

# CANDIDA DIET GROCERY LIST

## MEAT

- Beef
- Chicken
- Pork

## FISH AND SEAFOOD

- Salmon
- Tuna
- Trout

## EGGS AND BIRDS

- Eggs
- Turkey

## DAIRY

- Butter
- Cheese
- Cream

## GRAIN PRODUCTS

- Rice

## VEGETABLES

- Asparagus
- Broccoli
- Cauliflower
- Cucumber
- Eggplant
- Green beans
- Kale
- Lettuce
- Onions
- Peas
- Spinach
- Zucchini

## VEGETABLES

- Artichokes
- Avocado
- Bell peppers
- Brussels sprouts
- Carrots
- Celery
- Cabbage
- Cauliflower
- Cucumber
- Eggplant
- Green beans
- Kale
- Lettuce
- Onions
- Peas
- Spinach
- Zucchini

## EGGS

- Eggs

## MEAT

- Beef
- Chicken
- Pork

## FRUIT

- Apples
- Bananas
- Blueberries
- Raspberries
- Strawberries

## FRUIT AND VEGETABLES

- Avocado
- Broccoli
- Cauliflower
- Cucumber
- Eggplant
- Green beans
- Kale
- Lettuce
- Onions
- Peas
- Spinach
- Zucchini