The Wahls Protocol®

The Wahls[™] Paleo Diet Level 2 Cheat Sheet

Eat recommended foods according to your appetite.

Healthy Fats



Healthy Oils

use liquid oils COLD, cook with ghee, coconut fat or animal fats

Seaweed or Sea Vegetables



Fermented foods

Nuts & Seeds (soaked/sprouted)

Grass-fed/Wild

Caught Protein





Organ meats Organic ideally 6 to 12 oz. / 2x week



Greens 3 cups / daily

Sulfur 3 cups / daily

Color 3 cups / daily Vegetarians & Vegans:

and take B12 supplements

Avoid Excluded foods:



Gluten











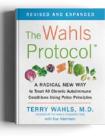


Legumes



Dairy Products

Products

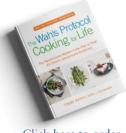


Find more support on the Wahls Protocol®

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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