

The background of the entire page is a watercolor-style wash in shades of teal and white. The top portion is a solid teal color, while the middle and bottom portions feature a soft, blended watercolor effect with varying intensities of teal and white.

# SOUL *food*

HOSTED BY GRIGORIA KRITSOTELIS

## A NOTE FROM GEE

What an incredible vessel we have been given. Every single cell in your body works solely on keeping YOU alive. Imagine that for a moment... There's approximately 35 TRILLION cells in your body who only focus on you! That is their Divine Purpose. And we chose this particular vessel long before we embarked on this physical journey, and we knew that it was the perfect fit for our souls. And it's important that we keep our sacred space full of beautiful harmonic energy. It's a rebellious act of self-love to nurture your vessel. But that's why you're here... To honour it the way it deserves to be honoured - inside and out!



# CANDIDA CLEANSE

PLANT-BASED PROTOCOL



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## WELCOME TO YOUR CANDIDA CLEANSE PLANT-BASED PROTOCOL

Please note that this Protocol is designed ONLY for those who have a Candida overgrowth. The only way to determine that is through professional consultation with a doctor or naturopath. I determined that I had a Candida overgrowth in my gut through a live blood analysis, where they study the make-up of your blood cells through a microscope. I had suffered years and years of bloating, digestive issues and abdominal pain.

Please do not diagnose yourself, this is not a protocol that everyone needs. This protocol is only to be used as a guide. It is based on the research that I did when I needed to start the protocol. Please do your own research too.

When reading through this guide please take into consideration your own intolerances, allergies and preferences. Also pay attention to how your body responds to certain foods, you may have to eliminate something that I would have considered "safe" on my list. Grigoria Kritsotelis disclaims all responsibility and liability for any damages or potential dangers you may experience as a result of following this guide and the recipes in it. Please only undertake activities and consume food that you deem safe and comfortable.

This Candida Cleanse protocol is designed to CLEANSE your body using plant-based sources, and does not promise any other health results such as weight loss, weight gain, etc. These may occur as a result of following the guide, but are not promised. This protocol should be conducted for a minimum of 30 days, but is not designed as a sustainable lifestyle change.

Please use this protocol as a guide and feel free to change/alter the protocol if you desire.

\*Disclaimer\* The protocol is designed to cleanse your body and feed it nutrient rich plant-based foods that fit into the Candida Cleanse Diet. This is just a guide. If the calorie intake is too little or too much, listen to your body and adjust accordingly.

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## FOODS TO AVOID

**Fruits:** all sweet fruits and berries, including dried, fresh and canned + fruit juices.

**Starchy vegetables:** potatoes, beet, yams, sweet potato, corn, peas, parsnips, carrots.

**Refined grains and corn:** any products made of white flours and white rice as well as corn.

**GMO soy products:** Non-GMO, unsweetened soy products are fine. Prefer them fermented, i.e. natto, tempeh, miso.

**Mushrooms and moulds:** mushrooms can cause inflammatory reactions, if you have Candida. Medicinal mushrooms such as Reishi and Maitake are fine to consume.

**Some nuts:** cashews, peanuts and pistachios as they may contain mould.

**Alcohol:** any beverages containing alcohol.

**Sugars:** all syrups and artificial sweeteners, except stevia and xylitol.

**Additives and preservatives:** citric acid, anything you don't know.

**Some beverages:** coffee, black and green tea, any drinks that contains sugars, i.e. any drinks other than plain water, herbal tea or chicory.

**Condiments:** read the labels really carefully and look for sugars or any other additives that you don't know. As a rule, it's not possible to find a suitable condiment from a store when on Candida Diet. You can check from organic stores for natural products or make your own.

**Vinegar:** all vinegars except apple cider vinegar.

**Yeast:** brewer's, baker's and even nutritional yeast.



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## VEGAN FOODS YOU CAN EAT

**Non-starchy vegetables:** Asparagus, avocado, broccoli, brussel sprouts, cabbages, cauliflower, celery, cucumber, eggplant, green beans, raw garlic, leeks, olives, onions, swiss chard, tomatoes, zucchini. You can also eat vegetables that are starchy but anti-fungal, like rutabaga and turnip.

**Leafy greens:** Kale, spinach, lettuce, sprouts, bok choy, pak choy.

**Gluten-free grains:** Millet, buckwheat and quinoa.

**Nuts and seeds:** Almonds, coconut flesh and milk, flax seeds, chia seeds, sunflower seeds, hazelnuts, pecans, pumpkin seeds, walnuts, hemp seeds, poppy seeds.

**Yogurts and plant-based milks:** Unsweetened, coconut, hazelnuts, almonds, quinoa, millet (but strictly no additives).

**Seaweed:** Nori, kelp, wakame, dulse, sea lettuce.

**Herbs and spices:** Choose organic, unpasteurized herbs and spices. Most dried herbs are fine.

**Sweeteners:** Low-carb sweeteners like stevia, monk fruit extract, erythritol, and xylitol.

**Oils:** Coconut oil, olive oil, and avocado oil can be used in all meals and beverages. Coconut oil is especially good for cooking, as it has a high smoke point and won't oxidise. Avocado, seeds and nuts are also great added to most meals. Drizzle your salads with olive oil and avocado oil for extra flavour.

**Protein:** Unsweetened hemp protein powder



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## IMPORTANT ANTI-FUNGAL FOODS TO REMEMBER TO INCLUDE DAILY

Organic extra-virgin coconut oil

Garlic

Onions

Seaweed

Ginger

Olives (make sure there are no additives such as vinegar or preservatives) and olive oil

Lemon juice and lime juice

Cayenne pepper

**Super important:** probiotics (take a high-quality probiotic tablet, Ginger and Lemon Kombucha (no refined sugar additives), Coconut kefir, Water kefir), prebiotics (Raw chicory root, Jerusalem artichoke, Dandelion greens, Garlic, Leeks, Onion, Asparagus)

**Anti-fungals:** Natural and more commonly found anti-fungals are aloe vera, cinnamon, cloves, coconut oil/meat/milk, garlic, ginger, grapefruit seed extract, olive leaf extract, oregano oil, turmeric.



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## LIFESTYLE

### How to eat:

- Chew your food properly as digestion begins in mouth
- Concentrate on eating, be mindful
- Don't be engaged in other activities while eating (TV, phone, iPad, book, emails etc.)
- Don't eat if you're not hungry and stop eating when you're almost full

**Exercise:** walking (a lot), yoga and pilates

**Sleep:** 8 hours a night (bed by 10.30pm)

**When the cleanse is over:** It is crucial to reintroduce fruits and starchy veggies gradually, one-by-one starting from the items that have lower glycemic load.

### Supplements:

High-quality Probiotic

Digestive Enzymes

Vitamin C

Vitamin B12

Vitamin D

Apple Cider Vinegar

### Coffee Enemas:

It is also recommended that you do coffee enemas daily for the 30 days. Please find instructions on how to conduct a coffee enema online or through your doctor.



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## MEAL IDEAS

- Buckwheat or quinoa porridge with cinnamon, vanilla, turmeric, cloves, ginger, greens powder, coconut, nut butter and a little stevia to sweeten (only this amount of sweetness per day)
- Chia pudding using coconut milk
- Buckwheat pasta (make sure 100% buckwheat), with organic tomato pasatta, herbs, spices, zucchini, onion, garlic, spinach
- Broth soup with leafy greens and zucchini, lots of herbs and spices
- Buckwheat flour/Coconut flour pancakes (using flax meal and chia seeds)
- Hemp protein shake: hemp protein powder, greens powder, almond butter, coconut milk, ice and cinnamon
- Veggie stirfry (use veggies on the "allowed" list), add turmeric, black pepper, cumin, cayenne, mixed herbs, and any other herbs/spices desired
- Coconut milk curry with vegetables served on quinoa
- Buckwheat flour bread (recipe: 1.75 cups buckwheat flour, 1/4 cup flax meal, 1/4 cup chia seeds, 1-2 cups water, 1/2 tsp salt, 1.5 tsp baking powder. Place chia and flax in a bowl with 1/2 cup water to soak until goo forms (approx 30 mins). Place all ingredients in a bowl, plus additional water and combine well together. Transfer to a lined baking dish and bake for 1 hour and 20 minutes on 160 degrees celcius. Allow to cool for 30 mins before slicing)
- Loaded salads with nuts and seeds
- Avocado guac served on your buckwheat bread
- Cauliflower rice stirfry



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# SHOPPING LIST

## SHOPPING LIST

Asparagus	Avocado	Broccolini	Brussel Sprouts
Cauliflower	Celery	Cucumber	Eggplant
Green Beans	Garlic	Leeks	Olives
Onions	Swiss Chard	Tomatoes	Zucchini
Kale	Spinach	Lettuce	Bok Choi
Alfalfa	Quinoa	Buckwheat	Almonds
Coconut	Flax Seeds	Chia Seeds	Sunflower Seeds
Pumpkin Seeds	Hazelnuts	Pecans	Walnuts
Hemp Seeds	Poppy Seeds	Unsweetened coconut milk	Unsweetened almond milk
Unsweetened hazelnut milk	Unsweetened coconut yoghurt	Nori/kelp/wakame/dulse	Organic herbs and spices
Stevia	Coconut Oil	Olive Oil	Avocado Oil
Unsweetened Hemp Protein Powder	Ginger	Lemons	Limes
Seaweed	Remedy Lemon & Ginger Kombucha	Supps: B12, Vit D, Vit C	Apple Cider Vinegar

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OUR FOOD SHOULD BE OUR MEDICINE AND OUR  
MEDICINE SHOULD BE OUR FOOD

HIPPOCRATES

