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If someone has diagnosed with the problem of Candida then Candida diet is the most important thing. Even for candida cleanse, Candida diet is the most important factor. It is the basic requirement to go for the recipes when any person suffers from the problem of Candida. You have to go for more and more basic non processed foods. Eliminate everything from your diet that has been changed by factory. All these processed foods include cheeses, breads, sugary items, different types of canned foods, soft drinks and many more.

Once, my friend suffered from this problem of Candida and she was having a great weakness for fruits but doctor strictly advised her to take the fruits which are low in sugar as sugar should be totally avoided in the problem of Candida. Doctor advised her to take all the natural things avoiding the things which contain sugar.

Doctor told her that, she can make her food tasty by adding chilli and herbs in her diet. All these are natural flavor enhancer which makes your recipes tasty. Initially for my friend it was very hard to accept the Candida diet but gradually by using the natural foods it became easier for her and now she doesn't feel Candida Diet Recipes to be boring.

According to her experience she suggested some yummy ideas for a Candida Diet and Recipes. These are:

1. She gave the recipe of egg salad with kidney beans in place of cheese and suggested to take fresh lemon juice in place of vinegar.
2. According to my friend Chicken stir fried with basil, thyme and chilli and that too mixed with fresh green beans and garlic is very yummy. You can try this recipe especially sufferer of Candida.
3. This recipe was the favorite of all to my friend. She just baked the fresh potatoes and lightly brushed with olive oil sprinkled thyme and you can also sprinkle crushed garlic juice over it. Taste this recipe, it is very yummy.
4. You can also prepare the soup of rice noodle with fresh greens and chilli and try it with beef or chicken as per your choice.

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