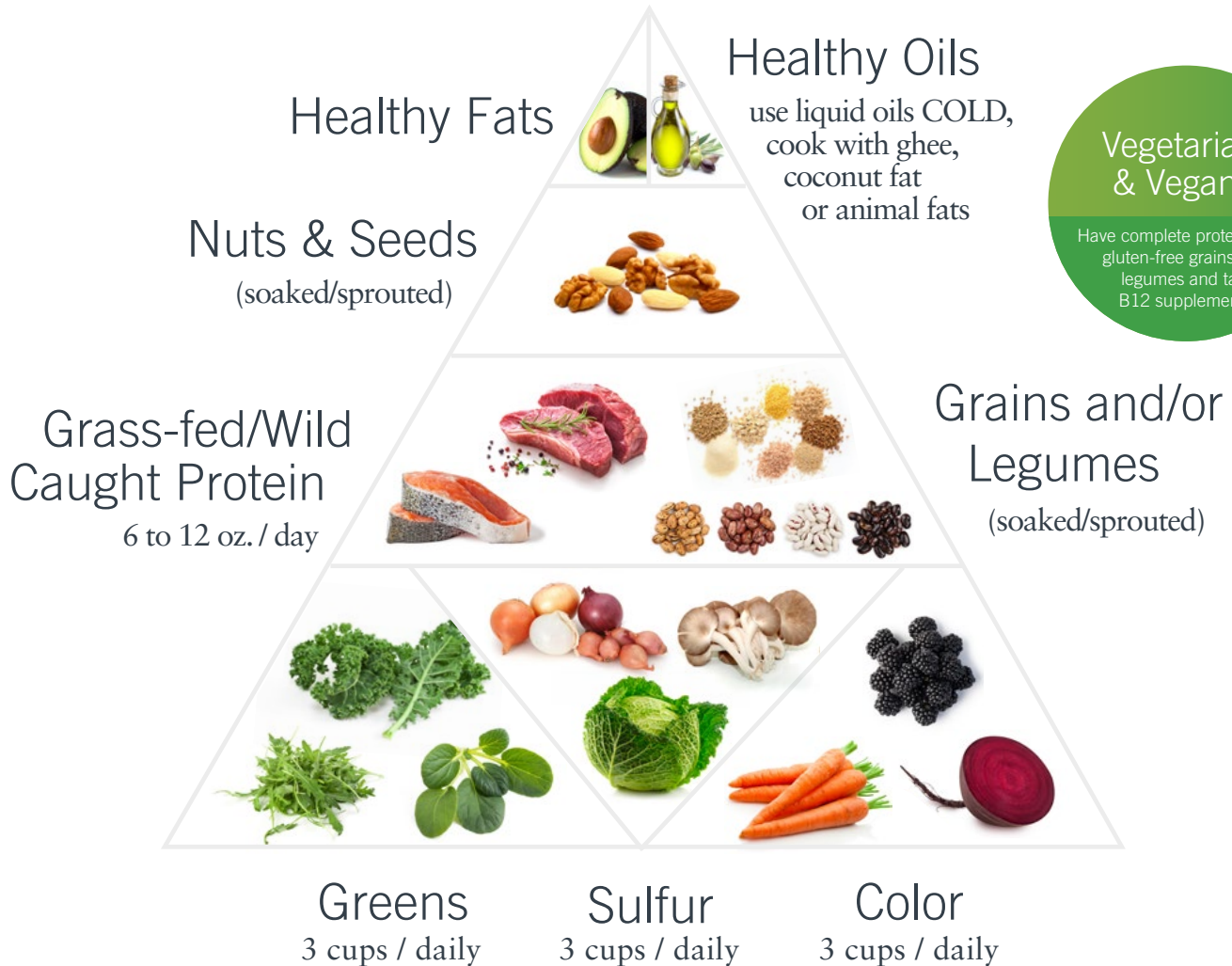


The Wahls Protocol[®]

The Wahls[™] Diet Level 1 Cheat Sheet

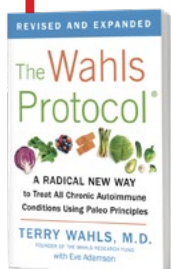
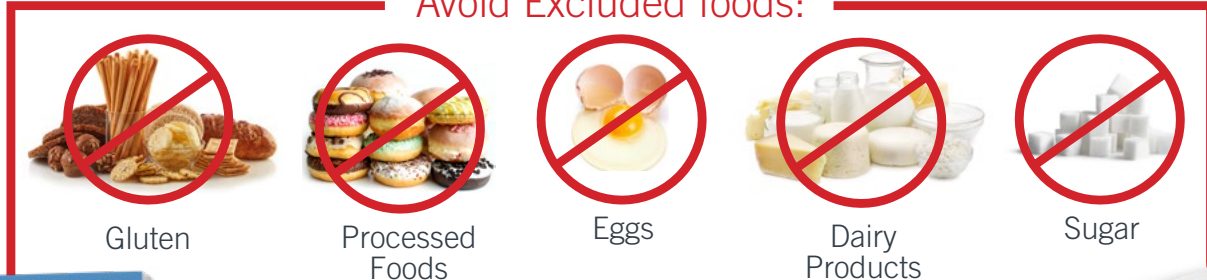
Eat recommended foods according to your appetite.



Vegetarians
& Vegans:

Have complete protein using
gluten-free grains and
legumes and take
B12 supplements

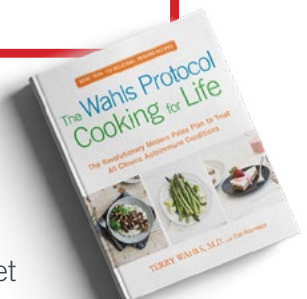
Avoid Excluded foods:



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Find more recipe ideas in *Cooking For Life*

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Recipes, menus, and shopping lists for all levels of the Wahls[™] Diet



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