

The Wahls Protocol[®]

The Wahls[™] Paleo Diet Level 2 Cheat Sheet

Eat recommended foods according to your appetite.



Avoid Excluded foods:



Gluten



Processed
Foods



Eggs



Dairy
Products



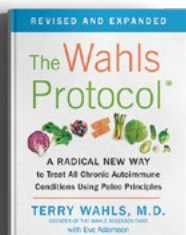
Sugar



Soy
Products



Grains &
Legumes

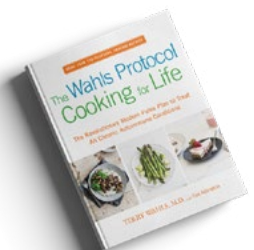


Find more support on the Wahls Protocol[®]

Find more recipe ideas in *Cooking For Life*

Buy 365 Days of Wahls Protocol Premium Menus:
Recipes, menus, and shopping lists for all levels of the Wahls[™] Diet

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