

The Wahls Protocol[®]

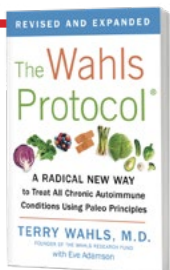
The Wahls[™] Paleo Diet Level 2 Cheat Sheet

Eat recommended foods according to your appetite.



Vegetarians & Vegans:
Have complete protein and take B12 supplements

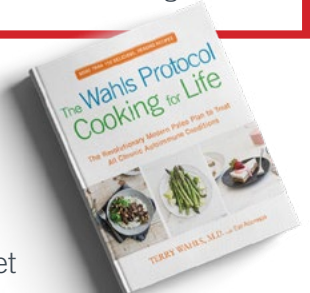
Avoid Excluded foods:



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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