

# ***THE CANDIDA CLEANSE***

**THE GOAL:** *radiant, clear & red-free skin, energy, balanced hormones, better sleep, fungus-free!*

## **FOODS YOU CAN EAT:**

- + *meat and fish*
- + *vegetables* \*except nightshades: peppers, tomatoes, potatoes, eggplant.
- + *sweet potatoes*
- + *fruit* \*except tropical fruits. mango and pineapple are okay in small amounts.
- + *coconut milk*
- + *avocado, olive & coconut oil*
- + *bone broth*
- + *apple cider vinegar*
- + *non-seed herbal teas & herbs*
- + *small amounts of honey & maple syrup* \*I am personally avoiding maple syrup
- + *chia & hemp seeds*

## **SUPPLEMENTS:**

- + **Probiotic** | 30-50 billion, 1 capsule w/ dinner
- + **Fish Oil** | 1 spoon w/dinner
- + **Juice Plus** \*or a whole food multi vitamin | take recommended dose with breakfast & dinner.
- + **B Complex** | take recommended dose with food.
- + **Lugols Solution Iodine** | start with 5 drops in a shot of water with food.
- + **Youngevity Minerals** | take recommended dose with food.
- + **Vitamin C** | take 2,000mg with food.
- + **Glutathione** | take 1 capsule with food.
- + **Alpha Lipoic Acid** | take 600mg with food.
- + **MSM** | take recommended dosage.
- + **Oregano Oil** | take 3-5 drops under your tongue w/ water before each meal.

## **LIFESTYLE:**

- + **Lemon water w/ turmeric**
- + **Sleep** | 8-10 hours
- + **Dry Brushing**
- + **Moderate Exercise**
- + **Avoid EMF's** | put phone on airplane mode at night, limit exposure to phone, laptop, TV, microwave & any devices.

- + ***Organic & chemical-free skin, body + hair care***
- + ***Stay hydrated! Drink 3-4 litres of water a day, more or less depending on your activity level.***

## **MEALS:**

### **DAY 1 | MONDAY**

\* indicates recipe below

**B | sliced avocado drizzled w/ olive oil, olives, berries & kiwi**

**L | green salad w/ romaine, spinach, avocado, olives topped with lemon garlic dressing\* & sweet potato fries\***

**D | steak seared in olive oil with green beans\* & cauliflower mash\***

## **RECIPES**

### **Lemon Garlic Salad Dressing**

- + 3 Tbsp. olive oil
- + 1/4 lemon, squeezed
- + 1/4 tsp. minced garlic
- + dried oregano
- + sea salt & pepper

***Combine and drizzle over salad.***

## **Sweet Potato Fries**

- + 1 sweet potato, cut into fries**
- + olive oil**
- + sea salt, pepper, rosemary**

***Combine sweet potatoes with olive oil and seasoning. Place on a baking tray and bake at 400 F for 20 minutes or until crispy.***

## **Green Beans**

- + serving of green beans, washed**
- + olive oil**
- + sea salt**

***Steam green beans until tender but crunchy. Drizzle with olive oil & season with sea salt.***

## **Cauliflower Mash**

- + 1 head cauliflower, washed & cut**
- + 2 Tbsp. coconut oil**
- + salt & pepper, to taste**
- + 2 Tbsp. chopped green onion, optional**

***Steam cauliflower until fork tender, about 8-10 minutes. Drain and cool. Place cauliflower in a kitchen towel and squeeze to remove the majority of the water. Mash cauliflower or place in a food processor. Season with salt & pepper, and mix in the green onion, if desired.***

## DAY 2 | TUESDAY

\* indicates recipe below

**B | breakfast hash\* w/ avocado, thinly sliced**

**L | trout\* with a green salad w/ romaine, sprouts, avocado, olives, nutritional yeast, topped with lemon garlic dressing**

**D | lemon roast chicken w/ root vegetables\***

## RECIPES

### Breakfast Hash

- + 1/2 lb ground beef
- + 2 cups of sliced purple cabbage and kale
- + thyme & rosemary
- + sea salt
- + olive oil

*Season meat with herbs and seasonings. Heat a large sauté pan and add a Tbsp. Of olive oil over medium heat. Add your meat and break it up with a wooden spoon as it cooks. Cook well until you don't see any raw meat. Add your chopped veggies, stir and cover for a few minutes until the veggies get soft and wilt. Serve with sliced avocado.*

### Trout

- + 1 trout filet
- + olive oil
- + lemon juice
- + sea salt & pepper

*Place trout on a baking sheet and top with a drizzle of olive oil, squeeze of lemon, sea salt & pepper. Bake at 350 F for about 15-20 minutes until cooked.*

## Lemon Roast Chicken W/ Root Vegetables

- + 1 whole chicken
- + fresh oregano, rosemary & thyme
- + 4 garlic cloves
- + 1 lemon
- + 1/2 cup or more olive oil
- + sea salt

*Marinate chicken in a large zip lock bag for 3-5 hours. Once marinated, heat oven to 425 F.*

- + red onion
- + 2 garlic cloves
- + 3 sprigs each of fresh rosemary & thyme
- + 1 lemon, sliced
- + 2 sweet potatoes, peeled & cubed
- + 1lb brussels sprouts
- + 2-4 carrots

*Cut onion in wedges and place inside a roasting pan. Place the chicken and marinating juices inside the roasting pan. Put the crushed garlic cloves and herbs inside the chicken. Top the chicken with the sliced lemons. Add the sweet potatoes, Brussels sprouts and carrots in the roasting pan around the chicken. Bake for 1 hour and 34 minutes. Broil for an additional 7 minutes for crispy skin.*

## DAY 3 | WEDNESDAY

\* indicates recipe below

**B | turkey breakfast patties\* w/ avocado & berries**

**L | lemon chicken \*leftover w/ green salad: romaine, sprouts, avocado, olives, topped with lemon garlic dressing**

**D | pesto zucchini pasta with meatballs\***

# RECIPES

## Turkey Breakfast Patties

- + olive oil
- + 1/2 lb ground turkey
- + 2 Tbsp. fresh thyme
- + sea salt

*Season meat with thyme & sea salt. Form into small patties (think flat sliders). Heat olive oil over medium heat in a sauté pan and add your patties. Cook for 3-4 minutes on each side. Reserve leftovers for tomorrow's breakfast. Serve with sliced avocado.*

## Pesto Zucchini Pasta W/ Meatballs

### Pasta

- + 2 zucchini, thinly grated to make fettuccine noodles
- + olive oil

### Meatballs

- + 1 lb. ground beef
- + 3 tsp. dried oregano & dried basil
- + sea salt & pepper
- + 2 Tbsp. coconut oil
- + 1/4 cup bone broth

### Pesto

- + basil, about 1/2 cup
- + 1/4-1/2 lemon, squeezed
- + 1/4-1/2 cup olive oil
- + 1-2 cloves garlic
- + sea salt
- + 1 Tbsp. nutritional yeast

*Preheat oven to 400 F. Mix the ground beef and seasonings in a mixing bowl. Shape into balls. In a sauté pan, melt the coconut oil and add the meatballs and cook for 3-4 minutes on each side. Add the bone broth and transfer the pan into the oven for 8-10 minutes. While the meatballs are*

*cooking, combine the pesto ingredients in a food processor or blender. Cook zucchini over medium heat in a sauté pan with olive oil until tender, about 5 minutes. Add the pesto and mix well to coat zucchini noodles. Top with meatballs and enjoy! Reserve enough for lunch tomorrow.*

## **DAY 4 | THURSDAY**

\* indicates recipe below

**B | turkey breakfast patties w/ avocado**

**L | pesto zucchini pasta with meatballs \*leftovers**

**D | roast stew w/ cauliflower mash**

## **RECIPES**

### **Roast Stew**

- + 1 1/4lb roast, cubed into 1 inch chunks**
- + 1 red onion, minced**
- + 2 cloves garlic, minced**
- + fresh thyme & rosemary**
- + 3-4 carrots, sliced**
- + 2-3 celery ribs, sliced**
- + 5 cups bone broth or beef stock**
- + sea salt & pepper**
- + 3 Tbsp. olive oil**

*In a dutch oven or heavy bottomed pot, brown the beef in the olive oil in batches over the stove. Add the minced onion & garlic, stirring to combine. Add the bone broth 1 cup at a time. Cover and reduce the heat to low and allow to simmer for 1 1/2 hours. Check the meat with a fork, and if tough, allow to cook for another 20 minutes. Add the vegetables, herbs, sea salt & pepper and cook for an additional 40 minutes, or until tender. Enjoy!*



## **DAY 5 | FRIDAY**

\* indicates recipe below

**B | the best green smoothie\***

**L | roast stew \*leftover**

**D | salmon\* w/ green salad: romaine, sprouts, avocado, olives, topped with lemon garlic dressing**

## **RECIPES**

### **The Best Green Smoothie**

- + 1/2 cup frozen mango
- + 1/2 cup ice
- + 1 cup packed spinach
- + 1 chunk ginger, peeled
- + 1 lime, juiced
- + 1 green apple
- + 1 scoop grass-fed collagen
- + 1 spoon baobab powder, optional
- + 1 cup water

*Blend in blender until combined, about 1-2 minutes.*

### **Salmon**

- + 1 salmon fillet
- + olive oil
- + lemon juice
- + sea salt & pepper

*Place salmon on a baking sheet and top with a drizzle of olive oil, squeeze of lemon, sea salt & pepper. Bake at 350 F for about 15-20 minutes until cooked.*

## **DAY 6 | SATURDAY**

\* indicates recipe below

**B | fruit salad\***

**L | sweet potato fries and turkey patties**

**D | the perfect detox salad\***

## **RECIPES**

### **Fruit Salad**

- + 1/4 cup pineapple, cubed
- + 1/4 cup melon of choice
- + handful red grapes
- + 1/2 green apple
- + handful fresh berries of choice
- + 3 Tbsp. hemp seeds

*Combine and top with hemp seeds. Enjoy!*

### **The Perfect Detox Salad (adapted from Alexa Ouaknine)**

- + 2 cups kale, thinly sliced
- + 2 cups of red cabbage, thinly sliced
- + 1 large head of broccoli, finely chopped
- + 2 small beets, cooked & cubed
- + 1 bunch cilantro, chopped
- + 2 large carrots, peeled & grated

- + 1 avocado, cubed
- + 1 cup pomegranate seeds

**For the Dressing:**

- + 1 *garlic clove, minced*
- + *sea salt & pepper*
- + 2 *tsp. apple cider vinegar*
- + 3 *Tbsp. lemon juice (about 1 large lemon)*
- + 1/2 *cup olive oil*

*Combine all salad ingredients in a large salad bowl and toss gently. Set aside. Combine the garlic, sea salt, olive oil, apple cider vinegar, and lemon juice in a jar with the lid closed and shake until well mixed.*

## **DAY 7 | SUNDAY**

\* indicates recipe below

**B | Inflammation Fighting Smoothie\***

**L | chicken soup \*leftover**

**D | beef burgers\* w/ green salad: romaine, sprouts, avocado, olives, topped with lemon garlic dressing**

## **RECIPES**

**Inflammation Fighting Smoothie (adapted from Dr. Will Cole)**

- + 1/2 cup frozen pineapple
- + 1 cup cucumber
- + 3/4 cup water
- + 1/2 cup ice
- + 1/3 cup coconut milk
- + 1 scoop grass-fed collagen
- + 1 small handful mint leaves
- + 1 chunk ginger, peeled
- + 2 teaspoons turmeric

***Blend in blender until combined, about 1-2 minutes.***

## **Beef Burgers**

- + 1lb ground beef
- + 1 clove garlic, minced
- + 1 small red onion, finely chopped
- + 3-5 Tbsp. olive oil
- + sea salt & pepper

***Heat olive oil in a small sauté pan and add onion. Cook for about 5 minutes, or until caramelized. Combine onion, garlic, sea salt & pepper, and ground beef in a bowl, stirring until combined. Gently shape mixture into 4 thick patties. Cook patties in a skillet over medium-high heat for about 3 minutes on each side, or to desired degree of doneness. Nestle burger between two romaine lettuce leaves and top with pickle, onion or any desired toppings that are AIP compliant.***

Congratulations! You made it through **week one**. You can continue on this cleanse for another **ten days to a week**, mixing up the recipes above or experimenting and creating your own! There are also a lot of delicious AIP compliant recipes that you can find online. Make sure you share your recipes on your Instagram & tag us **@shelbynaturals**, using the hashtag **#candidacleanse**

XX,

*Shelby*