

Only attempt this diet under a doctor's supervision.

This Diet is to Reduce the Carbohydrate intake in order to Reduce the Amount of Yeast

It is to Increase Protein and Reduce Carbohydrate without reducing calories.

The large majority of what you eat should be protein, with a lesser amount of some Vegetables, and some of the Ezekiel 4:9 Tortilla as a Fiber and Carbohydrate Source.

It is essential that you read the ingredients label of ALL that you eat and drink.

Eat enough and often enough to not be hungry!!

Avoid the Ingredients: Sugar, Splenda, Sucralose, Cane, Sucrose, Honey, Maple Syrup, Alcohol, Corn Syrup, Molasses, and Beet Sugar

Foods that are best to eat and are low in carbohydrates ("good foods"):

Meats, Fish, Shrimp, Lobster, Real Crab, Beef, Chicken, Pork, Lamb, Turkey, and Eggs, with no additives and that have not been processed, (avoid deli meats, avoid bacon, avoid ham, avoid sausages, avoid chicken and turkey with infused carbohydrate).

Foods that are "OK" but, higher in Carbohydrate and are to be eaten in much smaller amounts:

Tofu, Soybean products, I.M. Healthy Unsweetened Creamy SoyNut Butter, Celery, Broccoli, Iceberg and Romaine Lettuce, Spinach, Green Beans, Wax Beans, Cucumbers, White Mushrooms, Radishes, Asparagus, Green Pepper, Certain Mustards (check ingredients), Olive Oil, Food For Life brand Ezekiel 4:9 **Tortillas**(www.foodforlife.com), Dukes Mayonnaise (www.dukesmayo.com), Wild Selections Solid Light Tuna (not Albacore) in Water, Knox Gelatin.

**If extra calories are needed, try white rice or white potatoes,
but watch for worsened yeast symptoms.**

Spices are ok, if you are not on the Bland Diet, if you read the ingredients labels carefully, and if there are no Heartburn or Stomach Symptoms.

Some of the foods that should be avoided, because they will all worsen yeast symptoms: Breads, Pastas, Cakes, Cookies, Nuts and Seeds (all kinds), Almond Milk, all Milks from Nuts, Rice milk, Coconuts, Coconut Milk, Fruits, Crackers, Cereals, Rice, White Potatoes, Sweet Potatoes, Corn, Peas, Red or Yellow Peppers, Succotash, Turnips, Carrots, Tomatoes, Squash, Artichokes, Avocados, Beets, Brussel Sprouts, Egg Plant, Kale, Onion, Parsnips, Beans other than Green beans or Wax beans, Mussels, Oysters, Lunch Meats and Other Processed Meats, Milk and Milk products, Cheese, and many more not yet on the list.