

# How to Cure Candida



## The Mini Anti-Candida Diet Cookbook

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## Eating Made EASY On the Anti-Candida Diet

Welcome to the How to Cure Candida Breakfast, Lunch, Dinner & Snack recommendations and mini-recipe book. The Candida diet can seem frustrating at times with all the limitations. We have prepared some meal options that are either quick to make and taste great!



It should be noted though that some of these recipes are not just for people starting their Anti-Candida Diets. Ideally for the first 2-4 weeks of the Candida cleanse all grains should be avoided if possible. Stick to vegetables, lean meats and fruits low on the glycemic index.

## Free Survey

We highly recommend you take our Candida Survey by clicking [HERE](#) to determine if you even have Candida if you haven't already. It's a 100% free survey that will accurately help you determine if your symptoms are caused by the fungus *Candida Albicans*.

## Top Foods to Buy Organic

The following are foods should be consumed in their organic form as often as possible. These foods rank the highest for pesticides, herbicides, chemicals, hormones and antibiotics. You can't always eat organic, but if you have a choice we recommend you opt for organic.

- Strawberries – They rank the highest for commercial fruits for pound of pesticides per acre at 302 lbs/acre.
- Peaches
- Dates
- Pears
- Cabbage
- Lemons
- Apples
- Cucumbers
- Celery
- Spinach
- Peppers – Any type.
- All meats – These include all red meats such as beef, and chicken, turkey, fish. We recommend you avoid pork and cold cuts entirely.
- Root vegetables – These include sweet potatoes, carrots, and potatoes.



## Eating Non-Organics

The following commercial fruits and vegetables are known to have the least amount of chemicals and are okay to eat on the Anti-Candida Diet.

Asparagus  
Avocados  
Broccoli  
Cauliflower

Onions  
Sweet Peas  
Pecan  
Garlic



## What “Foods” to Always Avoid

Regardless of whether or not you are on the Anti-Candida Diet, you should avoid the following foods. These will among other things cause Candida and parasites to overgrow, congest the organs especially the colon and liver, increase toxicity within the body, increase cell death and mutation and as a result promote and increase the odds of developing disease such as cancer, arthritis, Alzheimer’s.

### **Avoid** the following **Poisonous & Toxic Foods**

- High fructose corn syrup
- All artificial sweeteners such as aspartame which is used in chewing gum
- Sugar alcohols like sorbitol, mannitol, etc.
- Artificial Fats like olestra, olean, benefat, etc.
- Artificial colorings
- Preservatives such as BHA & BHT
- Brominated Vegetable Oil (BVO)
- Heptyl Paraben used in some beers
- Hydrogenated Starch Hydrolysate
- Hydrolyzed Vegetable Protein
- Monosodium Glutamate (MSG)
- Propyl gallate, a preservative found in mayo, oil, baked goods, dried meats etc.
- Potassium bromate
- Sodium nitrate
- Sodium nitrite
- Sulfites like sulfur dioxide and sodium bisulfate
- Certain oils - soybean oil, canola oil, hydrogenated oil, partially hydrogenated oil
- Non-fermented soy, such as soy milks, soy protein, some tofu, etc.
- White flour, refined or non-whole grain flour products
- Refined sugars and products using these including brown sugar, colas
- Highly saturated animal fat products, including dairy
- As mentioned, all forms of pork and cold cuts

## Quick Anti-Candida Diet Breakfast Solutions

### Cereal in Less Than 5 Minutes

**Ingredients:** Quinoa, millet, buckwheat or brown rice in flaked or grain form

These are healthy alternatives to oatmeal that are allowed on the Anti-Candida Diet. Quinoa is pictured on the right in a grain form, but many of these also come in flakes or flour. Ancient Harvest is one producer of this flaked form of Quinoa.



**Optional:** Coconut oil, cinnamon, stevia or Xylitol

**Cooking Directions:** Add quinoa flakes and salt (if desired) to rapidly boiling water. Reduce the heat and cook for 90 seconds, stirring frequently. Remove from heat and allow to cool (cereal will slightly thicken when cooled). Add coconut oil to achieve desired consistency. You may Xylitol or Stevia as sweeteners with cinnamon to top it off. This delectable and quick cereal is easy to prepare, tastes great and is the perfect solution for those just beginning the Anti-Candida Diet.

**NOTE:** The whole grain form takes longer but still tastes incredible and is healthy for you. Add coconut oil, cinnamon, stevia or Xylitol when you're done.

### Quinoa Pancakes

**Ingredients:** Quinoa flakes or flour, 2 eggs

**Optional:** Coconut oil, cinnamon, stevia or Xylitol

**Cooking Directions:** Mix 1/3 cup of quinoa flakes or flour with 2 organic eggs in a bowl, add 1 tsp of coconut oil. Add more quinoa flakes or flour if runny or until desired consistency is achieved. Stir until everything is completely blended then add to a pan set at medium heat. Sprinkle cinnamon, stevia or Xylitol if desired.

### Zucchini Latkes

**Ingredients:** 2 cups coarsely grated zucchini, 1/2 cup buckwheat flour, quinoa flour or rice flour, 1 tsp baking powder, 1/2 tsp salt, A small onion, finely chopped, 1 beaten egg

**Cooking Directions:** 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 the mixture again. Fry small cakes in coconut oil, flaxseed oil, extra virgin olive oil or your choice of healthy fat (cold pressed).

## Scrambled Tuna

**Ingredients:** Fresh tuna or tuna in water, 1 egg, 1 large yellow onion, ½ tsp olive oil

**Optional:** Cayenne, cumin or sea salt for flavor

**Cooking Directions:** Chop the onion until fine and cook in a saucepan until golden brown. Mix tuna, egg, olive oil, chili powder, cumin and sea salt in a mixing bowl. Add onions into mixture. Put the ingredients into a saucepan and scramble as you would eggs until tuna is a deep brown.

## Crunchy Cereal Topping

**Ingredients:** 1 cup sunflower seeds, chia seeds, pumpkin seeds, almonds or other nuts/seeds, ½ tsp cinnamon, ¼ tsp stevia or xylitol powder, 1 tbsp coconut oil, 1 tsp vanilla extract



**Cooking Directions:** Grind seeds/nuts into a coarse meal using a coffee grinder. Combine all ingredients except coconut oil and vanilla extract. Once blended, mix in coconut oil and vanilla extract. Test for sweetness and adjust where necessary. Spread evenly on parchment paper-lined baking sheet. Bake at 350 degrees F for 10 min. Make sure it does not burn. Let cool and use immediately or store in a jar.

## Quick Anti-Candida Diet Lunch Solutions

### Split Pea or Lentil Soup

**Ingredients:** Mix one part organic split peas or organic lentils to 3 parts water. 2 cubed organic onions, 5-8 tbsp of organic extra virgin olive oil, 3 garlic cloves grated, 1 tbsp mix of ‘Herbes de Provence’, thyme, a quarter ground nutmeg, 3 bay leaves

**Optional:** Sea salt and ground pepper to taste

**Cooking Directions:** Heat the oil in a pressure cooker, add onions and cook on medium heat for a few minutes. Add seasonings, herbs and continue until the onions are golden brown. Add the garlic and cook for 1 more minute. Add all the other ingredients, close the pressure cooker, bring to a full steam, lower heat and cook for 20-25 minutes. Adding Salt and Water as needed. When using Lentils you may consider removing the nutmeg.

### Onion Soup

**Ingredients:** 6 onions, 3 teaspoons of olive oil, 2-5 cloves of garlic, dash sea salt

**Cooking Directions:** Fry 6 finely sliced onions in olive oil on medium high heat until golden brown. Add 2-5 cloves of grated garlic and fry a little more. Season with salt, add water and simmer for half an hour.

### Pumpkin Soup

**Ingredients:** one small pumpkin, sea salt to taste

**Optional:** one medium sized onion, chopped parsley or other fresh herbs



**Cooking Directions:** Cover finely cubed sweet pumpkin with filtered water and sea salt to taste. A cubed onion may be added if the pumpkin is not very sweet. Cook for half an hour or more until the pumpkin is tender. Once cooked, put through the “soup” into a blender until smooth. Sprinkle with a chopped parsley or other fresh herbs.

### Crunchy Thai Salad

**Ingredients:** Napa cabbage, sprouts, finely sliced yellow or red peppers, baby spinach, finely sliced and seeded red or green chilies, arugula, sliced scallions, sugar snap peas, mint, basil, and 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 (less can be more), ½ 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 and enjoy!

### Three Bean Salad

**Ingredients:** One cup each of cooked and rinsed chick peas, kidney beans and white beans. For better digestion, leave beans in filtered water overnight up to 12 hours. This helps eliminate the part of the bean that creates gas and bloating in your body.

**Vinaigrette:** 3 tbsp olive oil, 1 tbsp apple cider vinegar, 1-2 cloves of grated garlic, salt and pepper to taste, 1 tbsp of either fresh chopped basil, coriander, mint or parsley.

Mix and enjoy!



## Quick Anti-Candida Diet Dinner Solutions

Dinner is supposed to be the smallest meal of the day with lunch or dinner being the largest. Unfortunately, most people don't eat this way. You should be aiming to eat a small meal at dinner time.

### Stir-Fried Turmeric Brown Rice

**Ingredients:** 1 medium sized onion, sunflower oil, 1 tsp turmeric, sea salt, cayenne pepper, cinnamon, 2-3 cups brown rice



**Optional:** peas

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

### Wraps

**Ingredients:** 2 cups flour (amaranth, buckwheat or quinoa), ½ cup cooked, well mashed sweet potato, ½ tsp baking powder, ½ tsp sea salt, 2 tbsp organic oil of choice (extra virgin olive oil, coconut oil, sesame oil etc.), water

**Cooking Directions:** Mix together the dry ingredients, then combine with the oil and sweet potato (should form rough 'breadcrumbs' as when making pastry). Add water a little at a time until the ingredients form 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. 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.

### Chicken Nuggets

**Ingredients:** Flour (any of these rice, almond, quinoa, buckwheat, amaranth), organic chicken, crushed fresh garlic, sea salt, cayenne pepper, paprika, dried parsley, eggs



**Cooking Directions:** 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.

### Ground Turkey and Spinach

**Ingredients:** ground turkey, spinach, oil of your choice, sea salt, spice of your choice (onion, basil, garlic)

**Cooking Directions:** Cook ground turkey in skillet while steaming spinach. Mix them together and sprinkle with oil. Add sea salt and spice of your choice. Eat as is or for you can put it inside a home made wrap.



### Fish with Olive Oil and Herbs

**Ingredients:** Medium sized fish of choice, olive oil, garlic, Herbes de Province, thyme, 2 bay leaves and seasoning of choice.

**Cooking Directions:** Place fish in frying pan with a generous amount of olive oil. Sprinkle lightly with grated garlic, herbes de province, thyme, 2 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)

### Brown Rice with Oil and Herbs

**Ingredients:** Brown rice, oil of your choice, spice of your choice and sea salt.

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

## Quick Anti-Candida Diet Snack Solutions

### Cucumber Slices

**Ingredients:** 1 large cucumber, oil of your choice (extra virgin olive oil, coconut oil, sesame oil), sea salt and spices (optional)

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

### Quinoa Pumpkin Muffins

**Ingredients:** 2/3 cup flax gel, 1/2 cup vegetable glycerin, 1 cup pumpkin, 1/4 cup ghee (If tolerated, otherwise try using coconut oil), 1/2 tsp vitamin 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

**Cooking Directions:** Preheat oven to 350 F. Mix all of your ingredients together except for the flour, then add that last after the rest is well blended. Grease muffin tins with coconut oil. Bake for approx 18 min. This will make 12 muffins.

### Cabbage Rolls

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

**Cooking Directions:** 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. Boil for about 3 minutes, just so they are 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 and cover with a homemade sauce.

This goes well 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.

## Delectable Lemon Cake

**Ingredients:** 1 ½ cups brown rice flour, 2 tbsp arrowroot powder, 1 tbsp baking powder, 6 large eggs, ½ cup clarified butter (or coconut oil), 1/3 cup fresh squeezed lemon juice, 1 tbsp lemon flavoring (alcohol free) or 4 tbsp lemon juice, 5 tbsp vegetable glycerin

**Cooking Directions:** 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 for 35-40 minutes. Test periodically with a toothpick to see if ready. When cool, may spread with icing.

## Almond and Butter Cream Icing



**Ingredients:** ½ cup + 2 tbsp clarified melted butter or coconut oil, 5 tbsp vegetable glycerin, 1 egg yolk, 2 tbsp fresh squeezed lemon juice, ½ cup sliced or ground almonds

**Cooking Directions:** 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.

## Tips

**TIP #1-** You could easily make a habit of making a large portion of our stews for lunch so that you can save time on cooking and eat them as other meals in the near future. Our stews are simple to make using organic vegetable broths as a base. Imagine is a popular company that has an excellent one. Add organic vegetables such as broccoli, grains such as quinoa, a pinch of sea salt and you're all set. The beauty of these kinds of meals is that you can add in virtually anything you want. So it provides flexibility.

**TIP #2 -** The word salad sounds boring, but your salad itself doesn't have to be! Try different variations of leafy greens. One of our favorites here is organic red-leaf lettuce, baby spinach, chopped cucumber with some olive oil and sea salt. You can even sprinkle on some crunchy cereal topping as we mentioned above. It is an easy way to make a healthy salad that can be surprisingly filling.

## Thank You

This concludes our Mini Anti-Candida Diet Cookbook and healthy eating guide.

Treat your Candida at the root cause once and for all. Do it Naturally, Easily and Safely without the use of Harmful DRUGS, using our Proven 5 Step System – Results are 100% GUARANTEED! The 5 Step System can be found at [www.HowToCureCandida.com](http://www.HowToCureCandida.com). Good luck and remember you can take control of your health right now.



Sincerely,

[www.HowToCureCandida.com](http://www.HowToCureCandida.com)

*The How to Cure Candida & Yeast Infections Team*