

30-Day Anti-Parasitic Meal Plan

What This Plan Is About

This meal plan pulls together foods that research has shown to have antiparasitic properties, paired with gut-friendly nutrition. It is meant to complement, not replace, medical treatment. Talk to your healthcare provider before making big dietary changes, especially if you are pregnant, nursing, have a medical condition, or take medications.

Foods to Eat Every Day

- Raw Garlic: 2 to 3 cloves daily. Key compound: Allicin. Lab studies show activity against Giardia and Entamoeba.
- Pumpkin Seeds: 2 to 3 tablespoons raw. Key compound: Cucurbitacin. Traditional anthelmintic with some clinical backing.
- Papaya (with seeds): 1/2 cup fresh plus 1 teaspoon seeds. Key compounds: Papain and Carpain. A Nigerian study found reduced parasite burden in children.
- Pomegranate: 1/2 cup arils or 4 oz juice. Key compound: Punicalagins. Peel extract shows activity against Giardia in lab studies.
- Coconut Oil: 1 to 2 tablespoons. Key compounds: Lauric and caprylic acid. Antimicrobial medium-chain fatty acids.
- Ginger: 1 to 2 teaspoons fresh or 500 mg extract. Key compounds: Gingerol and shogaol. Lab studies show anthelmintic activity.
- Onions: 1/2 cup raw or cooked. Key compounds: Quercetin and sulfur compounds. Allium family has antiparasitic properties.
- Fermented Foods: 1/2 cup daily. Key compound: Probiotics. Supports microbiome and competitive exclusion.
- Leafy Greens: 2 to 3 cups daily. Key compounds: Fiber and folate. Mechanical removal and nutrient support.
- Berries: 1 cup daily. Key compounds: Antioxidants and fiber. Immune support and polyphenols.

Foods to Cut Back On or Avoid

- Added Sugar: Feeds parasites and disrupts the microbiome. Swap for: Stevia, monk fruit, or small amounts of raw honey.
- Refined Grains: Starch feeds parasites and offers little nutrition. Swap for: Quinoa, buckwheat, or wild rice in moderation.
- Processed Foods: Additives, preservatives, and hidden sugars. Swap for: Whole foods and home-cooked meals.
- Alcohol: Damages the gut lining, feeds yeast, and burdens the liver. Swap for: Herbal teas and sparkling water.

- Pork (unless well-cooked): Risk of Trichinella and tapeworm. Swap for: Wild-caught fish or pasture-raised poultry.
- Raw or Undercooked Fish: Risk of Anisakis and Diphyllbothrium. Swap for: Previously frozen sushi-grade fish, or fully cooked.
- Dairy (initially): Can be inflammatory and some parasites thrive on it. Swap for: Coconut yogurt or nut milks, reintroduce later.
- High-FODMAP Foods: May worsen bloating if you have SIBO or IBS. Consult a practitioner before including these. Some high-FODMAP foods like garlic and onions are antiparasitic but may cause gas.

7-Day Sample Menu (Repeat for Weeks 1 to 4)

Day 1

- Breakfast: Papaya smoothie (1/2 papaya, 1 tablespoon pumpkin seeds, coconut milk, ginger)
- Lunch: Grilled chicken salad with raw garlic dressing, pomegranate arils, mixed greens
- Snack: Handful of raw pumpkin seeds with herbal tea
- Dinner: Baked salmon with ginger, steamed broccoli, small portion of quinoa
- Evening: 1 tablespoon coconut oil (can stir into herbal tea)

Day 2

- Breakfast: Coconut yogurt with berries and 1 teaspoon ground papaya seeds
- Lunch: Vegetable soup with onions, garlic, ginger, plus a side of fermented vegetables
- Snack: Apple with a small amount of almond butter
- Dinner: Turkey meatballs with tomato-garlic sauce over zucchini noodles
- Evening: Ginger tea with lemon

Day 3

- Breakfast: Scrambled eggs with spinach, onions, and raw garlic
- Lunch: Grilled shrimp salad with avocado and pomegranate dressing
- Snack: Pomegranate arils and pumpkin seeds
- Dinner: Roasted chicken with rosemary, garlic mashed cauliflower
- Evening: Chamomile tea with 1 teaspoon coconut oil

Day 4

- Breakfast: Green smoothie (spinach, ginger, coconut milk, pumpkin seeds, berries)
- Lunch: Lentil soup with turmeric, garlic, and onions (if tolerated)
- Snack: Raw vegetables with garlic-herb hummus
- Dinner: Grilled steak (well done) with roasted root vegetables
- Evening: Peppermint tea

Day 5

- Breakfast: Gluten-free oatmeal with coconut milk, berries, and pumpkin seeds
- Lunch: Tuna salad with mixed greens, raw onions, and olive oil dressing
- Snack: Fermented vegetables (kimchi or sauerkraut)
- Dinner: Baked cod with lemon-garlic butter and asparagus
- Evening: Ginger-turmeric tea

Day 6

- Breakfast: Vegetable omelet with onions, peppers, spinach, and garlic
- Lunch: Chicken bone broth with vegetables and a side salad with pomegranate
- Snack: Coconut flakes and a handful of pumpkin seeds
- Dinner: Stir-fry with ginger, garlic, vegetables, and grass-fed beef
- Evening: Herbal detox tea

Day 7

- Breakfast: Chia pudding with coconut milk, berries, and ginger
- Lunch: Grilled salmon salad with avocado, mixed greens, and raw garlic dressing
- Snack: Papaya slices with lime
- Dinner: Roasted chicken thighs with garlic and Brussels sprouts
- Evening: Warm lemon water with 1 tablespoon coconut oil

Hydration and Detox Support

Drinking enough water is non-negotiable during any cleanse. It helps flush toxins and keeps you regular. Aim for 2 to 3 liters of filtered water daily.

Daily Hydration Schedule

- Morning (right after waking): 16 oz warm water with lemon plus 1 tablespoon coconut oil
- Before breakfast: 8 oz herbal tea (ginger, dandelion, or peppermint)
- Between meals: 8 to 12 oz filtered water every 2 hours
- Afternoon: 8 oz green tea or herbal detox blend
- Evening: 8 oz chamomile or peppermint tea (stop 2 hours before bed)

Tip: Add a pinch of high-quality sea salt to your morning water to support electrolyte balance.

Optional Supplement Support

These supplements can boost the dietary protocol. Always check with your healthcare provider before adding anything new.

- Probiotics (multi-strain): 50 to 100 billion CFU. Purpose: Gut microbiome support. Caution: Start low if you are sensitive.

- Digestive Enzymes: With meals. Purpose: Aid nutrient absorption. Caution: Avoid if you have ulcers.
- L-Glutamine: 5 g daily. Purpose: Gut lining repair. Caution: Generally well tolerated.
- Magnesium (citrate or glycinate): 300 to 400 mg in the evening. Purpose: Bowel regularity and sleep. Caution: May cause loose stools.
- Zinc: 15 to 30 mg daily. Purpose: Immune support and gut repair. Caution: Take with food; do not exceed 40 mg.
- Vitamin D3: 2,000 to 5,000 IU. Purpose: Immune modulation. Caution: Test your levels first; it is fat-soluble.

Weekly Progress Check-Ins

Track these metrics each week to see how your body is responding:

- Energy levels (rate 1 to 10)
- Digestive symptoms (bloating, gas, bowel regularity)
- Sleep quality (hours plus how rested you feel)
- Skin appearance (clarity, any rashes)
- Mood and mental clarity
- Weight (optional; expect some initial water weight fluctuation)
- Any new or worsening symptoms

If symptoms get worse or new ones show up, stop the protocol and talk to a healthcare provider.

This meal plan is for educational purposes only. It is not intended to diagnose, treat, cure, or prevent any disease. Individual results vary. Consult a qualified healthcare professional before beginning any new dietary program.