



## Da Vinci Holistic Health Centre

300 Panayia Aimatousa Avenue, Aradippou, 7101 Larnaca, Cyprus

Tel: (+357) 24-82 33 22, Fax: (+357) 24-82 33 21

Email: [admin@docgeorge.com](mailto:admin@docgeorge.com)

Web: [www.naturaltherapycenter.com](http://www.naturaltherapycenter.com)

# CANDIDA MEAL PLANS

**N.B. If you are intolerant to any of the foods mentioned below, please ignore them or substitute with other foods or beverages that you can tolerate. Try to use organic ingredients where possible and avoid Genetically Modified foods (GMO).**

## BREAKFAST

### Oatmeal Breakfast (wheat-free)

1 cup porridge oats  
1-2 cups water  
Rice milk  
Optional: cinnamon or freshly-grated nutmeg

Add the oatmeal to the cold water in a saucepan and bring gently to the boil. You can add some rice milk to taste. Serve with some ground nuts and seeds

### Creamy Rice Breakfast (Gluten-free)

1 mug whole brown rice  
Rice milk or almond milk  
Optional: cinnamon or freshly-grated nutmeg

Cook overnight in a slow-cooker (8-9 hours) or cook normally for 50-60 min, stir well - or pressure cook for 2 hours or until rice is tender. Serve with rice milk and some spices

### Creamy Millet (Gluten-free)

1 mug whole millet  
Rice milk or almond milk.  
Optional: cinnamon or freshly-grated nutmeg

Cook the millet with water using a gentle heat. When cooked, add rice milk to taste and serve with spice

### Yoghurt Surprise

1 small tub natural sheep's or goat's yoghurt with live cultures  
1 tbsp pumpkin seeds  
1 tbsp sunflower seeds  
1 tbsp lecithin granules (optional)  
1 tbsp whole puffed rice (optional)

Mix together thoroughly and chew thoroughly for proper digestion

### Eggs

Free-range eggs make an excellent high-protein breakfast. Have them boiled, poached, scrambled or in an omelet. Try not to eat more than 1-2 eggs daily - and that includes those you use in baking!

## YEAST-FREE BREADS

### Yoghurt Soda-Bread

½ kg wholewheat plain flour or rye, buckwheat, barley, rice or gram (chickpea) flowers  
2 tsp baking powder or sodium bicarbonate  
300ml natural live yoghurt or use live bacterial culture used for making fermented vegetables  
150ml warm water

This will make two small loaves or one large one. If you want to make a batch for the freezer, a 1.5 kg bag of flour and a 1kg tub of yoghurt will give you exactly three times the above quantities, making six small loaves or three large ones. Preheat the oven to 400°F or 200°C, which is about Gas mark 6. Sift the flour and mix in the raising agent, then stir in the yoghurt and warm water. Coat with more flour and flour well your working surface, then using your knuckles, bring the

dough from edge to edge and side to side until it is free of cracks. Add more flour as necessary. If making small loaves, divide into two and make fairly flat, oval shapes. Cut across on the top. Place on a floured tray and bake in preheated oven for 20 minutes, then turn oven down to 350oF/180oC/Gas 4 for another 20 minutes. To test if it's ready, tap the bottom of the loaf and it should sound hollow. Leave to cool on a wire rack.

**Seedy Yoghurt Soda-Bread**

Make the mixture as for plain yoghurt soda-bread and throw in a handful of sunflower seeds and a handful of pumpkin seeds. This makes it rather like a granary loaf!

**Corn Bread**

- 1 cup fine maize meal
- 1 cup soya flour
- ½ cup whole (brown) rice flour
- 2 tsp bicarbonate of soda
- 1 cup rice milk
- 1 egg (if you do not tolerate eggs, then add 1 tablespoon of tahini)

Preheat oven to 375oC/190oC/ Gas 5. Mix the dry ingredients. Beat egg (if using) and the rice milk together and add to the mixture. Place in a greased loaf tin and bake for about 30 minutes. Turn out and cool on a wire rack.

**HOME-MADE RYE/CORN BREAD – NON-GMO**

- ½ kilo rye flour
- ½ kilo flour from corn
- 2 tablespoon olive oil
- 1 ½ teaspoons baking powder
- Water

**INSTRUCTIONS**

Place all the ingredients in a bowl except water, and mix them together. Then slowly add water until the mixture is well mixed and kneed into a dough. Cover now with a towel for 3 hours. Bake it for 1½ hours at 160°C -180°C. When it's baked wrap it with paper towels and a kitchen towel to help it to stay fresh.

**Coconut Biscuits**

- 50g desiccated coconut
- 100g plain wholemeal flour or oat flour with rice flour
- ½ tsp home-made baking powder
- 1 egg

Preheat oven to 350oF/180oC/Gas 4. Mix ingredients together, make one dessertspoonful into a ball and press flat with your hands. Place on a baking tray which has been covered with greaseproof paper and brushed with melted butter

**SPREAD/DIPS**

**These may be spread on rice cakes, bread or used as dips with vegetables.**

**Creamy Pine Nut Dip (Dairy free and Gluten Free)**

- ½ cup pine nuts.
- 1 or 2 tbs lemon juice
- 1 tbsp olive oil
- pinch of sea salt or herbal salt
- herbs of your choice such as (basil, mint, chives, oregano, black pepper, cayenne pepper)

Soak pine nuts in water for at least 10 minutes. Pour out excess water. Place nuts herbs, olive oil, salt and pepper in the blender. Blend until creamy. Add a little bit more water for a runny consistency.

**Hummus**

- 1 cup chick peas, soaked overnight and boiled for 1 hour
- 2 lemons, juiced
- 1 tbsp cold-pressed olive oil
- 1 garlic clove, crushed
- ¾ cup tahini (ground sesame seeds)

Drain and rinse chickpeas, puree in a blender with the lemon juice and oil or press through a sieve. Add garlic and ground sesame seeds, mix to a thick paste, adding water if necessary. Keep refrigerated.

**Tuna Spread (Gluten-Free)**

- 1 small tin tuna in brine, drained
- 2 large carrots
- 1 small onion (optional)

2-3 tbsp dairy free, egg, free, wheat free mayonnaise  
dash sea salt and black pepper or cayenne pepper to taste

Place all ingredients in a food processor and blend till smooth and creamy.

#### **Avocado Spread**

1 ripe avocado  
1 ripe tomato, peeled  
2 tbsp lemon juice  
1 tbsp chopped chives  
1 clove garlic crushed,  
optional: pinch of any herb

Mash and mix all ingredients, or use blender. Chill until required.

## **JUICES**

#### **Revive Juice.**

2 stalks celery  
1 cucumber  
2 stalks fennel  
2-3 carrots

Put vegetables through a juicer and drink.

#### **Athlete's Boost**

2 cucumbers  
5 ribs of celery  
10 spinach or kale leaves  
1 lemon  
2-3 carrots

Juice and drink up. It is great for athletes. It alkalizes, has sodium and calcium.

#### **Carrot Cocktail**

Mix carrot juice with celery, spinach, cucumber, beetroot, lettuce and any other greens

#### **Re-mineralizer**

8 ribs celery  
12 chard or spinach leaves

Juice. It is loaded with sodium and calcium. This drink is ideal for those who have been taking mineral-depleting chemical medicines, antibiotics or insulin as it restores heavy minerals to the body.

## **MAIN MEALS**

#### **Multicoloured Coleslaw**

½ red cabbage, shredded  
½ red onion  
1 zucchini, thinly sliced (courgette)  
Juice of one lemon  
Herbal salt or sea salt to taste  
1 tablespoon natural mustard  
1/3 cup oil.

Shred vegetables by hand or use a food processor. Combine lemon juice, salt, mustard, and olive oil. Pour over the vegetables. Refrigerate for about two hours before serving to develop flavors.

#### **Italian Salad (Serve 4 people)**

1 Lollo Rosso (red lettuce)  
1 small lettuce  
1 red pepper cut into rings  
1 yellow pepper cut into rings  
1 large tomato sliced  
4 radishes thinly sliced  
1 red onion sliced into thin rings  
tsp fennel seeds

Make a nest of the two shredded lettuces in a shallow dish and arrange the other vegetables in the centre, sprinkling the

onion in last. Toss with a spicy Italian dressing with lots of fresh basil.

**Easy cabbage salad (Serve 2 people)**

½ head thinly sliced white cabbage  
1 small avocado  
¼ white onion diced  
1/6 bunch fresh dill, chopped.  
2 Tablespoons grape seed oil or olive oil.  
2 Tablespoons lemon juice  
salt  
Sprinkle dulse flakes or use herbamare salt or Himalayan salts.

**Cauliflower Salad (Serve 2 people)**

1 head cauliflower  
¼ cup olive oil  
¼ cup lemon juice  
1 bunch green onions  
1 bunch cilantro  
sea salt to taste

Chop the veggies into a bowl then mix them with the rest of ingredients.

**Tomato Supreme (Serve 4 people)**

7 large chopped tomatoes  
1 bunch fresh dill  
¼ cup olive oil  
¼ cup lemon juice  
1 small red onion, chopped

Mix in a bowl and serve.

**Russian Carrot Salad (Serve 4 people)**

10 large grated carrots  
5 cloves grated garlic  
1 bunch fresh parsley, chopped  
¼ cup olive oil  
½ teaspoon sea salt

Mix ingredients in bowl and serve.

**Crunch Celery Salad (Serve 4 people)**

7 large tomatoes  
1 large avocado chopped  
½ bunch celery, chopped  
¼ cup olive oil  
1 teaspoon sea salt

Mix in a bowl and enjoy!

**Ginger Carrots (Serve 2 people)**

4 carrots sliced diagonally  
1 teaspoon grated ginger  
1 teaspoon sesame oil  
herbal salt to taste

Sauté carrots for 3 minutes. Add ginger and salt Cover and shake pan counterclockwise. Cook on low heat.

**Stir / Fry Vegetables**

1 spring onion, chopped  
¼ portion broccoli florets  
½ small carrot sliced thinly  
¼ green pepper cut into strips  
10 mangetout peas  
¼ teaspoon sesame oil  
1 teaspoon olive oil

Mix the two oils in a wok or similar pan. Put in the onion and stir while you fry and turn the vegetables over for two minutes. Add the rest of the vegetables and 2 tablespoons water. Continue cooking for another 5 minutes.

**Warm Salad With Rocket, Spinach and Potatoes. (Serve 4 people)**

- 30 small or baby potatoes
- 2 tablespoons Olive oil
- 2 cloves crushed garlic
- 150 grams rocket
- 300 grams spinach or endives
- 1 tablespoon apple cider vinegar
- 1 tablespoon mustard
- 10 red radishes thinly sliced
- 1 spring onion thinly sliced.

Slice the potatoes, approx 5mm thick. Saute the potatoes with the olive oil and the garlic, stirring until they soften and turn golden brown. Remove the potatoes and let them drain on absorbent paper. In the same pan add the rocket, spinach or endives and stir until they wilt. Add the potatoes, the vinegar, the mustard and stir until they become warm. Stir in the radishes, the spring onion and serve immediately.

**Greek Potato Salad (Serve 4 people)**

- 25 Small potatoes, cut in half or quarters
- 1 medium red pepper
- 1 medium yellow pepper
- 2 medium peeled tomatoes
- 1 medium onion sliced thinly.
- 100 grams black kalamata olives

**Dressing\***

- 1/3 cup olive oil
- 1 or 2 tablespoons lemon juice
- 1 clove garlic crushed
- 1 tablespoon dill finely chopped
- 2 teaspoons fresh thyme finely chopped.

(shake in a jar to mix then pour over salad)

Boil the potatoes until they are cooked. Strain and set aside to cool down. Cut the peppers in quarters, remove the seeds and grill them until skin rises and darkens. Remove the skins from the peppers and slice them in thin strips. Cut the tomatoes into eight pieces each. Place all ingredients in a salad bowl, add salad dressing, mix well and serve.

**Italian Potato Salad (Serve 4 people)**

- 25 small potatoes
- 15 cherry tomatoes cut in half
- 150 grams green beans

**Dressing \***

- 2 tablespoons apple cider vinegar
- 1 tablespoon fresh thyme finely chopped
- 1 tablespoon olive oil

Boil the potatoes until they are cooked. Rinse with cold water, strain and set aside to dry. Put the warm potatoes in a salad bowl, pour dressing over them and mix well. Set aside to cool down. Cut the green beans in approximately 4 cm pieces. Steam until tender about 5 minutes. Rinse with cold water and drain. Mix all ingredients together and serve.

**Steamed Cauliflower With Herbs (Serve 2 people)**

- 1 medium cauliflower
- 3/4 cup olive oil
- 1 tablespoon lemon juice
- 2 tablespoons dill finely chopped
- 1 tablespoon parsley finely chopped
- 1/4 teaspoon ground black pepper.

Cut the cauliflower into small florets, steam until tender. Rinse in cold water and strain. Mix oil, lemon, black pepper and herbs. Pour over cauliflower and place in fridge to cool.

**Vegetables Baked In Oven**

- 1/4 cup oil
- 2 large onions chopped

- 1 clove garlic crushed
- 5 medium tomatoes chopped
- 3 medium potatoes chopped in quarters
- $\frac{3}{4}$  cup tomato juice
- 1 cup water
- 250g okra
- 300g Green Beans
- $\frac{1}{2}$  Medium Cauliflower
- 2 Tablespoons parsley finely chopped
- dash sea salt and pepper

Sauté onions, garlic. Cover until onions have softened. Add tomatoes and let them simmer for 10 minutes. Add potatoes, tomato juice, water, okra and green beans. Let them simmer for 15 minutes. Add the cauliflower and cook under low heat until cauliflower and potatoes are cooked. Add the parsley, salt and pepper. Serve hot.

**Prawn And Avocado Salad**

- 175g Wholemeal pasta shapes (you can use rice or corn pasta)
- 225g Frozen peeled, prawns, thawed
- 1 ripe avocado
- 1 lemon
- 2tbsp cold-pressed olive oil
- 1 clove garlic, crushed
- 1 tbsp chopped chives

Cook the pasta in a saucepan of boiling water for 10-20 minutes, drain and allow to cool. Cut avocado in half, remove stone and carefully remove shell. Cut the halves into slices, and mix gently with pasta and prawns. Squeeze the lemon and combine juice with oil, garlic and chives in a screw-top jar, shake well and pour over salad. Alternatively blend the dressing in a liquidizer.

**Prawn Cocktail**

- $\frac{1}{4}$  iceberg lettuce
- 225g frozen peeled prawns, thawed
- small tub Greek strained sheep's or goat's yoghurt
- Optional: 1 avocado
- Garnish: Cucumber slices (cut to centre and twisted), wedge of lemon.

Chop lettuce into long fine strands, and put into the bottom of individual glass dishes. Put a quarter of the prawns into each dish, top with a tablespoon of Greek Yoghurt and decorate with a twist of cucumber and wedge of lemon. If using avocado, remove shell and dice the flesh, mixing in gently with the prawns before adding yoghurt.

**Lentil Soup**

- $\frac{1}{2}$  kg brown or green lentils
- $\frac{1}{2}$  kg ripe tomatoes or 1 400g can of tomatoes
- $\frac{1}{4}$  cup olive oil
- 2 small onions
- 5 cloves garlic
- 2 bay leaves
- 2 tablespoons lemon
- salt, pepper oregano (optional.)

Wash the lentils and rinse. Blend the tomatoes in a food processor. In a large soup pot add 1 litre of water, the tomatoes, the olive oil, the onions, garlic, bay leaves, lemon juice, salt and pepper. Bring to a boil over medium heat. Then add the lentils and simmer until cooked for approximately 1 hour. Before serving remove the bay leaves, garlic and onions. Sprinkle with freshly ground pepper and sea salt. May be served with olives, and oven baked trout.

**Green Beans With Almonds**

- 2  $\frac{1}{2}$  pounds green beans, cut into 1 inch pieces
- $\frac{1}{2}$  teaspoon sea salt
- 1 teaspoon ginger, grated
- 1 tablespoon lemon juice
- 3 tablespoons slivered, roasted almonds
- 4 tablespoons parsley or cilantro, minced.

Combine green beans with salt and ginger. Steam or cook by a waterless method. Toss with lemon juice. Sprinkle with almonds and parsley.

**Stir-Fried Asparagus**

5 cups asparagus  
1 tablespoon water  
1 teaspoon sesame oil  
½ teaspoon sea salt  
2 tablespoons water

Trim away the woody section of the asparagus. Cut each spear into 2-inch lengths diagonally. Add 1 tablespoon of water to pan and heat. Add oil. Add asparagus and stir-fry 1 minute. Add salt and 2 tablespoons water. Bring to a fast simmer. Cover and turn to medium low. Cook 2-4 minutes until crisp and bright green.

**Meat-Balls With Beef**

½ kilo fresh beef meat minced  
2-3 medium size potatoes (if you are allergic to potatoes you can use zucchini)  
2 eggs  
1 tbsp baking powder  
1 small onion finely chopped  
fresh cilantro finely chopped (approximately 4 tbsp)  
Salt and pepper  
Olive oil or Sesame oil for cooking

Mix all ingredients together in a large bowl and stir well. Cover the bowl with a kitchen towel and leave in the fridge for 1 hour. Start knead and cooking the same time in round balls. Served with brown rice or French fries and salad.

**Lentils**

1/2 kilo lentils (brown)  
1 small onion finely chopped  
½ glass brown rice  
1 clove garlic finely chopped  
Salt for taste

Sauté the onion and garlic and add the lentils, rice and 2 glass of water. Put gas in low heat and simmer until lentils and rice soft. When cooked live covered for 10 minutes, Served hot with vegetables of your choice (i.e cucumber, tomatoes, etc.)

**Ttavas with beef and lamb**

2 pieces beef meat (wash well)  
2 pieces lamb meat (wash well)  
3 medium size potatoes cut in squares  
1 medium zucchini  
1 medium aubergines  
2 medium or 1 big onion cut in round shape  
1 medium tomato cut in round shape  
1 teaspoon fresh basil  
2-3 bay leaves  
Salt and pepper  
(You can add any other vegetable of your choice)

Put in Pyrex all meats. Add the potatoes, the zucchinis, the aubergines and on top put the onions and tomatoes. Add the basil, bay leaves, salt and pepper. Add 2 tbsp of olive oil and 1 glass of water. Put in the oven and cook at 180° for one hour approximately. Add a little bit of water if requires during cooking.

**Fish of your choice with onion and garlic**

Choose any fish you want that can be cooked in the oven  
1 medium onion finely chopped  
1 clove garlic finely chopped  
1 tbsp olive oil  
Salt  
Oregano

Put the fish on an oily tray and add on top the onions and garlic. Add the olive oil, the salt and oregano and put in a preheat oven for about half an hour. If you want you can prepare a dressing with olive oil, lemon and oregano. Put in a jar 1/3 olive oil and 2/3 fresh lemon juice. Add oregano and shake well. You can use your blender if you want. Enjoy!!

**Salad with corn pasta and seafood**

1 package pasta from corn (you can find it in the health food stores)

1 glass frozen peeled prawns, thawed  
1 medium squid cut in small pieces  
1 small octopus cut in small pieces  
2 medium size tomatoes  
Dill  
Olive Oil  
½ glass fresh lemon juice  
Salt  
Fresh Mint

Boil pasta and strain. In the same water boil seafood. When cooked remove water and add the pasta, tomatoes, dill and salt. Served with olive oil, lemon juice and mint.

**Curry with lamb and vegetables**

3 pieces fresh lamb  
4 carrots  
3 potatoes  
1 red pepper  
1 green pepper  
1 yellow pepper  
2 tbsp organic curry powder  
Olive Oil or Sesame Oil  
Salt and Pepper  
Water

Fry meat with carrots, potatoes and peppers until crispy. Put aside and remove oil from casserole. Add all ingredients together with the curry, salt and pepper and simmer for 10 minutes. Remove from heat and add 2 tbsp water. Served with brown rice

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The Da Vinci Holistic Health Centre specializes in natural, drugless therapies of all kinds using a Holistic Approach