



SHOPPING LIST FOR YEAST CONTROL DIET

Name:

Date:

VEGETABLES	
	Artichoke
	Asparagus
	Avocado
	Bamboo shoots
	Beet tops
	Bok choy
	Broccoli
	Brussels Sprouts
	Cabbage - all types
	Capsicums
	Celery
	Chives
	Coriander
	Cucumber
	Dandelion greens
	Eggplant
	Endive

VEGETABLES	
	Garlic
	Green beans
	Kale
	Leeks
	Lettuce
	Okra
	Onions
	Parsley
	Radish
	Sea Vegetables - seaweed, kelp, nori, dulse, hiziki
	Peas
	Spinach
	Sprouts
	Tomatoes
	Watercress
	Zucchini

MEATS (Organic, wild where possible)	
	Chicken, turkey, duck
	Fresh ocean fish - Salmon, cod, tuna, etc.
	Shellfish
	Water packed canned tuna and salmon
	Lamb
	Wild game
	Kangaroo
	Lean beef or pork
	Eggs
MEAT SUBSTITUTES	
	Tofu – regular or silken
	Tempeh
	Textured Vegetable Protein

BEANS – 1 cup maximum / day Dried or canned without added sugar	
	Beans
	Lentils
	Split peas
OILS – cold pressed	
	Olive
	Almond
	Flaxseed
	Walnut
	Macadamia
	Sesame
	Coconut

DAIRY and SUBSTITUTES	
	Unsweetened cow or goat yoghurt
	Unsweetened soy milk
	Coconut milk
	Fresh unaged goat cheese
NUTS and SEEDS Can be used as butters or spreads	
	Almonds
	Cashews
	Flaxseeds
	Hazelnuts
	Pecan
	Poppy seeds
	Pumpkin seeds
	Sesame seeds
	Sesame seeds
	Walnuts

VINEGARS / vinegar replacements	
	Lemon or lime juice
	Raw unfiltered apple cider vinegar
	Balsamic vinegar
BEVERAGES	
	Herbal tea
	Roobios tea
	Spring water
	Distilled water
Miscellaneous	
	All spices
	Garlic
	Hummus
	Stevia