

# Anti-Fungal Recipe Program for using of the Herbal Nutritional Supplement Acai Immune Power Complex (AIPC)

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All these recipes were created with strong alkaline and anti-fungal ingredients. The basic cold-pressed oil of all recipes is safflower oil, because it is strong antifungal and has a similar effect as the medical drug “Nystatin”, nevertheless it is free from side effects. The meals are fresh prepared and varied..The candida fungus grows through sugar, therefore was used many low glycemic ingredients.

The recipes are created for 1 person.

## Basic of Anti-Fungal Recipe Program

- Freshly Prepared
- Rich in Nutrients e.g. vitamins, minerals, trace minerals, enzymes
- Natural Ingredients
- Rich in anti-fungal ingredients
- Best sources of alkaline ingredients
- Sugar free, made with Stevia extract, Xylitol and FOS
- Rich in Detoxifying Ingredients
- Recipes are compatible with the well-know American detoxification program by Dr. Janet Hull, Ph.D.
- No Aspartame
- No Preservatives
- No Artificial Colourings

- No Additives
- No Yeast
- No Glutamate
- Gluten Free

## **Day 1 Menu Plan**

### **Breakfast: Blueberry Smoothie**

#### **Ingredients**

¾ cup orange juice  
½ lemon, juiced  
½ cup blueberries  
1 tsp. freeze dried acai powder  
1 tsp. xylitol  
¼ tsp. FOS powder

#### **Method**

Mix into the blender together and enjoy.

**Tip:** Instead of orange and lemon juice you can add pure butter milk or pure whey powder.

### **Lunch: Mediterrean Tomato Salad**

#### **Ingredients**

2 to 3 big tomatoes, diced  
½ cup feta cheese, diced  
at least 10 to 15 black olives (without stone), sliced  
a few fresh basil leaves, chopped  
½ small onion, finely chopped  
a couple of parsley twigs or some chive, finely chopped  
if you want you can add a small amount of garlic, finely chopped

#### **Dressing**

4 tsp. cold-pressed safflower oil

1 tsp. apple cider vinegar  
Himalayan or sea salt to taste

### **Method**

Mix all ingredients together.

### **Between Meal Papaya Smoothie**

#### **Ingredients**

$\frac{3}{4}$  cup orange juice  
 $\frac{1}{2}$  lemon, juiced  
1  $\frac{1}{2}$  to 2 tsp. green papaya powder  
1 tsp. pineapple juice powder  
1 tsp. xylitol  
if you want it sweeter add still stevia extract to taste  
 $\frac{1}{2}$  lemongrass, finely chopped

#### **Method**

Mix lemongrass in a small blender, so you get very finely shredded lemongrass. Blend all together and enjoy.

### **Dinner: Whole Millet Salad with Orange, Grapefruit and Salmon Filet**

#### **Ingredients**

1  $\frac{1}{2}$  cups cooked millet  
 $\frac{1}{2}$  grapefruit, diced  
 $\frac{1}{2}$  orange, diced  
 $\frac{1}{2}$  lemon, juiced  
2 thick slices feta cheese or  $\frac{1}{2}$  mozzarella, diced  
200 to 250 gram salmon filet

#### **Dressing**

$\frac{1}{2}$  cup pure yoghurt  
3 tsp. cold-pressed safflower oil  
himalayan or sea salt to taste

½ to ¾ lemongrass, finely chopped

## **Method**

Sautè the salmon filet in a small amount of butter. Let it cool completely, then cut in thick dices. Mix lemongrass in a small blender, so you get very finely shredded lemongrass. Mix the dressing ingredients including the lemongrass together and add over the salad ingredients. Put it in the refrigerator and serve chilled.

## **Day 2 Menu Plan**

### **Breakfast: Fruit Yoghurt**

#### **Ingredients**

½ to ¾ cup pure yoghurt  
8 tsp. blueberries  
½ pink grapefruit, chopped  
1 tsp. xylitol and if you want it sweeter add still stevia extract to taste  
½ tsp. freeze died acai powder  
1 pinch vanilla

#### **Method**

Mix all together and enjoy.

### **Lunch: Sandwich with Tomato & Butter Milk Cheese**

#### **Ingredients for the Homemade Cheese**

700 ml H-milk (3,5 % fat)  
300 ml pure butter milk  
½ tsp. Himalayan salt  
1 sieve  
1 cheese cloth

#### **Method**

Pour all ingredients in a high pot and bring them to boil. As soon as it begin to boil minimize the heat. After a while mixture begins to coagulate and it forms a fine curd. Now you can begin to ladle it out and little by little pour it in the sieve. Do not forget to cover the bottom of sieve with a cheese cloth (woven cotton fine cloth, gauze) for a better drainage. Let it cool down completely till the curd becomes solid form. Turn it upside down on a dish and take away the cheese cloth. You can cut it in slices.

**Tip:** The preparation time is not more than 10 minutes and easy, nevertheless you might use mozzarella or feta cheese for this recipe too.

## **Yoghurt Spread**

### **Ingredients**

5 to 6 tsp. pure yoghurt  
1 to 2 red thick slices onion, finely chopped  
2 to 3 tsp. fresh herbs like basil, parsley, chive, finely chopped  
if you prefer you can add a small amount of garlic  
1 tsp. cold-pressed safflower oil  
himalayan salt to taste  
1 small pinch FOS powder

### **Method**

Blend all ingredients together. If you have a small blender, you can add all ingredients and you get a creamy spread.

Now add a small amount of yoghurt spread on your whole grain bread, on top tomatoes slices on top some yoghurt spread. On top of it a slice whole grain bread again.

**Tip:** Baker Yeast stops or at least slows down the healing process, therefore yeast free whole bread is recommended. I was looking for a yeast free whole bread alternative and found the people of the pacific bakery.

<http://pacificbakery.com/products/>

Serve your sandwiches with a zucchini or other salad.

## **Between Meal: Raspberry Smoothie**

### **Ingredients**

½ cup red raspberries  
½ lemongrass, finely chopped  
¾ cup soy or butter milk  
1 tsp. xylitol  
if you want it sweeter add still stevia extract to taste

### **Method**

Mix all together in the blender.

## **Dinner: Zucchini Casserole and Ricotta Cheese**

### **Ingredients**

2 to 3 zucchini, sliced long side  
2 or 3 little tomatoes, diced  
1 clove garlic, sliced  
1 small onion, finely chopped  
10 to 15 black or green olives, chopped  
a few leaves basil, chopped  
a few slices butter milk cheese, mozzarella or feta cheese  
a small amount of butter and 3 to 4 tsp. cold-pressed safflower oil  
himalayan or sea salt

### **Method**

Sautè zucchini slices in a blend of butter and some oil.  
Grease a back dish with some butter and lay a few zucchini slices in it.  
Now sautè onion, garlic and tomatoes in some oil. Let cooking for 5 minutes. Then, add salt, olives and basil to taste.  
Lay in the back dish the tomato mixture. On top of it cheese and zucchini slices again.  
Back the casserole in the oven for a few minutes.  
Serve it with vegetable salads.

## **Day 3 Menu Plan**

### **Breakfast: Apple-Cinnamon Fruit Salad**

#### **Ingredients**

1 sour apple, diced  
1 small orange, diced  
½ lemon, juiced  
if you want you can add 10 to 15 almonds, chopped

#### **Dressing**

½ cup pure yoghurt  
1 tsp. xylitol  
if you want it sweeter add still stevia extract to taste  
¼ tsp. FOS powder  
1 tsp. vanilla flavouring  
2 pinches cinnamon powder  
if you want you can add 1 to 2 tsp. almond butter (100 % pure)

#### **Method**

Mix the dressing together and add over the fruit salad.

### **Lunch: Quinoa Tofu Salad**

#### **Ingredients**

¾ cup cooked quinoa  
½ cup tofu, diced  
1 small onion, finely chopped  
2 small tomatoes, diced  
2 to 3 thick slices mozzarella or feta cheese, diced

#### **Dressing**

½ cup yoghurt  
¼ lemongrass, finely chopped

a few twigs parsley, chopped  
a few leaves basil  
2 to 3 tsp. cold-pressed safflower oil  
himalayan or sea salt to taste  
a small amount butter for frying  
1 twig rosemary and 1 whole clove garlic with peel

## **Method**

First, in a frying pan sauté the tofu together with rosemary and garlic in butter. Cooled-up.

Then add yoghurt and lemongrass in the blender and mix it well. Now add other ingredients in the dressing. Add the dressing over the salad. Put it in the refrigerator and serve chilled.

**Tip:** Tofu is highly alkaline, therefore a great ingredient. Nevertheless you can prepare this salad with chicken strips as well. Then I suggest to use millet, because it is alkaline.

## **Between Meal: Fruit Ice Crème**

### **Ingredients**

½ cup frozen blueberries, red or black raspberries  
butter milk, soy milk or pure yoghurt  
¼ tsp. FOS powder  
1 tsp. xylitol  
if you want it sweeter add still stevia extract to taste

### **Method**

Add berries of choice and a small amount of cold pure butter milk, soy milk or pure yoghurt into blender and mix all together (stop & go).

When mixture is not enough creamy or too thick, add a small amount of cold rest of butter milk, soy milk.

## **Dinner: Rosemary Potatoes with Salad**

### **Ingredients**



3 to 4 cooked big potatoes with peel (cut into 2 to 3 parts)  
1 twig rosemary  
1 clove garlic with peel  
a small amount of butter (for frying)  
Himalayan or sea salt

### **Method**

In a frying pan sauté the rosemary, garlic and potatoes in the butter until light golden.

Serve with a green or chicory salad with tomato, onion and a yoghurt-butter milk dressing. Mix some cold-pressed safflower oil, a small amount of butter milk, 3 to 4 tsp. pure yoghurt, fresh herbs and salt.

## **Day 4 Menu Plan**

### **Breakfast: Blueberry Yoghurt**

#### **Ingredients**

½ cup pure yoghurt  
5 tsp. blueberries  
¼ tsp. FOS powder  
¼ xylitol

#### **Method**

Mix in the blender.

### **Lunch: Potato Salad with Tomato and Herbs**

#### **Ingredients**

5 big cooked potatoes with peel (cut in 2 to 3 parts)  
1 big tomato, diced  
1 handful fresh parsley, chopped

5 tsp. cold-pressed safflower oil  
2 tsp. apple cider vinegar  
if you want a small amount of garlic, finely chopped  
a few leaves fresh basil, chopped  
himalayan or sea salt

### **Method**

Mix all together. You can enjoy it warm or cold.

**Tip:** Serve this potato salad with a yoghurt spread and dip the potatoes in it and enjoy.

### **Yoghurt-Buttermilk Spread**

#### **Ingredients**

½ cup yoghurt  
¼ lemongrass, finely chopped  
2 tsp. cold-pressed safflower oil  
a small amount of butter milk  
himalayan or sea salt to taste

**Note:** Serve this potato meal together with a green salad and/or a piece buttermilk cheese. If you want you can sauté some tofu dices and add into the potato salad or some meat strips (chicken breast or turkey). It is possible, but more alkaline is the first variant with a green salad and/or buttermilk cheese or additional with tofu.

### **Between Meal: 50 gram Homemade Chocolate**

#### **Ingredients are for 200 gram**

150 gram cacao butter  
80 gram carob powder  
40 gram soy flour  
stevia extract powder (according to taste)  
2 to 3 tsp. xylitol  
½ tsp. FOS powder

## **Method**

The best method to melt chocolate without trouble is Bain Marie method: Vessel of hot water in which stew pans are stood to warm. Melt cacao butter, then in the next step add carob powder and soy flour in it. Now add xylitol, FOS and stevia extract in it.

Place a large piece of cling film on a clean soup plate or cake form and add the liquid chocolate mixture on it. Once, the chocolate mixture is firm, you can easily remove the foil.

**Tip:** In specialized shops you can buy a real chocolate form. Well also is a plastic tray with a small brim.

**Note:** Soy flour is perfect for a low carb diet, because it reduces carbohydrates like sugar and takes an overproduction of candida the basic living to exist. Besides it is alkaline. Nevertheless, if you don't like soy flour, then add instead of 80 gram carob powder, 120 gram in the chocolate mixture. If you want a creamy taste still add 3 to 4 tsp. butter milk powder or yoghurt powder in it.

## **Dinner: Wrapped Vegetables**

### **Ingredients**

Whole flour

Sparkling water

Himalayan or sea salt

Cooked vegetables e.g. cauliflower, broccoli, zucchini cooled-up

2 pinches FOS powder

a blend of butter and safflower oil

### **Method**

Mix whole flour, salt and FOS powder with enough sparkling water till it gets a thick consistence. Now dip cooked vegetables in the mixture. In a frying pan sauté the vegetables in a blend of butter and safflower oil until light golden.

**Tip:** If gluten free flour is preferred, then add the white carob bean seed flour or the natural egg replacer, called NO Egg, by Orgran in it.

Found out more at [www.orgran.com](http://www.orgran.com)

## **Yoghurt Tomato-Herbal Dip**

### **Ingredients**

½ cup pure yoghurt

½ to 1 small tomato, finely chopped

½ small onion, finely chopped

6 to 8 tsp. fresh herbs like basil, parsley, chive or a blend of them, finely chopped

if you prefer you can add a small amount of garlic

2 tsp. cold-pressed safflower oil

himalayan salt to taste

2 pinches FOS powder

### **Method**

Mix all ingredients in the blender.

## **Yoghurt Orange Dip**

### **Ingredients**

½ cup pure yoghurt

¼ lemongrass, finely chopped

2 tsp. orange extract

1 tsp. cold-pressed safflower oil

1 small pinch ginger extract

1 to 2 pinches turmeric powder or extract

a trace himalayan or sea salt to taste

¼ orange, finely chopped

### **Method**

First mix lemongrass and yoghurt in a small blender together. Then add other ingredients (except orange) and mix again. Now add the finely chopped orange and blend it.

## **Day 5 Menu Plan**

### **Breakfast: Alkaline Fruit Yoghurt**

#### **Ingredients**

½ cup pure yoghurt  
1 tsp. 100 % pure almond butter  
¼ orange or ¼ sour apple, diced  
1 to 1 ½ tsp. xylitol  
¼ tsp. FOS powder

#### **Method**

Blend all together.

### **Lunch: Almond Butter- Cinnamon Sandwich and Avocado Orange / Pink Grapefruit Salad**

#### **Sandwich**

#### **Ingredients**

4 to 5 tsp. pure yoghurt  
½ tsp. 100 % pure almond butter  
2 pinches cinnamon powder  
½ tsp. xylitol  
2 pinches FOS powder  
if you want it sweeter add still stevia extract to taste  
½ tsp. vanilla flouring

#### **Method**

Mix the ingredients together.  
Add a small amount of almond butter on two slices yeast free bread, on top some cinnamon yoghurt creme and one slice bread again.

## **Salad**

### **Ingredients**

2 ripe avocados, diced  
1 orange, diced  
½ lemon, juiced

### **Dressing**

5 tsp. pure yoghurt  
½ tsp. orange juice powder  
1 tsp. cold-pressed safflower oil  
2 pinches FOS powder  
himalayan or sea salt

### **Method**

Blend the dressing and add over the salad and mix together.

## **Between Meal: Orange-Vanilla Yoghurt with Chocolate**

### **Ingredients**

½ cup pure yoghurt  
¼ small orange, diced  
2 tsp. homemade chocolate, finely chopped  
1 small pinch cinnamon powder  
1 pinch vanilla  
stevia extract powder (according to taste)

### **Method**

Mix all together and enjoy. If you want, serve it with 50 gram homemade chocolate.

## **Dinner: Rosemary Potatoes with Homemade Mayonnaise and several Vegetable Salads**

### **Ingredients**

3 to 4 cooked big potatoes with peel (cut into 2 to 3 parts)  
1 twig rosemary  
1 clove garlic with peel  
a small amount of butter (for frying)  
Himalayan or sea salt

### **Method**

In a frying pan sauté the rosemary, garlic and potatoes in the butter until light golden.

### **Homemade Mayonnaise**

#### **Ingredients**

1 to 2 egg yolk  
cold-pressed safflower oil  
1 drop 100 % pure lemongrass oil  
½ to 1 lemon, juiced  
himalayan or sea salt

#### **Method**

Separate the yolks from 1 to 2 eggs and place it in a soup plate. The whites can be discarded.

Stir with a fork *SLOWLY* but always *CLOCKWISE* pouring drop by drop oil at the rim of the egg gradually including the egg yolk. After a while 5 to 10 minutes its consistence will increase. When the mayonnaise is thick to stand up on its own add some salt and the juice of a half or whole lemon.

Important: while adding oil do not interrupt slowly stirring.

You need time, no hectic and a little bit patience and you will be succeed.

### **Yeast Free Bread Substitute (without Oven)**

We recommend the yeast free bread by Pacific Bakery, nevertheless we want give you an alternative.

## Ingredients

2 cups water or soy milk  
1 to 2 pinches himalayan or sea salt  
2 to 3 Hands full ( $\frac{3}{4}$  cup) grain semolina made from corn (“Polenta”), quinoa or millet  
1 to 2 pinches FOS powder

## Method

In the first step bring water to boil. Add salt and reduce heat until water is simmering. Take semolina by the handful and add to water very slowly. To avoid lump stir quickly with a long handled wooden spoon while adding grain semolina. This mixture must become thick while cooking. If necessary add semolina 1 handful. When it is done pour the mixture into a soup plate and let it cool completely. Cut into slices finger width. Taste well with butter milk cheese.

Also you can the slices sauté in a frying pan with a small amount of butter both sides until light golden. Serve it with a large portion of green salad or various vegetable salads.

**Tip:** Using an electric coffee grinder, you can grind millet or quinoa for fine semolina flour. If the recipe made with millet semolina, then you have an alkaline bread substitute.

**Note:** If this recipe is prepared with soy milk, then the content of carbohydrates is reduced. Also it is more alkaline then.

## Healthy Salads for Lunch and / or Dinner

### Radish Apple Salad

#### Ingredients

$\frac{1}{2}$  to  $\frac{3}{4}$  cup radish, finely shredded  
 $\frac{1}{4}$  cup carrot, finely shredded  
 $\frac{1}{2}$  small onion, finely chopped  
 $\frac{1}{2}$  small sour apple, finely diced



3 to 4 tsp. cold-pressed safflower oil  
2 pinches FOS powder  
½ lemon, juiced  
himalayan or sea salt to taste

### **Method**

Mix all together.

## **Broccoli Orange Salad**

### **Ingredients**

¾ cup broccoli, finely chopped  
½ small onion, finely chopped

### **Dressing**

3 to 4 tsp. pure yoghurt  
1 to 2 pinches FOS powder  
3 tsp. lemon juice  
3 tsp. cold-pressed safflower oil  
¼ orange, diced

### **Method**

Blend the dressing and mix all together.

## **Warm Radish, Zucchini or Broccoli Salad**

### **Ingredients**

1 to 1 ½ cup radish, zucchini, diced or broccoli  
4 to 5 tsp. cold-pressed safflower oil  
½ lemon, juiced  
himalayan or sea salt

### **Method**

Boil the radish or broccoli and mix all together.

## **Green Asparagus with a simple Lemon Dressing**

### **Ingredients**

10 asparagus spear, fresh cooked  
½ lemon, juiced  
3 tsp. cold-pressed safflower oil  
himalayan or sea salt

**Note:** White asparagus is a strong acid vegetable, the green variant is a good source of alkaline components.

### **Method**

Mix all together.

## **Fennel Salad with Pink Grapefruit**

### **Ingredients**

¾ cup fennel, finely shredded  
½ pink grapefruit, diced

### **Dressing**

½ lemon, juiced  
4 tsp. cold-pressed safflower oil  
5 fresh leaves basil, chopped  
himalayan or sea salt

### **Method**

Mix the dressing ingredients together. Add the dressing over the salad base ingredients in a bowl and mix them.

## **Tomato-Yoghurt Dressing**

This dressing is great for all green salads.

## **Ingredients**

¼ cup pure yoghurt  
2 tsp. cold-pressed safflower oil  
10 to 12 leaves fresh basil  
himalayan or sea salt  
1 tomato, finely diced  
2 tsp. onion, finely chopped  
if you prefer a small amount of garlic, chopped

## **Method**

Mix all together in a blender.

## **Celery-Apple Salad**

### **Ingredients**

¾ cup celery, finely sliced  
½ sour apple, finely diced

### **Dressing**

3 tsp. pure yoghurt  
3 tsp. cold-pressed safflower oil  
1 tsp. onion, finely chopped  
3 tsp. lemon juice  
a few drops apple vinegar  
himalayan or sea salt

### **Method**

Mix the dressing ingredients together and add over the salad.

## **Buy Sources for the Basic Ingredients**

The goal is to provide the best service to you. Therefore, we have compiled a list with a few possible buy sources and hope it is so easier to find the basic ingredients for our recipes.

**Cold-pressed Safflower oil works strong anti-fungal and supports the liver system**

<http://internaturalfoods.elsstore.com/view/product/?id=13709&cid=25641>

**Baker Yeast stops or at least slows down the healing process, therefore yeast free whole bread should be the basic**

<http://pacificbakery.com/products/>

**Egg Substitute, called NO Egg** [www.orgran.com](http://www.orgran.com)

**Raw unfiltered unpasteurized Apple cider vinegar - Made from the juices of organic certified grown apples**

<http://bragg.com/products/bragg-organic-apple-cider-vinegar.html>

**Xylitol, natural sweetener and fight against candida albicans infection** <http://www.xylitol.org>

**Xylitol, Carob, Almond butter** <http://www.barryfarm.com>

**Several Stevia & Xylitol products, pau d`arco tea, rooibos tea are available by various brands** [www.evitamins.com](http://www.evitamins.com)

**Products for the daily detoxification by Dr. Janet Hull, Ph.D.**

[http://www.hullisticmarket.com/?main\\_page=index&cPath=6/](http://www.hullisticmarket.com/?main_page=index&cPath=6/)

**In the 5-Day Candida Program are some fruits such as Blueberries, Black raspberries or red raspberries allows best is fresh, but also you can use frozen fruits without additional sugar**

<http://www.dole.com/EatRightLanding/EatRtProductIndex/Fruits/FrozenFruits/tabid/599/Default.aspx>

**100 % pure Yoghurt or Butter Milk Powder**

<http://www.frontiercoop.com/products.php?ct=dfmbc&cn=Yogurt+Powder>

[http://www.frontiercoop.com/products.php?ct=dfmbc&cn=Buttermilk](http://www.frontiercoop.com/products.php?ct=dfmbc&cn=Buttermilk%20Powder)

[%20Powder](http://www.frontiercoop.com/products.php?ct=dfmbc&cn=Buttermilk%20Powder)

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