



**Sugar Free and Easy Candida Diet Recipes (Book 2): Healing Comfort Foods -- BONUS: 2 Week Meal Plan included! (Candida Diet Self Guided Healing Series) (Volume 3)**

*Sandra Boehner*

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Stuck for ideas what meals to cook on the Candida diet? Then you'll love this recipes selection. Plenty of menu ideas that your whole family will love. So you won't have to prepare separate meals. From classic oatmeal porridge to vanilla chia pudding; from hearty lentil soups, leek & bacon quiche to homemade yeast free tummy friendly sesame soda bread and carrot & walnut cake. Comforting meals that are filling and nourishing, yet easy to put together. Healthy snacks and cakes made with sweeteners like Stevia and Xylitol that are easy to get hold of, completely sugar free, and when combined, taste just like the real deal. The recipes contain simple ingredients that you probably already have in the house: vegetables, fish, white meat, wholegrain rice, eggs, lentils and a few other things. They are free of processed foods, highly nutritious and mostly anti-inflammatory, which will speed up your recovery. Starting with a huge selection of satisfying breakfast options this book moves you through the two final stages of the Candida diet (stage 3 where you re-introduce carbs and stage 4 where you transition back to a normal diet). Helping you to stick to the elimination diet until you are fully recovered without feeling as if you are missing out. Note: this is not suitable for the very beginning of the Candida diet -- opt for Book 1 in this Candida diet self guided healing series if you're just starting out (or better still: get both recipes books so you'll have these tasty comfort foods at the ready once you have cooked your way through the first 2-3 weeks of Candida diet.

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