

CANDIDA

Cleanse

#GetHealthyIndia

CANDIDA CLEANSE

NOTE-

- ▶ **Cleanse Broth to be consumed up to 4-6 mugs throughout the day.**
- ▶ **Use Srilankan rolled cinnamon powder.**
- ▶ **Use Bragg's Apple Cider Vinegar (ACV) or any other brand with mother culture or an organic one which is raw and unfiltered stored in a glass bottle.**
- ▶ **Use cold pressed virgin coconut oil or olive oil.**
- ▶ **Use Pearl barley.**
- ▶ **If hungry, you can have carrot or radish sticks.**

The night before you start the Candida Cleanse, have 1 Tbsp of Psyllium husk with a large cup of water and a dash of Srilankan rolled cinnamon powder.



FOOD PLAN

Period	Food
On wake Up	1 large glass of room temperature water with 1 tbsp of Apple Cider Vinegar (ACV)
Breakfast	Vegetable juice (Lauki + amla+ ginger+ beetroot) + Sweet potatoes (Grilled /baked/boiled) with black pepper and pink salt sprinkled
Post 30 mins	1 mug Cleanse broth
Mid Morning	1 large cup water + 1 Tbsp extra virgin olive oil + 1 clove garlic + 1 inch piece ginger- blend together
After 1 hour	1 mug Cleanse broth
Lunch	Start with lettuce + cucumber +blanched tomato salad dressed with ACV or Lemon followed by Barley/Quinoa pulao (Recipe mentioned below) or Amaranth or Jowar roti and Potage/soup (Recipe mentioned below)
After 1 hour	1 mug Cleanse broth
Dinner	Start with sautéed mushrooms +peppers dressed with ACV and Lemon followed by Potage/Soup (Recipe mentioned below)
After 1 hour	1 mug Cleanse broth
Before Sleeping	1 Tbsp of Psyllium husk with large cup of water and a dash of Srilankan rolled cinnamon powder



BARLEY PULAO RECIPE

INGREDIENTS

- ▶ Cooked pearl Barley or cooked Quinoa 1 cup
- ▶ Pure Ghee 1 tablespoon (best to have home made)/Cold pressed Virgin Coconut Oil
- ▶ Cumin seeds 1 teaspoon
- ▶ Asafoetida a pinch
- ▶ Vegetables diced-Broccoli, cabbage, onion, garlic, cauliflower
- ▶ Turmeric powder 1/4 teaspoon
- ▶ Black peppercorns crushed 1 teaspoon
- ▶ Pink salt to taste
- ▶ Fresh coriander leaves chopped 2 tablespoons

METHOD

Heat 1 tsp of ghee or cold pressed coconut oil. Add cumin seeds and asafoetida followed by the diced vegetables. Sauté till vegetables are half done. Add the barley. Cook for 2-3 minutes. Add oregano + chilli flakes +lemon juice. Mix well.



AMARANTH ROTI

INGREDIENTS

- ▶ Amaranth
- ▶ Boiled potato/Sweet potato
- ▶ 5ml pure ghee
- ▶ Rock salt/Himalayan pink salt (for taste)

METHOD

Mash the boiled potato or sweet potato and add amaranth flour to it with a pinch of rock salt or himalayan pink salt.

Optional:- You can add chopped coriander, green chillies or cayenne pepper to the mixture to enhance the taste.

Mix all the ingredients together. Use water as required for kneading the dough. Roll it out into a roti and roast it on a skillet/pan.

Pour some pure ghee on top of the roti and serve.



CLEANSE BROTH RECIPE

INGREDIENTS

- ▶ 2 large onions
- ▶ ½ cabbage
- ▶ ½ cauliflower
- ▶ 4-5 celery stalk
- ▶ 3 cloves of garlic
- ▶ Pink salt to taste
- ▶ Black pepper
- ▶ Optional Dash of Cayenne pepper

METHOD

Chop and boil the vegetables together then simmer for 60 mins. Strain the mixture add salt and black pepper to the stock. Make 4-5 mugs, enough to last throughout the day.



POTAGE/SOUP FOR DINNER

INGREDIENTS

- ▶ 1 medium sweet potato
- ▶ 1 cup Green peas
- ▶ ½ cup Green moong soaked overnight and boiled
- ▶ 2 large carrots
- ▶ 2 medium tomatoes
- ▶ 50 gms pumpkin
- ▶ 50 gms dudhi
- ▶ 50 gms onion
- ▶ 75 gms broccoli
- ▶ 4-5 leaves spinach
- ▶ 50 gms cabbage
- ▶ 1 inch ginger
- ▶ 2 cloves garlic
- ▶ 1 tspn ghee

METHOD

Add all vegetables, green moong and allow them to simmer till they are properly cooked. Do not strain. Blend them together and add ghee on the top.

HAVE A SUPER CLEANSE!

Feel lighter and feel clean from within

Disclaimer: This food plan should not be considered as a substitute for professional, medical advice, suggestions and diagnosis or treatment of any kind. The patients with Chronic Kidney disorders should refrain from following the food plan as this is high in potassium.



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