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Some of these recipes contain small amounts fruit and nut avoid these ones in the beginning.

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➤ **All ingredients in the Candida diet recipes are organic**

✚ **Some of the recipes in this book are for the latter stages of the diet when you can incorporate more foods back into your regime. Make your own decisions about when you are ready to try the different recipes.**

Introduction :

These are some of the best recipes I have found through forums and other peoples experience. I have tried these recipes and can say that they are fantastic.

But remember every one has different tastes, so try altering them to your own needs and tastes, just remember what foods you can use. Try adding cayenne pepper, garlic, flaxseed oil, and other herbs that I talked about in the eBook "Natural Candida Cleanse" to any recipe you think might benefit from it.

These are just some examples, try going through your own cookbooks, and substituting white flour with brown rice flour, removing questionable foods, and adding in some Candida fighting herbs, get a hold of some gluten free, and diabetic cook books as they will be easier to convert. Once you start to experiment you really will begin to get motivated with this diet.

Remember the first 3 to 4 weeks are the worst, this is when you should avoid all sugars including fruit, processed foods, and even chicken because of the hormones and antibiotics, but after this you can start to incorporate small amounts of chicken and fruit back into your diet. Just remember if in doubt, stick with organic foods low in sugar, carbs, and starch. Good Luck!

The best Candida diet recipes contain very few ingredients.

Your should have be at least three meals a day, or 4 or 5 meals a day to help keep your blood sugar, and hunger under control.

Snacking should be limited. If you do partake, it should be in the form of veggies or seeds.

Steaming is always the preferred method for cooking vegetables because it retains more nutrients that way. Don't use Teflon coated pans. Glass or stainless steel should be used.

Some Great Candida Recipes To Try

Breakfast

You should break out of the habit of believing that you can only eat grains and fruit for breakfast. I have included the obvious choices in this section, but remember there are endless amounts of food available that you can eat at any time of the day, your stomach won't care what time of the day it is when it's hungry, it just wants to be fed. So try having something different for breakfast like a bowl of soup, raw vegetables or just your leftovers from last night's dinner.

Cauliflower pancakes

1 head of cauliflower, washed
4 eggs, organic or free range
Optional: chopped onions, salt and pepper to taste

Blend all of the ingredients thoroughly in a food processor.

It Should be light colored and fluffy in texture, then spoon onto a hot oiled griddle, and brown for approximately 4 minutes on each side. The smaller you make them the easier they are to flip.

Millet and sweet rice waffles

These ingredients will make about 6 waffles.

1 cup millet flour
3/4 cup sweet rice flour
1/4 water
1 1/4 cups unsweetened rice or nut milk of your choice
1 large egg
2 egg whites
2 TBSP. melted coconut oil(organic)
2 tsp. non-aluminum baking powder
1/4 tsp. sea salt
1 tsp. cinnamon

Whisk flour, water, and milk in a medium bowl, then for best results you can cover, and refrigerate overnight, but it is not necessary.

Preheat a non-stick waffle iron.

In a bowl whisk eggs, egg whites, and oil. Pour into refrigerated flour mixture.

Add baking powder, salt, and cinnamon.

Mist both sides of the waffle iron with olive oil. Pour 1/2 cup of batter onto the hot griddle. Cook to desired brownness, about 3-5 minutes without lifting the cover for the first 2 minutes.

Remove with fork and repeat. To serve all waffles at once transfer to a cookie sheet and warm in a 200 degree oven whilst you finish the rest. Bag and refrigerate unused waffles and freeze for up to four months. Reheat by toasting in a toaster or 200 degree oven

Quinoa pancakes

Start by heating the frying pan on medium.

In a bowl mix 1/2 cup egg whites and 1/3 cup of quinoa flakes. Sprinkle with cinnamon and stevia (if desired) Cook until brown on both sides. Add more flakes if you need to thicken it and not make it so runny.

Top with almond butter and organic flaxseed. Or heat 1 TB of ghee with 3 TB of Vegetable glycerin, and sprinkle with cinnamon.

Zucchini latkes

2 cups coarsely grated zucchini
1/2 cup buckwheat flour [or mix with some rice flour]
1 tsp baking powder
1/2 tsp salt
a small onion, finely chopped
1 egg ,beaten

Mix together the baking powder and salt with the flour.
Sprinkle the flour mixture over the onions and zucchini and stir well.
Add the egg and stir mixture again.
Fry small cakes in coconut oil, flaxseed oil, extra virgin olive oil or your choice of fat (cold pressed).

Sesame Pancakes

1 cup sesame meal, can grind with a blender
2 tsp. baking powder
1/2 cup arrowroot powder

pinch of stevia
1 1/2 Tbsp. ghee or coconut oil
1/2 cup water

Combine the first 4 ingredients. Add the oil and water. Stir gently. Cook them in the frying pan.

The batter will thicken as it stands, you may need to add more water.

Flaxseed cereal

1/4 cup flaxseed freshly ground
1/2 cup or more water
ghee
stevia
cinnamon

Boil some water, add ground flax while stirring. Remove from heat and let it stand for about 5 minutes. Serve with butter, stevia, cinnamon etc.

Eggplant French Toast

1 small eggplant
2 eggs
1 T cinnamon
1/8 t nutmeg
1/16 t Stevia

Cut the eggplant in half length-wise. Taking each half, cut long, strips off the eggplant, as thin as possible so the eggplant will cook when you fry it.

In pie plate or other large, flat surfaced bowl, mix eggs, cinnamon, nutmeg and Stevia. Dip eggplant slices in and let soak a couple minutes while you let the frying pan heat up. Cook for 2-3 minutes on each side until golden brown and eggplant is not quite so stiff. Use some kind of cold pressed oil like flaxseed.

Scrambled Tuna

Tuna

1 egg

1 large yellow onion

Chili powder as desired for flavor (Cayenne)

Cumin as desired for flavor

Adobe seasoning salt as desired for flavor

1/2 tsp Olive Oil

Chop onion up finely and cook in saucepan until tender.

Mix tuna, egg, Olive Oil, chili powder, cumin and Adobe salt in mixing bowl until well stirred. Add onions to mixture and blend. Add mixture to saucepan and scramble as you would eggs until tuna is a deep brown.

Snacks

One of the hardest things when on a diet is looking through the cupboard for something to snack on. Here are some recipes you can make up and keep in the cupboard to snack on. Also try a mixture of pumpkin seeds and sunflower seeds, or raw veggies with dip made from plain yogurt & spices, or salmon on triscuits. There really are plenty of options if you just open up your mind.

Raw veggies with a dip made from plain yogurt are great

Try these options for creating your own snacks

Bases

- Ryvita – only the plain and sesame varieties
- Rice cakes
- Oatcakes – watch carefully some manufacturers add malt

Toppings

- Houmous – check for citric acid, if in doubt make your own

- Sardines – de-boned and mashed with lemon juice and salt and pepper
- Prawns in a homemade mayonnaise

Others

- Sunflower, sesame and pumpkin seeds.
- Tamari seeds – sprinkle sunflower and pumpkin seeds with a little tamari, spread on a baking sheet and lightly roast in an oven, or stir fry.
- Popcorn – pop your own in a machine or saucepan. Add a little butter and salt. Do not risk ready-made varieties unless you are sure there is no sugar or yeast based flavorings.

Some of these recipes contain small amounts fruit and nut, avoid these ones in the beginning.

Muffins

Preheat oven to 375° F

6 T butter (or ghee) melted

3 large eggs

1/4 cup coconut milk (reg.or lite)

Beat these 3 ingredients together, and then add:

2-3 tsp. stevia

1 tsp. maple flavoring (Frontier)

1 tsp. Vanilla (Frontier)

4-5 Tbsp. vegetable glycerin

1 Tbsp. fresh lemon juice

Mix the following together and add to the above:

2 tsp. cinnamon

1 tsp. nutmeg

1/2 rounded tsp. baking powder

1/2 rounded tsp. baking soda

1 cup ground flaxseed meal (make sure this is as fresh as possible)

1 t. xanthan gum (not too important)

1/4 cup amaranth or brown rice flour
4 oz. chopped hazelnuts (filberts) or other nut of your preference (nuts optional)

Quickly mix all ingredients together and immediately spoon into muffin pan/papers, as the mixture will start to expand as the baking powder and soda reacts with the lemon juice. Xanthan gum adds body and traps the resulting air from the baking powder/soda and lemon juice reaction, (acts like gluten) however it is not necessary. Bake at 350°F for about 15 minutes and check there cooked. The quantity of ingredients in this recipe makes about 12 muffins, however you can increase it to whatever you want.

Zucchini Muffins

1/4 cup melted ghee (clarified butter)
1/2 cup vegetable glycerin
1/3 cup water
1 cup grated zucchini
1/4 cup unsweetened shredded coconut (optional)
1/4 tsp ground cloves
1/4 tsp nutmeg
1 tsp cinnamon
1/8 tsp sea salt
1 tsp baking soda
1 1/2 cups spelt flour

Mix all of the above ingredients together. Bake at 350F for approximately 18 minutes, to make 8 muffins.

QUINOA PUMPKIN MUFFINS

2/3 cup flax gel
1/2 cup vegetable glycerin
1 cup pumpkin
1/4 cup ghee, melted
1/2 tsp Vit C crystals
1/2 tsp salt

1 tsp vanilla
1 tsp baking soda
1 tsp allspice
1 tsp nutmeg
1 tsp cinnamon
1/2 tsp cloves
2 cups quinoa flour

Preheat oven to 350F. Mix all of your ingredients together except for the flour, then add that last after the rest is well blended. Grease muffin tins with ghee. Bake for approx 18 min. Makes 12 muffins.

Cranberry Yogurt

Add unsweetened cranberry juice to plain yogurt, then add stevia to taste. Try using yogurt with extra acidophilus.

Cabbage Rolls

1 head of cabbage
1 lb. ground beef or turkey
1 medium turnip peeled and grated
2 carrots, peeled and grated
1 tsp. thyme and sea salt
1/4 cup water
chopped onions

core the cabbage and put it in a large pot of boiling water. When the leaves start to soften, separate them and take them out. Only boil for about 3 mins, so there soft enough to roll.

Mix the meat, onions, turnips, and carrots and spices, and 1/4 cup water. Put 1/4 cup scoops in the cabbage leaves and roll up. Place each one in a crock pot.

Cover with a homemade sauce.

Goes good with mashed cauliflower. Steam some cauliflower and add garlic, butter and salt, then mash it all together. Place the cabbage roll and sauce on top of mashed cauliflower and enjoy.

Cranberry macadamia cookies

1/2 cup butter softened (clarified butter if desired)
1 egg
1 Tablespoon chicolin
1/4 teaspoon stevia
1 Tablespoon glycerin
3/4 cup spelt flour (or a mix of sweet rice and rice flours)
1/2 cup macadamia nut pieces
1/2 cup dried cranberries
1/2 cup unsweetened carob chips (if desired)

Mix all ingredients in order of list. Drop in spoonfuls onto ungreased cookie sheet. Bake at 350 F for 12 minutes.

You can dry your own cranberries so that they have no sugar added. Here's how you can do it.

Boil water in a large shallow pan (the more surface area the better). When it's boiling steadily gently pour in cranberries to cover the surface of the water.

Watch them closely for about 2 minutes. You'll hear quiet popping and hissing and see many of them split with a little white line appearing on the berry.

When it looks like most of them have split, spoon them out with a slotted spoon and spread them on a cookie sheet.

Put sheet in the oven at 200 F but prop the door open for moisture to escape.

Dry them this way for about 4 hours or till they are squishy the way you like them. They will keep in the refrigerator for a very long time.

Chapitas (crunchy flatbread)

- 1 cup chickpea flour
- 2 TBSP arrowroot powder
- 1 TBSP oil (extra virgin olive oil, cold pressed is always the healthiest choice)
- 1/3 cup purified water
- 1/8 tsp. salt
- optional: chop up some scallions, or roast some garlic, or add your favorite spices

Mix all together. Add more chickpea flour until it is dry enough to form into balls. It should still be slightly wet though.

Use saran wrap or wax paper. Tear off a long section. Sprinkle with chickpea flour

Roll dough into small balls

Sprinkle again with flour.

Cover with another sheet of saran or wax paper.

Take a cutting board or solid object and squash the balls down. They should be about 1/8 inch thick. Use a rolling pin to complete the 'squashing' is necessary.

Remove saran wrap from top.

Place balls on slightly oiled and/or floured bake sheet.

Place in pre-heated 375 degrees oven.

Bake about ten minutes, until underside of chapitas are brown, flip and bake until browned on other side.

You can store them in the freezer and grab them when you need a quick snack.

Lemon Cake Supreme

- 1 1/2 cups brown rice flour
- 2 TBSP arrowroot powder
- 1 TBSP baking powder
- 6 large eggs
- 1/2 cup clarified butter

1/3 cup fresh squeezed lemon juice
1 TBSP lemon flavoring (alcohol free)
5 TBSP vegetable glycerin

Preheat oven to 350F. Mix flour, arrowroot powder, and baking powder in a large bowl.

Separate eggs, and beat yolks in another bowl with electric mixer until light. Add butter, lemon juice, flavoring, and glycerin to yolks, mix well and add to flour mixture. Beat until smooth. Beat egg whites until stiff, and fold into flour mixture.

Pour batter into a greased and lightly floured food cake pan. Bake 35-40 minutes. Test for doneness with a toothpick. When cool, may spread with icing

Almond and Butter Cream Icing

1/2 cup + 2 TBSP clarified butter, melted
5 TBSP vegetable glycerin
1 egg yolk
2 TBSP fresh squeezed lemon juice
1/2 cup sliced or ground almonds

Cream butter with glycerin. Beat in egg yolk and lemon juice, mix until thick. Fold almonds into icing or wait until cake is frosted and sprinkle over top.

Pumpkin Nut Loaf

2 large eggs, beaten
1/3 Cup Clarified butter
1/4 C 100% pure vegetable glycerin
2 Cups canned unsweetened pumpkin
1 1/4 Cups brown rice flour
1/2 teaspoon sea salt (optional)
2 teaspoons baking powder

1/4 teaspoon ground cloves
1/2 teaspoon each ground cinnamon, ginger, and nutmeg
1/2 Cup chopped or ground fresh almonds

Preheat oven to 350 F. Mix all ingredients except nuts in a large bowl until well blended. Stir in nuts. Pour batter into a well-greased and lightly floured, 5 x 9 inch loaf pan. Bake 50-60 minutes. Test for doneness with a toothpick. Cool before slicing.

Roasted Salty Seeds Snack

Rinse a cup of sesame, sunflower or pumpkin seeds in a strainer. Then gently dry roast them in a frying pan without oil, stirring constantly with a wooden spatula, until quite brown.

Add sea salt to season at the last moment, or better still, if you are not sensitive to it, a few drops of shoyu. Mix well. Serve. The same can be done with nuts.

Coconut Ice and Kulfi (not for early stages)

Coconut Ice

Ingredients:

100gms of creamed coconut (half a block)
2/3 tablespoons boiling water
3 tablespoons of natural yoghurt
2 tablespoons of soya milk

Method

First put the coconut block into a bowl and break it up with a fork. Add the boiling water one spoon at a time mixing well with the fork between each spoonful. Stir in the yoghurt and soya milk and keep mixing until there are no lumps and it is creamy.

Put into an ice cube tray (makes approx 12 cubes) and freeze. When turned out it is very solid and can be eaten as a lolly. However to eat with a spoon as a desert take it out of the freezer 1/2-1 hour before it is needed.

Kulfi

This variation of the coconut ice has a similar flavor to the famous Indian ice cream.. Add to the mixture before freezing the following:

- 2 dessertspoons of chopped nuts **(avoid peanuts)**
- 2 dessertspoons of chopped fresh tropical fruit **(avoid for a while)**
- 4 crushed green cardamoms (remove the shell after crushing)
- 1 dessertspoon chopped sunflower seeds

Stir into the mixture and continue as for coconut ice.

Scallions and Chives

- 8 Oz of unsweetened plain (organic if possible) yogurt
- 2 scallions chopped
- 2 tsp chopped fresh chives
- 1/2 tsp salt (or to taste)
- 1/4 tsp ground or cracked black pepper
- 1 tsp garlic powder or 1/2 tsp crushed fresh garlic (adjust to taste)

Place yogurt in cheese cloth or paper coffee filter to drain excess moisture out for one hour.

Combine drained yogurt with all ingredients and use as a dip for fresh vegetables.

Variation: 1 tsp fresh chopped dill with or without the yogurt.

Soups

Rosemary White Bean Soup

1 POUND DRIED WHITE CANNELLINI BEANS
4 CUPS SLICED YELLOW ONIONS (ABOUT 3 ONIONS)
1/4 CUP GOOD OLIVE OIL
2 GARLIC CLOVES, MINCED
1 LARGE BRANCH FRESH ROSEMARY (6-7 INCHES)
2 QUARTS CHICKEN STOCK
1 BAY LEAF
2 TSPS KOSHER SALT
1/2 TSP Cayenne Pepper

Place beans in a bowl and cover with water by at least 1 inch, then leave in the refrigerator for 6 hours or overnight, before draining.

In a large stockpot over low to medium heat, sauté the onions with the olive oil until the onions are translucent, 10 to 15 minutes. Add the garlic and cook over low heat for 3 more minutes.

Add the drained white beans, rosemary, chicken stock, and bay leaf. Cover, bring to a boil, and simmer for 30 to 40 minutes, until the beans are very soft.

Remove the rosemary branch and the bay leaf. Pass the soup through the coarsest blade of a food mill, or place in the bowl of a food processor or blender fitted with a steel blade and pulse until coarsely pureed. Return the soup to the pot to reheat and add salt and pepper to taste. Serve hot.

Split Pea Soup (or Lentil Stew)

One part split peas to 3 parts water plus one small glass. E.g. 500g split peas, sorted for stones and rinsed well and 2 liters of filtered water. 2 onions cubed, 5 to 8 tablespoons olive oil (to cover bottom of pan), 3 cloves of grated garlic, 1 tablespoon mixture of 'herbes de provence' and thyme, one quarter ground nutmeg, sea salt and ground pepper to taste, 3 bay leaves.

Heat the oil in bottom of pressure cooker, add the onions and cook on a medium high heat for a few minutes. Add seasonings and herbs and continue cooking the onions until golden brown. Add the garlic and cook for one more minute. Add the rest of the ingredients, close the pressure cooker, bring to full steam, lower heat and cook for 20 or 25 minutes. When finished add water or salt to taste.

Exactly the same recipe can be used with Puy lentils (without nutmeg) for a simple but excellent lentil stew.

Pumpkin Soup

Cover finely cubed sweet pumpkin with filtered water and sea salt to taste. You may need to add an onion (cubed) if the pumpkin is not very sweet. Cook for half an hour or more according to the pumpkin.

Once cooked, put through a vegetable mill (moulie) or a food processor to make it smooth. Sprinkle with a little chopped parsley, or other fresh herbs.

Onion Soup

Fry 6 finely sliced onions in olive oil on a medium high heat till golden brown. Add two to five cloves of grated garlic and fry for a little more. Season, add water and simmer for half an hour.

Zucchini soup

zucchini
leeks or onions
oil of your choice
sea salt

Steam the zucchini and leeks or onions in steamer. Then put in a blender and add a couple tablespoons of oil and sea salt. Blend until desired consistency. Pour in bowl.

Cauliflower Soup

cauliflower
leeks or onions
oil of your choice
sea salt

Steam the cauliflower and leeks or onions in steamer. Then put in a blender and add a couple tablespoons of oil and sea salt. Blend until desired consistency. Pour in bowl.

This recipe can be done with broccoli as well.

Cucumbers with Oil

cucumbers
oil of you choice (olive is a nice Italian flavor and safflower is a nice sweet flavor)
sea sat
spice of your choice (optional)

Slice cucumbers in bowl, sprinkle with oil of your choice. Add sea salt and spice if desired.

Cucumbers with Sour Cream

cucumbers
sour cream
sea salt
spice of your choice (optional)

Slice cucumber in bowl, dab with teaspoon of sour cream. Add sea salt and spice of your choice.

Main Courses

Meat : Some of these recipes contain meat and chicken, always try to use organic meat where possible, and remember chicken can contain the most hormones. However, most people have over-consumed meat and have large amounts of decaying, undigested meat in their bowels. The body usually responds very well to stopping eating this difficult to digest food altogether.

Boiled rice:

One part rice to two parts filtered water. Always rinse rice thoroughly before cooking. Put water and rice with a little sea salt or an inch stick of kombu in a saucepan with a well fitting lid. Bring to a boil, reduce to lowest heat, make sure the lid is well closed and place on a heat deflector. Cook for one hour.

Your rice is ready. Once it has cooled down it should be put in the fridge to be used over the next two or three days. You can add it to soups.

Make stir-fried rice from cold refrigerated rice, otherwise it turns into a sticky paste.

Stir-fried turmeric rice:

Fry one chopped onion in sunflower oil till golden brown. In the last three minutes of frying, add 1 teaspoon turmeric, sea salt, a sprinkle of cayenne pepper and cinnamon. Stir well, and then add pre-cooked cold refrigerated rice (two or three cups to taste). Cook until the rice is thoroughly heated up. Fresh or frozen peas can be added to this recipe at the beginning, to give extra taste and texture. If the result is bitter you have probably used too much turmeric.

Vegetable fried rice:

Fry one or two cups of finely chopped vegetables in olive oil until golden. Season. (Optional: add one clove of grated garlic and a few herbs.) When

well cooked, add pre-cooked cold rice, mix well and fry till it's cooked through. This can be done with an infinite variety of vegetables.

Tortillas

4 brown rice tortillas
1 can organic refried pinto beans
1/2 lb grass fed organic hamburger meat
1 organic romaine lettuce heart
1 large tomato (Not for the first couple of weeks)
goat/sheep cheese (optional- use with caution)

Bake tortillas at 325* for about 5 minutes, keep an eye on them so they don't burn

Brown the hamburger meat, and add spices. (chili powder, cumin, garlic salt, and herbamare)

Heat pinto beans at low heat until hot.

Slice lettuce thinly. Chop tomato into desired chunks.

Layer: tortilla, refried beans, hamburger meat, cheese, lettuce then tomato.

Wraps

2 cups flour (aramanth, buckwheat and spelt would work best)
1/2 cup cooked, well mashed sweet potato/kumara
1/2 tsp baking powder
1/2 tsp sea salt
2 tbsp oil of choice
some water

Mix together the dry ingredients, then combine with the oil and kumara (should form rough 'breadcrumbs' as when making pastry). Add water a little at a time until the ingredients form a dough that is soft but not sticky.

Make into balls and roll out into circles as thin as you can without breaking them, this will depend on the flour, warmth and humidity, but 3 or 4 millimeters shouldn't be a problem

Heat a little oil in a frying pan and cook gently on each side until golden.

They freeze really well, and don't split when they are rolled. A yummy way to defrost them is to brush with oil and sprinkle with minced garlic and pop them under the grill - then cut them in strips and dip them in humus

Cuban Black Beans

1.5 cups dry black beans
water

Rinse beans, cover with plenty of water, and soak overnight
Discard water, add fresh water, and boil beans, partially covered, for 1.5 to 2 hours, until beans are tender.
Remove beans from water, but save some of the liquid for later
salt the beans while still tender

3 medium onions, chopped
2 grated carrots
2 garlic cloves, minced
2 small red bell peppers
salt and garlic pepper
dried oregano
Herbamare
fresh basil

Sautee everything but the fresh basil in olive oil until very tender.
Add beans, a little bit of the leftover liquid from boiling the beans, cover, and let simmer for about an hour.
About 10 minutes before it's ready, add the chopped basil.
If it's too dry, add more of the reserved liquid

Serve topped with yogurt, guacamole, and chopped red onions

Almond chicken bites (avoid chicken for at least the first 3 weeks)

2 Boneless Chicken Breasts (4 halves)
1 cup of Brown Rice Breadcrumbs
1 cup of coarsely chopped Almonds
2 T of Dry Oregano
2 T of Garlic Powder
2 T of Dry Basil
1 stick of Unsalted ghee (Melted)

Heat oven to 400 degrees and line two cookie sheets with aluminum foil.

Mix together all dry ingredients into a shallow bowl. Grind the almonds to the size of course ground pepper by placing the almonds in a Ziploc bag and using your rolling pin to grind them up. Keep turning the bag and grinding. Using this method stops them from just turning to powder like they would in a processor.

Place the melted butter into another shallow bowl.

Cut the chicken into 1 inch chunks (partially frozen is easier.) Coat the chicken bites in butter then roll in dry ingredients till coated. Place them on the cookie sheets about 1 inch apart. Cook for 12 minutes - check there done.

Chicken nuggets

Almond flour (you can take slivered almonds and grind them up in a food processor, just don't grind too much or you get almond butter) or you can use rice flour or any other flour that you prefer.

chicken
crushed fresh garlic
sea salt
cayenne pepper
paprika

dried parsley
eggs

organic tomato sauce (if you want dipping sauce)

Combine nut flour, crushed fresh garlic, sea salt, cayenne pepper, paprika and dried parsley flakes. Dip bite-sized pieces of chicken in the beaten egg, then roll in the nut-flour mixture. Fry in olive oil

Veggie Burgers

Finely grind one cup of whole wheat grains (not already broken or made into flour) in a coffee grinder till it becomes a powder. Do the same with one cup of spelt (epautre) and kamut (half and half). Put this flour mix into a bowl and add warm water while mixing until it becomes a loose dough, a little wet and sloppy, but not too much.

Add the following very finely chopped vegetables (or others of your choice): a third of a carrot, 10cm length of leek, a quarter of a red or green pepper, 10cm length of celery, one chlotte (or slice of a big onion), one clove of garlic.

Add half a cup or a full cup of cooked brown rice, a tablespoon of toasted sesame or sunflower seeds, a teaspoon of herbes de provence or mixed spices, two tablespoons of chickpea flour, one tablespoon of olive oil. Mix everything together extremely well.

Heat olive oil in a frying pan and roll the mix into balls (don't worry if it's a bit wet). Put the balls into the pan and gently squash them till they become flat disks (make very thin if you want them crunchy). Fry on both sides till golden brown.

Dahl

One part red lentils to three parts water. For example: two cups of red lentils (sorted and rinsed), six cups of filtered water, sunflower oil, two onions sliced finely, one large tablespoon of finely grated (or pulped) fresh ginger, three cloves of grated garlic, one tablespoon curry spices (organic), one cup of frozen or freshly steamed peas (or runner beans or broad beans). Optional: one cup of raisins. Salt and pepper to taste.

Put the red lentils and the water in a saucepan and cook them for about 20 minutes, stirring occasionally to prevent them from sticking. When cooked the lentils should be a liquid purée, but not so liquid as to become a soup.

Add water if it's too thick. While the lentils are cooking fry the onions, garlic and ginger in some sunflower oil until golden brown. Add salt and spices and gently cook for another two or three minutes. Then add the two mixtures together, adding the previously steamed (or frozen vegetables) and cook for another five minutes. Serve with turmeric fried rice.

Simple Garlic Spaghetti

Don't use ordinary white flour spaghetti, try Japanese 'soba' noodles. They contain buckwheat which is good for the veins and arteries. There are so many types of organic pasta that it is really worth experimenting until you find one you really like. For example, 'tagliatelle' with spirulina is very nutritious and tasty.

Once cooked, add olive oil, grated garlic, fresh chopped basil and seasoning. (Grated goat's cheese optional).

Spanish Salad Dish

Ingredients:

2 - 3 Red Pepper
3 - 5 Cloves of Garlic
Olive Oil
1 - 2 Boiled eggs
Salt and Pepper

Method:

Preheat the oven on a medium temperature then place the washed whole peppers on the middle shelf and bake for $\frac{1}{4}$ to $\frac{3}{4}$ of an hour depending on the size of the pepper.

Cool then holding them over a bowl to catch any juice peel the peppers, cut open and discard the seeds. Cut the peppers into thin strips and place in a bowl with the juice.

Finely chop the garlic and eggs, add to the peppers with salt and some freshly ground black pepper. Cover with olive oil and if possible leave for a while at room temperature for flavors to mix.

Yoghurt Spiced Lamb

Ingredients - for two

- 1 tbs olive oil
- 1 onion finely chopped
- 1 tsp of whole cumin seeds
- 1 tsp mustard seeds
- 1 tsp whole coriander seeds slightly crushed in a pestle and mortar
- ½ tsp chili powder
- Salt and freshly ground black pepper
- 1 cup of natural yoghurt
- 1 ripe mango
- 2 lamb steaks or chops

Method

Heat the oil in a pan and gently fry the lamb (or grill if you prefer). Remove from the pan and place in a shallow oven proof dish or plate. Cook the onion in the remaining oil and lightly fry stirring until it starts to brown. Add the seeds and continue cooking for another minute stirring all the time. Add the salt and pepper then cover the lamb with the mixture. Turn the lamb over so that it is coated on both sides with the spice mixture then place in a low oven to keep warm

Peel and chop the mango and combine with the yoghurt and chilli powder. Spoon the mixture over the lamb and continue cooking in a medium oven for another five minutes to warm the yoghurt. Serve garnished with mint leaves with a green salad.

Ground Beef with Green Beans

ground beef
green beans
oil of your choice
sea salt
spice of your choice (optional)

Cook ground beef and steam green beans, mix together in a bowl and sprinkle with oil. Add sea salt and spices if desired.

This recipe can be done with ground buffalo instead of beef.

Ground Buffalo and Cucumbers

ground buffalo
cucumbers
oil of your choice
spice of your choice (optional)
sea salt

Cook ground buffalo, slice cucumbers in bowl. Mix them together. Sprinkle with oil of your choice and sea salt. Chill and serve.

This is a good meal on a hot summer's day. Can use beef instead of buffalo if desired.

Fried Cabbage and Ground Beef

buffalo
cabbage
sea salt
spice of your choice (optional)

Cook ground beef in skillet, steam cabbage. After cabbage is steamed, then fried it lightly in some butter or oil of your choice. Then mix cabbage and cooked beef together. Add sea salt and spices if desired.
Can use buffalo instead of beef if desired.

Ground Turkey and Spinach

ground turkey
spinach
oil of your choice
sea salt
spice of your choice (optional) (is particularly good with onion powder)

Cook ground turkey in skillet. Steam spinach in steamer. Mix them together and sprinkle with oil. Add sea salt and spice of your choice. Eat as is or for something special you can put it inside a home made Wrap.

Fried Cabbage and Organic Beef Hot Dogs

cabbage
organic beef hot dogs
(Applegate farms organic hot dogs)
sea salt

Steam cabbage. Then fry in skillet for a few minutes with butter. Cook hot dogs in pan. Slice them into little pieces and mix with the cabbage. Add sea salt to taste.

It's important that you use organic hot dogs. Traditional hot dogs from the standard grocery store contain all kinds of unhealthy items and should not be eaten.

Ground Beef and Corn

ground beef
corn
sea salt
spice of your choice (optional)
(particularly good with a Mexican blend of herbs)
cream cheese or sour cream (optional)
sea salt

This is good plain without the cream cheese or sour cream or with it. Either way. You can do it both ways for a little variety.

Cook ground beef in skillet, toss in bag of corn right before it's done to cook corn. Add sea salt and spice of your choice. Add a teaspoon of cream cheese or sour cream.

You can also eat this inside a home made wrap for a special treat.

Brown Rice with Oil and Herbs

brown rice
oil of your choice
spice of your choice (basil is my preferred)
sea salt

Cook brown rice then sprinkle with oil of your choice. Add spice of your choice and sea salt.

Salads

Crunchy Thai Salad

Napa cabbage
Sprouts
Finely sliced green or red peppers
Baby spinach
Finely sliced and seeded red or green chilies
Arugula
Sliced scallions
Sliced cucumbers
Sugar snap peas
Mint
Basil
Cilantro

Dressing:

4 tbsp fresh lime juice

3 tbsp olive oil

1 tbsp sesame seed oil

1 tsp bragg's amino acids

pinch of stevia or other sweetener (you really need very little)

1/2 clove garlic, finely sliced

1 tbsp fresh ginger, peeled finely chopped (or you can grate it and use the juice)

1 fresh red chili, seeded and finely sliced

1 large handful of cilantro and basil, chopped

Mix it all up and enjoy

Mock potato salad

Made with cooked Kohlrabi instead of potatoes

3 large kohrabi bulbs

3 eggs hard boiled, chopped

celery, chopped

onion, chopped

garlic, minced

1/4 cup homemade mayonnaise

sea salt to taste

cayenne pepper

dill weed

lemon juice

peel and dice the kohlrabi. Boil kohrabi until tender...about 10 to 15 min.

Drain and rinse in cold water. Sprinkle with lemon juice, dill weed, cayenne pepper, and salt. Mix together. Add celery, onion, garlic, eggs and mayonnaise (check ingredients in mayo) and mix well.

Flageolet and Avocado Salad

Cut an avocado into cubes and add to two cups of cooked flageolet beans. Add vinaigrette dressing, grated garlic and parsley.

Optional: one shallot or half an onion finely chopped.

Season to taste.

Three Bean Salad

One cup each of cooked and rinsed chick peas, kidney beans and white beans.

Mix together in a bowl and add the following vinaigrette: 3 tablespoons olive oil, 1 tablespoon cider vinegar, one or two cloves of grated garlic, salt and pepper. Add one tablespoon of either fresh chopped basil, coriander, mint or parsley.

Grated Vegetable Salad (Coleslaw)

Grate cabbage, carrots and onion finely, mix with vinaigrette (see above) or a home-made mayonnaise.

Sprinkle with toasted sunflower or sesame seeds.

Tzaziki

This recipe is a typical Greek entree but could be served to accompany a salad or vegetables as part of a main course.

Ingredients

½ lt. of yoghurt
One garlic
Cucumber
herbs

Method

Cut the cucumber (not too big) into little dice, add garlic (one clove, cut very fine) and half a litre of thick plain yoghurt. Add some fresh herbs to taste: dill, basil, mint or thyme whichever one you like best. Leave it in the fridge (cover it or your fridge will smell awful) for about half an hour if you want the garlic to spread a bit. This should be enough for four, but on a hot summer day it may only be enough for 2/3 people.

Main Course Seafood

Avocado filled with salmon

1 whole big avocado (Hass is better)
150 - 200 grams (5 - 7 oz.) raw or cooked
1 tablespoon of chopped onion
1 - 2 tablespoons of chopped fresh basil
1/2 garlic clove mashed
3 or 4 chopped black olives
2 tablespoons olive oil
Sea salt to taste

Cut the avocados, length ways and remove the seed, then with a tablespoon carefully take out each whole half without breaking them.

Cut the bottom of each half so it is flat and can be in a dish without moving (take out a bit of the round).

Pass the salmon in a food processor, or cut it very thinly with a knife.

Mash the bottoms of the avocados and mix very well with all the ingredients, including the oil and the salmon, salt to taste and put the mix over the two halves of avocado, if you have time refrigerate 10 to 15 minutes, before eating.

Serve with big tomato slices dressed with olive oil, lemon and salt.

You can use also some yogurt or homemade mayonnaise or tofu for the mix.

Tunisian Snapper

Serves: 4

Preparation time: 10 minutes

Ingredients:

- 4 red-snapper fillets (about 6 ounces each)
- 1/2 teaspoon salt
- 1/4 teaspoon cumin seeds, crushed
- 1/4 teaspoon coriander seeds, crushed
- 1/4 teaspoon fennel seeds, crushed
- 1/4 teaspoon crushed red pepper
- 2 teaspoons canola oil
- lime wedges for garnish

With tweezers, remove any small bones from snapper fillets.

On waxed paper, combine salt, cumin seeds, coriander seeds, fennel seeds, and crushed red pepper. Rub mixture on flesh side of fillets.

In nonstick 12-inch skillet over medium-high heat, heat vegetable oil. Add fillets and cook 5 to 8 minutes, turning once, until fish flakes easily when tested with a fork. Serve with lime wedges if you like.

Halibut with Tomatoes & Dill

Serves 4 – takes 45 mins

Ingredients:

- 1 pound (about 3 cups) cherry tomatoes, cut into halves (don't eat in

the first 3 weeks)

- 1/2 cup thinly sliced green onions
- 2 cloves garlic, minced or pressed
- 2 tablespoons chopped fresh dill or 1/2 teaspoon dry dill weed
- 2 teaspoons olive oil
- 2 tablespoons water
- 1 1/2 pounds halibut fillets or steaks (or rockfish or cod fillets)
- 2 tablespoons lemon juice
- Dill sprigs (optional)

Arrange tomatoes, cut side up, in a 9- by 13-inch baking pan. In a small bowl, mix onions, garlic, chopped dill, oil, and water. Distribute onion mixture over tomatoes. Bake on top rack of a 425-degree F oven for 25 minutes.

Rinse fish and pat dry; then cut into 4 equal pieces, if necessary. Place fish in a baking pan large enough to hold pieces in a single layer. Drizzle with lemon juice, cover, and place in oven, setting pan on bottom oven rack.

Continue to bake fish and tomatoes until tomatoes are lightly browned on top and fish is just opaque but still moist in thickest part; cut to test (8 to 10 minutes).

Transfer fish to a platter. Add fish cooking juices to tomato mixture and stir well; spoon over fish. Garnish with dill sprigs, if desired.

Fried Fish

This can be done with most white fish, like cod or haddock, but also with red mullet fillets (goatfish).

Cover the fillets with organic flour, sprinkle with herbs and season.

Fry in a shallow pan with sunflower oil until golden.

Serve with fresh salad and a rice dish.

Fish With Olive Oil and Herbs

Place the fish in a frying pan with a generous amount of olive oil.

Sprinkle lightly with grated garlic, herbes de provence, thyme, a couple of bay leaves and seasoning.

Cover and cook on a medium high heat for about ten minutes, until done. (Optional: cook with prawns or sea food as a garnish.)

Tuna Pasta Bake

Ingredients for one/two servings

Whole-wheat or wheat free pasta of your choice
½ tin of tuna in olive or sunflower oil
1 tablespoon of butter
1 cup of soya milk
2 heaped teaspoons of rice flour
Salt and freshly ground black pepper

1 medium onion chopped or in rings - optional

Method

Melt the butter over a medium heat, stir in the rice flour then blend in the soya milk heating gently until the sauce thickens. Set aside and heat a large pan of water until boiling for the pasta. Put in the pasta with a pinch of salt and heat until just tender. This will depend on the type of pasta you are using. If you want to include some fried or sauted onions then this is the time to prepare them.

When the pasta is cooked drain it and add it to the white sauce. This way you can stop adding the pasta if there is not enough sauce but if you add the sauce to the pasta and you have not got enough then the dish will be too dry. Add the drained tuna, pepper and onions and warm through gently stirring so as not to break up the tuna. Technically it is ready at this point but I like to put it in a casserole dish in a warm oven for about 15 minutes to crisp on top while I make a nice salad to accompany it.

If you are able to eat cheese of whatever variety then place it on top before you put the dish in the oven. It will melt and run over the top. Although cheese is excluded at the start of the diet, after some time you may be able to introduce a little cheese providing you rotate it. It does make a difference to the dish but do not include it if you are in any doubt.

Salmon steaks

Ingredients

Two salmon steaks, totaling roughly 1 pound.

2 Tbsp Butter (or margarine).

1 Tbsp Lemon juice.

1/2 tsp pepper (or to taste).

2 tsp fresh or dried chopped parsley (or to taste).

dash of garlic powder.

Preparation:

Melt the butter, combine all of the non-salmon ingredients except the parsley. Place the salmon steaks in a microwave-safe cooking dish. Pour the sauce over the salmon, then sprinkle with parsley.

Cooking Procedures:

Total microwave cooking time is 10-13 minutes per pound of salmon at 50% power (700W+ microwave oven).

Microwave at 50% power for half of cooking time. Turn the steaks over, baste, microwave at 50% power for remainder of cooking time.

Poor Man's Lobster

1 1/2 lbs monkfish, filleted

1 cup butter, melted

salt and pepper

paprika

lemon slices

parsley sprigs

Arrange fish in shallow pan. Pour half of the melted butter over the filets.

Sprinkle with salt, pepper, and paprika to taste. Bake at 375F until fish flakes with fork. Garnish with parsley. Serve with lemon slices and remaining butter for dipping.

Drinks

Salty Lassi

Ingredients for one:

1 cup of plain yoghurt
2 cups plain water
1/2 tsp ground roasted cumin seeds
1/4 tsp salt
1/4 tsp chopped dried mint, optional

Method

Mix all the ingredients in an electric blender for 3 seconds. If you do not have a blender, put the yoghurt in a bowl, beat with a fork or whisk until smooth and creamy. Slowly add the water, beating as you do so. Add all the other ingredients and mix

Candida Diet Recipes for Desserts (avoid these at first as many contain fruits)

Yogurt with Vanilla

yogurt
vanilla
stevia

Mix half cup or cup of yogurt with half teaspoon of vanilla. Sprinkle with stevia powder. Can also freeze this for 15 minutes or so for a hot day.

Banana Ice Cream

banana,
nut butter
cinnamon

Put a banana in the blender.
Add a Tablespoon of your favorite nut butter. (Peanut, Almond, Cashew, Macadamia etc.)
Blend until smooth.
Add a sprinkle of cinnamon.
Put in freezer for several hours or until it reaches desired consistency.

Orange Carob

unsweetened carob chips
orange extract

Melt carob chips in pan, add orange extract.
Put in freezer until hard. Turns into a orange candy bar. You can use any flavor extract you desire for a change. Peppermint, almond, vanilla etc.

Pineapple Cream Cheese

1 can of unsweetened pineapple
1 stick of butter
1 package of cream cheese
1/2 cup of walnuts
1/2 cup of coconut
1/2 teaspoon of vanilla
2 Tablespoons of Agave or Maple Syrup

Let cream cheese and stick of butter get soft. After soft, beat together in bowl with mixer until smooth. Add vanilla and blend again a minute or so. Fold in pineapple, walnuts and coconut. Put in fridge for several hours. Better if you leave it sit overnight.

Serve in dish as is. (The pineapple can be replaced with cherries for a different flavor)

Yogurt Pudding

1/2 cup or 1 cup of yogurt
1 or 2 Tablespoons of your favorite nut butter
stevia
cinnamon

Mix all ingredients in a bowl. You can eat this immediately or chill it in freezer for 10 minutes for a colder treat.

Carob Fudge

unsweetened carob chips
favorite nut butter

Melt carob chips and add favorite nut butter to desired consistency. Stick in freezer for hour or so.

Chocolate Fudge

chocolate powder
nut butter
agave

Mix 1 or 2 Tablespoons of chocolate powder with a Tablespoon or 2 of your favorite nut butter. Add agave to desired consistency. Let chill.

Oats, Bananas, Nut Butter and Carob Chips

raw oats
banana
nut butter
carob chips

Mash your banana with a fork until liquid.
Stir in raw oats, tablespoon or so of nut butter of your choice, handful of carob chips. Can be eaten at room temperature or chilled in the fridge for a while.

Yogurt and Strawberries

1/2 cup or 1 cup of yogurt
3 or 4 frozen strawberries
stevia to taste

Mash frozen strawberries in bowl.
Add yogurt and stevia and stir.
Ready to eat. Great on a hot day.
You can also add frozen bananas to this.

Oats, Bananas & Cinnamon

raw oats
banana
cinnamon to taste

Mash a banana with a fork until liquid.
Add half cup raw oats and cinnamon to taste.
Let it sit on the counter for a half hour until oats become soft. Then eat.

Bananas and Dates

Slice a banana into slices. Put into a bowl with some dates.

Frozen Banana

Take banana out of skin and wrap in foil or plastic wrap. Freeze for more than 24 hours. Will keep for several months.

Good as popsicle alternative.

Frozen Strawberries, Blueberries, Raspberries, etc.

Freeze any desired fruit and then eat as desired in bowl. Can leave them in whole pieces or you can crush them into a sorbet.

****Keep in mind that Candida diet recipes that include sweets should be eaten in very minimal amount and only occasionally.**

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