Anti Fungal Sample Menu Planner

*Monday:**

- Breakfast: Well Cooked Gluten Free Oatmeal with 1 tsp Almond butter
- Snack 1: Plant Based Protein Shake
- Lunch: Sautéed Vegetable Medley with White Meat Chicken or Beef
- Snack 2: Green Apple
- Dinner: Chili

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Tuesday:

- Breakfast: Green Vegetable Juice
- Snack 1: Lundberg Long Grain Brown Rice Cake (low salt) with 1-2 tbsp Almond Butter
- Lunch: Chili
- Snack 2: Nuts and Seeds
- Dinner: Mediterranean Chicken with Roasted Vegetables

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Wednesday:

- Breakfast: Eggs (omelet, hard-boiled, soft-boiled, or sautéed with vegetable medley)
- Snack 1: Kimchee with spinach or salad greens
- Lunch: Soup & Salad with Nuts, Cranberries, Olive Oil, and Lemon Juice (or Raw Apple Cider Vinegar as dressing; can add meat or fish)
- Snack 2: 3 Bean Salad
- Dinner: Almond Crusted Trout (white fish) with Salad

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Thursday:

- Breakfast: Plant Based Protein Shake
- Snack 1: 1/4 Avocado with Pink Himalayan or Celtic sea salt
- Lunch: Chicken or Fish with Warmed Salad Greens
- Snack 2: Green Vegetable Juice
- Dinner: Rice with Roasted Vegetable Medley
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Feel free to adjust ingredients and portion sizes according to your preferences and dietary needs.

Sample Weekly Menu Planner

Friday

- Breakfast: 2 hard boiled eggs
- Snack: Lundberg Long Grain Brown Rice Cake with 1-2 tbsp almond butter with plain unsweetened coconut or cashew yogurt.
- Lunch: Soup & salad with nuts, cranberries, olive oil and lemon juice or raw apple cider vinegar dressing (optional: add meat or fish)
- Snack: Chickpea salad or chickpeas with sardines
- Dinner: Meatloaf with cauliflower mashed

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Saturday

- Breakfast: Plant based protein shake
- Snack: Well cooked gluten-free oatmeal with 1 tsp almond butter
- Lunch: Green vegetable juice with escarole & beans
- Snack: 1/4 Avocado slices with fermented vegeables
- Dinner: Sautéed vegetable medley with white meat chicken or beef

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Sunday

- Breakfast: Eggs (omelet, hard-boiled, soft-boiled, or sautéed) with a vegetable medley
- Lunch: 1/4 Avocado with kimchee or fermented vegetables
- Snack: Soup & salad with nuts, cranberries, olive oil and lemon juice or raw apple cider vinegar dressing (optional: add meat or fish)
- Snack: Lundberg Long Grain Brown Rice Cake (low salt) with 1-2 tbsp almond butter and plain unsweetened coconut yogurt
- Dinner: Brown rice pasta with roasted vegetables)

Feel free to adjust portion sizes and ingredients based on your preferences and dietary needs!

ANTI - FUNGAL FOODS

WHAT TO DO	AVOIDS & NOTES
Enjoy fresh vegetables	No mushrooms. Eat all vegetables lightly warmed, do your best to avoid cold foods.
Enjoy green vegetable juices	All fish except shellfish. Wild caught only, no farm raised.
Pasture-raised free-range or organic chicken, turkey, eggs.	White meat is best.
Grass-fed and finished organic beef and bison	Ground or eat in tiny bites for optimal digestion. The more chewing, the more the stomach has to break down. Digestion starts in the mouth. limited to 1x/weeK
Bone Broth made from grass-fed and finished beef and/or bison, or pasture-raised organic chicken and turkeys	
Lemons, limes, fresh cranberries, Granny Smith apples.	No other fruits and fruit juices. No dried or candied fruit.
Well-cooked grains: gluten-free oatmeal, brown or wild rice, millet, buckwheat, amaranth, quinoa, spelt, teff.	No wheat or yeast.
Pasta made from any of the above recommended grains.	Add healthy fats to blunt glycemic index - i.e.: coconut oil, extra virgin olive oil, raw butter.
All beans and lentils.	If problems digesting then use white or light-colored beans and use digestive enzymes.
Raw fermented foods - Raw Apple Cider Vinegar, kimchee, sauerkraut.	Otherwise no vinegar or yeast products: alcohol, soda, ciders, mayonnaise, pickles, ketchup, sauces, condiments, or pickled products and soy sauce, as these are yeast products.
Essential fatty acids like flax oil and olive oil, coconut oil.	High heat: refined coconut oil, walnut oil, and grape-seed oil. No heat: flaxseed oil, virgin unrefined coconut oil.
Plain coconut milk yogurt, plain almond milk yogurt, or unsweetened yogurt.	Avoid all other yogurt.
Unsweetened rice, almond, coconut, or hemp milk.	Avoid all other dairy and cheese.
Raw almonds and seeds, raw almond butter.	If problem digesting raw, roasted. No peanuts.
Herbal decaf teas: chamomile, peppermint, ginger, cinnamon, etc.	No coffee or caffeine.
Stevia for sweetness.	Avoid sucrose, fructose, high fructose corn syrup, maple syrup, brown sugar, date sugar, artificial sweeteners. If symptoms are severe, avoid honey for a minimum of 6 weeks. When reintroducing, use Raw Local honey only. Monitor symptoms; if they reoccur, then eliminate.

ANTI - FUNGAL HERBS & SUPPLMENTS

Product	Notes	Instructions
Olive Leaf Concentrate or Colloidal Silver	1 or the other or alternate between the two	Olive Leaf Concentrate: 1-2 dropperfuls in 8 oz water 1-3x/day. Silver: 1-2 tsp up to 1-3x/day.
Raw Apple Cider Vinegar	Add to salads	Drink (w/straw) 1-2 tsp mixed into 8 oz water (optional) add stevia.
Probiotics		@ PM, slowly build up to 4/night.
Digestive Enzymes		Taken in between meals too to clean up terrain.
Pau D'Arco & Cats Claw Tea		
Plain Aloe Vera Drink		2-4 oz daily.
Yeast/Fungal Detox Pills		
Vit B		
Probiotic	Helps rebalance gut biome	
Oregano Oil	mydoterra.com/bclark or natural factors	Drink with cold non-dairy milk to cool the heat from it if too hot.
Frankincense	mydoterra.com/bclark	Drink in a glass container and sip through the day
Vitamin C		1500 - 3000 mg, find loading dose by increasing by 500 mg until diarrhea then scale back 1 dose.
Raw Coconut Oil	Unrefined for low heat, refined for medium to high heat	Add to protein shakes, oatmeal, soups, pastas or use as a rinse for oral care (spit out).
Pathogen Cleanse	Aids in body's ability to fight off infection	Restores gut biome
Candida Cleanse	Rids bodies of imbalanced yeast and fungal microbes	Rebalances and restores gut biome
Kidney Cleanse	Assists body's filtration system	
Liver Flush	Increases the body's filtration and absorption system. Helped lessen my food sensitivites.	
Colonics	Keeps bowels moving and rids body of toxins	Has potential to retrain natural peristalis of colon.
Heavy Metal Cleanse	Removes heavy metal toxicity from your system	

TRACKER

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Wake Up							
Breakfast							
Lunch							
Dinner							
Bedtime							
Snacks (AM)							
Snacks (MID DAY)							
Snacks (PM)							
NOTES:							
Bowel Movements							
Sleeping Patterns							
Mood							
Energy							
Exercise							
Positive Affirmations							
Supplements							
Glucose Readings							