

## **Anti-Candida Daily Menu Plan**

**Breakfast:** Green Puree or Complex Protein Shake

Choose a great blender or VitaMix to prepare shake

( Drink a minimum of 2 of these complex shakes per day, preferably 4 per day if on a detox or vegetarian diet.)

1) Choose the best medical food protein shake per your medical need.

Ultra Glucose Control: Supports the management of glucose response, contains a slow burning starch, UCAN.

Ultra Meal 360 Plus: Optimizing body composition, weight loss, elevated cholesterol, meal replacement.

Ultra InflamX360 Plus: Inflammatory conditions, joints, arthritis, GI conditions, allergies and general inflammation.

**Ultra Clear Renew:** Liver detoxification, heavy metals including mercury elimination, elevated oxidative stress-cancer

GlycemX360: Elevated blood sugar, diabetic

Total VEGAN detox: Plant protein blend (pea, rice, hemp, chia, cranberry) with BrocColinate and Calcium D-Glucarate

2) Place 4 leaves of Kale or 1-2 servings of spinach into blender, 2 tablespoons Broccoli sprouts or and 1-2 Raw Brussels Sprouts. (Greens-choose one: kale, chard, spinach-handful, and/or mustard greens.

3) Add 6-8 oz of water or dairy alternative, ie almond milk or 1/4 can of coconut milk from the can and blend to a puree.

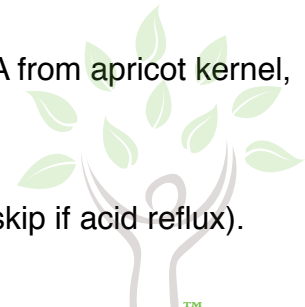
4) Then add your chosen medical food protein powder from the list above.

5) Fruit of choice. Granny smith apple or berries.

6) One tablespoon of flax seed oil (high in omega 3) or Mixed EFA from apricot kernel, nut and seed oil in each shake.

7) Blend a little more and drink.

Optional: Add one fresh squeezed lemon or lime and drink (skip if acid reflux).



**Lunch: Large Salad**

- 1) Choose as many category one vegetables as you can fit on your plate! (And if you would like a serving of category two vegetables, add them here, eg carrots).
- 2) Add a concentrated protein, (eg hardboiled egg, grilled chicken breast, etc...)
- 3) Add a serving of legumes, (eg black beans, kidney beans, etc...)
- 4) Add 1 tpsps extra virgin olive oil & a generous amount of apple cider vinegar (or sourkraut)

**Afternoon Shake:**

Simple is good, protein and water (shake & drink!) (Or you could have a delicious FLT approved Protein Bar instead)

**Dinner: Full meal**

- 1) 1 serving of grains, optional add 1 tablespoon of Coconut butter to rice and vegetables (eg brown rice or quinoa)
- 2) Add a serving of lean protein, (eg grilled alaskan salmon)
- 3) Add some vegetables to the plate, (as many as you would like from category one).

**Evening Snack:**

Coconut yogurt with a palmful of almonds and blueberries, or a serving of cottage cheese with cherries and a palmful of walnuts and a sprinkle of cinnamon