



Anti-Candida Diet

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Anti-Candida Diet

HEAVY METAL FITNESS

THIS MEAL PLAN INCLUDES: RECIPES, GROCERY LIST, NUTRITION BREAKDOWN, EVIDENCE, MEAL PLAN TIPS, & PREP GUIDE

A Sugar-Free diet to kill off the yeast beasts - Candida overgrowth affects many people, especially those who have taken antibiotics or eaten a high-sugar diet. Fatigue, brain-fog, poor digestion, fungal infections, skin issues, and mood swings are common symptoms of this imbalance. Our Anti-Candida Diet includes 7 days of meals and snacks which are compliant with the first phase of a candida cleansing diet. All meals are free from added sugar, yeast, fruit, dairy, high-starch vegetables, and grains.

This program was created by a Registered Dietician using foods compliant with the first phase of a candida cleansing diet and with the following key considerations:

LOW CARBOHYDRATE

Eating the proper amount and type of carbohydrate is important during a candida cleanse to decrease fungus growth. This low-carbohydrate program is grain-free, sugar-free, gluten-free, and uses low glycemic foods to optimize blood sugars and energy levels. Adequate dietary fiber intake is associated with better digestive health and reduced inflammation. The plan provides daily fiber from non-starchy vegetables, nuts, and seeds.

HIGH-QUALITY PROTEIN

Without adequate protein, infection incidents can increase due to a decrease in the T cell functions which affect the immune system. Getting enough daily protein can help prevent infection and fungus growth. This meal plan provides up to 30% of calories from high-quality protein sources such as chicken, salmon, eggs, turkey, and tilapia.

HEALTHY FATS

This plan is rich in monounsaturated fat from olive oil, avocado, nuts, and seeds, and medium-chain fatty acids from coconut oil. Adding coconut oil to the diet can reduce candida growth in the gut. Oleic acid found in olive oil can affect the type of bacteria growth in the gut. It contains tocopherols, polyphenols, and a balanced linoleic/alpha-linolenic acid profile, which is beneficial for the immune system and inflammatory responses.



PREBIOTICS

Probiotics are recommended so that the gut microflora may be repopulated with good bacteria and help boost immunity. Prebiotics support digestive health by feeding the good bacteria. Combining probiotics with prebiotics creates a synergistic effect to promote intestinal health. This program incorporates prebiotics by adding onions and garlic to meals.

GROCERY LIST TIPS

Included is a full grocery list that outlines the ingredients you will need to follow this meal plan. Before you head out to do your shopping, take some time to go through the list and check off any items you already have. This will save you time and money!

SHOPPING TIPS

The grocery list is organized into categories based on how a typical grocery store is laid out. This will allow you to do your grocery shopping in an organized order starting with fruits, then vegetables, etc. Doing your shopping this way will save you time.

RECIPE TIPS

Every recipe states the total number of servings and the total prep time so that you know how many servings the recipe creates, and how long it will take you to make it. Before you start cooking, assemble all ingredients and prep them according to the ingredients list. Unless otherwise indicated, you will be eating one serving of each meal. So if a recipe serves four, prepare it, divide it into four even portions and enjoy one portion.

HOW TO USE

All of these recipes have been selected based on your health needs, but you don't need to make them all at once. Start by adding a couple of new recipes into your regular meal rotation. If you like to write out your own weekly meal plan to stay organized, you can print a blank meal plan template [here](#).

LEFTOVERS

You'll notice that some meals on the plan are shaded out. This means that the meal has been marked as a leftover. You've already prepared it, so you do not need to make it again. Cook once, eat multiple times. Leftovers are a great way to save you money and time in the kitchen!



MON



BREAKFAST
Zucchini Turkey Breakfast Skillet



SNACK 1
Celery with Sunflower Seed Butter



LUNCH
Protein Packed Deviled Eggs



SNACK 2
Toasted Walnuts



DINNER
Butter Chicken & Cauliflower Rice

TUE



BREAKFAST
Zucchini Turkey Breakfast Skillet



SNACK 1
Celery with Sunflower Seed Butter



LUNCH
Butter Chicken & Cauliflower Rice



SNACK 2
Protein Packed Deviled Eggs



DINNER
One Pan Salmon with Green Beans & Roasted Tomato

WED



BREAKFAST
Zucchini Turkey Breakfast Skillet



SNACK 1
Toasted Walnuts



LUNCH
One Pan Salmon with Green Beans & Roasted Tomato



SNACK 2
Hummus Dippers



DINNER
Slow Cooker Bolognese with Spaghetti Squash

THU



BREAKFAST
Pesto Zoodles with Poached Egg



SNACK 1
Toasted Walnuts



LUNCH
Slow Cooker Bolognese with Spaghetti Squash



SNACK 2
Hummus Dippers



DINNER
15 Minute Tilapia

FRI



BREAKFAST
Pesto Zoodles with Poached Egg



SNACK 1
Celery with Sunflower Seed Butter



LUNCH
15 Minute Tilapia



SNACK 2
Hummus Dippers



DINNER
Baked Chicken with Tomatoes, Avocado & Spinach Salad

SAT



BREAKFAST
Pesto Zoodles with Poached Egg



SNACK 1
Celery with Sunflower Seed Butter



LUNCH
Baked Chicken with Tomatoes, Avocado & Spinach Salad



SNACK 2
Toasted Walnuts



DINNER
Spaghetti Squash Burrito Bowls

SUN



BREAKFAST
Pesto Zoodles with Poached Egg



SNACK 1
Hummus Dippers



LUNCH
Spaghetti Squash Burrito Bowls



SNACK 2
Toasted Walnuts



DINNER
Baked Chicken with Tomatoes, Avocado & Spinach Salad

MON

FAT 59% **CARBS 14%** **PROTEIN 27%**

Calories 1484 Cholesterol 762mg
Fat 100g Sodium 1982mg
Carbs 56g Vitamin A 4112IU
Fiber 20g Vitamin C 113mg
Sugar 24g Calcium 375mg
Protein 103g Iron 14mg

TUE

FAT 52% **CARBS 15%** **PROTEIN 33%**

Calories 1524 Cholesterol 840mg
Fat 90g Sodium 2053mg
Carbs 61g Vitamin A 5479IU
Fiber 22g Vitamin C 135mg
Sugar 28g Calcium 401mg
Protein 129g Iron 15mg

WED

FAT 50% **CARBS 21%** **PROTEIN 29%**

Calories 1390 Cholesterol 460mg
Fat 79g Sodium 1632mg
Carbs 75g Vitamin A 7331IU
Fiber 22g Vitamin C 183mg
Sugar 30g Calcium 441mg
Protein 106g Iron 16mg

THU

FAT 55% **CARBS 22%** **PROTEIN 23%**

Calories 1278 Cholesterol 328mg
Fat 82g Sodium 1488mg
Carbs 73g Vitamin A 16418IU
Fiber 22g Vitamin C 226mg
Sugar 28g Calcium 491mg
Protein 75g Iron 17mg

FRI

FAT 58% **CARBS 18%** **PROTEIN 24%**

Calories 1254 Cholesterol 326mg
Fat 85g Sodium 1187mg
Carbs 59g Vitamin A 18897IU
Fiber 24g Vitamin C 218mg
Sugar 20g Calcium 388mg
Protein 78g Iron 12mg

SAT

FAT 63% **CARBS 19%** **PROTEIN 18%**

Calories 1587 Cholesterol 352mg
Fat 116g Sodium 1071mg
Carbs 79g Vitamin A 11493IU
Fiber 28g Vitamin C 204mg
Sugar 19g Calcium 402mg
Protein 77g Iron 13mg

SUN

FAT 60% **CARBS 21%** **PROTEIN 19%**

Calories 1548 Cholesterol 352mg
Fat 109g Sodium 1311mg
Carbs 84g Vitamin A 13951IU
Fiber 30g Vitamin C 288mg
Sugar 17g Calcium 405mg
Protein 77g Iron 14mg



FRUITS

- 2 1/2 Avocado
- 2 Lemon
- 2 1/4 Lime

SEEDS, NUTS & SPICES

- 1 1/2 Bay Leaf
- 1 1/2 tbsps Chili Powder
- 1 1/2 tsps Cumin
- 1 1/2 tsps Curry Powder
- 1 tsp Garam Masala
- 1 tsp Garlic Powder
- 2 tsps Oregano
- 1 tbsp Paprika
- 1 tsp Red Pepper Flakes
- 1 1/4 tsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1 3/4 cups Walnuts

VEGETABLES

- 10 cups Baby Spinach
- 1 1/4 cups Basil Leaves
- 1 Carrot
- 1/2 head Cauliflower
- 12 stalks Celery
- 4 cups Cherry Tomatoes
- 1/4 cup Cilantro
- 1/2 Cucumber
- 4 1/2 Garlic
- 1 tbsp Ginger
- 2 cups Green Beans
- 1 stalk Green Onion
- 1 Red Bell Pepper
- 1/2 cup Red Onion
- 1 1/2 Spaghetti Squash
- 1 Tomato
- 1 Yellow Bell Pepper
- 1 1/2 Yellow Onion
- 6 Zucchini

BOXED & CANNED

- 1/2 cup Canned Coconut Milk
- 1 1/2 cups Crushed Tomatoes
- 1 1/2 cups Diced Tomatoes
- 1 cup Salsa
- 2 tbsps Tomato Paste
- 1 can Tuna

BREAD, FISH, MEAT & CHEESE

- 1 1/8 lbs Chicken Breast
- 2 lbs Extra Lean Ground Turkey
- 1 cup Hummus
- 10 ozs Salmon Fillet
- 2 Tilapia Fillet

CONDIMENTS & OILS

- 2 tbsps Capers
- 1 1/2 tsps Coconut Oil
- 2/3 cup Extra Virgin Olive Oil
- 1/2 cup Sunflower Seed Butter

COLD

- 11 Egg

OTHER

- 2/3 cup Water

SAVE **\$15** ON YOUR FIRST MONTH OF
NUTRITION COACHING

Behavior-Based Food Habits & Accountability

Discount for new nutrition clients only. Can only be used once. Mention this ad to your coach!

Using small, consistent actions, you can build the habits you need to look and feel better for life.

“I KNOW WHAT TO DO... BUT I HAVE A HARD TIME STAYING CONSISTENT.”

Sound familiar? You've probably tried multiple fad diets, endless cardio sessions, and 21-day quick-fix programs. And you've probably concluded that they simply don't work in the long run. Instead of the all-or-nothing approach, we use a sustainable, practice-based approach to build healthy habits into your life, one day at a time. Nutrition Coaching can help you redefine your relationship with food and empower your food choices. Whether you need food accountability or a supplement to your fitness training, we can help you identify the simple tasks that lead to lasting behavior change.

\$195/MONTH

No rules. No restrictions. Just good habits for life.

Here's what's in the Nutrition Coaching Program:

-  **30 Minute Coaching Call Twice a Month**
-  **Custom Calorie / Macro / Portion Guide**
-  **Access to Coaching Software & Mobile App**
-  **Optional Integration with MyFitnessPal & Fitbit**
-  **Daily App Check-ins & Personal Reminders**
-  **In-App Messaging & Feedback**
-  **Monthly Macro-Based Recipe Suggestions***
-  **Optional Access to Meal Planning App for Recipe DIY***
-  **Your Choice of 4 7-Day RD-Created Meal Plans***
-  **Exclusive Resources to help you implement your habits**

 **Small yet powerful practices to improve everyday life**

Our focus will be on sustainable nutrition habits and small actions, supported with step-by-step guidance. We'll work together to create and practice healthy habits across every aspect of your life, from sleep and stress-management to movement and mindfulness. These new habits will help you feel more calm, confident, and prepared for each day—no matter what life throws at you.

 **Easy-to-use online platform paired with personal service**

You'll start by telling us about yourself, including your goals, health challenges, and daily routine. From there, we'll customize your program and start the coaching process via our easy-to-use mobile app. Bi-monthly phone calls will help you stay on track.

 **Simple practices and daily accountability**

Every day, you'll work on a simple nutrition or lifestyle practice. Each practice will be customized to help you get the results you want.

 **Personal coaching and detailed progress checking**

Your coach will check in with you to see how you're doing and to answer any questions you have. Also, you can message your coach in-app whenever you need.

GET LASTING RESULTS WITH COACHING & ACCOUNTABILITY

Zucchini Turkey Breakfast Skillet

3 SERVINGS 20 MINUTES



INGREDIENTS

1 1/2 tps Coconut Oil
1 lb Extra Lean Ground Turkey
2 Zucchini (large, finely diced)
1 cup Salsa
3 Egg
Sea Salt & Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	366	Cholesterol	298mg
Fat	20g	Sodium	802mg
Carbs	10g	Vitamin A	1041IU
Fiber	3g	Vitamin C	25mg
Sugar	7g	Calcium	107mg
Protein	37g	Iron	4mg

DIRECTIONS

- 01 Add the coconut oil to a large skillet and place over medium heat.
- 02 Cook the ground turkey, breaking it up as it cooks through. Once it starts to brown, stir in the zucchini. Continue to saute until the zucchini has softened (about 3 - 5 minutes).
- 03 Add the salsa to the skillet and stir well to mix.
- 04 Use a spoon to create pockets for the eggs. Crack an egg into each pocket and cover the skillet with a lid. Let the eggs cook until done to your liking (3 to 5 minutes).
- 05 Divide onto plates and season with sea salt and black pepper to taste. Add hot sauce if you'd like some heat. Enjoy!

NOTES

LEFTOVERS

For best results, refrigerate the turkey/zucchini mixture separate from the eggs in an airtight container for up to three days. When reheating, add the eggs just before serving.

MORE PROTEIN

Add extra eggs.

VEGETARIAN

Use lentils instead of ground turkey.

MORE GREENS

Stir in baby spinach or kale right after you add the salsa. Stir until wilted.

NO SALSA

Use crushed tomatoes instead.



Pesto Zoodles with Poached Egg

4 SERVINGS 20 MINUTES



INGREDIENTS

4 Zucchini (large)
1 cup Basil Leaves
1 cup Baby Spinach
1 Garlic (clove, minced)
1/4 cup Walnuts
1/3 cup Extra Virgin Olive Oil
1 Lemon (juiced)
1/2 tsp Sea Salt
4 Egg

NUTRITION

AMOUNT PER SERVING

Calories	311	Cholesterol	186mg
Fat	27g	Sodium	389mg
Carbs	9g	Vitamin A	1925IU
Fiber	3g	Vitamin C	44mg
Sugar	6g	Calcium	95mg
Protein	10g	Iron	3mg

DIRECTIONS

- 01 Spiralize your zucchinis into noodles and set aside.
- 02 In a food processor combine basil, spinach, garlic, walnuts, olive oil, lemon juice and sea salt. Blend until smooth.
- 03 Fry your eggs in a skillet or poach them in a small sauce pan with water and vinegar. Transfer them to a plate lined with paper towel.
- 04 You can serve this dish in two ways: For a cold dish, toss your zucchini noodles in desired amount of pesto, top with a fried or poached egg and serve. Or, for a warm dish, heat a bit of olive oil in the skillet and saute your noodles until warmed through, add pesto and work it around with tongs to evenly distribute. Transfer to bowls and top with a fried egg. Enjoy!

NOTES

NUT-FREE

Use sunflower or pumpkin seeds instead of walnuts.

MORE CARBS

Use brown rice pasta instead of zucchini noodles.

NO SPINACH

Use kale or any dark leafy green.

MEAT LOVER

Skip the poached egg and top with chicken, bacon or steak instead.

VEGAN

Skip the poached egg and top with beans, lentils or chickpeas instead.

Celery with Sunflower Seed Butter

4 SERVINGS 5 MINUTES



INGREDIENTS

8 stalks Celery (sliced into sticks)
1/2 cup Sunflower Seed Butter

NUTRITION

AMOUNT PER SERVING

Calories	209	Cholesterol	0mg
Fat	18g	Sodium	65mg
Carbs	10g	Vitamin A	376IU
Fiber	3g	Vitamin C	3mg
Sugar	4g	Calcium	52mg
Protein	6g	Iron	1mg

DIRECTIONS

01 Spread sunflower seed butter across celery sticks (about 1 tbsp per celery stalk). Happy munching!

NOTES

NO CELERY
Use cucumber instead

Protein Packed Deviled Eggs

2 SERVINGS 20 MINUTES



INGREDIENTS

4 Egg (hard boiled)
1 can Tuna (drained)
1/2 Avocado
1 stalk Green Onion (chopped)
Sea Salt & Black Pepper (to taste)
1/2 tsp Paprika
1/2 Cucumber (sliced)

DIRECTIONS

- 01 Hard boil your eggs.
- 02 Once cool, peel the eggs and slice them in half. Remove the yolk and add it to a bowl. Add in the tuna, avocado and green onion. Season with sea salt and black pepper to taste. Mix and mash very well and then stuff the mixture back into the eggs. Sprinkle with paprika and enjoy with cucumber slices on the side.

NUTRITION

AMOUNT PER SERVING

Calories	309	Cholesterol	402mg
Fat	18g	Sodium	352mg
Carbs	8g	Vitamin A	1263IU
Fiber	4g	Vitamin C	8mg
Sugar	2g	Calcium	93mg
Protein	30g	Iron	4mg

Toasted Walnuts

5 SERVINGS 15 MINUTES



INGREDIENTS

1 1/2 cups Walnuts (shelled)

NUTRITION

AMOUNT PER SERVING

Calories	235	Cholesterol	0mg
Fat	23g	Sodium	1mg
Carbs	5g	Vitamin A	0IU
Fiber	2g	Vitamin C	0mg
Sugar	1g	Calcium	35mg
Protein	5g	Iron	1mg

DIRECTIONS

- 01 Preheat oven to 350°F (177°C) and spread the walnuts across a baking sheet lined with parchment paper. Toast in the oven for 5 to 10 minutes, tossing at the halfway point.
- 02 Remove from oven, let cool and enjoy!

NOTES

EXTRA FLAVOUR

Sprinkle with sea salt or spices of your choice.

Hummus Dippers

4 SERVINGS 15 MINUTES



INGREDIENTS

1 Yellow Bell Pepper
1 Carrot
4 stalks Celery
1 cup Hummus

NUTRITION

AMOUNT PER SERVING

Calories	170	Cholesterol	0mg
Fat	11g	Sodium	305mg
Carbs	15g	Vitamin A	2834IU
Fiber	5g	Vitamin C	87mg
Sugar	2g	Calcium	55mg
Protein	6g	Iron	2mg

DIRECTIONS

- 01 Slice your pepper, carrot and celery into sticks.
- 02 Line up 4 small mason jars (we like to use size 250 ml). Fill the bottom of each with $\frac{1}{4}$ cup hummus. Then place the veggie sticks into the hummus so that they are standing vertically. Seal the jar and place in the fridge until ready to eat.

NOTES

HOMEMADE

Make your own hummus! Check out our Sweet Potato Hummus or Green Pea Hummus recipes.

MIX IT UP

Substitute in different veggies like cucumber or zucchini.

Butter Chicken & Cauliflower Rice

2 SERVINGS 30 MINUTES



INGREDIENTS

6 ozs Chicken Breast
1 tbsp Extra Virgin Olive Oil
1 Yellow Onion (diced)
1 Garlic (cloves, minced)
1 tbsp Ginger (grated)
2 tbsps Tomato Paste
1 tsp Paprika
1 1/2 tsps Curry Powder
1 tsp Garam Masala
1/2 tsp Sea Salt
1 1/2 tsps Chili Powder
2 tbsps Water
1/2 cup Canned Coconut Milk (full fat)
1/2 head Cauliflower
1/4 Lime (juiced)

NUTRITION

AMOUNT PER SERVING

Calories	365	Cholesterol	62mg
Fat	21g	Sodium	762mg
Carbs	23g	Vitamin A	1432IU
Fiber	8g	Vitamin C	77mg
Sugar	10g	Calcium	88mg
Protein	25g	Iron	4mg

DIRECTIONS

- 01 Dice your chicken into cubes and set aside.
- 02 Heat olive oil in a large skillet over medium heat. Saute your onion, garlic and ginger. Stir in tomato paste, paprika, curry, garam masala, sea salt and chilli powder. Cook for 1 to 2 minutes or until fragrant.
- 03 Add diced chicken and stir until cooked through, about 5 to 7 minutes. Add in the water and loosen the paste.
- 04 Stir in coconut milk and reduce to simmer for about 5 minutes.
- 05 Meanwhile, create your cauliflower rice by adding the florets to the food processor. Process until the cauliflower has a rice-like consistency.
- 06 Squeeze lime juice on cauliflower rice and transfer into a bowl.
- 07 Remove from heat and ladle butter chicken over cauliflower rice. Enjoy!

NOTES

VEGAN OR BUDGET-FRIENDLY

Skip the chicken breast and replace with chickpeas, lentils or beans.

NO COCONUT MILK

Use Greek yogurt instead.

NO CAULIFLOWER RICE

Serve over brown rice or quinoa instead.

MORE VEGGIES

Add chopped cauliflower, sweet potatoes, peas, broccoli, baby spinach or chopped kale. Or serve it with a side salad.

STORAGE

Refrigerate in an air-tight container for up to 2 - 3 days.



One Pan Salmon with Green Beans & Roasted Tomato

2 SERVINGS 25 MINUTES



INGREDIENTS

2 cups Green Beans (washed and trimmed)
1 cup Cherry Tomatoes
1 1/2 tps Extra Virgin Olive Oil (or coconut oil)
Sea Salt & Black Pepper (to taste)
10 ozs Salmon Fillet

NUTRITION

AMOUNT PER SERVING

Calories	275	Cholesterol	78mg
Fat	13g	Sodium	72mg
Carbs	10g	Vitamin A	1367IU
Fiber	4g	Vitamin C	22mg
Sugar	5g	Calcium	61mg
Protein	31g	Iron	2mg

DIRECTIONS

- 01 Preheat oven to 510°F (266°C).
- 02 Place green beans and cherry tomatoes in a mixing bowl and toss with olive oil. Season with sea salt and black pepper. Transfer to a baking sheet and bake in the oven for 10 minutes.
- 03 Season your salmon fillets with sea salt and black pepper.
- 04 Remove veggies from oven and place salmon fillets over top. Place back in the oven and bake for 7 to 10 minutes or until salmon flakes with a fork.
- 05 Divide veggies between plates and top with salmon. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

NO SALMON

Use any type of fish fillet. Baking times will vary depending on thickness.

VEGAN

Use roasted chickpeas instead of salmon.

MORE CARBS

Serve with quinoa or rice.

ADDED TOUCH

Toss the green beans in balsamic vinegar before serving.

Slow Cooker Bolognese with Spaghetti Squash

2 SERVINGS 8 HOURS



INGREDIENTS

3/4 tsp Extra Virgin Olive Oil
8 ozs Extra Lean Ground Turkey
1/2 Yellow Onion (diced)
2 1/2 Garlic (cloves, minced)
1 1/2 cups Diced Tomatoes (drained)
1 1/2 cups Crushed Tomatoes
1 1/2 Bay Leaf
1/2 tsp Oregano
1/2 Spaghetti Squash
1/4 cup Basil Leaves (chopped)
1/2 tsp Red Pepper Flakes

NUTRITION

AMOUNT PER SERVING

Calories	344	Cholesterol	84mg
Fat	12g	Sodium	452mg
Carbs	35g	Vitamin A	2089IU
Fiber	8g	Vitamin C	49mg
Sugar	15g	Calcium	183mg
Protein	27g	Iron	7mg

DIRECTIONS

- 01 Heat olive oil in a large skillet over medium heat. Add ground turkey, onion and garlic. Cook while breaking up the pieces with a spatula until browned. Transfer to your slow cooker. Add diced tomatoes, crushed tomatoes, bay leaves and oregano. Cover and cook on low for 8 hours.
- 02 About 1 hour before you are ready to eat, preheat the oven to 400. Carefully slice your spaghetti squash in half. Use a spoon to scoop out the seeds and discard.
- 03 Line a baking sheet with foil and place the squash on the sheet with the flesh side up. Bake in the oven for 30 to 45 minutes depending on the size of the squash.
- 04 Remove from oven and allow it to cool until it is safe to handle. Use a fork to carve the flesh out of the squash. It should come out like spaghetti noodles. Place the flesh in a large mixing bowl and toss with a drizzle of extra virgin olive oil, chopped basil and season with sea salt and pepper to taste.
- 05 Remove bay leaves from slow cooker. Plate spaghetti squash and spoon bolognese sauce over top. Garnish with fresh ground pepper and red pepper flakes if you like it spicy. Enjoy!

NOTES

MORE VEGETABLES

Add diced green pepper and mushrooms.

VEGETARIAN

Use lentils instead of ground turkey.

MORE CARBS

Use brown rice pasta instead of spaghetti squash.

NO SLOW COOKER

Make it on the stovetop and let simmer for at least an hour.



15 Minute Tilapia

2 SERVINGS 15 MINUTES



INGREDIENTS

1/2 cup Water
1 1/2 cups Cherry Tomatoes
1/2 tsp Red Pepper Flakes
2 Tilapia Fillet
Sea Salt & Black Pepper (to taste)
6 cups Baby Spinach
1 tbsp Extra Virgin Olive Oil
1/2 Lemon (juiced)
2 tbsps Capers

NUTRITION

AMOUNT PER SERVING

Calories	218	Cholesterol	58mg
Fat	9g	Sodium	341mg
Carbs	9g	Vitamin A	9570IU
Fiber	4g	Vitamin C	46mg
Sugar	4g	Calcium	123mg
Protein	27g	Iron	4mg

DIRECTIONS

- 01 Add water to a skillet, place it over high heat and bring it to a boil. Add tomatoes and red pepper flakes. Set fish on top and season with sea salt and black pepper. Cover with a lid and cook for 3 minutes.
- 02 Remove lid and set the spinach on top of the tilapia. Cover again and let cook for another 2 minutes or until tilapia flakes with a fork. Use a slotted spoon to transfer the tilapia and vegetables to a plate. Turn off the heat.
- 03 In a bowl, combine the olive oil, lemon juice, and capers. Whisk with a fork.
- 04 Divide spinach and tomatoes between plates. Top with tilapia and drizzle with olive oil sauce. Season with more sea salt and black pepper if you so desire. Enjoy!

NOTES

NO TILAPIA

Use any type of white fish. Adjust poaching time depending on thickness of the fillet.

MAKE IT SPICY

Double up on the red pepper flakes.

Baked Chicken with Tomatoes, Avocado & Spinach Salad

3 SERVINGS 40 MINUTES



INGREDIENTS

12 ozs Chicken Breast
Sea Salt & Black Pepper (to taste)
1 1/2 tsps Paprika
1 1/2 cups Cherry Tomatoes (halved)
1 1/2 Avocado (peeled and pitted)
1 1/2 Lime (juiced)
3 tbsps Red Onion (finely diced)
3 cups Baby Spinach
1 1/8 tsps Extra Virgin Olive Oil
1/3 Lemon (juiced)

NUTRITION

AMOUNT PER SERVING

Calories	346	Cholesterol	82mg
Fat	20g	Sodium	87mg
Carbs	16g	Vitamin A	4192IU
Fiber	9g	Vitamin C	38mg
Sugar	4g	Calcium	63mg
Protein	29g	Iron	2mg

DIRECTIONS

- 01 Preheat oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 02 Season your chicken breasts with sea salt, black pepper and paprika to taste. Place them to one side of the baking sheet. Spread your cherry tomatoes across the other side of the baking sheet. Bake the chicken and the cherry tomatoes together in the oven for 30 minutes or until chicken is cooked through.
- 03 In the mean time, place avocado, lime juice and red onion together in a mixing bowl. Season with a pinch of sea salt and pepper. Mash with a fork until a creamy consistency forms.
- 04 Toss spinach with olive oil and lemon juice.
- 05 Plate the spinach, and then serve baked chicken over top. Top with guacamole and roasted tomatoes. Enjoy!

Spaghetti Squash Burrito Bowls

2 SERVINGS 40 MINUTES



INGREDIENTS

- 1 Spaghetti Squash (medium)
- 1 1/2 tbsps Extra Virgin Olive Oil (divided)
- 8 ozs Extra Lean Ground Turkey
- 1 Red Bell Pepper (diced)
- 1 tbsp Chili Powder
- 1 1/2 tsps Cumin
- 1 1/2 tsps Oregano
- 1 tsp Garlic Powder
- 1/4 tsp Sea Salt
- 1/4 cup Red Onion (finely diced)
- 1 Tomato (diced)
- 1/2 Avocado (cubed)
- 1/4 cup Cilantro (chopped)
- 1/2 Lime (sliced into wedges)

NUTRITION

AMOUNT PER SERVING

Calories	486	Cholesterol	84mg
Fat	28g	Sodium	529mg
Carbs	39g	Vitamin A	5000IU
Fiber	11g	Vitamin C	119mg
Sugar	4g	Calcium	157mg
Protein	27g	Iron	6mg

DIRECTIONS

- 01 Preheat oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 02 Using a sharp knife, very carefully split the spaghetti squash in half lengthwise and scoop out the seeds with a spoon. Brush the inside surface with half the olive oil, and place face-down on the baking sheet.
- 03 Bake squash for 40 minutes, until it is easily pierced with a fork.
- 04 While the squash is baking, heat remaining olive oil in a skillet. Add the turkey and cook until it begins to brown. Break it up with a spatula as it cooks through. Add the diced pepper, spices and salt. Continue cooking for about 10 minutes, or until turkey is thoroughly cooked.
- 05 Spoon the turkey filling into the each half of the spaghetti squash. Top with diced red onion, tomato, avocado, cilantro and a squeeze of lime juice.

NOTES

VEGAN & VEGETARIAN

Use black beans instead of ground meat.

LEFTOVERS

Refrigerate in an air-tight container up to 2 days. Reheat before serving.



Day		Task	Notes
0 Sun		Grocery shop.	Grab the grocery list for the 7 Day Anti-Candida Program and get to it! Adjust serving sizes if necessary and mark off items from the list you already have.
		Freeze the tilapia, ½ pound of the ground turkey, and 3 chicken breasts.	We'll remind you later in the week when to set them out to thaw.
		Make Toasted Walnuts.	Let cool, then store in individual snack-sized baggies.
		Make Celery with Sunflower Seed Butter snacks.	Spread sunflower seed butter across celery sticks, divide into small containers and store in the fridge.
		Make Protein Packed Deviled Eggs.	Divide into containers, seal and store in the fridge.
		Optional: Make Zucchini Turkey Breakfast Skillet	Divide into containers, seal and store in the fridge. (You can also make this fresh in the morning if you prefer.)
1 Mon		Pack your meals if you are on-the-go.	Zucchini Turkey Breakfast Skillet, Celery with Sunflower Seed Butter, Protein Packed Deviled Eggs and Toasted Walnuts.

		Make Butter Chicken with Cauliflower Rice for dinner.	Divide leftovers into containers for tomorrow's lunch.
2 Tue		Pack your meals if you are on-the-go.	Zucchini Turkey Breakfast Skillet, Celery with Sunflower Seed Butter, Butter Chicken with Cauliflower Rice, and Protein Packed Deviled eggs.
		Make One Pan Salmon with Green Beans & Roasted Tomato for dinner.	Divide leftovers into containers for tomorrow's lunch.
		Prepare your Hummus Dipper snacks.	Divide into jars, seal and store in the fridge.
3 Wed		Start Slow Cooker Bolognese with Spaghetti Squash.	Follow first step of recipe to brown the beef and add all sauce ingredients to slow cooker. Cook on low for 8 hours.
		Pack your meals if you are on-the-go.	Zucchini Turkey Breakfast Skillet, Toasted Walnuts, One Pan Salmon with Green Beans & Roasted Tomato, and Hummus Dippers.
		Bake spaghetti squash to finish making Slow Cooker Bolognese with Spaghetti Squash for dinner.	Divide leftovers into containers for tomorrow's lunch.
		Make Pesto Zoodles with Poached Egg (only top 2 portions with egg).	While spaghetti squash is baking, follow recipe to make Pesto Zoodles with Poached Egg. Divide noodles into containers and top 2 portions with egg, for tomorrow and Friday breakfasts.

		Transfer the tilapia, ground turkey, and chicken breasts from freezer to the fridge.	For dinners the rest of the week.
4 Thu		Pack your meals if you are on-the-go.	Pesto Zoodles with Poached Egg, Toasted Walnuts, Slow Cooker Bolognese with Spaghetti Squash, and Hummus Dippers.
		Make 15 Minute Tilapia for dinner.	Divide leftovers into containers for tomorrow's lunch.
5 Fri		Pack your meals if you are on-the-go.	Pesto Zoodles with Poached Egg, Celery with Sunflower Seed Butter, 15 Minute Tilapia and Hummus Dippers.
		Make Baked Chicken with Tomatoes, Avocado and Spinach Salad for dinner.	Divide leftovers into containers for tomorrow's lunch and Friday's dinner.
6 Sat		Make eggs for Pesto Zoodles with Poached eggs.	Top 2 remaining portions of Pesto Zoodles with Poached Eggs. Have one for breakfast and store remaining in the fridge for tomorrow.
		Pack your meals if you are on-the-go.	Pesto Zoodles with Poached Egg, Celery with Sunflower Seed Butter, Baked Chicken with Tomatoes, Avocado and Spinach Salad, and Toasted Walnuts.

		Make Spaghetti Squash Burrito Bowls for dinner.	Divide leftovers into containers for tomorrow's lunch.
7 Sun		Pack your meals if you are on-the-go.	Pesto Zoodles with Poached Egg, Hummus Dipper, Spaghetti Squash Burrito Bowl, and Toasted Walnuts.
		Enjoy leftover Baked Chicken with Tomatoes, Avocado and Spinach Salad for dinner.	Don't forget to set aside some time to plan your meals and prepare for the upcoming week!

WAIVER

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