

PLANT-BASED CANDIDA PLAN: REINTRODUCTION

**GRADUAL TRANSITION,
7-DAY MEAL PLAN, RECIPES & RITUALS**

Medical Disclaimer

The content in this meal plan is intended for informational and educational purposes only and is not a substitute for professional medical advice, diagnosis, or treatment.

What I share comes from personal experience, deep research, and years of working with others on similar paths. However, every body is different — and I always encourage you to make health decisions in partnership with a qualified healthcare professional who understands your unique needs.

I'm not a doctor or licensed practitioner. My focus is on helping you with the practical side of healing: making nourishing meals, finding ingredient swaps, and navigating the everyday challenges of eating in a more supportive way.

For added assurance, this meal plan has been reviewed and approved by [Kylie Wolfig](#), a registered naturopath, herbalist, and nutritionist.

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Reintroducing Foods After the Cleanse

It's best to stay on the cleanse for **2–3 weeks** before beginning to reintroduce starchy vegetables, legumes, sweeter fruits, and berries. If you relied heavily on corn or potatoes before your cleanse, consider waiting a bit longer—this gives your body extra time to reset fully.

Below is a table of foods you'll gently reintroduce with this plan.

Starchy veggies	Carrots, parsnips, potatoes, sweet potatoes, beetroot, yucca, yams, and winter squashes.
Legumes	Beans, lentils, peas, mung beans and chickpeas.
Low-glycaemic fruits and berries	Green apples, applesauce (without additives), melons, pears, grapefruit, wild blueberries, raspberries, cranberries, huckleberries, and blackberries.
Some nuts	Peanuts and cashews (in small amounts).
Cacao	In small amounts

P.S. Some of these items were allowed in very small amounts during the cleanse, but many people find it easier to add them back in this dedicated reintroduction phase.

Important Points to Remember Before You Reintroduce

Check Your Baseline

Only reintroduce once your cleanse symptoms have fully cleared and you're feeling noticeably better: deeper sleep, balanced mood, improved skin, smoother digestion, and even compliments from friends!

One at a Time

Pick a single new ingredient and enjoy one recipe featuring it on Day 1. Pause for 48 hours to observe any reactions before trying another.

Simplify Recipes

If a recipe calls for multiple new ingredients, omit the extras. Focus on isolating one variable at a time. See more under [7-Day Reintroduction Meal Plan](#) [link]

Portion Control

Keep servings moderate—avoid overloading on any new food during your first taste.

Fruits

Introduce fresh fruits one at a time, in small amounts. Tune in to your body's feedback. See more details in [How to Reintroduce Fruits](#) [link]

Berries as Garnish

Start with just **30 g of fresh or frozen berries**—and always check for mould before eating.

Move forward gently and celebrate each small step. Your body knows how to heal; you're simply guiding it with mindful choices.

If You're in the Video Course

Please head to the **Reintroduction Module** before you begin adding foods back into your diet. Here's a quick overview of what you'll find:

Video 1: Before You Start

- Why the reintroduction phase can feel tricky
- How to know when you're truly ready
- The ideal order for reintroducing foods
- A realistic timeline for the process

Video 2: Which Foods First?

- Prioritizing nutrient-dense options
- Reintroduction basics: what to watch for and why

Video 3: Turn Setbacks into Comebacks

- How to meet setbacks with curiosity, not fear
- Preparing in advance for stressful events or reactions

Video 4: What's Next?

- Your path forward beyond reintroduction
- Final reflections and encouragement for your ongoing journey

Step-By-Step Guide to Reintroducing Foods

Below is one gentle roadmap for reintroducing foods:

STEP 1 Legumes

Lentils | Green peas | Split peas | Mung beans | Small white beans
| Chickpeas | Red Beans | Big white beans

STEP 2 Starchy veggies

Carrots | Beetroot | Parsnip | Winter squashes | Sweet potatoes
| Potatoes | Corn

STEP 3 Fruits and berries

Green apples | Blueberries | Strawberries | Raspberries | Kiwi
| Grapefruit | Pears | Fresh plums | Watermelon | Melons
| Papaya | Peaches | Mango | Grapes | Orange | Banana

STEP 4 Nutritional yeast

STEP 5 Drinks

Cacao | Some coffee | Black tea

STEP 6 Nuts and other

Peanuts | Dried fruit

NB! Always monitor your body's response. If a food brings back symptoms, pause it until you feel balanced again.

Tips for a Smooth Reintroduction

Move at your own pace.

You don't need to finish every legume before adding starchy veggies—just follow the order *within* each category (from lower to higher glycemic load).

Honor your cravings list.

Remember the foods you missed most? Start reintroducing from the bottom of that list, working your way up—skipping anything you agreed to leave behind for good (refined sugar, refined grains, yeast, hard liquor).

Expect some turbulence.

As your body adapts, you may notice extra bloating, gas, or “weird” digestive shifts. This is part of the recovery process—ride the wave rather than suppress it.

In the words of Dr. Eric Bakker:

“Your recovery will be hindered by your inability to understand the recovery cycle of the body.”

Your body is wise—and it knows how to heal. Keep your attention on the bigger picture, trust each small step, and celebrate your progress along the way.

Example of Reintroduction Process									
Days 1-3	Lentils								
Days 4-6	Lentils	Carrots							
Days 7-9	Lentils	Carrots	Beetroot						
Days 10-12	Lentils	Carrots	Beetroot	Green peas					
Days 13-15	Lentils	Carrots	Beetroot	Green peas	Parsnip				
Days 16-18	Lentils	Carrots	Beetroot	Green peas	Parsnip	Red beans			
Days 19-21	Lentils	Carrots	Beetroot	Green peas	Parsnip	Red beans	Winter squash		
Days 22-24	Lentils	Carrots	Beetroot	Green peas	Parsnip	Red beans	Winter squash	Apples	
Days 25-27	Lentils	Carrots	Beetroot	Green peas	Parsnip	Red beans	Winter squash	Apples	Strawberries

How to Reintroduce Fruits

There's no one-size-fits-all rule for bringing fruits back into your diet – your body is unique. Here are some gentle ways to explore:

- **Timing:** Before, during, or after a meal – see what feels best.
- **Ripeness:** Try under-ripe, medium, and fully ripe fruit. (*Bananas often go better when green/yellow rather than overly ripe.*)
- **Raw or Cooked:** Enjoy apples fresh or turn them into homemade applesauce. Cook underripe bananas with cinnamon and coconut milk for a comforting treat.

Below is a suggested reintroduction timeline:

1st stage of fruit reintroduction	Kiwi fruit Green apples Persimmon Berries Pineapple Passion fruit
2nd stage	Watermelon Melons Nectarines Papaya Peach Guava Other apples
3rd stage	Apricots Mangoes Bananas (start with green/yellow) Grapes Oranges Cherries Pears Figs
4th stage	Dried fruit

Important Tips:

- **One at a time:** Start with a small serving of one fruit per day. Observe your body for any reactions before trying another.
- **Proceed with care:** Save the sweetest fruits (Stage 3 and 4) for when all your symptoms have fully resolved and you feel robust.
- **Watch portions:** Especially with dried fruit – smaller amounts go a long way.
- **Sensitive digestion?** Eat fruit alone – especially melons – and avoid high-fat foods (nuts, seeds, avocado, olives) for 2-3 hours afterward.
- **Check for mould:** Always make sure your fresh or frozen fruit is clean and free of mold.

People easily eat too much fruit, so be aware those quantities!

You've done incredible work to get here – tune in, go slow, and honor your progress. You're on the right path!

7-Day Reintroduction Meal Plan

Welcome to your **Candida Reintroduction Meal Plan** — a gentle journey to reset your rhythm and rediscover the joy of nourishing, simple food.

This guide offers you structure, but also freedom. You'll find a complete 7-day plan with recipes, prep tips, and practical guides. **Follow it as closely as you like or simply use it as inspiration.**

We begin with Buddha bowls — vibrant lunch and dinner bowls filled with colourful veggies, legumes, healthy fats, herbs, and grounding grains.

Some ingredients are simple and raw, listed directly in the table. Others link to recipes you'll find in this document.

How to Use This Meal Plan

Sprinkle on, mix in:

You'll notice suggestions like "*Sprinkle on*" or "*Mix in*". These are optional boosts like:

- **Agar-agar** – mix into porridge or desserts.
- **Nuts & seeds** – sprinkle on lunch, dinner, dessert, or nibble on at snack times (skip for breakfast unless noted).

These additions help achieve **the right fatty acid balance**:

- Monounsaturated fats: almonds, hazelnuts, and avocados.
- Polyunsaturated fats: sesame seeds, sunflower seeds.
- Omega 3's – flax seeds and chia seeds.

While others are essential sources of certain minerals:

- Selenium – Brazil nuts, sunflower seeds (also oat bran).
- Calcium – sesame seeds, cinnamon, poppy seeds, cloves.
- Vitamin B2 – dried parsley.
- Iodine – wakame (1g a day is enough, don't consume more than 4g a day), agar-agar (0.5g, ¼ tsp. a day is enough).

New to raw veggies? Start slow.

If you are not used to lots of raw food, start slow:

- Instead of 3-4 different veggies, pick two – lettuce and another non-starchy veggie. Take 200g (7oz) of lettuce and 50g (1.08oz) of another non-starchy

veggie.

- If you feel that it's too much, start with 150 grams (5.3oz) – 100 grams (3.5oz) lettuce + 50 grams (1.8oz) another non-starchy veggie.
Build up the variety and quantities over time – **listen to your body.**
- Same goes for steamed veggies – if you feel that two different kinds would be too much variety for your tummy, pick one.

P.S. You'll find more breakfast and snack ideas at the end of the meal plan table (just below the 7th day).

Morning Notes

Not a porridge person?

- Try sorghum muffins, gluten-free bread, or buckwheat tortillas with avocado, kimchi, sauerkraut, tomato, or greens/sprouts.
- Or enjoy a Buddha bowl for breakfast — grounding and blood-sugar friendly.

Skipping breakfast?

If you practice intermittent fasting, it's okay to start with lunch. In that case:

- Begin with a lunch bowl
- Add extra grains, a muffin, or bread for balance
- Keep hydrated: sip warm drinks from the allowed list in the **General Guidelines**

Snacks, Desserts & Substitutions

Snack ideas include:

- Buckwheat, quinoa, or brown rice cakes with cucumber, soy yogurt, or seed butter
- Fermented gluten-free bread or muffins with avocado mash or nut/seed butter, cucumber, tomatoes, kimchi.
- Crunchy veggies or green apples with seed/nut butter

Recipe ideas:

- [Fermented buckwheat bread](#)

- [Savoury sorghum muffins](#)
- [Buckwheat tortillas](#)

Don't love dessert?

Believe it or not, but there are people out there who don't like dessert ☺

Here's how you can substitute the desserts in the meal plan:

- Simply have another preferred snack instead of dessert.
- Check each dessert recipe for how to adjust the rest of the day.

Get more meal ideas from [Extra Recipes & Meal Ideas for Candida Diet](#) [link].

Rhythm & Practical Tips

- **Repeat meals you enjoy**
No need to cook something new every day. Make bigger batches and eat them for 2–3 days
(For histamine-sensitive folks: eat within 48 hours)
- **Generous portions**
Meals are designed to satisfy. If you're still hungry, add more non-starchy vegetables.
- **Blood sugar note**
If you've never had blood sugar dips, you can slightly increase your grains: ~50–60g (1.8–2.1oz) per meal instead of 30–40g (1–1.4oz).
- **Boost with freshness**
Add sprouts and herbs (e.g. alfalfa, mung bean, broccoli, radish, garlic, parsley, cilantro) to your bowls — they're full of life force and nutrients.

Extra notes:

- Be careful with canned beans and green peas – they often have added sugars or citric acid. So, read the ingredients' list before you buy them.
- You may sub all or some of the legumes with sprouted legumes instead. The longer the sprouts, the larger the volume you can eat.

Nele's Note About the Meals

You might notice a few repeats in the meal plan — and you're absolutely right 😊

That's intentional. I've designed this to make your week simpler, not busier. Fewer recipes mean less time in the kitchen and more ease in your day. Many of the meals can be prepped ahead, stored in the fridge or freezer, and enjoyed when you need them.

That said, if you're craving more variety, you're always welcome to dip into the **Meal Ideas Library** on the next page. It's there to inspire and support you, wherever you are.

Meal Ideas Library

Use this section to inspire your meals throughout the cleanse. You don't have to follow strict combinations — simply choose what resonates, rotate for variety, and build bowls or plates that feel nourishing to you.

You can follow the **sample 7-day menu** for rhythm or create your own flow based on these ideas.

Breakfast Options

Choose what your body needs each morning — something warm, grounding, or light and vibrant.

- **Savoury pancakes** + greens, tofu/tempeh or seed/avocado spread
- [4 high-protein breakfast options](#) (toast, tofu scramble, protein bowl, and Buddha bowl)
- **Warming porridge** (e.g. carrot-zucchini oat bran, millet, quinoa, amaranth porridge)

Snack Options

Support your energy between meals with something light and satisfying.

- Gluten-free toast with nut/seed butter, cucumber, tomato, or avocado
- Raw veggies or green apple slices with nut or seed butter
- Chia pudding (plain, spiced, or carob version)
- **Muffins & Brownies** [\[link\]](#)
- Coconut yogurt with cinnamon and seeds

Lunch & Dinner Ideas

Use your [Balanced Bowls cheat sheet](#) and dressing recipes to mix and match. These meals are typically served Buddha-bowl style.

- **Steamed or raw greens** (romaine, pak choi, arugula, chard)
- **Variety of veggies** (turnip, red pepper, zucchini, cabbage, broccoli)
- **Gluten-free grains** (quinoa, buckwheat, millet, amaranth, oats)
- **Legumes** (lentils, tofu, tempeh, soybeans, edamame, mung beans)
- **Dressings** (e.g. seed butter, avocado, miso, onion gravy)

You'll find suggested combinations and recipes in the next section.

Dessert Options

End your day gently — or swap dessert for a second snack if you prefer.

- Chia pudding with cinnamon, carob, or even cacao.
- A small portion of porridge with applesauce or wild berries
- **Avocado-Carob Pudding** (rich and smooth)
- **Raw Buckwheat Ricotta** [\[link\]](#) with cinnamon or berries
- Coconut yogurt with wild berries
- Any snack item in a smaller portion
- **Chocolate Tigernut Cookies** [\[link\]](#)

Daily Rituals for Calm and Healing

Your healing continues beyond food — a simple ritual each day can keep your nervous system soothed and your heart aligned.

You're welcome to stick with any rituals from the cleanse plan that still feel nourishing and doable. If you'd like to explore some new options, here are a few more to choose from:

Day 1 — Grounding

Spend 5–10 minutes barefoot on grass, earth, or sand. Feel the solid ground beneath you and let any tension melt downward.

Day 2 — Journaling Intentions

Set aside 5 minutes to write about how you want to feel today. Notice what comes up, then close your journal and let those intentions sink in.

Day 3 — Restorative Yin Yoga

Hold one or two simple floor stretches (like butterfly or supported child's pose) for 3–5 minutes each. Breathe deeply and let gravity do the work.

Day 4 — Aromatic Pause

Choose a calming essential oil (lavender, chamomile, or frankincense). Inhale gently from the bottle or diffuse it nearby for a 2-minute olfactory reset.

Day 5 — Oil Pulling

Swish 1 tablespoon of coconut or sesame oil in your mouth for 2–3 minutes each morning before you brush your teeth. This ancient practice supports oral and overall detoxification.

Day 6 — Heart Coherence

Sit quietly, place a hand over your heart, and breathe into that space. Inhale for 4 counts, exhale for 6, and silently repeat: "I am safe. I am whole."

Day 7 — Moon or Sun Salutation

Depending on your energy, flow through a few rounds of Sun or Moon Salutations. Move with your breath and honor where your body is today.

Remember:

- No need to do every ritual — choose the ones that call to you.
- There's no rush or pressure. A few mindful minutes are more powerful than an hour of obligation.
- You can repeat any ritual, mix and match, or return to your favorites whenever you need them.

Your body, mind, and spirit know how to heal. These practices are simply invitations to come back home to your own wisdom.

Day 1 Meal Table

1st breakfast (15-30 min before the main breakfast)	A fruit of your choice If it's your first try with fruits, start with smaller quantities.	Check How to Reintroduce Fruits [link] for more details
2nd breakfast	Spicy Porridge with Carrot and Zucchini [link] (Oat Bran + Rolled Oats)	Or choose among other Porridges [link]
Snack	1 long cucumber (360g, 12.7oz) + 1 thick buckwheat/quinoa/rice cake (9g, 0.3oz)	
Lunch	Raw salad: • 100g (3.5oz) Romain lettuce, chopped • 50g (1.8oz) red cabbage, chopped • 50g (1.8oz) turnip, coarsely grated Cooked veggies: • 50g (1.8oz) steamed kale • 50g (1.8oz) steamed Brussels sprouts Lentil Dhal [link]	Combine in a big salad bowl. The quantities are not set in stone! Listen to your body and eat more or less if necessary.
Snack	2 Beet-Carrot Muffins [link]	Or choose among other Muffins & Brownies [link]

Dinner	Raw salad: • 100g (3.5oz) Romain lettuce • 50g(1.8oz) red bell pepper • 50g (1.8oz) avocado Buckwheat-Lentil Stew with Green Peas [link]	Make a double batch to have lunch on the next day. Eat the avocado even if you choose to change the other ingredients as it's essential for monounsaturated fats!
Dessert	Spicy Chia-Carob Pudding [link]	If you decide to skip dessert, add the soaked chia seeds or the same amount of ground flax seeds into your morning porridge for omega 3 fatty acids.
Sprinkle on, mix in	¼ tsp. agar-agar, 1 Brazil nut, 8 hazelnuts	Essential for iodine, selenium, and monounsaturated fats.

Day 2 Meal Table

Breakfast	Chia-Apple-Cinnamon Pudding [link]	Or choose another option from [link]
Snack	Buckwheat Tortillas [link] with savoury toppings (tomato, cucumber, nut butter, and hummus e.g., Black Bean Hummus [link])	Or choose among other Pancakes & Tortillas [link]
Lunch	Raw salad: • 100g (3.5oz) Romain lettuce • 50g (1.8oz) red bell pepper Buckwheat-Lentil Stew with Green Peas [link]	Same as Day 1 dinner
Snack	Rice, buckwheat, or quinoa cakes with tahini, sunflower seed butter, almond butter, or peanut butter, cucumber, and bell pepper. Other toppings: radish, oven baked bell pepper, oven baked eggplant, onion greens, fresh parsley, coriander or basil.	Eat as much cucumber and bell pepper as you like but try not to go overboard with the crackers as they have quite high glycemic load.

Dinner	Raw salad: • 100g (3.5oz) Romain lettuce • 50g (1.8oz) red cabbage • 50g(1.8oz) turnip Cooked veggies: • 50g (1.8oz) steamed broccoli • 50g (1.8oz) steamed chard Quick Chickpea Dhal [link]	Make double batch to have lunch on the next day. Remember, the quantities and types of veggies are up to you – choose what you have, what's seasonal, and above all, what your body is asking!
Dessert	Avocado-Carob Pudding [link]	If you skip dessert, add the avocado into your salad.
Sprinkle on, mix in	¼ tsp. agar-agar, 1 Brazil nut	Essential for iodine and selenium.

Day 3 Meal Table

1st breakfast (15-30 min before the main breakfast)	A fruit of your choice If it's your first try with fruits, start with smaller quantities.	Pick the same fruit as a few days ago to make sure you don't have any adverse reactions. Check How to Reintroduce Fruits [link] for more details
2nd breakfast	Apple-Cinnamon Porridge [link] (e.g., oat bran + buckwheat)	Or choose among other Porridges [link]
Snack	Buckwheat Tortillas [link] with savoury toppings (tomato, cucumber, nut butter, and hummus e.g., Black Bean Hummus [link])	Or choose among other Pancakes & Tortillas [link]
Lunch	Raw salad: • 100g (3.5oz) Romain lettuce • 50g (1.8oz) red cabbage • 50g (1.8oz) turnip Cooked veggies: • 50g (1.8oz) steamed broccoli • 50g (1.8oz) steamed chard Quick Chickpea Dhal [link]	Same as Day 2 dinner
Snack	Zucchini Brownies [link]	Or choose among other Muffins & Brownies [link]

Dinner	Raw salad: • 100g (3.5oz) Romain lettuce • 50g (1.8oz) red bell pepper • 50g (1.8oz) turnip Avocado Dressing [link] Lentil-Spinach Soup with Quinoa [link]	Make a double batch to have lunch on the next day. Remember, the quantities and types of veggies are up to you – choose what you have, what's seasonal, and above all, what your body is asking! You can also use the soup as salad dressing and chop avocado into your salad.
Dessert	Black Bean Bliss Balls [link]	Or choose among other Desserts [link] or go to Meal Ideas Library
Sprinkle on, mix in	¼ tsp. agar-agar OR 1g of dried wakame 1 Brazil nut 3 hazelnuts	Essential for iodine and selenium. Add agar-agar to your morning porridge or wakame to your soup bowl. Have hazelnuts with your afternoon snack or with dessert.

Day 4 Meal Table

1st breakfast (15-30 min before the main breakfast)	A fruit of your choice If it's your first try with fruits, start with smaller quantities.	Pick the same fruit as a few days ago to make sure you don't have any adverse reactions. Check How to Reintroduce Fruits [link] for more details
2nd breakfast	Chocolaty Beet Porridge [link] e.g., oat bran + quinoa	Or choose among other Porridges [link]
Snack	High-Protein Soybean Pancakes [link] 50g raw cauliflower	Or choose among other Pancakes & Tortillas [link]
Lunch	Raw salad: • 100g(3.5oz) Romain lettuce • 50g (1.8oz) red bell pepper • 50g (1.8oz) turnip Avocado Dressing [link] Lentil-Spinach Soup with Quinoa [link]	Same as Day 3 dinner You can also use the soup as salad dressing and chop avocado into your salad.
Snack	Spicy Chia-Carob Pudding [link]	You may choose to mix the agar-agar into your pudding.
Dinner	Raw salad: • 100g (3.5oz) Romain lettuce • 50g (1.8oz) turnip	The recipe makes 8 omelettes, so you'll have enough for the lunch on the next day.

	Cooked veggies: 50g (1.8oz) chard Chickpea Omelettes [link] with Yogurt Dressing [link]	
Dessert	Raw Buckwheat Ricotta [link]	No dessert? Eat more grains throughout the day.
Sprinkle on, mix in	¼ tsp. agar-agar OR 1g of dried wakame 1 Brazil nut 5 hazelnuts	Essential for iodine and selenium. Add agar-agar to your morning porridge or pudding and dried wakame to your soup bowl. Have hazelnuts with your afternoon snack or with dessert.

Day 5 Meal Table

1st breakfast (15-30 min before the main breakfast)	A fruit of your choice If it's your first try with fruits, start with smaller quantities.	Pick the same fruit as a few days ago to make sure you don't have any adverse reactions. Check How to Reintroduce Fruits [link] for more details
2nd breakfast	Autumn Flavoured Butternut Squash Oats [link]	Or choose among other Porridges [link]
Snack	2 Zucchini Muffins [link] and 1 red bell pepper	Or choose from Muffins & Brownies [link]
Lunch	Raw salad: • 100g (3.5oz) Romain lettuce • 50g (1.8oz) turnip Cooked veggies: 30g (1.1oz) steamed chard Chickpea Omelettes [link] with Yogurt Dressing [link]	Same as Day 4 dinner Remember, the quantities and types of veggies are up to you – choose what you have, what's seasonal, and above all, what your body is asking!
Snack	Black Bean Bliss Balls [link] + some raw veggies like bell pepper, turnip, or cucumber.	More snack option in Meal Ideas Library [link]
Dinner	Hearty Lentil & Chard Soup with Noodles [link]	Make a double batch to have lunch on the next day

Dessert	Half portion of Chia-Apple-Cinnamon Pudding [link]	Or add soaked chia seeds or the same quantity of flax seeds to your morning porridge.
Sprinkle on, mix in	¼ tsp. agar-agar OR 1g of dried wakame, 1 Brazil nut 10 hazelnuts, 1 tbsp. nutritional yeast	Essential for iodine, selenium, and vitamin B2. Add agar-agar to your morning porridge or wakame to your soup bowl. Sprinkle chopped hazelnuts on your dessert. Sprinkle nutritional yeast on your soup. If you still can't have nutritional yeast, add some extra parsley (fresh or dried to your lunch/dinner).

Day 6 Meal Table

1st breakfast (15-30 min before the main breakfast)	A fruit of your choice If it's your first try with fruits, start with smaller quantities.	Pick the same fruit as a few days ago to make sure you don't have any adverse reactions. Check How to Reintroduce Fruits [link] for more details
2nd breakfast	Buckwheat Tortillas [link] with avocado and hummus, sprouts, and veggies like cucumber and bell pepper.	
Snack	1 carrot, some raw turnip, 1 Brazil nut	
Lunch	Hearty Lentil & Chard Soup with Noodles [link] with a few slices of suitable bread or 1-2 Sorghum Muffins [link]	Same as Day 5 dinner If you're up to baking your own bread, I'd recommend my Fermented Buckwheat Bread .
Snack	Zucchini Brownies [link]	Or choose among other Muffins & Brownies [link]
Dinner	Raw salad: • 100g (3.5oz) Romain lettuce • 50g (1.8oz) turnip	You'll have enough to have lunch on the next day.

	Cooked veggies: • 30g (1.1oz) steamed chard Creamy Cauliflower and Pumpkin Curry [link]	Remember, the quantities and types of veggies are up to you – choose what you have, what's seasonal, and above all, what your body is asking!
Dessert	Pumpkin Pie Chia Pudding [link]	No dessert? Add a tbsp of ground flaxseeds into your lunch soup and have another muffin or a slice of bread during the day.
Sprinkle on, mix in	¼ tsp. agar-agar OR 1g of dried wakame 1 Brazil nut 2 tbsps. (10g, 0.35oz) nutritional yeast	Essential for iodine, selenium and B12. Add agar-agar to your morning porridge or wakame to your soup bowl. Add nutritional yeast to your soup bowl.

Day 7 Meal Table

1st breakfast (15-30 min before the main breakfast)	A fruit of your choice If it's your first try with fruits, start with smaller quantities.	Pick the same fruit as a few days ago to make sure you don't have any adverse reactions. Check How to Reintroduce Fruits [link] for more details
2nd breakfast	High-Protein Soybean Pancakes [link] with savoury toppings (hummus, avocado, cucumber, arugula, sauerkraut) and/or Healthy Chocolate Sauce [link]	Or choose among other Pancakes & Tortillas [link]
Snack	Raw veggies e.g., cauliflower and turnip with Black Bean Hummus [link]	Or make other hummuses e.g.: • Soybean hummus without tahini • Beet hummus
Lunch	Raw salad: • 100g (3.5oz) Romain lettuce • 50g (1.8oz) turnip Cooked veggies: 30g (1.1oz) steamed chard Creamy Cauliflower and Pumpkin Curry [link]	Same as Day 6 dinner Remember, the quantities and types of veggies are up to you – choose what you have, what's seasonal, and above all, what your body is asking!

Snack	Black Bean Hummus [link] with celery, carrot and bell pepper	Or check out Meal Ideas Library [link] for more snack ideas.
Dinner	Raw salad: • 100g (3.5oz) Romain lettuce • 50g (1.8oz) carrot, grated Cooked veggies: • 30g (1.06oz) steamed green beans Have your veggies with edamame beans (about 200g, 7oz), cooked grains or whole grain pasta (about 40g of dry grain or pasta) and a dressing of your choice.	Pick a dressing from Lunches & Dinners [link]
Dessert	Chia-Apple-Cinnamon Pudding [link]	No dessert? Mix a tbsp of ground flaxseeds into your hummus and have another muffin or a slice of bread during the day.
Sprinkle on, mix in	¼ tsp. agar-agar OR 1g of dried wakame 1 Brazil nut 10 hazelnuts	Essential for iodine and selenium. Add agar-agar to your morning porridge or wakame to your soup bowl. Have hazelnuts with your afternoon snack or chopped on pudding.

Porridges

Spicy Porridge with Carrot and Zucchini

Back to [Day 1](#)

Ingredients: [1 serving]

- Water, enough for desired consistency
- 30g (1.06oz) oat bran
- 30g (1.06oz) gluten-free oats (6 tbsps.) OR raw buckwheat (3 tbsps.) OR amaranth (2.5 tbsps.) OR quinoa (2.5 tbsps. + ½ tsp.), OR millet (2 tbsps. + 1 tsp.), soaked overnight.
- 1 tsp. turmeric
- ½ tsp. cinnamon
- ½ tsp. ground ginger
- ⅛ tsp. cardamom
- ⅛ tsp. ground clove
- Dash of black pepper
- Himalayan salt to taste
- Sweetener to taste (see tips)
- 25g (0.9oz) finely grated carrot
- 25g (0.9oz) finely grated summer squash



Directions:

1. Rinse and drain soaked grains. If you want your porridge to be super creamy, then blend the soaked groats with some water (about 1 part groats and 2 parts water) before boiling.
2. Bring water and milk (about 260g, 9.2oz as a base and start adding more until it reaches the desired consistency) to boil. Then whisk in oat bran and add soaked groats or gluten-free oats. Mix well. Simmer for 5 minutes whisking every now and then and adding water if/when necessary. Set aside. Unblended amaranth takes 10 minutes.
3. Finely grate carrot and summer squash.
4. Add all the spices, salt, sweetener, and pepper to the porridge. Mix well and taste. It needs to be quite intense, as the veggies will smooth it out.
5. Mix in grated veggies. Keep mixing until all the ingredients are well incorporated. Taste and add salt/sweetener/spices if necessary.

Tips:

- You're welcome to sub some of the water with unsweetened plant milk.
- I use about 15 stevia drops to sweeten my porridge.
- I use purple carrots to give the porridge an extra cool look.
- Should you prefer the summer squash a bit crunchier, leave it coarser than carrot.
- You could also substitute some of the summer squash with processed (in blender or food processor) raw cauliflower and add it to ready hot porridge before mixing in the spices and let it sit a bit. It blends in perfectly.

- You don't need to boil gluten-free oats! Soak them overnight instead and mix into cooked oat bran or soak oat bran and gluten-free oats together overnight. Finally mix in spices and veggies.
- My favourite mixture is jumbo oats (or millet or quinoa) + oat bran.

[See how I make a very similar porridge with beets here.](#)

If you can't have oats:

- Sub oat bran with rice bran.
- Should you not be able to find rice bran, use 45g (1.6oz) of buckwheat or quinoa or amaranth (in total per meal). You'll need a bit less liquid as well.

More porridge ideas:

In case of blood sugar issues, follow the grain quantities suggested in the above recipe.

- [Savoury Indian Spiced Curry Porridge](#)
- [Japanese Breakfast Porridge](#)
- [Mediterranean Oatmeal](#)
- Savoury Breakfast Porridge Guide – [read](#) or [watch](#).
- Low Glycaemic Breakfast Porridge Guide – [read](#) or [watch](#).
- [4-series Porridge Guide](#)

Apple-Cinnamon Porridge

Back to [Day 3 Meal Table](#)

Ingredients: [1 serving]

- Water, enough for desired consistency
- 20g (0.7oz) oat bran
- 20g (0.7oz) gluten-free oats, raw buckwheat, amaranth, quinoa, OR millet, soaked overnight.
- 100g (3.5oz) apple cubes
- 1 tsp. cinnamon
- ½ tsp. ground ginger
- ⅛ tsp. ground clove
- Dash of black pepper
- Himalayan salt to taste
- Sweetener to taste (see tips)
- 50g (1.8oz) plain soy yogurt
- ⅓ tbsp. of coconut milk (5g, 0.2oz)



Directions:

1. Rinse and drain soaked grains. If you want your porridge to be super creamy, then blend the soaked groats with some water (about 1 part groats and 2 parts water) before boiling.
2. Bring water (about 175g, 6.2oz as a base adding more later) to boil. Then whisk in oat bran and add soaked groats or gluten-free oats as well as chopped apple. Mix well. Simmer for 5-7 minutes whisking every now and then and adding water if/when necessary, until desired consistency. Set aside. Unblended amaranth takes 10 minutes.
3. Add all the spices, salt, and sweetener to the porridge. Mix well and taste.
4. Top with soy yogurt and coconut milk or mix them in (wait until the porridge cools a bit though not to kill the good bacteria).

Tips:

- I use about 15 stevia drops to sweeten my porridge.
- You don't need to boil gluten-free oats! Soak them overnight instead and mix into cooked oat bran or soak oat bran and gluten-free oats together overnight, then cook the mixture with apple cubes adding as much water as necessary for desired consistency. Finally mix in spices.
- You can also make the porridge with 40 grams of oat bran.

New ingredient: apples

If you can't have oats:

- Sub oat bran with rice bran.
- Should you not be able to find rice bran, use 30g (1.06oz) of buckwheat or quinoa or amaranth (in total per meal). You'll need a bit less liquid as well.

Chocolaty Beet Porridge

Back to [Day 4](#)

Ingredients: [1 serving]

- Water, enough for desired consistency
- 20g (0.7oz) oat bran
- 20g (0.7oz) gluten-free oats, raw buckwheat, amaranth, quinoa, OR millet, soaked overnight.
- 1 tsp. turmeric
- 1 tsp. cinnamon
- ½ tsp. ground ginger
- ⅛ tsp. cardamom
- ⅛ tsp. ground clove
- Dash of black pepper
- Himalayan salt to taste
- Sweetener to taste (see tips)
- 50g (1.8oz) finely grated raw beetroot
- 25g (0.9oz) finely grated summer squash
- 1 tsp. of raw cocoa powder (when you're OK with it)



Directions:

1. Rinse and drain soaked grains. If you want your porridge to be super creamy, then blend the soaked groats with some water (about 1 part groats and 2 parts water) before boiling.
2. Bring water (about 175g, 6.2oz as a base and start adding more until it reaches the desired consistency) to boil. Then whisk in oat bran and add soaked groats or gluten-free oats. Mix well. Simmer for 5 minutes whisking every now and then and adding water if/when necessary. Set aside. Unblended amaranth takes 10 minutes.
3. Finely grate beet and summer squash.
4. Add all the spices, salt, sweetener, and pepper to the porridge. Mix well and taste. It needs to be quite intense, as the veggies will smooth it out.
5. Mix in grated veggies. Keep mixing until all the ingredients are well incorporated. Taste and add salt/sweetener/spices if necessary.

Tips:

- I use about 15 stevia drops to sweeten my porridge.
- Should you prefer the summer squash a bit crunchier, leave it coarser.
- You don't need to boil gluten-free oats! Soak them overnight instead and mix into cooked oat bran or soak oat bran and gluten-free oats together overnight. Finally mix in spices and veggies.

- My favourite mixture at the moment is jumbo oats (or millet or quinoa) + oat bran.

See [tutorial video](#) (the quantities in the video are different).

New ingredients: beetroot, raw cocoa powder

If you can't have oats:

- Sub oat bran with rice bran.
- Should you not be able to find rice bran, use 30g (1.06oz) of buckwheat or quinoa or amaranth (in total per meal). You'll need a bit less liquid as well.

Autumn Flavoured Butternut Squash Oats

Back to [Day 5 Meal Table](#)

Ingredients: [1 serving]

- Water, enough for desired consistency
- 20g (0.7oz) oat bran
- 20g (0.7oz) gluten-free oats
- 2 tsps. turmeric
- 1 tsp. cinnamon
- ½ tsp. ground ginger
- ⅛ tsp. ground nutmeg
- ⅛ tsp. cardamom
- ⅛ tsp. ground clove
- Dash of black pepper
- About ¼ tsp. Himalayan salt
- Sweetener to taste (see tips)
- 50g (1.8oz) finely grated butternut squash



Directions:

1. Soak oat bran and rolled oats overnight in about 150 grams (5.3oz) of water.
2. In the morning, pour the soaked grains and grated butternut squash into small pot, add another 140g (4.9oz) of water and cook for 5 minutes whisking almost continuously. Add water gradually as the porridge thickens to regulate the consistency.
3. Add all the spices, salt, sweetener, and pepper to the porridge. Mix well and taste.

Tips:

- I use about 20 stevia drops to sweeten my porridge.
- Instead of grated squash you can also add 50g (1.8oz) of unsweetened butternut squash puree into your cooked porridge.
- If it is too spicy for your taste, use less ginger.
- Use any winter squash you like and add a bit more sweetener, if your variety is less sweet.
- Make your life easier and save time by mixing a bigger batch of pumpkin spice (cardamom, nutmeg, cloves, turmeric, ginger, cinnamon and carob). Every morning, add almost 5 tsps. per serving.

New ingredient: butternut squash

If you can't have oats:

- Sub oat bran with rice bran.
- Should you not be able to find rice bran, use 30g (1.06oz) of buckwheat or quinoa or amaranth (in total per meal). You'll need a bit less liquid as well.

Pancakes & Tortillas

Buckwheat Tortillas

Back to [Day 2 Meal Table](#) [Day 3 Meal Table](#) [Day 6 Meal Table](#)

Ingredients: 14 medium-sized

- 200g (7oz) [buckwheat groats](#)
- 230g (8.1oz) water
- 1 tbsp. + 1 tsp. ground [chia seeds](#) (grind yourself)
- 1 tsp. [dried oregano](#)
- ¼ tsp. garlic powder
- ¼ tsp. [Himalayan salt](#) or sea salt
- Dash of black pepper
- 1½ tbsp. [nutritional yeast](#)
- 2–3 [unsalted sundried tomato halves](#)



The batter

1. Start by soaking buckwheat groats overnight or at least 4-6 hours.
2. Now that you have the soaked buckwheat, rinse and drain it well before pouring into blender or mixing beaker.
3. Next, add all the other ingredients (except tomatoes) and process the ingredients into smooth batter. Use regular or immersion blender.
4. Finally, blend in the tomato halves – if you use the dry ones, soak them in hot water for 5-10 minutes. Whether you prefer them fully incorporated or with some chunks is up to you! Don't leave too big chunks though as they'd stick out from your thin tortillas.

For frying

1. Pour 1-2 tablespoons of batter (depending how large tortillas you want to make) onto hot non-stick pan and spread it out into as thin circle as you can.
2. Once it's cooked on top, flip the tortilla over and fry for another minute or so. Then, place the tortilla on cooling rack and repeat until the batter is finished.
3. Swipe the pan clean with slightly oiled kitchen paper between the tortillas. You can use coconut oil, olive oil or avocado oil.

For baking

1. Heat oven to 190°C (375°F).
2. Pour some batter on a baking sheet lined with parchment paper and shape your tortillas with circular movements. How round-shaped you get them depends on your skills and practice.
3. Bake them for 7-8 minutes and let cool before you try to separate them from the paper – you'll need some patience, but they definitely come off in the end ([check the video!](#)).

Healthy Chocolate Sauce

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Ingredients:

- 1 heaped tsp. tahini
- 1 tbsp. coconut milk
- 3 tbsps. oat or brown rice milk
- 2 tbsps. + 1 tsp. carob powder
- ½ tsp. cinnamon

Just combine the ingredients and store in fridge.



More pancake ideas for Candida cleanse:

- [Oatmeal Pancakes](#) (one of my favourites).
- [Chocolaty Sourdough Pancakes](#) (sub cacao with carob).
- [See all pancake recipes on my blog.](#)

High-Protein Soybean Pancakes

Back to [Day 4 Meal Table](#) [Day 7 Meal Table](#)
[Watch tutorial video](#)

Ingredients: 3 generous servings

- 200g (7oz) raw buckwheat groats
- 240g (8.5oz) cooked soybeans (sub info below)
- 1 tsp cinnamon
- 1 tbsp + 1 tsp whole chia seeds
- 300g (10.6oz) additive-free oat milk
- 200g (7oz) water
- ½ tsp Himalayan salt
- 1 tbsp apple cider vinegar
- ½ tsp baking soda
- A sweetener (if necessary)



Preparation:

1. **Soak Your Grains:** Start by soaking raw buckwheat overnight. This softens the grains, making them easier to blend and digest. In the morning, rinse and drain them thoroughly.
2. **Blend Everything:** In a blender, combine the soaked grains, cooked soybeans, oat milk, water, salt, apple cider vinegar, cinnamon, baking soda, and chia seeds. Blend until you get a smooth, creamy batter.
3. **Cook the Pancakes:** Heat a non-stick pan over medium heat. To avoid excess oil, lightly grease a piece of kitchen paper with coconut, avocado, or olive oil and maintain the pan with it between batches. Pour small amounts of batter to form pancakes and cook until bubbles form and the surface is almost dry. Flip and cook for another 1-2 minutes until golden brown.

Time-Saving Tip: Use two pans to cook the pancakes faster, especially if you're making a big batch.

Replace soybeans with chickpeas or white beans for a similar texture. Keep in mind that this may reduce the protein content. **Or use 150 grams of hard tofu** instead of soybeans.

Use any plant milk of your choice. Oat milk adds natural sweetness, while almond or soy milk offers a more neutral base.

Chilli Tofu & Kale Pancakes with Chickpea Flour

Ingredients: 15-16 pancakes

- 150g (5.3oz) raw buckwheat groats, soaked
- 100g (3.5oz) gluten-free oats
- 30g (1oz) chickpea flour
- 125g (4.4oz) hard tofu (in chilli marinade or plain)
- 200g (7.1oz) naturally sweet plant-based milk (oat or brown rice)
- 370g (13oz) water
- ½ tsp. Himalayan salt
- 70g (2.5oz) raw summer squash
- 40g (1.4oz) raw parsnip, cut into thin slices
- 30g (1.1oz) kale, stem removed
- 1 tsp. smoked paprika
- 2 tsps. turmeric
- ½ tsp. dried garlic
- Pinch of chilli flakes (a bit more if your tofu is plain)



Preparation:

1. Soak buckwheat groats overnight or at least for 6 hours. Rinse and drain.
2. Add the rinsed groats along with other ingredients into blender and blend until smooth and homogeneous batter forms.
3. Taste and adjust by adding more salt/spices if necessary.
4. Take a good quality non-toxic non-stick pan. Add a few drops of oil onto the pan and swipe it off with folded kitchen paper. Let all the oil absorb into the paper and use it to swipe the pan clean between pancakes.
5. Put a ladleful of batter onto the pan and even it out with a spoon/ladle or by shaking and/or tilting the pan to get the exact shape of your pan bottom. The frying time greatly depends on your stove. I flip it around when it is almost dry on top and check the colour of the bottom side.

New ingredients:

- Chickpea flour – possible to sub with either buckwheat or oat bran. If you do that, also add 2 tbsps. of ground flax seeds to the recipe.
- Parsnip – possible to sub with carrot.

If you can't have oats, sub them with:

- 100g (3.5oz) raw buckwheat flakes, or
- soak 100g (3.5oz) more buckwheat groats and add about 75g (2.6oz) LESS water to the batter.

Blueberry-Beet Pancakes

Ingredients: 15 pancakes

- 150g (5.3oz) raw buckwheat groats, soaked
- 150g (5.3oz) gluten-free oats
- 2 tbsps. ground flax seeds
- 500g (17.6oz) unsweetened almond or hazelnut milk or water
- 200g (7oz) water
- ½ tsp. Himalayan salt
- 70g (2.5oz) raw summer squash
- 20g (0.7oz) raw beetroot
- 90g (3.2oz) blueberries (fresh or frozen)
- 1 heaped tbsp. applesauce
- 2 tsps. baking powder



Preparation:

1. Soak buckwheat groats overnight or at least for 6 hours. Rinse and drain.
2. Add the rinsed groats along with other ingredients into blender and blend until smooth and homogeneous batter forms.
3. Taste and adjust by adding more salt/sweetener if necessary.
4. Take a good quality non-toxic non-stick pan. Add a few drops of oil onto the pan and swipe it off with folded kitchen paper. Let all the oil absorb into the paper and use it to swipe the pan clean between pancakes.
5. Put a ladleful of batter onto the pan and even it out with a spoon/ladle or by shaking and/or tilting the pan to get the exact shape of your pan bottom. The frying time greatly depends on your stove. I flip it around when it is almost dry on top and check the colour of the bottom side.

Should you prefer the pancakes sweeter, add a sweetener of choice or use only oat or rice milk rather than the mix of milk and water.

New ingredients:

- Beetroot
- Blueberries – possible to sub with beetroot.
- Applesauce – possible to omit.

If you can't have oats, sub them with:

- 150g (5.3oz) raw buckwheat flakes, or
- soak 150g (5.3oz) more buckwheat groats and add about 110g (3.9oz) LESS water to the batter.

Lentil Pancakes

Ingredients: [26 pancakes]

Dry:

- 100g (3.5oz) red lentils, soak
- 80g (2.8oz) buckwheat groats, soak
- 50g (1.8oz) rolled oats
- $\frac{1}{4} + \frac{1}{8}$ tsp. Himalayan salt
- 1.5 tbsp chia seeds or 2.5 tbsps ground flax seeds or 2 tpsps psyllium husk powder
- 1 tsp. cinnamon
- 2 tpsps aluminium free baking powder

Wet:

- 315g (1 $\frac{1}{4}$ cup, 11.1oz) unsweetened soy milk + 1 tbsp. apple cider vinegar
- 200g (7oz) of unsweetened oat milk
- $\frac{1}{4}$ cup (63g, 2.2oz) plain soy yogurt



Preparation:

1. First, soak split red lentils for at least an hour and raw buckwheat groats for at least 4 hours. Rinse and drain.
2. Next, pour soy milk into a bowl and stir in 1 tablespoon of apple cider vinegar to prepare buttermilk. Let it sit for at least 5 minutes.
3. Then, put all the dry ingredients into a large bowl or blender.
4. Stir soy yogurt into the buttermilk and transfer the wet ingredients into a bowl or blender of dry ingredients. Process using an immersion blender or regular blender until you have homogeneous pancake batter.
5. Next, add a few drops of coconut oil or avocado oil onto a good quality non-stick pan and swipe it off with folded kitchen paper. Let all the oil absorb into the paper and use it to swipe the pan clean between pancakes. Heat the pan up over medium heat.
6. Now, if you make small pancakes, add about 2 tablespoons of batter into each cavity of your pancake pan. Should you make bigger pancakes, put a ladleful of batter onto the pan and even it out with a spoon/ladle or by shaking and/or tilting the pan to get the exact shape of your pan bottom. The frying time greatly depends on your stove. I flip it around when it is dry on top and also check the colour of the bottom side. You'll have about 26 small pancakes.

Muffins & Brownies

Zucchini Muffins

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Ingredients: [12 muffins]

- 150g (5.3oz, $\frac{3}{4}$ cup + 3 tbsps.) raw buckwheat, soaked
- 80g (2.8oz, $\frac{3}{4}$ cup 2 tbsps.) oat bran
- 200g (7oz, $\frac{3}{4}$ cup + 1 tbsp.) unsweetened almond or hazelnut milk
- Pinch of Himalayan salt
- 2 tps. cinnamon
- 1 tsp. ginger powder
- $\frac{1}{4}$ tsp. cardamom
- 4 tbsps. xylitol (adjust to your liking)
- 2 tps. baking powder (aluminium free)
- 1 tbsp. poppy seeds
- 200g (7oz, one medium) zucchini, finely grated



Directions:

1. Soak buckwheat groats overnight, then rinse and drain.
2. Heat oven to 175°C.
3. Grate the zucchini finely.
4. Put all ingredients, except zucchini, poppy seeds, and baking powder, into blender and blend into smooth batter.
5. Blend in the baking powder.
6. Finally mix in poppy seeds and grated zucchini.
7. Divide the batter between 12 muffin forms.
8. Bake in the middle rack for 35 minutes. Remove from oven and let cool.

Tips:

- The muffins are not overly sweet. Should you prefer them sweeter, add more stevia and/or xylitol.
- If you don't like the taste of cardamom, just ditch it or use less.
- Freeze the leftover muffins and heat them up in the oven whenever needed.
- **Make the muffins savoury** by leaving out the sweetener and spices. Instead, add a few teaspoons of oregano and a handful of chopped sundried tomatoes.

If you can't have oats, sub oat bran with:

- 80g (2.8oz) raw buckwheat flakes, or
- soak 80g (2.8oz) more buckwheat and add about 60g (2.1oz) LESS water to the batter.

Beet-Carrot Muffins

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Ingredients: 8 muffins

- 60g (2.1oz) raw buckwheat, soaked and rinsed
- 60g (2.1oz) gluten-free oats
- 150g (5.3oz) oat or rice milk
- 1 tbsp. raw cacao powder
- 2 tbsps. carob powder
- 1 tsp. cinnamon
- 1/8 tsp. ground cloves
- 1/8 tsp. Himalayan salt
- 2 tps. aluminium free baking powder
- 1/4 cup (40g, 1.4oz) raw beet cubes
- 1 tbsp. tahini
- 15 stevia drops OR 1 tbsp. + 1 tsp. erythritol
- 1/2 cup (50g, 1.8oz) finely grated raw carrot (add later)
- 1/2 cup (70g, 2.5oz) finely grated raw beetroot (add later)



Preparation:

1. Soak buckwheat groats overnight, then rinse and drain.
2. Heat oven to 175°C (350°F).
3. Finely grate and measure the carrot and raw beetroot.
4. Put all ingredients, except raw grated beet/carrot, into blender and blend into smooth batter.
5. Finally mix in the grated veggies.
6. Divide the batter between 8 muffin forms.
7. Bake in the middle rack for 33-34 minutes. Remove from oven and let cool.

Tips:

- If you still feel that the muffins need more sweetness, feel free to add more stevia or erythritol.
- You can replace tahini with any other nut or seed paste or even discard it and make them even leaner.
- Make a double batch and freeze the leftover muffins. Heat them up in the oven whenever needed.

New ingredients:

- Beetroot
- Cacao – possible to omit or sub with carob.

If you can't have oats, sub them with:

- 60g (2.1oz) raw buckwheat flakes, or
- soak 60g (2.1oz) more buckwheat groats and add about 45g (1.6oz) LESS water to the batter.

Zucchini Brownies

Back to [Day 3 Meal Table](#) [Day 6 Meal Table](#)

Ingredients: 6 squares

- 100g (3.5oz) raw buckwheat, soak
- 165g (5.8oz) oat milk
- 40g (1.4oz) peanut or almond butter
- ¼ tsp. Himalayan salt
- 2 tbsps. erythritol or other sweetener
- 2 tbsps. (10g, 0.4oz) cacao powder
- 1 tbsp. (6g, 0.2oz) carob powder
- 3 tbsps. (21g, 0.7oz) almond flour
- 1 tsp. baking powder
- 1 ½ cup (150g, 5.3oz) finely grated zucchini
- 15g (0.5oz) dark chocolate, chop



Preparation:

1. Start by soaking raw buckwheat for at least 4 hours or overnight. Drain and rinse. The soaked buckwheat will weight approximately 180g (6.3oz).
2. Next, finely grate zucchini and squeeze out the excess water (about 60g, 2.1oz). You may use this water in other meals or simply drink it.
3. In a blender or beaker, process the soaked buckwheat, oat milk (or milk/zucchini water mixture), peanut butter, salt, and sweetener.
4. Add all the dry ingredients (cacao, carob, almond flour, and baking powder) to the wet mixture and stir until well incorporated.
5. Finally, fold in grated zucchini.
6. Pour the batter into a small baking dish lined with parchment paper. I used 13L x 13W x 4H cm (5.1x5.1x1.6inch) baking dish. Sprinkle on the chopped dark chocolate and bake at 175°C (350°F) for 40 minutes. Let cool before eating.

Tip:

Cut into portions and store in a seal container in the fridge for up to 4 days or in freezer for a month or more.

New ingredient: cacao

Blueberry & Beet Muffins

[Watch tutorial video!](#)

Ingredients: 6 muffins

- 60g (2.1oz) raw buckwheat, soak
- 35g (1.2oz) gluten-free jumbo oats
- 35g (1.2oz) oat bran
- ¼ tsp. Himalayan salt
- 110g (3.9oz) plant milk (oat or brown rice)
- 40g (1.4oz) raw beetroot, cut into fine slices or small cubes
- 30g (1oz) wild blueberries (blend in)
- 2 tsps. baking powder (aluminium free)
- 1 tbsp. + 1 tsp. erythritol
- 2 tsps. unsweetened applesauce
- 40g (1.4oz) wild blueberries (add later)
- 6 sour cherries (add later, optional)



Preparation:

1. Soak buckwheat groats overnight, then rinse and drain.
2. Heat oven to 175°C (350°F).
3. Put all ingredients, except the 40g of blueberries and cherries, into blender and blend into smooth batter.
4. Finally mix in the 40g of blueberries.
5. Divide the batter between 6 muffin forms. Press one cherry in the middle of each muffin.
6. Bake in the middle rack for 33-34 minutes. Remove from oven and let cool.

Tips:

- If you still feel that the muffins need more sweetness, feel free to add more erythritol or stevia.
- Make a double or triple batch and freeze the leftover muffins. Heat them up in the oven whenever needed.

New ingredients: applesauce, beet, blueberries, and sour cherries.

If you can't have oats, sub oat bran and oats with:

- 70g (2.5oz) raw buckwheat flakes, or
- soak 70g (2.5oz) more buckwheat groats and add about 55g (1.9oz) LESS water to the batter.

Sorghum Muffins

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[Watch tutorial video](#)

Ingredients: |6 muffins|

- 1 cup (200g, 7oz) sorghum groats
- 1 cup + 2 tbsps. + 2 tsps. (280g, 9.9oz) additive free oat milk
- 1 tbsp. apple cider vinegar
- 1 tbsp. almond flour (protein powder, about 15% fat) or any other protein powder
- 1 tbsp. ground chia seeds
- ¼ tsp. Himalayan salt
- 1 tsp. reduced sodium baking powder



Instructions:

1. Start by soaking sorghum groats overnight or for at least 8 hours. Drain and rinse.
2. Then, pour oat milk into a small bowl and mix in 1 tablespoon of apple cider vinegar. Let sit for 3-5 minutes.
3. Next, transfer soaked sorghum groats along with all the other ingredients (except baking powder) into blender or beaker (if you use immersion blender). Blend until you have homogeneous batter. Finally mix in baking powder as well.
4. Divide the batter between 6 [silicone muffin forms](#) or pour into [6-piece muffin pan](#) and bake at 180C (355F) for 30 minutes. You may preheat the oven when you start making the muffin. Remove from oven and let cool before eating. If you want to be certain they're done inside, make sure that the toothpick inserted comes out clean (or almost clean).

Storage tips: put any leftovers in a ziplock bag or container with lid. Keeps one day on kitchen counter, 3 days in fridge and a month in freezer. If you want it soft and fresh, simply heat the muffin up in microwave.

Desserts

Spicy Chia-Carob Pudding

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[Watch tutorial video!](#)

Ingredients: [1 serving]

- 1 tbsp. (10g, 0.4oz) chia seeds
- ½ cup (120g, 4.2oz) almond or hazelnut milk
- 1 tsp. poppy seeds
- ½ tbsp. carob powder
- 1 tsp. raw cacao
- 1 tsp. cinnamon
- ½ - 1 tsp. ginger powder
- some ground cloves and nutmeg



Preparation:

1. Mix chia seeds and plant milk and mix well until the seeds have swollen bit and they don't form clumps anymore. Let it soak for at least 30 minutes.
2. Add the remaining ingredients and mix well.
3. Sprinkle on some poppy seeds and shredded coconut.

Tip:

Put the seeds to soak already in the morning (leave in fridge) or right before you start making dinner.

New ingredient: raw cacao (possible to sub with carob).

Chia-Apple-Cinnamon Pudding

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Ingredients: [1 serving]

- 2 tbsps. (20g, 0.8oz) chia seeds
- 1 cup (240g, 8.4oz) almond or hazelnut milk
- 100g (3.5oz) plain soy yogurt
- 100g (3.5oz) unsweetened apple sauce
- $\frac{1}{4}$ tsp. Himalayan salt
- 1 tsp. carob powder
- $\frac{1}{2}$ tsp. cinnamon
- $\frac{1}{8}$ tsp. ground cloves
- Stevia or xylitol for some sweetness (if necessary)



Preparation:

1. Mix chia seeds and plant milk and mix well until the seeds have swollen a bit and they don't form clumps anymore. Let it soak for at least 30 minutes.
2. Add the remaining ingredients and mix well.

Tips:

- Put the seeds to soak already in the evening (leave in fridge).
- You can sub soy yogurt with any suitable yogurt. Alternatively, make your own buttermilk by adding $\frac{1}{2}$ tbsp. of apple cider vinegar to $\frac{1}{2}$ cup plant milk and let sit for 5-7 minutes. Thicken the dessert further (if necessary) using psyllium husks or powder.

New ingredient: applesauce

Avocado-Carob Pudding

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Ingredients: 1 serving

- 50g (1.8oz) avocado
- 5g (0.2oz) coconut milk
- 1 tbsp. carob powder
- Pinch of Himalayan salt



Combine using a fork. If making a bigger batch, you can also use immerse blender.

NB! When you're OK with it, add a tsp. of raw cacao powder.

Pumpkin Pie Chia Pudding

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Ingredients: [1 serving]

- 1 tbsp. (10g, 0.4oz) chia seeds
- ½ cup (120g, 4.2oz) almond or hazelnut milk
- 100g (3.5oz) butternut squash puree
- 50g (about 3 tbsps., 1.8oz) plain soy yogurt
- ⅛ tsp. Himalayan salt
- 1 tsp. carob powder
- ½ tsp. cinnamon
- ⅛ tsp. ground cloves
- ⅛ tsp. cardamom
- ⅛ tsp. ginger powder
- ⅛ tsp. ground nutmeg
- Sweetener to taste



Preparation:

1. Mix chia seeds and plant milk and mix well until the seeds have swollen a bit and they don't form clumps anymore. Let it soak for at least 30 minutes.
2. Add the remaining ingredients and mix well.

Tips:

- Grind the seeds and/or put the seeds to soak already in the evening (leave in fridge).
- You can sub soy yogurt with any suitable yogurt. Alternatively, make your own buttermilk by adding ½ tbsp. of apple cider vinegar to ½ cup plant milk and let sit for 5-7 minutes. Thicken the dessert further (if necessary) using psyllium husks or powder.

New ingredient: butternut squash

Black Bean Bliss Balls

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[Watch tutorial video](#)

Ingredients: 25 balls

- 1 can (240g, 8.5oz) cooked black beans
- 100g (3.5oz) additive-free peanut, almond, or sunflower seed butter
- ½ tsp Himalayan salt
- 70g (2.5oz) date sugar or alternative sweetener
- 20g (0.7oz) cacao powder
- 100g (3.5oz) rolled oats
- 265g (9.3oz) additive-free oat milk
- 30g (1.06oz) tigernut flour (or almond flour)
- 65g (2.3oz) dark chocolate



Instructions:

1. **Prepare the Black Beans:** Start by rinsing and draining your cooked black beans thoroughly. Then, use a fork, potato masher, or a food processor to mash them until smooth.
2. **Soften the Oats:** Place the rolled oats in a bowl and pour oat milk over them. Microwave for 1 minute, stir, and then microwave for another minute. This will help soften the oats, making them blend easily with the other ingredients.
3. **Melt the Chocolate:** While the oats are softening, melt your dark chocolate in a double boiler or microwave. If using the microwave, heat in 15-20 second intervals, stirring in between to prevent burning.
4. **Combine Ingredients:** In a mixing bowl, combine the mashed black beans, softened oats, peanut butter, salt, date sugar, cacao powder, and tigernut flour. Mix until well combined and smooth.
5. **Add the Chocolate:** Pour in the melted chocolate and mix well, ensuring all ingredients are evenly incorporated.
6. **Form the Bliss Balls:** Using your hands, roll the mixture into balls, about 35 grams each. If the mixture feels too sticky, you can refrigerate it for a bit to make handling easier.
7. **Refrigerate:** Place the bliss balls in the refrigerator for at least 1 hour to firm up and allow the flavors to meld.

Tips:

New ingredients:

- Date sugar – possible to sub with any other suitable sweetener.
- Dark chocolate – if chocolate is still off limits, use 30 grams of cacao butter or coconut oil instead.
- Cacao powder – feel free to sub with carob powder.

Raw Buckwheat Ricotta

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Ingredients: [1 serving]

- 50 g (1.75oz) raw buckwheat (unroasted)
- ½ small unripe banana (if tolerated)
- 1 tbsp coconut milk
- 1 tbsp blueberries
- water (enough for the desired consistency)

Preparation:

1. Soak buckwheat groats for at least 6 hours. Rinse and drain.
2. Blend all ingredients into smooth cream. Add liquid gradually to see which consistency suits you the best.



Watch how I make a similar dessert in my video [What I Eat in a Day for Dr. Greger's Daily Dozen](#).

Chocolate Tigernut Cookies

[Watch tutorial video](#)

Ingredients: [14 cookies]

- 1 can (240g, 8.5oz) [black beans](#)
- 125g (4.4oz, 1/2 cup) additive-free [oat milk](#)
- 1/4 tsp. [Himalayan salt](#)
- 100g (3.5oz, 6 level tbsps + 1 tsp) [peanut butter](#) or almond butter
- 80g (2.8oz, 8 level tbsps) [date sugar](#) or other suitable sweetener
- 30g (1.06oz, 6 level tbsps) [cocoa powder](#)
- 80g (2.8oz) [rolled oats](#)
- 50g (1.7oz) tiger nut flakes (internationally from [Amazon.co.uk](#))
- 50g (1.7oz) tiger nut flour (internationally from [Amazon.com](#))



Preparation:

1. **Mash the Black Beans:** Rinse and drain the black beans, then mash them until smooth.
2. **Add Peanut Butter and Milk:** Stir in the peanut butter, oat milk, and a pinch of salt.
3. **Sweeten It Up:** Add the date sugar and mix thoroughly.
4. **Incorporate the Rest of the Dry Ingredients:** Add rolled oats, tiger nut flakes, tiger nut flour, and cacao powder. Mix with a spatula, then switch to your hands to form a cohesive dough.
5. **Shape and Bake:** Shape the dough into 50g portions and flatten into cookie shapes. Bake the Chocolate Black Bean Cookies at 175°C (350°F) for 18 minutes (last 2 minutes with the fan on).
6. **Enjoy:** Let them cool slightly before enjoying these irresistible cookies!

New ingredients:

- Tigernut flour and flakes
- Cacao powder – sub with carob if necessary.
- Date sugar – sub with any suitable sweetener.
- Black beans

Lunches & Dinners

Yogurt Dressing

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Ingredients: 1 serving

- 50g (1.8oz) plain soy yogurt
- 1 tsp. lemon juice
- ½ tsp. mustard seeds, crushed
- Black pepper
- Himalayan salt
- Stevia or xylitol
- Water, if necessary

Combine in a small bowl.

Tips:

- Make bigger batch and store in fridge.
- You can sub soy yogurt with any suitable yogurt. Alternatively, make your own buttermilk by adding ½ tbsp. of apple cider vinegar to ½ cup plant milk and let sit for 5-7 minutes. Thicken the dessert further (if necessary) using psyllium husks or powder. If it's too much trouble, have another dressing!

Oil-Free Veggie Dressing

[Watch tutorial video!](#)

Ingredients: 10 servings

- 2 small or 1 normal eggplant (about 600g, 21oz)
- 2 medium or 1 big summer squash (about 600g, 21oz)
- 1 medium carrot (about 100g, 3.5oz)
- 8 tbsps. nutritional yeast
- 1 tsp. garlic powder
- 1 tbsp. black salt
- $\frac{3}{4}$ tsp. turmeric
- Juice of one medium lemon (or less or more)
- A few drops of stevia (optional)
- Black pepper to taste
- Enough water for desired consistency (I ended up adding 2 $\frac{1}{2}$ cups)



Directions:

1. Slice the veggies, lay them on a baking sheet lined with parchment paper and bake at 200°C (390°F) for 40 minutes. Let cool a bit.
2. Add all ingredients into blender. Use a masher to push the mass down and get the juices out of veggies. Process the ingredients until smooth. Add water gradually.

Tips:

- Add this oil-free dressing to salads, Buddha bowls or steamed/cooked veggies.
- Leave it thicker and use as low fat and low GL bread spread.
- You are welcome to use more or less of the seasonings – just adjust it to your own liking.
- Store leftovers in sealed containers or jars in fridge for up to 4 days.

New ingredients: nutritional yeast (possible to omit) and carrot (possible to omit)

Avocado Dressing

Back to [Day 3 Meal Table](#) [Day 4 Meal Table](#)

Ingredients: 1 serving

- 30g (1.06oz) avocado
- 1 tsp. lemon juice
- Handful of fresh basil
- Black pepper and Himalayan salt to taste
- Stevia or xylitol to taste
- Enough water for desired consistency

Blend the ingredients into smooth dressing (use blender or immerse blender).

Tip:

Make bigger batch and store in fridge.

OR

Miso Dressing

Ingredients: [1 serving]

- 1 tsp. (5g, 0.2oz) almond or sunflower seed butter, or tahini
- 1 tsp. miso paste
- ¼ tsp. of garlic powder
- Black pepper or cayenne pepper
- ¼ tsp. of turmeric
- Enough water for desired consistency

Combine everything together in a small bowl or a glass. Add water gradually.

NB! You may also use plain plant yogurt instead of all or some of the water.

Onion-Mushroom Gravy

Ingredients: 3 servings

- 1 tbsp. (5g, 0.2oz) dried onion flakes
- 1 tsp. (3g, 0.1oz) garlic powder
- 1 cup chopped mushrooms (70g, 2.5oz)
- 1 tbsp. soy sauce
- 1 tsp. vegetable broth powder
- 1 cup water
- 1 ½ cup (360g, 2.7oz) almond or hazelnut milk
- ¼ cup (35g, 1.2oz) raw buckwheat flour
- Black pepper and chilli flakes or Cayenne pepper to taste
- 1 level tsp. (5g, 0.2oz) tahini

Directions:

1. Sauté mushrooms with onion flakes and garlic granules in 1 tbsp. of water for 10 minutes stirring occasionally. Add water one tablespoon at a time if necessary.
2. Mix tahini and sunflower seed butter with some of the milk – enough to make it pourable.
3. Mix buckwheat flour with water – add water gradually to avoid lumps.
4. Add soy sauce and vegetable broth powder to onions and mix well. Also add the rest of the milk and seed butter/milk mixture. Stir again.
5. Finally pour in water-flour mixture while stirring continuously. Turn the heat up a bit and bring to a boil. Stir and cook until thickened up. Don't leave it or it'll lump up.
6. Finally add peppers/chilli to taste.

Tip:

If you don't find suitable soy sauce (gluten-free, syrup-free), use 1 tbsp. gluten-free miso paste or Himalayan salt to taste.

Cheesy Sauce

Ingredients: 2 servings

- 70g (2.5oz) sweet potato, peeled and chopped
- 70g (2.5oz) potatoes, peeled and chopped
- 1 tbsp. onion flakes
- ½ tsp. garlic powder
- 1 tsp. broth powder
- 8 almonds (about 10g, 0.4oz), soaked (you can also sprinkle them on your meal)
- water (or you can use almond milk instead of almonds and water)

Preparation:

1. Boil water in kettle for later use.
2. Put all the ingredients except almonds in a small pot. Add enough of the boiling water (about 190g, 6.7oz) to cover the veggies. Mix well.
3. Simmer for 10 minutes or until the potatoes are soft. Let cool a bit and puree.

Tip:

Add more almond milk or water if you like it more liquid or when it has firmed up the next day.

New ingredients (one could sub the other):

Potatoes

Sweet potatoes



Black Bean Hummus

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[Watch tutorial video!](#)

Ingredients:

- 1 can black beans, rinsed and drained
- ½ cup oven-baked carrot pieces
- 1 cup oven-baked summer squash, liquid drained
- 3 tbsps. nutritional yeast
- 2 tbsps. lemon juice
- 20 green olives
- 3 garlic cloves or 1 tsp. garlic powder
- black pepper and Himalayan salt to taste
- 2 tbsps. fresh basil



Preparation:

1. Throw all ingredients into blender or food processor and process until homogenous hummus forms.
2. Taste and add salt/pepper if necessary.
3. Depending on how dry or wet your summer squash is and whether you are using blender or food processor you might need to add a bit of water.

New ingredients: black beans, carrot, nutritional yeast

Discover all hummus recipes on the blog:

- [Tofu hummus with soybeans](#)
- [Soybean hummus recipe without tahini](#)
- [Chickpea hummus with potatoes and bell pepper](#)
- [Beet hummus](#)

Lentil Dhal

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Ingredients: 1 serving

- 60g (2.1oz) unhulled red (or green, brown, black) lentils
- water – as much as needed for required consistency
- 1 tsp. of granulated onions
- ½ tsp garlic powder
- 1 bay leaf
- 1 dl (25g, 0.9oz) fresh parsley, chopped
- 1 tsp. turmeric
- 1 tsp. garam masala (optional)



Preparation:

1. Soak lentils for a few hours or overnight. Then drain and rinse. Place the lentils in a pot with water, garlic/onion, and spices. Bring to boil. Turn the heat to low and simmer for 10 minutes.
2. Leave the dhal quite liquid, as it'll serve as salad dressing.

New ingredient: lentils

Buckwheat-Lentil Stew with Green Peas

Back to [Day 1 Day 2](#)

Ingredients: 2 servings

- 40g (1.4oz) raw buckwheat, soak
- 120g (4.2oz) unhulled lentils, soak
- 1 tsp. curry powder of choice (or just turmeric)
- 2 tsps. dried onion flakes (or powder)
- ½ tsp garlic powder
- ½ tsp ginger powder
- ½ sweet potato, cut into small cubes (about 65g, 2.3oz)
- 1 celery rib, sliced (about 50g, 1.8oz)
- 80ml frozen or fresh green peas (about 50g, 1.8oz)
- 6 ½ cups (200g, 7oz) roughly chopped baby spinach
- Water – enough for desired consistency
- Himalayan salt and black pepper to taste



Preparation:

1. Soak lentils and buckwheat for 4-6 hours. Then rinse and drain.
2. In a soup pot, stir everything (except spinach) together. Add enough water to barely cover the ingredients. Bring to a boil. Reduce heat to low, cover, and cook for 10 minutes.
3. About 3 minutes before the buckwheat and lentils are done cooking, place chopped spinach on top, cover and cook for additional 3 minutes (still covered).

New ingredients:

Lentils

Green peas – possible to omit or sub with lentils.

Quick Chickpea Dhal

Back to [Day 2 Meal Table](#) [Day 3 Meal Table](#)

[Watch tutorial video!](#)

Ingredients: 2 servings

- 2 tbsps. onion flakes
- 2 tsps. garlic flakes
- 2 tsps. turmeric
- 2 tsps. garam masala
- ½ tsp. Himalayan salt
- Black pepper
- 30g (1oz) potatoes, cut into cubes
- 30g (1oz) sweet potatoes, cut into cubes
- 1 can (240g, 8.5oz) boiled unsalted chickpeas, rinsed and drained
- Splash of coconut milk (about 5g, 0.2oz)



Preparation:

1. Throw onion, garlic, turmeric, garam masala, potatoes and sweet potatoes into pot and mix well.
2. Add chickpeas and mix again.
3. Add enough water to barely cover the veggies. Bring to boil and simmer until potatoes are soft (5-8 minutes).
4. Take potato masher or fork and mash the dahl until has thickened to desired consistency. Add salt and pepper and mix well.
5. Pour in a splash of coconut milk and mix again.

Tips:

- You can use any beans instead of chickpeas – white, red, black, brown etc.
- You don't need to add coconut milk – just ditch it or use any other unsweetened plant-based milk instead making the meal even more lean.
- Should you not be a fan of garam masala, use any curry powder instead.
- If you have salted chickpeas, you most probably won't need to add any salt.

New ingredients:

Chickpeas

Potatoes and sweet potatoes – one can sub the other.

Lentil-Spinach Soup with Quinoa

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Ingredients: 2 servings

- ½ cup (45g, 1.6oz) leek, chopped
- 2 carrots (about 200g, 7oz), chopped
- 1 celery stalk, diced
- ½ potato (about 35g, 1.2oz), chopped
- ¼ sweet potato (about 35g, 1.2oz), chopped
- 30g (1oz) quinoa, soaked and rinsed
- 60g (2.1oz) unhulled lentils, soaked and rinsed
- 2tsp broth powder
- 250g (8.8oz) fresh or frozen spinach
- Water (depending on the desired consistency). Remember, you can always add more.
- Black pepper



Preparation:

1. Soak quinoa and lentils for 4-6 hours or overnight. Drain and rinse.
2. Boil a kettleful of water. Throw all ingredients (except spinach) into soup pot and pour boiling water over – a bit above the ingredients.
3. Simmer covered for 10 minutes. Stir occasionally.
4. Add spinach and simmer for another 3 minutes. If you use frozen spinach, count the 3 minutes from when the soup brings to boil again.

New ingredients:

Potatoes and sweet potatoes – one can sub the other. Alternatively sub both with 30 grams (1oz) of lentils OR 15 grams (0.5oz) of quinoa.

Lentils – can be substituted with 27 grams (0.9oz) of quinoa.

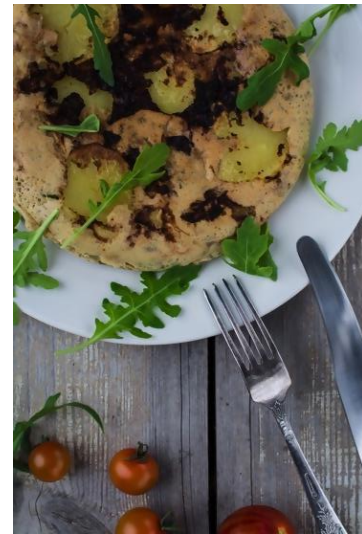
Potato-Chickpea Flour Pan Tortilla

Ingredients: 1 tortilla that serves 2

- 130g (4.6oz) small potatoes, cut into thick slices
- 1 small onion, chopped
- 3 tbsps. chopped parsley (preferably flat leaf)
- $\frac{2}{3}$ cup (65g, 2.3oz) chickpea flour
- $\frac{2}{3}$ cup (160g, 5.6oz) of water
- sea salt and black pepper to taste

Preparation:

1. In a large frying pan sauté the onions and potatoes for 30 minutes until the potatoes soften. If there's liquid in the pan, drain the onions and potatoes and place in a bowl. Note: You can use the liquid to replace some of the water in the recipe (when preparing the chickpea flour-water mix.)
2. Mix the chickpea flour, water, sea salt and pepper in a blender for the smoothest results. Mix in parsley and potato-onion mix. Pour everything onto a small non-stick pan and cook over moderate heat, shaping the tortilla with a spoon or spatula.
3. When the tortilla is almost set, flip it onto a plate and slide it back onto the pan, bottom side up. Cook for a few more minutes, flipping the tortilla around twice. Finally, slide the tortilla onto a plate and let it cool for 10 minutes before serving.



New ingredients: potatoes and chickpea flour

Substitutions: you can sub chickpea flour with pea or lentil flour; and potatoes with sweet potatoes

Hearty Lentil & Chard Soup with Noodles

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Ingredients: 2 servings

- 80g (2.8oz) unhulled lentils, soak
- ½ tbsp. onion flakes
- 1 tsp. dried garlic
- 2 tsp. turmeric
- 1 tbsp. dried celery
- 1 tbsp. dried parsley
- 40g (1.4oz) raw beetroot
- 100g (3.5oz) fresh or frozen mushrooms (any kind)
- 100g (3.5oz) summer squash
- 40g (1.4oz) buckwheat noodles (or spaghetti/spirelli) or 20g brown rice noodles*
- 200g (7oz) beet greens, chard or spinach; or 100g kale
- 1 tbsp. coconut milk
- Himalayan or black salt and black pepper to taste
- Fresh parsley or coriander to garnish



Preparation:

1. Soak lentils for a few hours, then drain and rinse.
2. Add drained lentils with herbs/spices, beetroot, and mushrooms into pot. Cover with boiling water. Bring to boil and simmer for 3 minutes. Then add summer squash cubes.
3. Bring to boil again, simmer for another 3 minutes and then add the noodles. Add water if necessary.
4. Again, bring to boil and finally add chopped chard. Simmer for 4-5 minutes.
5. Let cool a bit, mix in coconut milk and season with salt/pepper. Garnish with fresh herbs.

New ingredient: beetroot, lentils

* If you use rice noodles, mix them in at the end and let sit for a few minutes.

Chickpea Omelettes

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Ingredients: 8 omelettes with 10 cm, 3.9-inch diameter

- 300g (2 cups, 10.6oz) soaked chickpeas (sprouting is optional) (about ½ cup dry chickpeas)
- 2 tbsps. ground [chia seeds](#)
- 2 tsps. [turmeric](#)
- 2 tsps. [oregano](#) or my [Indian Spice Mix](#)
- 1 tsp. garlic powder
- 4 tbsps. [nutritional yeast](#)
- ½ tsp. [Himalayan](#) salt or [kala namak](#) black salt
- 300g (10.6oz) water
- A bunch of fresh parsley or coriander



Preparation:

1. First, soak the chickpeas overnight or about 12 hours. Then, rinse/drain and leave in a sieve covered with clean cloth until visible sprouts emerge from the chickpeas (it'll take about 12 hours). If possible, rinse the chickpeas several times daily.
Get more details from my post [How to Sprout Chickpeas](#). P.S. Sprouting is optional, you can already use soaked chickpeas in this recipe.
2. Next, add 1 cup of sprouted chickpeas along with all the other ingredients into a blender or mixing beaker. Blend until you have homogeneous batter. Don't worry though, it's not supposed to be silky smooth.
3. **For frying:** place 2 heaping tablespoons of batter onto hot non-stick pan and pat it into a 10 cm (3.9 inch) circle (check the video).
4. Once it's cooked on top (it took 6 minutes on a gas stove with medium heat), flip the omelette over and fry for about 3 more minutes. Then, place the omelette on cooling rack or plate and repeat until the batter is finished.
5. Swipe the pan clean with slightly oiled kitchen paper between the omelettes to prevent them sticking to the pan. You can use coconut oil, olive oil or avocado oil.
6. **For baking:** place half of the batter divided into four omelettes on a baking sheet lined with parchment paper. Pat the omelettes into 10 cm (3.9 inch) circles using a spoon and bake at 175°C (350°F) for 25 minutes. Then, bake the other half. Let cool before you try to separate them from the parchment paper.

New ingredient: chickpeas

Creamy Cauliflower and Pumpkin Curry

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[Watch tutorial video!](#)

Ingredients: 2 servings

- 1 small onion (71g, 2.5oz)
- 6g (0.2oz) piece fresh root ginger
- ½ cup (120g, 4.2oz) [coconut milk](#)
- 2 tbsps. (37g, 1.3oz) [curry paste](#) + 2 tbsps. water
- 175g (6.2oz) water
- 250g (8.8oz) pumpkin, cubed
- 250g (8.8oz) cauliflower, cut into pieces
- 1 can (240g, 8.5oz) crushed or [strained tomatoes](#)
- 1/3 cup (75g, 2.6oz) [tomato paste](#)
- 2 garlic cloves
- 1 can (240g, 8.5oz) [unsalted chickpeas](#), drained and rinsed
- 75g (2.6oz) baby spinach or more



To garnish:

- Fresh cilantro
- [Sesame seeds](#) or [pine nuts](#)
- [Nutritional yeast](#)
- Lemon or lime juice

To serve:

50g (1.8oz) dry [whole grain pasta](#) or whole grains per serving

Preparation:

1. Start with sautéing chopped onion and ginger root with a few tablespoons of water until the onion becomes translucent, about 3 minutes. Add water one tablespoon at a time whenever necessary to prevent sticking.
2. Next, in a mug or a small bowl, prepare the curry sauce by combining coconut milk, 2 tbsps. of water, and curry paste. Pour it onto the onion and ginger and mix. Add the rest of the water, stir, and bring to boil.
3. Then, add pumpkin cubes and cauliflower florets. Bring to boil again and simmer at medium heat for 7 minutes, until the pumpkin is almost tender.
4. After that, pour in the mixture of crushed tomatoes and tomato paste and stir to combine everything well. Cover with lid and cook for an additional 7-10 minutes. Tilt the lid to let some vapour to escape. You may stir occasionally.
5. Next, turn off the heat and add mix in crushed garlic cloves. Then, add fresh baby spinach as well. Simply stir it in as there's no need to cook it. The heat

of this pumpkin curry will wilt the spinach quickly.

6. Finally, pour in rinsed and drained cooked chickpeas and give it a stir. Let cool a bit to enhance the flavours.

New ingredients:

Pumpkin – sweet potato would be an ideal substitution.

Chickpeas – you may sub with any desired beans.

Beet-Black Bean Burger

Ingredients:

- 1 small onion (about 55g, 2oz), chopped
- 2 garlic cloves, minced
- 2 tsps oregano
- Handful of fresh parsley
- Black pepper
- Himalayan salt
- 1 can (240g, 8.5oz) black beans, washed and drained
- 1 tbsp. whole grain flour (oat, buckwheat)
- 200g (about 1 cup, 7oz) boiled beets, grated

Preparation:

1. In a saucepan or thick-bottomed pot sauté onion and garlic with 2 tbsps. of water for 5-7 minutes. Add water as needed to prevent sticking. Add oregano and sauté for another minute.
2. Process the beans in a food processor or with a potato masher. (You can also mash them with a fork, but it's more time-consuming.)
3. Mix the onion-garlic mix, beans, grated beets, flour and chopped parsley. Add sea salt and black pepper to taste.
4. Form 6 patties and place them on a baking sheet lined with parchment paper.
5. Bake at 175°C (350°F) for 25 minutes.



New ingredients:

Black beans

Beets

Extra Recipes & Meal Ideas for Candida Diet

There may be moments during your cleanse when you feel festive, want to treat yourself, or welcome guests with something a little extra.

The good news?

You don't have to pause your life while healing.

Yes, you can absolutely enjoy **Candida-friendly cakes, muffins, breads, crackers, tortillas — even brownies!**

✿ These recipes aren't just for "getting by."

They're here to help you fall in love with this way of eating — through the cleanse, into reintroduction, and beyond.

Each recipe in the table below is a reminder:

Healing can be joyful. Nourishment can be delicious. You're not missing out — you're finding your way home to what truly serves you.

RECIPE LINK	SUB INFO	SERVING TIPS
<u>Creamy Oat Bran Porridge with Silken Tofu</u> <i>Breakfast</i>	✓ Use wild blueberries instead of sour cherries in the cleanse phase. ✓ You may sub silken tofu with any plant yogurt – mix it in when the porridge is cooked and cooled a bit.	
<u>Flavoured Gluten-Free Tortillas</u> <i>Breakfast, Snack, Main Meal</i>	✓ Ditch nutritional yeast in the cleanse phase.	Breakfast & Snack: ✓ Have 2 tortillas with veggie fillings (raw carrot, alfalfa sprouts, sauerkraut, red cabbage, oven-roasted eggplant, bell pepper, fennel etc.) and some avocado or nut/seed butter. Main Meals:

		✓ Sub the grains in your lunch or dinner with 2 tortillas.
<u>Chocolaty Sourdough Pancakes</u> <i>Breakfast, Snack</i>	✓ Sub cocoa with carob in the cleanse phase.	Breakfast: ✓ Have 4 pancakes with some nut/seed butter and/or wild blueberries. Snack: ✓ Have 2 pancakes with some nut/seed butter and/or wild blueberries.
RECIPE LINK	SUB INFO	SERVING TIPS
<u>Mung Bean Breakfast Porridge</u> <i>Breakfast, Snack, Dessert</i>	✓ Sprout the mung beans before cooking (see directions from blog post). ✓ Sub cocoa with carob in the cleanse phase.	Dessert: ✓ Make half of the recipe.
<u>Yogurt Parfait</u> <i>Snack, Dessert</i>	✓ Sub cocoa with carob in the cleanse phase	
<u>Paleo Brownies</u> <i>Snack, Dessert</i>	✓ Sprout the lentils before cooking (see directions from blog post) in the cleanse phase. ✓ Sub cocoa with carob and ditch chocolate chips as well as cocoa nibs in the cleanse phase.	✓ Have up to 3 pieces (1 piece is ⅓ of recipe).
<u>Carrot Cake</u> <i>Snack, Dessert</i>	✓ If you'd like to make the Cream Cheese Frosting as well, use almonds instead of cashews.	✓ Have up to 2 pieces (1 piece is ⅓ of recipe).

<u>Thick Chocolate Frosting</u> <i>Dessert</i>	✓ Sub cocoa with carob in the cleanse phase. You may try adding a bit of Reishi mushroom powder for bitterness.	✓ Have up to 3 servings (1 serving is 30g, 1/16 of the recipe).
<u>Cinnamon Rolls</u> <i>Snack</i>	✓ In the filling, sub coconut nectar with xylitol or stevia. Also, add one more tablespoon of coconut milk if you use granulated sugar substitute instead of liquid one.	✓ Have up to 2 rolls.
<u>Protein Bliss Balls</u> <i>Snack, Dessert</i>	✓ Sub cocoa with carob in the cleanse phase. You may try adding a bit of Reishi mushroom powder for bitterness. ✓ Sub peanut butter with almond butter. ✓ Ditch goji berries and cocoa nibs (for a crunch, add dehydrated sprouted buckwheat instead).	✓ Have up to 5 balls (1 ball is 1/20 of the recipe).
RECIPE LINK	SUB INFO	SERVING TIPS
<u>No Yeast Buns</u> <i>Breakfast, Snack, Main Meals</i>	None needed.	<i>Breakfast & Snack:</i> ✓ Have 1 bun with veggie fillings (raw carrot, alfalfa sprouts, sauerkraut, red cabbage, oven-roasted eggplant, bell pepper, fennel etc.) and some avocado or nut/seed butter. <i>Main Meals:</i>

		✓ Sub the grains in your lunch or dinner with 1 bun.
<u>Fermented Buckwheat Bread</u> <i>Breakfast, Snack, Main Meals</i>	None needed.	Breakfast & Snack: ✓ Have 2 slices with veggie toppings (raw carrot, alfalfa sprouts, sauerkraut, red cabbage, oven-roasted eggplant, bell pepper, fennel etc.) and some avocado or nut/seed butter. Main Meals: ✓ Sub the grains in your lunch or dinner with 1.5 slices.
<u>Buckwheat Crackers</u> <i>Breakfast, Snack, Main Meals</i>	None needed.	Breakfast & Snack: ✓ Have up to ¼ of the recipe with veggie toppings (raw carrot, alfalfa sprouts, sauerkraut, red cabbage, oven-roasted eggplant, bell pepper, fennel etc.) and some avocado or nut/seed butter. Main Meals: ✓ Sub the grains in your lunch or dinner with ⅓ of the recipe.
RECIPE LINK	SUB INFO	SERVING TIPS
<u>Veggie Stir-Fry with Mushrooms</u> <i>Main Meals and even Breakfast</i>	None needed.	For a complete meal add: ✓ ¼ cup of cooked grains (or any of the grain substitutes from this table).

		✓ Plenty of greens (lettuce and steamed leafy greens).
<u>Oven Casserole</u> <i>Main Meals</i>	✓ Sub butternut squash with summer squash or eggplant (on cleanse). ✓ Sub cashews with almonds.	✓ Have up to ⅓ of the recipe with plenty of greens.
<u>Tomato Pasta Sauce</u> <i>Main Meals</i>	✓ Ditch corn while on the cleanse.	✓ Have up to 2 servings (½ of the recipe) with ¼ cup of cooked grains or cooked gluten-free pasta AND plenty of greens.
<u>Sweet Potato & Lentil Stew</u> <i>Main Meals</i>	✓ Ditch sweet potato in the cleanse phase.	✓ Have 1/10 of the recipe with plenty of greens.
<u>Lentil Dal with Millet</u> <i>Main Meals</i>	Most people can have lentils also in the cleanse phase (especially if you sprout the lentils first)	✓ Have 1 serving with plenty of greens.

You'll also find more inspiration on the blog — especially in the [Candida Recipes](#) section.

Congratulations!

You've made it through the entire Reintroduction Meal Plan—just reading and absorbing this information is a huge step forward.

Keep Going and Stay on Track!

A few gentle reminders as you move into this next phase:

- **Progress, not perfection.**
You don't need to master everything overnight. Give yourself grace and time to adjust to these new rhythms.
- **Build healthy routines one by one.**
Whether it's lemon-water in the morning, mindful meals, a nightly bedtime ritual, or a short walk—choose one habit to start, then layer on more as you feel ready.
- **Focus on abundance.**
Celebrate everything you *can* eat and enjoy. You'll find plenty of nourishing, delicious recipes that support both healing and everyday life.
- **Prioritize your well-being.**
When you make self-care non-negotiable, everything else falls into place.
- **Habits take time.**
Research shows it can take anywhere from 18 to 254 days (an average of 66 days) to solidify a new habit—plan for the long game, and be patient with yourself.

What's next?

I'm so proud of how far you've come, and I can't wait to see you thrive in a truly symptom-free, nourishing lifestyle.

Stay connected for new recipes, videos, and practical tips—designed to support your Candida-free life, every step of the way.

Here's to lasting health, balance, and joy.

With warmth and support,
Nele

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Your Next Step: The Nourishment Journey

You've completed cleanse and reintroduction—congratulations! Now it's time to anchor everything you've learned and turn these new habits into effortless daily rhythm.

The **Nourishment Journey** is a focused, one-module experience designed to help you:

- **Build Balanced Meals with Confidence**
Learn nutrient-dense plate templates, smart cooking strategies, and simple swaps so you never have to guess what to eat next.
- **Streamline Your Kitchen Workflow**
Meal-prep guides and time-saving tips so your week feels spacious, not crowded.
- **Trust Your Body's Wisdom**
Intuitive check-ins and reflection prompts that guide you to listen to what you truly need—no more forcing or second-guessing.

This is the perfect bridge—deepening your relationship with food, your body, and your well-being before you dive into the full Holistic Candida Journey.

✨ **Ready to root in your new lifestyle?**

[Explore the Nourishment Journey](#) and make every meal a moment of healing.