

# FOODS TO ENJOY, FOODS TO TOSS

*For Candida*

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## ADDITIONAL RESOURCES & SUPPORT

My Website and Blog:

[www.AmyMyersMD.com](http://www.AmyMyersMD.com)

My Store:

[store.AmyMyersMD.com](http://store.AmyMyersMD.com)

The Autoimmune Solution Book:

[www.AmyMyersMD.com/autoimmunesolutionbook](http://www.AmyMyersMD.com/autoimmunesolutionbook)

The Autoimmune Solution Cookbook:

[www.AmyMyersMD.com/sp/ais-cookbook](http://www.AmyMyersMD.com/sp/ais-cookbook)

The Thyroid Connection Book

[www.AmyMyersMD.com/thethyroidconnection/](http://www.AmyMyersMD.com/thethyroidconnection/)

The Myers Way® Community Forum

[www.AmyMyersMD.com/community](http://www.AmyMyersMD.com/community)

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**N**o matter your situation, the foods you eat are a key component in your overall health. Optimizing your diet to provide the fuel that serves your individual needs is one of the best ways to take charge of your life. However, I know that you—like me!—are extremely busy between work, family, friends, and everything else on your plate. With your hectic life and all you have going on, it can be tricky to remember what's best for you to eat, and what you should avoid.

I get it! That's why my motto is to always be prepared. To help you, I've created this handy guide of foods to enjoy and foods to toss that you can reference while you follow a Candida overgrowth diet. When you have the tools you need at your fingertips, it's easy to make the choices that are right for you. Take it when you go grocery shopping, sneak a peek before you go to lunch, and keep it handy while you cook. I've even included some of my favorite recipes so you'll always have a few tasty options on hand to support your optimal gut health and immune function.

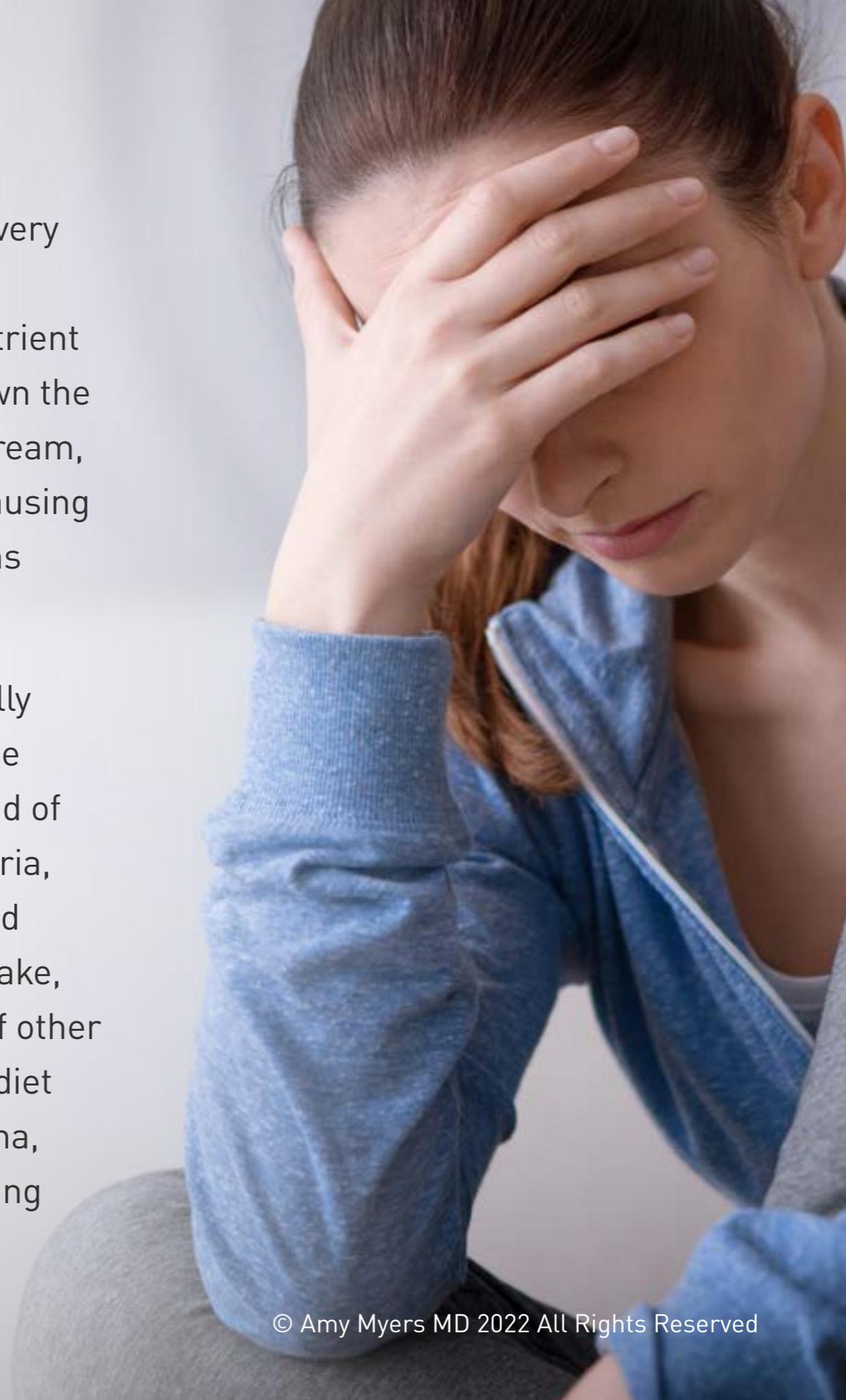
Wishing you great health,

*Amy Myers, MD*

# WHAT IS CANDIDA?

Candida is a fungus, which is a form of yeast, a very small amount of which lives in your mouth and intestines. Its job is to aid with digestion and nutrient absorption, but when it overgrows, it breaks down the wall of the intestine and penetrates the bloodstream, releasing toxic byproducts into your body and causing leaky gut. This can lead to many health problems ranging from digestive issues to depression.

The healthy or 'good' bacteria in your gut typically keeps your Candida levels in check. However, the Candida population can get out of hand if a round of antibiotics kills too many of those friendly bacteria, you have a diet high in refined carbohydrates and sugar (which feed the Candida), high alcohol intake, are taking oral contraceptives, or any number of other factors including a high-stress lifestyle. Even a diet high in beneficial fermented foods like Kombucha, sauerkraut, and pickles, can feed Candida causing an overgrowth.



# 10 SIGNS YOU MAY HAVE CANDIDA OVERGROWTH

1. Skin and **nail fungal infections** such as athlete's foot, ringworm, and toenail fungus
2. Feeling tired and worn down, or struggling with chronic fatigue or fibromyalgia
3. Digestive issues such as bloating, constipation, or diarrhea
4. Autoimmune disease such as **Hashimoto's thyroiditis**, **rheumatoid arthritis**, ulcerative colitis, **lupus**, psoriasis, scleroderma, or **multiple sclerosis**
5. Difficulty concentrating, poor memory, lack of focus, ADD, ADHD, and/or **brain fog**
6. **Skin issues** such as eczema, psoriasis, hives, and rashes
7. Irritability, **mood swings**, anxiety, or depression
8. Vaginal infections, urinary tract infections, rectal itching, or **vaginal itching**
9. Severe **seasonal allergies** or itchy ears
10. Strong **sugar** and refined carbohydrate cravings

# CANDIDA AND LEAKY GUT

Although Candida lives in your gut, many of those symptoms affect other areas of the body. Candida overgrowth leads to **leaky gut** by breaking down the walls of your intestine.

Your gut lining is only one cell layer thick, and is held together by tight junctions. These junctions act as a drawbridge, allowing teeny tiny boats (micronutrients in food) that are meant to travel back and forth to go under the bridge without a problem. This is an important system that allows vital nutrients from the food you eat to be absorbed into your bloodstream.

However, an overgrowth of Candida damages your gut lining, causing the drawbridge to go up and allowing bigger boats that aren't meant to travel through to cross over, including toxins, microbes, proteins, and partially digested food particles. Even more serious than the laundry list of symptoms above, leaky gut sets you on the path to numerous chronic illnesses, particularly **autoimmune disease**.



You see, all the undigested food particles, toxins, viruses, and bacteria that pass through your intestinal wall and flood your bloodstream trigger an inflammatory response from your immune system in an attempt to fight off these foreign “invaders.” As your gut remains leaky and the invaders continue escaping, your immune system goes into overdrive. It wants to protect you so it sends even more inflammation to battle the invaders.

To make matters worse, many of the substances that leak into your bloodstream look very similar to your body’s own cells, so you can imagine how confusing this must be to your immune system! This process of mistaken identity, known as molecular mimicry, leads your immune system to accidentally attack your body’s organs and tissues in an attempt to protect you.

Once you develop an autoimmune disease, you must **treat the underlying Candida overgrowth** that caused your gut to become leaky in the first place, in order to repair the damage and **overcome your autoimmune disease**. Left untreated, it can lead to further damage and other autoimmune diseases.

# OVERCOMING CANDIDA OVERGROWTH

By overcoming Candida overgrowth you can repair your gut and reverse (or prevent!) autoimmune disease. In my [Candida Breakthrough® Program](#), I use a proven, 3-step approach to help you beat Candida overgrowth for good.

## 1 Starve

**STEP ONE** is to **starve the yeast** by eliminating the foods that feed it. This includes cutting all sugar, alcohol, and fermented foods. Limit carbohydrates such as starchy vegetables, fruit, grains, and legumes to no more than two cups per day.

## 2 Kill

**STEP TWO** is to **kill the yeast** with a one-two punch of supplements that destroy Candida's cell walls. I use [Candifense®](#), a powerful blend of plant-based enzymes that break down the cell walls of Candida, and [Caprylic Acid](#), a short-chain fatty acid derived from coconut that pokes holes in yeast cell walls.

## 3 Restore

**STEP THREE** is to **restore the good** bacteria and reinnoculate your gut microbiome with probiotics that keep the yeast in check. While overcoming Candida overgrowth, I recommend [Probiotic Capsules 100 Billion](#), which contains 100 billion colony-forming units (CFUs) of high-quality, good bacteria. This will not only help restore your gut's healthy balance, it will also help repair your gut lining so that the Candida can no longer escape and wreak havoc in other areas of your body.

## DO YOU THINK YOU HAVE CANDIDA OVERGROWTH?

Take this [simple quiz](#) to find out!



If you have Candida overgrowth, you've already taken the first step towards reversing it when you downloaded this handy guide for foods to enjoy and foods to toss. Food has the power to heal and the power to harm.

# Tackle Candida Overgrowth and Take Back Your Life

with the Candida Breakthrough® Program

“

## Outstanding!

I didn't know that taking my health into my own hands could be so easy and fulfilling. Thank you, Dr. Myers for opening my eyes to a healthy lifestyle.”

—Myrna S.

“

## I feel like myself again!

The Candida Breakthrough® Program has given me my energy and my waist back. If you're fed up with feeling tired, foggy, and bloated it's time to commit to program.”

—Christian M.



Enroll in the Candida Breakthrough® Program and:

- You'll get back your energy and vitality so you can enjoy your life again.
- No more forgetfulness; you'll regain your clear thinking; your brain will fire on all cylinders and you'll be back at the top of your game.
- No more rashes, dry skin, itching, or nail fungus, so you can wear tank tops and open-toe shoes and feel great about how you look.
- No more gas, bloating, or digestive issues. Imagine what a flat tummy will look and feel like!
- No more mood swings so you can enjoy your family without being short-fused.

**Get Access TODAY!**



# FOODS TO ENJOY

If also doing an Autoimmune diet, avoid the foods **highlighted in bold**.

## QUALITY PROTEINS

- Bone broth
- **Eggs (chicken or duck)**
- **Nuts and seeds: almonds, cashews, pecans, walnuts, Brazil nuts, macadamia nuts, sesame seeds/ tahini, hemp, flax, pumpkin seeds**
- Organic, grass-fed beef
- Organic, grass-fed lamb
- Organic pork or bacon
- Organic, pasture-raised poultry (chicken, duck, turkey)
- Organ meats (heart, liver, marrow, kidney, sweetbreads)
- Sardines
- The Myers Way® Paleo Protein
- The Myers Way® Collagen Protein
- The Myers Way® Gelatin

\*Mushrooms can be inflammatory for some people.

- Wild-caught fresh fish (cod, halibut, haddock, salmon, pollock, snapper, sole, trout)
- Wild-caught shrimp
- Wild game

## ORGANIC, NONSTARCHY VEGETABLES

- Alfalfa sprouts (also broccoli, radish, and sunflower sprouts)
- Artichokes
- Arugula
- Asparagus
- Bamboo shoots
- Bean sprouts
- Bok choy
- Broccoli
- Broccolini (or rapini, or broccoli rabe)
- Brussels sprouts
- Cabbage
- Cauliflower
- Celery



- Cucumbers
- **Eggplant**
- Fennel
- Garlic
- Green onions
- Greens (beet, collard, dandelion, kale, mustard, turnip)
- Hearts of palm
- Herbs (parsley, cilantro, basil, rosemary, thyme, dill, lemongrass, etc.)
- Kohlrabi
- Leeks
- Lettuce (endive, escarole, baby lettuces, bibb, butter, romaine, iceberg)
- Mushrooms\*
- Okra
- Olives
- Onions
- **Peppers (green, red, yellow, orange jalapeno)**
- Purslane
- Radishes



- Rhubarb
- Scallions
- Shallots
- Spinach
- Summer squash
- Swiss chard
- Watercress
- Zucchini



### HEALTHY FATS

- Avocado oil
- Coconut oil, coconut butter/manna/milk/ yogurt/cream
- Ghee (if you tolerate it)
- Grapeseed oil
- Olives, olive oil
- Flaxseed oil
- Animal fat (lard, beef tallow)
- Palm oil

### DAIRY ALTERNATIVES

- Almond Milk
- Camel's milk†
- Coconut milk, yogurt, cream
- **Oat milk**
- Rice milk
- Tigernut milk

- **Unsweetened nut/seed based milk: almond, cashew, hemp, flax**

†The proteins in camel's milk are very different from those found in dairy from cows, sheep, or goats. I find most people can tolerate them well.

### FLAVORFUL SEASONINGS AND CONDIMENTS

- Anise
- Apple cider vinegar
- Basil
- Bay leaf
- Cacao
- **Cayenne**
- Cilantro/coriander
- Cinnamon
- Cloves
- Cumin
- Dill
- Garlic
- Ginger
- Ground black pepper
- Mint
- Nutmeg
- Oregano
- **Paprika**
- Parsley
- **Red chili flakes**
- Rosemary



- Sea salt
- Stevia
- Tarragon
- Thyme
- Turmeric
- Vanilla

### BEVERAGES

- Bone broth
- Smoothies
- Mocktails
- Tea, herbal, caffeine-free
- Fruit and vegetable juices, unsweetened
- Water, filtered or sparkling

### ORGANIC FRUITS

- Apples
- Apricots
- Avocado
- Bananas
- Bilberries
- Blackberries
- Blueberries
- Boysenberries
- Currants
- Cherries
- Cranberries



- Dates (limit when treating Candida)
- Dragonfruit
- Elderberries
- Figs
- **Goji berries**
- Gooseberries
- Grapefruit
- Grapes
- Guavas
- Huckleberries
- Kiwis
- Kumquats
- Lemons
- Limes
- Loquats
- Lychees
- Mangos
- Melons (cantaloupe, honeydew, watermelon, etc.)
- Mulberries
- Nectarines
- Oranges
- Papayas
- Passionfruit
- Peaches
- Pears
- Persimmons



- Pineapples
- Plums
- Pomegranates
- Pumpkins
- Quince
- Raisins
- (limit when treating Candida)
- Raspberries
- Star fruit
- Strawberries
- Tamarillos
- Tamarind fruit
- **Tomatillos**
- **Tomatoes**



### STARCHY VEGETABLES

- **Beans and legumes**  
(chickpeas, English peas, snap peas, snow peas, black eyed peas, lentils, pinto beans, black beans, navy beans, green beans, etc.)
- Beets
- Carrots
- Cassava
- Chestnuts
- Jerusalem artichokes

- Jicama
- Parsnips
- Plantains
- **Potatoes**
- Rutabagas
- Sweet potatoes
- Taro
- Tigernuts
- Turnips
- Water chestnuts
- Yams
- Yucca



### FLOURS/GRAINS

- Arrowroot starch
- Cassava flour
- Coconut flour
- **Gluten-free grains and grain-like seeds: sorghum, amaranth, rice, corn, millet, quinoa, buckwheat, certified gluten-free oats, teff**
- Plantain flour
- Sweet potato flour
- Tapioca flour
- Tigernut flour

# FOODS TO TOSS

## TOXIC FOODS

- Alcohol
- Fast foods, junk foods, processed foods
- Food additives: any foods that contain artificial colors, flavors, or preservatives
- Genetically modified foods (GMOs), including canola oil and beet sugar
- Processed meats: canned meats (such as SPAM; canned fish is okay), cold cuts, hot dogs
- Processed and refined oils: mayonnaise, salad dressings, shortening, spreads
- Refined oils, hydrogenated fats, trans fats, including margarine
- Stimulants and caffeine: coffee, yerba mate
- Sweeteners: sugar, sugar alcohols, sweetened juices, high-fructose corn syrup
- Trans fats and hydrogenated oils (frequently found in packaged and processed foods)



# FOODS TO TOSS

## NONSTARCHY VEGETABLES

- Green Beans

## STARCHY VEGETABLES

- Peanuts, including peanut butter
- Spaghetti Squash

## ORGANIC FRUITS

- Dates (in moderation)

## INFLAMMATORY FOODS

- Corn and anything made from corn or containing high-fructose corn syrup
- Dairy, including cow, sheep and goat milk ‡ cheese, cottage cheese, cream, yogurt, butter, ice cream, frozen yogurt, and nondairy creamers, whey protein, casein
- Gluten: found in anything that contains spelt, barley, rye, or wheat
- Soy in all its forms including: miso, tofu, tempeh, soy milk, soy creamer, soy yogurt, soy cheese, kimchi

‡Though the proteins in sheep and goat's milk are different from those in cow's milk, some people may not tolerate them.

§Though the proteins in duck eggs are different from those in chicken eggs, some people may not tolerate them.

## DAIRY ALTERNATIVES

- Rice milk
- Hemp milk
- Flax milk
- Cashew Milk
- Oat Milk

## BEVERAGES

- Green tea

## FLAVORFUL SEASONINGS AND CONDIMENTS

- Chili powder
- Maple syrup



# FOODS THAT FEED CANDIDA

- **Beans and other legumes:** Even though beans and legumes provide great plant protein, they are starchy and can feed Candida. Avoid or limit to 2 cups total between your fruits and starches daily.
- **Fermented foods:** Fermented foods can be great to restore good bacteria because they are essentially food for good bacteria. However, Candida also likes to feed off the fermented foods and for that reason I recommend “killing” the Candida first and then using fermented foods to help restore the good bacteria.
- **Fruits and juice:** These are high in sugar and can feed Candida. Please avoid all dried fruit and fruit juice.
- **Grains:** Gluten is highly inflammatory and, along with other grains, is broken down into simple sugars, which can feed Candida. .
- **Peanuts:** These are a common cause of inflammation and are likely to be moldy.
- **Starchy vegetables:** Starchy vegetables such as potatoes, acorn squash, butternut squash, and spaghetti squash are great sources of carbohydrates, but should be limited to 2 cups total between your fruits and starches daily.
- **Sweeteners and alcohol:** All added sugars and alcohol should be avoided since Candida thrives on them.



# THE CANDIDA BREAKTHROUGH® KIT

The Candida Breakthrough® Kit is a combination of the three most powerful nutritional supplements to support yeast balance in the digestive tract and discourage opportunistic Candida overgrowth.

It's a great, budget-friendly option for those having a CANDIDA overgrowth recurrence.



## The Candida Breakthrough® Wellness Kit includes:

- Caprylic Acid — a powerful, buffered fatty acid blend that helps destabilize yeast cells and discourages their proliferation
- Candifense® — plant-based enzymes that break down the Candida cell walls
- Probiotic Capsules 100 Billion — a high-quality, multi-strain probiotic to reinoculate your gut with good bacteria

## The Candida Breakthrough® Kit is perfect for anyone who:

- Is concerned about Candida overgrowth.
- Has had or is having digestive issues.
- Has used antibiotics recently or in the past.
- Wants to support optimal gut barrier function and discourage 'leaky gut'.
- Has developed food sensitivities and wants to support healthy immune function.

**Order Your Kit NOW!**



## Creamy Summer Squash Pasta

Serves: 4

2 medium zucchini

2 medium summer squash

1 tbsp grapeseed oil

½ cup red onion, thinly sliced

1⅓ cup coconut milk

1½ tbsp arrowroot starch

½ cup herbs of choice, chopped [fresh tarragon, basil, parsley, etc.]

½ tsp sea salt

½ tsp ground black pepper

**STEP 1** Using a vegetable peeler or spiralizer, create noodles with squash. Bring a skillet to medium high heat and add oil. Sauté onions until softened. Add squash and zucchini noodles to skillet and sauté 4-6 minutes. Set aside.

**STEP 2** In a separate bowl, whisk together coconut milk and arrowroot starch. Add combination to a saucepan and bring to a boil. Cook for 1 minute or until thickened. Add to pasta mixture and stir to coat.

**STEP 3** Stir in herbs, salt, and pepper. Let cook for 1 more minute then serve.



## Roasted Chicken and Coconut Mixed Green Salad with Creamy Avocado Dressing

Serves: 4

### Roasted Chicken and Coconut Mixed Green Salad

6 cups mixed greens  
2 cups roasted chicken  
2 sweet potatoes, spiralized or shredded  
2 Tbsp extra virgin olive oil  
Sea salt, to taste  
2 cucumbers, chopped  
¼ cup unsweetened coconut, shredded

### Creamy Avocado Dressing

1 avocado  
2 tsp extra virgin olive oil  
2 scallions  
1 clove garlic  
½ cup fresh cilantro  
1 Tbsp lime or lemon juice  
½ Tbsp ground black pepper  
½ tsp sea salt

.....

**STEP 1** Preheat oven to 400°F degrees.

**STEP 2** Toss spiralized (or shredded) sweet potatoes in olive oil and sea salt.

**STEP 3** Bake until crisp, about 25 minutes.

**STEP 4** In a large bowl, toss mixed greens, cucumbers, and roasted chicken. Top with spiralized sweet potatoes and shredded coconut.

**STEP 5** Place all dressing ingredients into a high-speed blender. Blend until thoroughly combined.

**STEP 6** Optional: Can toss with 'Creamy Avocado Dressing' or serve with dressing on the side.



## Mint Meltaway Candies

*Serves: 15 candies*

½ cup coconut butter

½ cup coconut oil

pinch salt

5 drops liquid Stevia mint flavor

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**STEP 1** Melt coconut butter and coconut oil in small pan over medium-low heat.

**STEP 2** Add salt and Stevia extract and stir well with a spoon until mixture is melted and well combined.

**STEP 3** Scoop into ice cube trays or silicone molds of your choice, then freeze for one hour. After 1 hour, store in fridge.



## Nightshade-Free Pico De Gallo

Makes: 2.5 cups

- 1 large cucumber
- 1 cup jicama
- ½ cup red radish
- ½ cup red onion
- ½ cup cilantro
- ½ tsp sea salt
- ⅛ tsp ground coriander
- 2 tbsp lime juice or raw apple cider vinegar

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**STEP 1** Peel skin from cucumber and jicama and dice each. Place in medium-sized bowl.

**STEP 2** Dice red onion and radish and finely chop cilantro. Place in bowl with jicama and cucumber.

**STEP 3** Add coriander, salt, and lime juice to bowl with vegetables and mix until combined.

**STEP 4** Serve cold with tacos, fish, or grain-free tortillas. This pico de gallo will store well in the fridge for up to three days.



## AIP & Keto Chocolate-Covered Strawberry Smoothie

Serves: 1

½ cup full fat coconut milk

1 scoop The Myers Way® Chocolate Paleo Protein

1 scoop The Myers Way® Collagen Protein

½ avocado

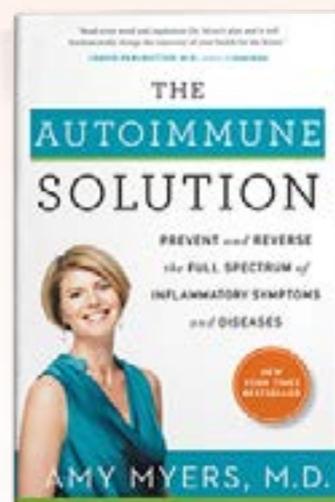
½ cup frozen strawberries

½ tsp cacao nibs

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**STEP 1** Place all ingredients in a blender and blend until smooth.

# Read the books that launched a wellness revolution!

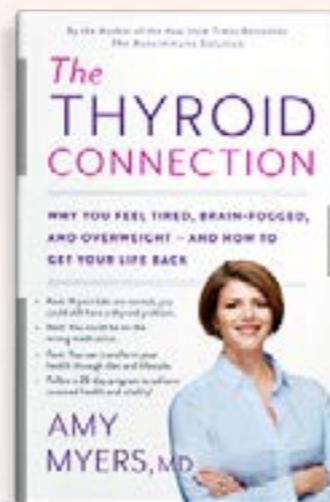


## THE AUTOIMMUNE SOLUTION:

Prevent and Reverse the Full Spectrum of Inflammatory Symptoms and Disease

**“I have my life back! This book changed my life. I never knew it was possible to not feel miserable every day.”**

—Heather H.

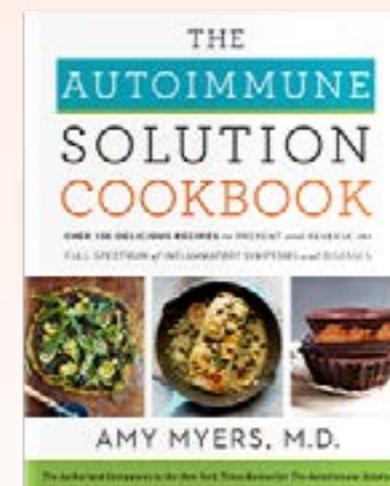


## THE THYROID CONNECTION:

Why You Feel Tired, Brain-Fogged and Overweight—And How to Get Your Life Back

**“Glad I got this book. This book gave us something different to try. The 28-day program worked like a charm.”**

—R.D.



## THE AUTOIMMUNE SOLUTION COOKBOOK:

Over 150 Delicious Recipes to Prevent and Reverse the Full Spectrum of Inflammatory Symptoms and Diseases.

Get your copy of the *New York Times* best-selling cookbook that makes eating the anti-inflammatory way easy and delicious!

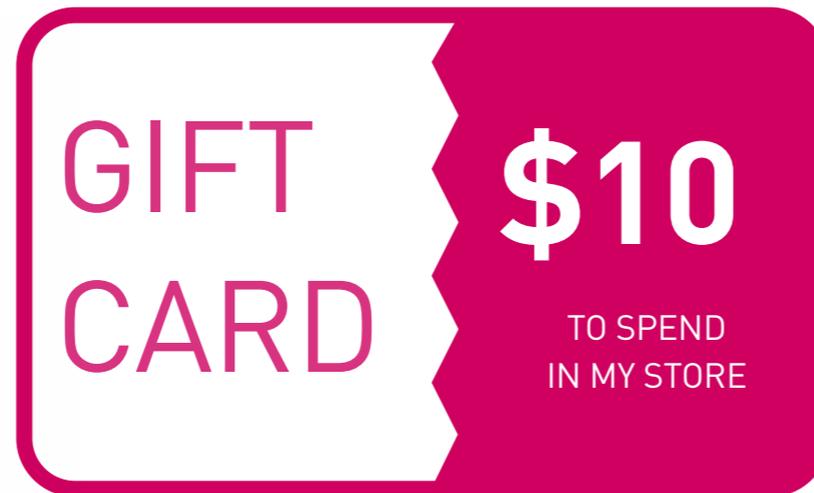
**“Love it! Lots of great information and yummy recipes. Dr. Amy Myers has just made my life so much easier with all of her creative and delicious recipes to choose from. I don't feel like I'm missing out any longer.”**

—Rena M.

# \$10 GIFT CARD TO JUMPSTART TAKING CONTROL OF YOUR HEALTH

To kick off your healing journey, I want to offer you a \$10 gift card to my online store! Take your health into your own hands with my supplements and wellness kits for autoimmunity, gut health, thyroid health, and more. Every one of my supplements is physician-formulated, non-GMO, GMP-approved, gluten-, dairy-, and soy-free and made in the USA.

Rest easy that all of my supplements are free of inflammatory ingredients and are backed by my 90-day return guarantee!



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**10CANDIDAFD10**

at checkout!

**SHOP NOW**



\*One time use only, use within 90 days