

Wahls Protocol[®]

Premium Menus



How to Access the Menus

You can download the weekly PDF files from the links in the weekly emails or you can download them from the membership where you can also view the bonus materials.

From Weekly Email

1. Open the weekly email. In the email you will find links to each level's menus as well as the fermented foods list and a link to all the level's menus combined.

Wahls Protocol[®] Premium Menus Week 1

Thank you for signing up for the weekly menus! Each week you will receive an email similar to this where you can login and download your menus or you can simply click the link below to download your menus.

Dinner's ready and your menus are waiting for you! Download your menus below. Remember to always save a copy of your menu to your computer.

...

[Login to your dashboard for the Wahls Protocol[®] Premium Menus](#)

PS--We are always looking to improve the Premium Menus experience and we would love your help! If you are a Premium Menus user, can you please help us out by [answering this quick 4-question survey?](#)

[Download the Complete Week 1 Menus](#)

[Wahls Diet[™] \(Level 1\) for 4 <-- Click to download](#)

2. Click the link to the PDF you would like to open.

[Download the Complete Week 1 Menus](#)

[Wahls Diet[™] \(Level 1\) for 4 <-- Click to download](#)

3. [Login to the membership site.](#)

If you forgot your password, you can retrieve it "[here](#)".

4. The file should auto-download. If it doesn't, hover over the bottom left of the PDF until save options appear (you may need to move the mouse until you find the area.), then click "Save".

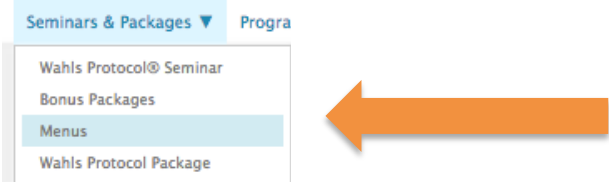


From Membership Site

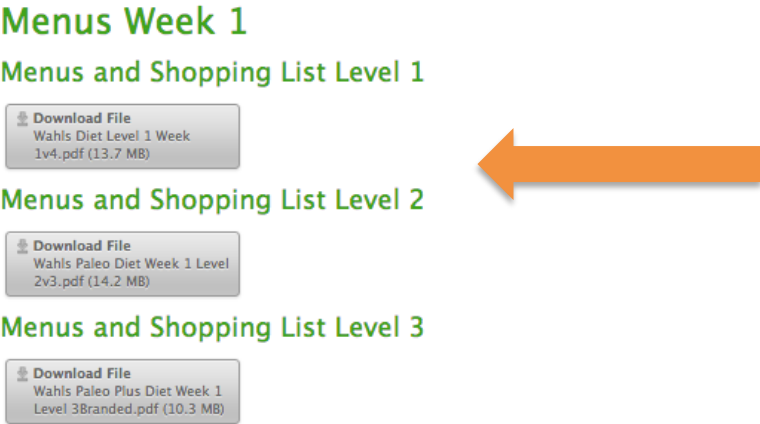
1. [Login to the membership site.](#)
If you forgot your password, you can retrieve it ["here"](#).
2. Click "Seminars & Packages".



3. Click Menus.



4. Click the PDF that you wish to download.



5. The file should auto-download. If it doesn't, hover over the bottom left of the PDF until save options appear (you may need to move the mouse until you find the area.), then click "Save".