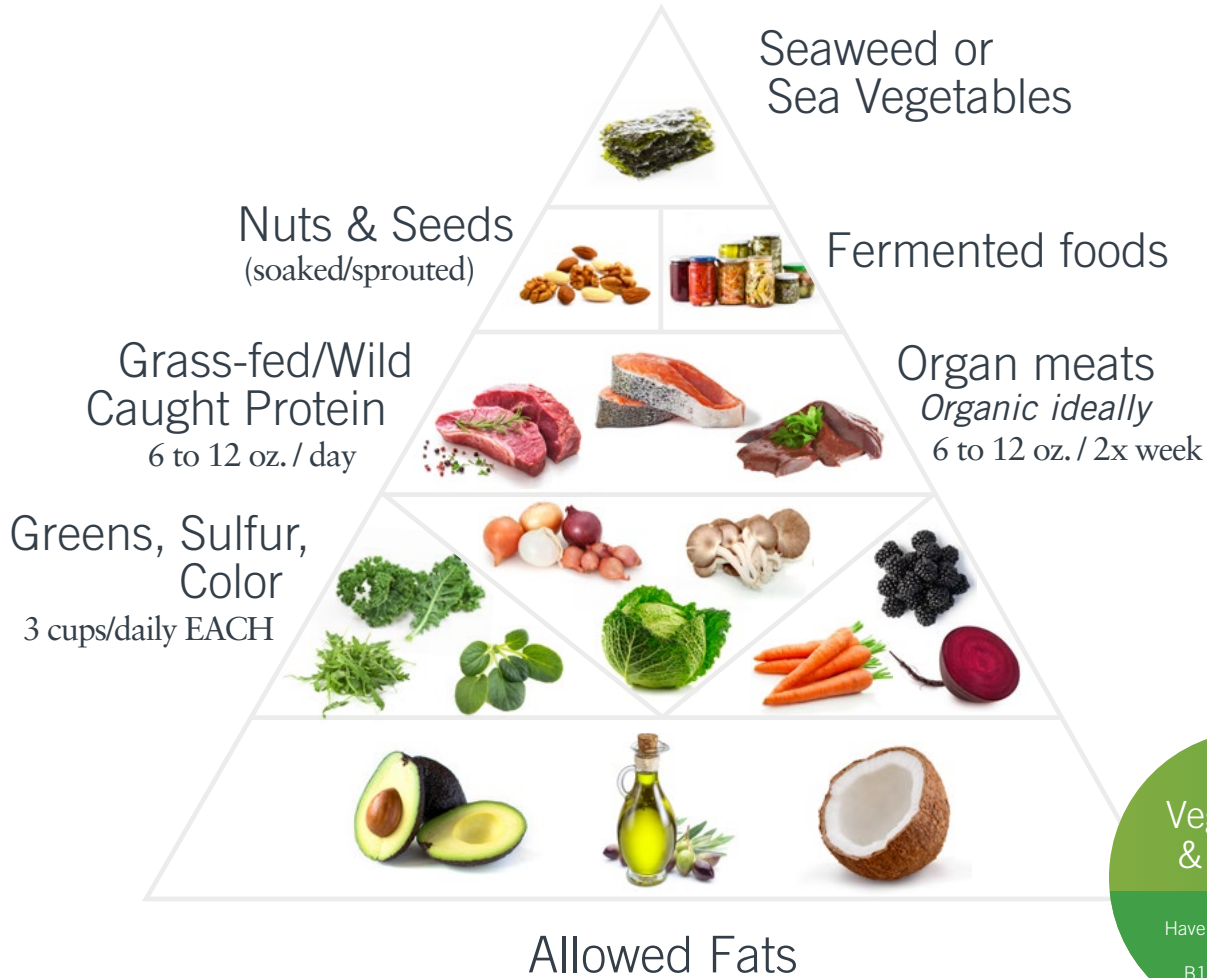


# The Wahls Protocol<sup>®</sup>

## The Wahls<sup>™</sup> Paleo Plus Diet Level 3 Cheat Sheet

Eat recommended foods according to your appetite.



### Avoid Excluded foods:



Gluten



Processed Foods



Eggs



Dairy Products



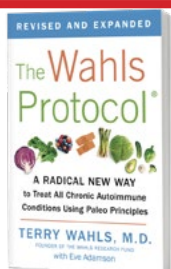
Sugar



Soy Products



Grains & Legumes



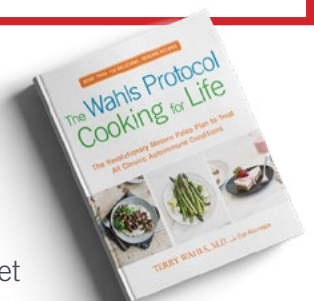
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