

# *Follow The Candida Diet:*

*The treatment program is as follows:*

## *Day #1*

*Breakfast: 1 cup of whole grain dried cereal-Shredded Wheat*

*1 medium banana*

*Lunch: 1 lean hamburger patty*

*1 whole wheat bun*

*1 tsp. Mayonnaise only*

*½ cup low fat cottage*

*Dinner: 1 lean New York steak*

*1 cup string beans*

*1 pat of butter of tsp of sour cream*

*1 baked potato*

## *Day#2*

*Breakfast: 1 cup cooked cereal - Oatmeal or Roman Meal*

*1 slice wheat toast*

*1 pat butter*

*Lunch: Grilled tuna sandwich on Wheat Bread*

*1 cup low fat cottage cheese*

*1 cup Perreir or Calistoga Seltzer*

*Dinner: 8 oz. Turkey breast*

*½ cup dressing*

*1 cup of broccoli*

*1 pat butter*

*1 cup herb tea - cinnamon/pekoe*

## *Day#3*

*Breakfast: 2 eggs poached*

*4 oz. hash browns*

*1 slice wheat toast*

*8 oz. canned tomato juice*

*Lunch: 1 cup of chicken vegetable soup*

*1 salad with oil and lemon juice*

*1 Wasa Crisp Bread*

*Dinner: Broiled Salmon*

*1 cup of cabbage or carrots  
1 cup brown rice  
1 cup herb tea*

*Day #4*

*Breakfast: 1 cup Rice Checks  
1 cup canned orange juice  
1 whole wheat bagel  
Lunch: 1 turkey sandwich on whole wheat bread  
1 cup canned and drained diet fruit cocktail  
1 cup yogurt  
1 cup seltzer  
Dinner: Broiled liver and onions  
1 baked medium potato  
1 cup cauliflower  
1 tsp. butter or sour cream  
1 cup herb tea*

*Day#5*

*Breakfast: 2 egg omelet w/processed cheese & lean ham  
1 whole wheat toast  
1 pat butter  
1 cup canned grapefruit juice  
Lunch: ½ chicken sandwich (mayo only)  
1 cup tomato soup  
1 cup seltzer  
Dinner Filet of sole lemon & butter  
1 cup brown rice  
1 cup broccoli  
1 tsp. butter  
1 cup herb tea*

*Day#6*

*Breakfast: 1 cup bran flakes  
1 cup tomato juice  
1 sliced wheat toast  
1 pat butter  
Lunch: 1 cup chicken noodle soup  
1 cup low fat cottage cheese  
1 whole wheat toast  
1 pat of butter  
1 cup herb tea*

***Dinner: Brazil Chicken***

***1 cup dressing***

***1 cup carrots***

***1 cup herb tea***

***Day#7***

***Breakfast: 1 cup cooked cereal***

***1 cup low fat milk***

***1 slice wheat toast***

***1 cup canned orange juice***

***Lunch: 1 slice of Quiche Lorraine***

***1 cup canned fruit cocktail***

***1 slice wheat toast***

***1 cup seltzer***

***Dinner: 2 lamb chops***

***1 baked potato***

***1 pat of butter or 1 tsp. sour cream***

***1 cup baby lima beans***

***1 cup herb tea***