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