

Recipe Companion

*The Wahls Protocol:
How I Beat Progressive MS Using Paleo Principles and
Functional Medicine*

Dr Terry Wahls LLC
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Recipe Companion
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Introduction

This **Recipe Companion** was developed to assist you in using recipes published in *The Wahls Protocol* as part of your personal Wahls™, Wahls Paleo™, or Wahls Paleo Plus™ eating plan. In the pages that follow you will find nutrition information for the recipes that will answer questions often asked by individuals as they begin following the Wahls Protocol™.

Which recipes are suitable for the Wahls™, Wahls Paleo™ or Wahls Paleo Plus™ diets?

- All recipes in the Table of Contents are suitable for the Wahls™ diet.
- To help you easily find recipes that follow the food rules for the [Wahls Paleo™](#) and [Wahls Paleo Plus™](#) diets we have created separate recipe lists for these diets on page [59](#) and [61](#).
- You can also look for the **Diet Category** on each recipe page which tells you whether that recipe meets the food rules for the Wahls™, Wahls Paleo™, or Wahls Paleo Plus™ diets.
- **[Put it into Practice:](#)** The sample smoothie recipe on the next page is suitable for the Wahls™ diet only. The recipe contains soy milk, a prohibited food on the Wahls Paleo™ and Wahls Paleo Plus™ eating plans, so this recipe is not acceptable for those diets.

How do I count a recipe as part of my daily cups of leafy greens, sulfur and color?

- We're glad you asked! Each recipe page includes the number of **Wahls Food Groups per Serving**. The phrase "Wahls Food Group" is our way of referring to Leafy, Sulfur, Color and other categories of Wahls foods found in Appendix A of the book.
- **[Put it into Practice:](#)** If you ate one serving of the sample smoothie, you would count it as 1/2 cup Leafy, 0 cups Sulfur, and 1 cup Color. If you ate two servings, then double the cups!
- Note: 2 cups of fresh, raw, loosely packed leafy greens are credited as 1 cup Leafy. 1 cup cooked leafy greens are counted as a 1 cup serving.

Which recipes are good sources of calcium?

- The nutrient table on each recipe page includes a column for the Percent Daily Value.
- Recipes with a value of 20% or more are considered "high" in that nutrient.
- **[Put it into Practice:](#)** One serving of the smoothie recipe on the next page is high in calcium. It is also high in 16 other nutrients including dietary fiber, protein, vitamin A and vitamin C!
- Note: Recipes with a Percent Daily Value of 5% or less are considered "low" in that nutrient. Daily values have not been established for all nutrients. The Daily Value for protein, fat, and carbohydrate may be higher or lower than amounts typically consumed when following the Wahls Paleo™ and Wahls Paleo Plus™ diets.

Sample Smoothie

Serving Size: 1 recipe

Recipe: 1 cup collards, fresh, raw ♦ ½ cup muskmelon cubes, fresh ♦ ½ cup watermelon cubes, fresh ♦ 1 cup soy milk, unsweetened, organic, with added calcium and vitamin D ♦ 1 tbsp nutritional yeast ♦ water/ice as desired

→ **Diet Category:** Wahls™

Wahls Food Groups per Serving:

Leafy cups	Sulfur cups	Color					Total cups	Meat/Fish				Coconut		Yeast tbsp
		Green cups	Red cups	Blue cups	Orange cups	Organ oz		Omega-3 oz	Other oz	Total oz	Oil tbsp	Milk cups		
0.5	0	0	0.5	0	0.5	1.0	0	0	0	0	0	0	0	1

Nutrient	Per Serving	Daily Value ¹	Percent Daily Value
Dietary Components			
Calories	168 kcal		
Calories from Fat	40 kcal		
Total Fat	4.732 g	65 g	7 %
Saturated Fat	0.690 g	20 g	3 %
Trans Fat	0.000 g		
Cholesterol	0 mg	300 mg	0 %
Sodium	109 mg	2400 mg	5 %
Total Carbohydrate	22.550 g	300 g	8 %
Dietary Fiber	7.048 g	25 g	28 %
Sugars	12.456 g		
Protein	13.766 g	50 g	28 %
Total Vitamin A Activity	6039 IU	5000 IU	121 %
Vitamin C	48.955 mg	60 mg	82 %
→ Calcium	371 mg	1000 mg	37 %
Iron	1.924 mg	18 mg	11 %
Vitamin D	120 IU	400 IU	30 %
Vitamin E	2 IU	30 IU	5 %
Vitamin K	194.220 mcg	80 mcg	243 %
Thiamin	5.431 mg	1.5 mg	362 %
Riboflavin	5.875 mg	1.7 mg	346 %
Niacin	32.005 mg	20 mg	160 %
Vitamin B6	5.539 mg	2.0 mg	277 %
Folic Acid	235 mcg	400 mcg	59 %
Vitamin B12	7.406 mcg	6 mcg	123 %
Pantothenic Acid	0.998 mg	10 mg	10 %
Phosphorus	225 mg	1000 mg	23 %
Magnesium	72 mg	400 mg	18 %
Zinc	2.629 mg	15 mg	18 %
Selenium	19.030 mcg	70 mcg	27 %
Copper	0.324 mg	2.0 mg	16 %
Manganese	0.567 mg	2.0 mg	28 %
Potassium	836 mg	3500 mg	24 %

¹ Daily Values are reference amounts established by the U.S. Food and Drug Administration (FDA) and used to calculate the Percent Daily Values that appear on food labels. Values are based on a 2,000 calorie diet. Daily Values have not been established for all nutrients.

Nutrient composition of this recipe was calculated using Nutrition Data System for Research software 2012 developed by the Nutrition Coordinating Center (NCC), University of Minnesota, Minneapolis, MN.

Beet-Mango-Blueberry-Ginger-Soy Smoothie

Serving Size: 1 recipe

Recipe: ½ cup beet, raw, pieces ♦ ½ cup mango, sliced ♦ ½ cup blueberries, frozen, unsweetened ♦ ½ tsp ginger root, sliced ♦ 1 cup soy milk, unsweetened, organic, with added calcium and vitamin D ♦ 1 tbsp nutritional yeast ♦ water/ice as desired

Diet Category: Wahls™

Wahls Food Groups per Serving:

Leafy cups	Sulfur cups	Color					Meat/Fish				Coconut		Yeast tbsp
		Green cups	Red cups	Blue cups	Orange cups	Total cups	Organ oz	Omega-3 oz	Other oz	Total oz	Oil tbsp	Milk cups	
0	0	0	0.5	0.5	0.5	1.5	0	0	0	0	0	0	1

Nutrient	Per Serving	Daily Value ¹	Percent Daily Value
Dietary Components			
Calories	248 kcal		
Calories from Fat	46 kcal		
Total Fat	5.513 g	65 g	8 %
Saturated Fat	0.781 g	20 g	4 %
Trans Fat	0.000 g		
Cholesterol	0 mg	300 mg	0 %
Sodium	150 mg	2400 mg	6 %
Total Carbohydrate	41.874 g	300 g	14 %
Dietary Fiber	11.146 g	25 g	45 %
Sugars	26.949 g		
Protein	14.083 g	50 g	28 %
Total Vitamin A Activity	1468 IU	5000 IU	29 %
Vitamin C	37.188 mg	60 mg	62 %
Calcium	341 mg	1000 mg	34 %
Iron	2.414 mg	18 mg	13 %
Vitamin D	120 IU	400 IU	30 %
Vitamin E	2 IU	30 IU	7 %
Vitamin K	30.721 mcg	80 mcg	38 %
Thiamin	5.436 mg	1.5 mg	362 %
Riboflavin	5.900 mg	1.7 mg	347 %
Niacin	32.425 mg	20 mg	162 %
Vitamin B6	5.607 mg	2.0 mg	280 %
Folic Acid	274 mcg	400 mcg	69 %
Vitamin B12	7.406 mcg	6 mcg	123 %
Pantothenic Acid	1.070 mg	10 mg	11 %
Phosphorus	254 mg	1000 mg	25 %
Magnesium	85 mg	400 mg	21 %
Zinc	2.787 mg	15 mg	19 %
Selenium	19.055 mcg	70 mcg	27 %
Copper	0.453 mg	2.0 mg	23 %
Manganese	0.861 mg	2.0 mg	43 %
Potassium	916 mg	3500 mg	26 %

¹ Daily Values are reference amounts established by the U.S. Food and Drug Administration (FDA) and used to calculate the Percent Daily Values that appear on food labels. Values are based on a 2,000 calorie diet. Daily Values have not been established for all nutrients.

Nutrient composition of this recipe was calculated using Nutrition Data System for Research software 2012 developed by the Nutrition Coordinating Center (NCC), University of Minnesota, Minneapolis, MN.

Beet-Orange-Cherry-Ginger Smoothie

Serving Size: 1 recipe

Recipe: ½ cup beet, raw, pieces ♦ 1 small orange, approx. ½ cup ♦ 1 cup cherries, fresh, sweet ♦ 1 tbsp nutritional yeast ♦ water/ice as desired

Diet Category: Wahls™, Wahls Paleo™

Wahls Food Groups per Serving:

Leafy cups	Sulfur cups	Color					Meat/Fish				Coconut		Yeast tbsp
		Green cups	Red cups	Blue cups	Orange cups	Total cups	Organ oz	Omega-3 oz	Other oz	Total oz	Oil tbsp	Milk cups	
0	0	0	1.5	0	0.5	2.0	0	0	0	0	0	0	1

Nutrient	Per Serving	Daily Value ¹	Percent Daily Value
Dietary Components			
Calories	208 kcal		
Calories from Fat	9 kcal		
Total Fat	1.029 g	65 g	2 %
Saturated Fat	0.159 g	20 g	1 %
Trans Fat	0.000 g		
Cholesterol	0 mg	300 mg	0 %
Sodium	63 mg	2400 mg	3 %
Total Carbohydrate	47.185 g	300 g	16 %
Dietary Fiber	9.631 g	25 g	39 %
Sugars	33.391 g		
Protein	8.303 g	50 g	17 %
Total Vitamin A Activity	337 IU	5000 IU	7 %
Vitamin C	65.404 mg	60 mg	109 %
Calcium	81 mg	1000 mg	8 %
Iron	1.645 mg	18 mg	9 %
Vitamin D	0 IU	400 IU	0 %
Vitamin E	1 IU	30 IU	2 %
Vitamin K	3.374 mcg	80 mcg	4 %
Thiamin	5.435 mg	1.5 mg	362 %
Riboflavin	5.405 mg	1.7 mg	318 %
Niacin	31.612 mg	20 mg	158 %
Vitamin B6	5.473 mg	2.0 mg	274 %
Folic Acid	242 mcg	400 mcg	60 %
Vitamin B12	4.406 mcg	6 mcg	73 %
Pantothenic Acid	1.234 mg	10 mg	12 %
Phosphorus	171 mg	1000 mg	17 %
Magnesium	57 mg	400 mg	14 %
Zinc	2.207 mg	15 mg	15 %
Selenium	13.324 mcg	70 mcg	19 %
Copper	0.284 mg	2.0 mg	14 %
Manganese	0.417 mg	2.0 mg	21 %
Potassium	931 mg	3500 mg	27 %

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Nutrient composition of this recipe was calculated using Nutrition Data System for Research software 2012 developed by the Nutrition Coordinating Center (NCC), University of Minnesota, Minneapolis, MN.

Bok Choy-Kiwi-Strawberry Smoothie

Serving Size: 1 recipe

Recipe: 1 cup bok choy, fresh, raw ♦ 1 cup kiwi, green, cut pieces ♦ 1 cup strawberries, frozen, unsweetened ♦ 1 tbsp nutritional yeast ♦ water/ice as desired

Diet Category: Wahls™, Wahls Paleo™

Wahls Food Groups per Serving:

Leafy cups	Sulfur cups	Color					Meat				Coconut		Yeast tbsp
		Green cups	Red cups	Blue cups	Orange cups	Total cups	Organ oz	Omega-3 oz	Other oz	Total oz	Oil tbsp	Milk cups	
0.5	0	1	1	0	0	2	0	0	0	0	0	0	1

Nutrient	Per Serving	Daily Value ¹	Percent Daily Value
Dietary Components			
Calories	229 kcal		
Calories from Fat	15 kcal		
Total Fat	1.776 g	65 g	3 %
Saturated Fat	0.143 g	20 g	1 %
Trans Fat	0.000 g		
Cholesterol	0 mg	300 mg	0 %
Sodium	74 mg	2400 mg	3 %
Total Carbohydrate	52.057 g	300 g	17 %
Dietary Fiber	12.889 g	25 g	52 %
Sugars	27.086 g		
Protein	8.645 g	50 g	17 %
Total Vitamin A Activity	3384 IU	5000 IU	68 %
Vitamin C	289.412 mg	60 mg	482 %
Calcium	188 mg	1000 mg	19 %
Iron	3.200 mg	18 mg	18 %
Vitamin D	0 IU	400 IU	0 %
Vitamin E	5 IU	30 IU	15 %
Vitamin K	109.252 mcg	80 mcg	137 %
Thiamin	5.413 mg	1.5 mg	361 %
Riboflavin	5.463 mg	1.7 mg	321 %
Niacin	32.829 mg	20 mg	164 %
Vitamin B6	5.599 mg	2.0 mg	280 %
Folic Acid	261 mcg	400 mcg	65 %
Vitamin B12	4.406 mcg	6 mcg	73 %
Pantothenic Acid	1.202 mg	10 mg	12 %
Phosphorus	212 mg	1000 mg	21 %
Magnesium	84 mg	400 mg	21 %
Zinc	2.475 mg	15 mg	17 %
Selenium	14.594 mcg	70 mcg	21 %
Copper	0.468 mg	2.0 mg	23 %
Manganese	0.980 mg	2.0 mg	49 %
Potassium	1241 mg	3500 mg	35 %

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Nutrient composition of this recipe was calculated using Nutrition Data System for Research software 2012 developed by the Nutrition Coordinating Center (NCC), University of Minnesota, Minneapolis, MN.

Bok Choy-Orange-Pineapple Smoothie

Serving Size: 1 recipe

Recipe: 1 cup bok choy, fresh, raw ♦ 2 small oranges, approx. 1 cup ♦ 1 cup pineapple chunks, fresh ♦ 1 tbsp nutritional yeast ♦ water/ice as desired

Diet Category: Wahls™, Wahls Paleo™

Wahls Food Groups per Serving:

Leafy cups	Sulfur cups	Color					Meat/Fish				Coconut		Yeast tbsp
		Green cups	Red cups	Blue cups	Orange cups	Total cups	Organ oz	Omega-3 oz	Other oz	Total oz	Oil tbsp	Milk cups	
0.5	0	0	0	0	2	2	0	0	0	0	0	0	1

Nutrient	Amount Reported	Daily Value ¹	Percent Daily Value
Dietary Components			
Calories	170 kcal		
Calories from Fat	8 kcal		
Total Fat	0.911 g	65 g	1 %
Saturated Fat	0.107 g	20 g	1 %
Trans Fat	0.000 g		
Cholesterol	0 mg	300 mg	0 %
Sodium	59 mg	2400 mg	2 %
Total Carbohydrate	38.420 g	300 g	13 %
Dietary Fiber	7.414 g	25 g	30 %
Sugars	26.054 g		
Protein	7.436 g	50 g	15 %
Total Vitamin A Activity	3439 IU	5000 IU	69 %
Vitamin C	161.442 mg	60 mg	269 %
Calcium	147 mg	1000 mg	15 %
Iron	1.559 mg	18 mg	9 %
Vitamin D	0 IU	400 IU	0 %
Vitamin E	0 IU	30 IU	2 %
Vitamin K	33.005 mcg	80 mcg	41 %
Thiamin	5.529 mg	1.5 mg	369 %
Riboflavin	5.428 mg	1.7 mg	319 %
Niacin	32.289 mg	20 mg	161 %
Vitamin B6	5.666 mg	2.0 mg	283 %
Folic Acid	237 mcg	400 mcg	59 %
Vitamin B12	4.406 mcg	6 mcg	73 %
Pantothenic Acid	1.226 mg	10 mg	12 %
Phosphorus	149 mg	1000 mg	15 %
Magnesium	57 mg	400 mg	14 %
Zinc	2.184 mg	15 mg	15 %
Selenium	13.333 mcg	70 mcg	19 %
Copper	0.334 mg	2.0 mg	17 %
Manganese	1.717 mg	2.0 mg	86 %
Potassium	706 mg	3500 mg	20 %

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Nutrient composition of this recipe was calculated using Nutrition Data System for Research software 2012 developed by the Nutrition Coordinating Center (NCC), University of Minnesota, Minneapolis, MN.

Cilantro-Orange-Pineapple Smoothie

Serving Size: 1 recipe

Recipe: 1 cup cilantro, fresh ♦ 1 small orange, approx. ½ cup ♦ 1 cup pineapple chunks, fresh ♦ 1 tbsp nutritional yeast ♦ water/ice as desired

Diet Category: Wahls™, Wahls Paleo™

Wahls Food Groups per Serving:

Leafy cups	Sulfur cups	Color					Meat				Coconut		Yeast tbsp
		Green cups	Red cups	Blue cups	Orange cups	Total cups	Organ oz	Omega-3 oz	Other oz	Total oz	Oil tbsp	Milk cups	
0.5	0	0	0	0	1.5	1.5	0	0	0	0	0	0	1

Nutrient	Per Serving	Daily Value ¹	Percent Daily Value
Dietary Components			
Calories	164 kcal		
Calories from Fat	7 kcal		
Total Fat	0.854 g	65 g	1 %
Saturated Fat	0.091 g	20 g	0 %
Trans Fat	0.000 g		
Cholesterol	0 mg	300 mg	0 %
Sodium	28 mg	2400 mg	1 %
Total Carbohydrate	37.481 g	300 g	12 %
Dietary Fiber	7.162 g	25 g	29 %
Sugars	25.368 g		
Protein	6.727 g	50 g	13 %
Total Vitamin A Activity	1391 IU	5000 IU	28 %
Vitamin C	134.262 mg	60 mg	224 %
Calcium	89 mg	1000 mg	9 %
Iron	1.282 mg	18 mg	7 %
Vitamin D	0 IU	400 IU	0 %
Vitamin E	1 IU	30 IU	3 %
Vitamin K	50.755 mcg	80 mcg	63 %
Thiamin	5.512 mg	1.5 mg	367 %
Riboflavin	5.405 mg	1.7 mg	318 %
Niacin	32.118 mg	20 mg	161 %
Vitamin B6	5.554 mg	2.0 mg	278 %
Folic Acid	201 mcg	400 mcg	50 %
Vitamin B12	4.406 mcg	6 mcg	73 %
Pantothenic Acid	1.255 mg	10 mg	13 %
Phosphorus	130 mg	1000 mg	13 %
Magnesium	49 mg	400 mg	12 %
Zinc	2.148 mg	15 mg	14 %
Selenium	13.126 mcg	70 mcg	19 %
Copper	0.372 mg	2.0 mg	19 %
Manganese	1.674 mg	2.0 mg	84 %
Potassium	613 mg	3500 mg	18 %

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Nutrient composition of this recipe was calculated using Nutrition Data System for Research software 2012 developed by the Nutrition Coordinating Center (NCC), University of Minnesota, Minneapolis, MN.

Collards-Muskmelon-Watermelon-Soy Smoothie

Serving Size: 1 recipe

Recipe: 1 cup collards, fresh, raw ♦ ½ cup muskmelon cubes, fresh ♦ ½ cup watermelon cubes, fresh ♦ 1 cup soy milk, unsweetened, organic, with added calcium and vitamin D ♦ 1 tbsp nutritional yeast ♦ water/ice as desired

Diet Category: Wahls™

Wahls Food Groups per Serving:

Leafy cups	Sulfur cups	Color					Meat/Fish				Coconut		Yeast tbsp
		Green cups	Red cups	Blue cups	Orange cups	Total cups	Organ oz	Omega-3 oz	Other oz	Total oz	Oil tbsp	Milk cups	
0.5	0	0	0.5	0	0.5	1.0	0	0	0	0	0	0	1.0

Nutrient	Per Serving	Daily Value ¹	Percent Daily Value
Dietary Components			
Calories	168 kcal		
Calories from Fat	40 kcal		
Total Fat	4.732 g	65 g	7 %
Saturated Fat	0.690 g	20 g	3 %
Trans Fat	0.000 g		
Cholesterol	0 mg	300 mg	0 %
Sodium	109 mg	2400 mg	5 %
Total Carbohydrate	22.550 g	300 g	8 %
Dietary Fiber	7.048 g	25 g	28 %
Sugars	12.456 g		
Protein	13.766 g	50 g	28 %
Total Vitamin A Activity	6039 IU	5000 IU	121 %
Vitamin C	48.955 mg	60 mg	82 %
Calcium	371 mg	1000 mg	37 %
Iron	1.924 mg	18 mg	11 %
Vitamin D	120 IU	400 IU	30 %
Vitamin E	2 IU	30 IU	5 %
Vitamin K	194.220 mcg	80 mcg	243 %
Thiamin	5.431 mg	1.5 mg	362 %
Riboflavin	5.875 mg	1.7 mg	346 %
Niacin	32.005 mg	20 mg	160 %
Vitamin B6	5.539 mg	2.0 mg	277 %
Folic Acid	235 mcg	400 mcg	59 %
Vitamin B12	7.406 mcg	6 mcg	123 %
Pantothenic Acid	0.998 mg	10 mg	10 %
Phosphorus	225 mg	1000 mg	23 %
Magnesium	72 mg	400 mg	18 %
Zinc	2.629 mg	15 mg	18 %
Selenium	19.030 mcg	70 mcg	27 %
Copper	0.324 mg	2.0 mg	16 %
Manganese	0.567 mg	2.0 mg	28 %
Potassium	836 mg	3500 mg	24 %

¹ Daily Values are reference amounts established by the U.S. Food and Drug Administration (FDA) and used to calculate the Percent Daily Values that appear on food labels. Values are based on a 2,000 calorie diet. Daily Values have not been established for all nutrients.

Nutrient composition of this recipe was calculated using Nutrition Data System for Research software 2012 developed by the Nutrition Coordinating Center (NCC), University of Minnesota, Minneapolis, MN.

Kale-Orange-Pineapple-Soy Smoothie

Serving Size: 1 recipe

Recipe: 1 cup kale, fresh, raw ♦ 1 small orange, approx. ½ cup ♦ 1 cup pineapple chunks, fresh ♦ 1 cup soy milk, unsweetened, organic, with added calcium and vitamin D ♦ 1 tbsp nutritional yeast ♦ water/ice as desired

Diet Category: Wahls™

Wahls Food Groups per Serving:

Leafy cups	Sulfur cups	Color					Meat/Fish				Coconut		Yeast tbsp
		Green cups	Red cups	Blue cups	Orange cups	Total cups	Organ oz	Omega-3 oz	Other oz	Total oz	Oil tbsp	Milk cups	
0.5	0	0	0	0	1.5	1.5	0	0	0	0	0	0	1.0

Nutrient	Per Serving	Daily Value ¹	Percent Daily Value
Dietary Components			
Calories	269 kcal		
Calories from Fat	43 kcal		
Total Fat	5.097 g	65 g	8 %
Saturated Fat	0.707 g	20 g	4 %
Trans Fat	0.000 g		
Cholesterol	0 mg	300 mg	0 %
Sodium	118 mg	2400 mg	5 %
Total Carbohydrate	47.870 g	300 g	16 %
Dietary Fiber	10.634 g	25 g	43 %
Sugars	27.235 g		
Protein	15.753 g	50 g	32 %
Total Vitamin A Activity	11114 IU	5000 IU	222 %
Vitamin C	211.073 mg	60 mg	352 %
Calcium	456 mg	1000 mg	46 %
Iron	3.218 mg	18 mg	18 %
Vitamin D	120 IU	400 IU	30 %
Vitamin E	2 IU	30 IU	8 %
Vitamin K	556.801 mcg	80 mcg	696 %
Thiamin	5.642 mg	1.5 mg	376 %
Riboflavin	5.975 mg	1.7 mg	351 %
Niacin	32.781 mg	20 mg	164 %
Vitamin B6	5.812 mg	2.0 mg	291 %
Folic Acid	234 mcg	400 mcg	59 %
Vitamin B12	7.406 mcg	6 mcg	123 %
Pantothenic Acid	1.302 mg	10 mg	13 %
Phosphorus	266 mg	1000 mg	27 %
Magnesium	104 mg	400 mg	26 %
Zinc	2.922 mg	15 mg	19 %
Selenium	19.186 mcg	70 mcg	27 %
Copper	0.665 mg	2.0 mg	33 %
Manganese	2.478 mg	2.0 mg	124 %
Potassium	1129 mg	3500 mg	32 %

¹ Daily Values are reference amounts established by the U.S. Food and Drug Administration (FDA) and used to calculate the Percent Daily Values that appear on food labels. Values are based on a 2,000 calorie diet. Daily Values have not been established for all nutrients.

Nutrient composition of this recipe was calculated using Nutrition Data System for Research software 2012 developed by the Nutrition Coordinating Center (NCC), University of Minnesota, Minneapolis, MN.

Kale-Orange-Soy Smoothie

Serving Size: 1 recipe

Recipe: 1 cup kale, fresh, raw ♦ 1 small orange, approx. ½ cup ♦ 1 cup soy milk, unsweetened, organic, with added calcium and vitamin D ♦ 1 tbsp nutritional yeast ♦ water/ice as desired

Diet Category: Wahls™

Wahls Food Groups per Serving:

Leafy cups	Sulfur cups	Color					Meat/Fish				Coconut		Yeast tbsp
		Green cups	Red cups	Blue cups	Orange cups	Total cups	Organ oz	Omega-3 oz	Other oz	Total oz	Oil tbsp	Milk cups	
0.5	0	0	0	0	0.5	0.5	0	0	0	0	0	0	1.0

Nutrient	Per Serving	Daily Value ¹	Percent Daily Value
Dietary Components			
Calories	186 kcal		
Calories from Fat	41 kcal		
Total Fat	4.899 g	65 g	8 %
Saturated Fat	0.692 g	20 g	3 %
Trans Fat	0.000 g		
Cholesterol	0 mg	300 mg	0 %
Sodium	123 mg	2400 mg	5 %
Total Carbohydrate	26.222 g	300 g	9 %
Dietary Fiber	8.324 g	25 g	33 %
Sugars	10.983 g		
Protein	14.862 g	50 g	30 %
Total Vitamin A Activity	11018 IU	5000 IU	220 %
Vitamin C	132.203 mg	60 mg	220 %
Calcium	440 mg	1000 mg	44 %
Iron	2.740 mg	18 mg	15 %
Vitamin D	120 IU	400 IU	30 %
Vitamin E	2 IU	30 IU	8 %
Vitamin K	555.646 mcg	80 mcg	695 %
Thiamin	5.511 mg	1.5 mg	367 %
Riboflavin	5.923 mg	1.7 mg	348 %
Niacin	31.956 mg	20 mg	160 %
Vitamin B6	5.627 mg	2.0 mg	281 %
Folic Acid	204 mcg	400 mcg	51 %
Vitamin B12	7.406 mcg	6 mcg	123 %
Pantothenic Acid	0.951 mg	10 mg	10 %
Phosphorus	252 mg	1000 mg	25 %
Magnesium	86 mg	400 mg	21 %
Zinc	2.741 mg	15 mg	18 %
Selenium	19.021 mcg	70 mcg	27 %
Copper	0.500 mg	2.0 mg	25 %
Manganese	0.949 mg	2.0 mg	47 %
Potassium	950 mg	3500 mg	27 %

¹ Daily Values are reference amounts established by the U.S. Food and Drug Administration (FDA) and used to calculate the Percent Daily Values that appear on food labels. Values are based on a 2,000 calorie diet. Daily Values have not been established for all nutrients.

Nutrient composition of this recipe was calculated using Nutrition Data System for Research software 2012 developed by the Nutrition Coordinating Center (NCC), University of Minnesota, Minneapolis, MN.

Kale-Coconut-Green Tea Smoothie

Serving Size: 1 recipe

Recipe: 1 cup kale, fresh, raw ♦ ¾ cup coconut milk, canned, unsweetened, ~14g fat per 1/3 cup ♦ 1 tsp matcha green tea powder ♦ 1 tsp cardamom ♦ water/ice as desired

Diet Category: Wahls™, Wahls Paleo™, Wahls Paleo Plus™

Wahls Food Groups per Serving:

Leafy cups	Sulfur cups	Color					Meat/Fish				Coconut		Yeast tbsp
		Green cups	Red cups	Blue cups	Orange cups	Total cups	Organ oz	Omega-3 oz	Other oz	Total oz	Oil tbsp	Milk cups	
0.5	0	0	0	0	0	0	0	0	0	0	0	0.75	0

Nutrient	Per Serving	Daily Value ¹	Percent Daily Value
Dietary Components			
Calories	409 kcal		
Calories from Fat	303 kcal		
Total Fat	36.167 g	65 g	56 %
Saturated Fat	31.662 g	20 g	158 %
Trans Fat	0.000 g		
Cholesterol	0 mg	300 mg	0 %
Sodium	33 mg	2400 mg	1 %
Total Carbohydrate	24.676 g	300 g	8 %
Dietary Fiber	3.437 g	25 g	14 %
Sugars	8.326 g		
Protein	5.172 g	50 g	10 %
Total Vitamin A Activity	10302 IU	5000 IU	206 %
Vitamin C	82.687 mg	60 mg	138 %
Calcium	39 mg	1000 mg	4 %
Iron	3.268 mg	18 mg	18 %
Vitamin D	0 IU	400 IU	0 %
Vitamin E	2 IU	30 IU	6 %
Vitamin K	547.561 mcg	80 mcg	684 %
Thiamin	0.117 mg	1.5 mg	8 %
Riboflavin	0.422 mg	1.7 mg	25 %
Niacin	1.839 mg	20 mg	9 %
Vitamin B6	0.237 mg	2.0 mg	12 %
Folic Acid	162 mcg	400 mcg	40 %
Vitamin B12	0.000 mcg	6 mcg	0 %
Pantothenic Acid	0.601 mg	10 mg	6 %
Phosphorus	166 mg	1000 mg	17 %
Magnesium	131 mg	400 mg	33 %
Zinc	1.702 mg	15 mg	11 %
Selenium	7.433 mcg	70 mcg	11 %
Copper	0.620 mg	2.0 mg	31 %
Manganese	7.629 mg	2.0 mg	381 %
Potassium	1594 mg	3500 mg	46 %

¹ Daily Values are reference amounts established by the U.S. Food and Drug Administration (FDA) and used to calculate the Percent Daily Values that appear on food labels. Values are based on a 2,000 calorie diet. Daily Values have not been established for all nutrients.

Nutrient composition of this recipe was calculated using Nutrition Data System for Research software 2012 developed by the Nutrition Coordinating Center (NCC), University of Minnesota, Minneapolis, MN.

Parsley-Grape Smoothie

Serving Size: 1 recipe

Recipe: 1 cup parsley, fresh ♦ 2 cups grapes, green, fresh ♦ 1 tbsp nutritional yeast ♦ water/ice as desired

Diet Category: Wahls™, Wahls Paleo™

Wahls Food Groups per Serving:

Leafy cups	Sulfur cups	Color					Meat/Fish				Coconut		Yeast tbsp
		Green cups	Red cups	Blue cups	Orange cups	Total cups	Organ oz	Omega-3 oz	Other oz	Total oz	Oil tbsp	Milk cups	
0.5	0	2.0	0	0	0	2.0	0	0	0	0	0	0	1.0

Nutrient	Per Serving	Daily Value ¹	Percent Daily Value
Dietary Components			
Calories	263 kcal		
Calories from Fat	12 kcal		
Total Fat	1.415 g	65 g	2 %
Saturated Fat	0.301 g	20 g	2 %
Trans Fat	0.000 g		
Cholesterol	0 mg	300 mg	0 %
Sodium	59 mg	2400 mg	2 %
Total Carbohydrate	62.426 g	300 g	21 %
Dietary Fiber	6.846 g	25 g	27 %
Sugars	47.260 g		
Protein	8.549 g	50 g	17 %
Total Vitamin A Activity	5254 IU	5000 IU	105 %
Vitamin C	112.416 mg	60 mg	187 %
Calcium	131 mg	1000 mg	13 %
Iron	5.231 mg	18 mg	29 %
Vitamin D	0 IU	400 IU	0 %
Vitamin E	2 IU	30 IU	8 %
Vitamin K	1028.092 mcg	80 mcg	1285 %
Thiamin	5.547 mg	1.5 mg	370 %
Riboflavin	5.558 mg	1.7 mg	327 %
Niacin	32.199 mg	20 mg	161 %
Vitamin B6	5.601 mg	2.0 mg	280 %
Folic Acid	229 mcg	400 mcg	57 %
Vitamin B12	4.406 mcg	6 mcg	73 %
Pantothenic Acid	0.964 mg	10 mg	10 %
Phosphorus	191 mg	1000 mg	19 %
Magnesium	67 mg	400 mg	17 %
Zinc	2.656 mg	15 mg	18 %
Selenium	12.699 mcg	70 mcg	18 %
Copper	0.584 mg	2.0 mg	29 %
Manganese	0.362 mg	2.0 mg	18 %
Potassium	1085 mg	3500 mg	31 %

¹ Daily Values are reference amounts established by the U.S. Food and Drug Administration (FDA) and used to calculate the Percent Daily Values that appear on food labels. Values are based on a 2,000 calorie diet. Daily Values have not been established for all nutrients.

Nutrient composition of this recipe was calculated using Nutrition Data System for Research software 2012 developed by the Nutrition Coordinating Center (NCC), University of Minnesota, Minneapolis, MN.

Parsley-Grape-Kiwi Smoothie

Serving Size: 1 recipe

Recipe: 1 cup parsley, fresh ♦ 1 cup grapes, green, fresh ♦ 1 kiwi fruit, green fresh, approx. 1/3 cup ♦ 1 tbsp nutritional yeast ♦ water/ice as desired

Diet Category: Wahls™, Wahls Paleo™

Wahls Food Groups per Serving:

Leafy cups	Sulfur cups	Color					Meat/Fish				Coconut		Yeast tbsp
		Green cups	Red cups	Blue cups	Orange cups	Total cups	Organ oz	Omega-3 oz	Other oz	Total oz	Oil tbsp	Milk cups	
0.5	0	1.25	0	0	0	1.25	0	0	0	0	0	0	1.0

Nutrient	Per Serving	Daily Value ¹	Percent Daily Value
Dietary Components			
Calories	201 kcal		
Calories from Fat	13 kcal		
Total Fat	1.532 g	65 g	2 %
Saturated Fat	0.240 g	20 g	1 %
Trans Fat	0.000 g		
Cholesterol	0 mg	300 mg	0 %
Sodium	58 mg	2400 mg	2 %
Total Carbohydrate	45.210 g	300 g	15 %
Dietary Fiber	7.557 g	25 g	30 %
Sugars	30.088 g		
Protein	8.249 g	50 g	16 %
Total Vitamin A Activity	5214 IU	5000 IU	104 %
Vitamin C	160.071 mg	60 mg	267 %
Calcium	140 mg	1000 mg	14 %
Iron	4.902 mg	18 mg	27 %
Vitamin D	0 IU	400 IU	0 %
Vitamin E	3 IU	30 IU	10 %
Vitamin K	1033.853 mcg	80 mcg	1292 %
Thiamin	5.462 mg	1.5 mg	364 %
Riboflavin	5.469 mg	1.7 mg	322 %
Niacin	32.151 mg	20 mg	161 %
Vitamin B6	5.515 mg	2.0 mg	276 %
Folic Acid	244 mcg	400 mcg	61 %
Vitamin B12	4.406 mcg	6 mcg	73 %
Pantothenic Acid	1.015 mg	10 mg	10 %
Phosphorus	185 mg	1000 mg	18 %
Magnesium	68 mg	400 mg	17 %
Zinc	2.647 mg	15 mg	18 %
Selenium	12.686 mcg	70 mcg	18 %
Copper	0.482 mg	2.0 mg	24 %
Manganese	0.323 mg	2.0 mg	16 %
Potassium	1012 mg	3500 mg	29 %

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Nutrient composition of this recipe was calculated using Nutrition Data System for Research software 2012 developed by the Nutrition Coordinating Center (NCC), University of Minnesota, Minneapolis, MN.

Spinach-Blueberry-Coconut Smoothie

Serving Size: 1 recipe

Recipe: 1 cup spinach, fresh, raw ♦ 1 cup blueberries, frozen, unsweetened ♦ 1 cup coconut milk, full fat ♦ 1 tsp cinnamon, ground ♦ 1 tbsp nutritional yeast ♦ water/ice as desired

Diet Category: Wahls™, Wahls Paleo™, Wahls Paleo Plus™

Wahls Food Groups per Serving:

Leafy cups	Sulfur cups	Color					Meat/Fish				Coconut		Yeast tbsp
		Green cups	Red cups	Blue cups	Orange cups	Total cups	Organ oz	Omega-3 oz	Other oz	Total oz	Oil tbsp	Milk cups	
0.5	0	0	0	1.0	0	1.0	0	0	0	0	0	1.0	1.0

Nutrient	Per Serving	Daily Value ¹	Percent Daily Value
Dietary Components			
Calories	624 kcal		
Calories from Fat	415 kcal		
Total Fat	49.503 g	65 g	76 %
Saturated Fat	42.264 g	20 g	211 %
Trans Fat	0.000 g		
Cholesterol	0 mg	300 mg	0 %
Sodium	63 mg	2400 mg	3 %
Total Carbohydrate	47.863 g	300 g	16 %
Dietary Fiber	12.474 g	25 g	50 %
Sugars	29.763 g		
Protein	10.192 g	50 g	20 %
Total Vitamin A Activity	2927 IU	5000 IU	59 %
Vitamin C	16.787 mg	60 mg	28 %
Calcium	94 mg	1000 mg	9 %
Iron	3.714 mg	18 mg	21 %
Vitamin D	0 IU	400 IU	0 %
Vitamin E	3 IU	30 IU	9 %
Vitamin K	183.629 mcg	80 mcg	230 %
Thiamin	5.438 mg	1.5 mg	363 %
Riboflavin	5.430 mg	1.7 mg	319 %
Niacin	33.821 mg	20 mg	169 %
Vitamin B6	5.554 mg	2.0 mg	278 %
Folic Acid	239 mcg	400 mcg	60 %
Vitamin B12	4.406 mcg	6 mcg	73 %
Pantothenic Acid	1.256 mg	10 mg	13 %
Phosphorus	272 mg	1000 mg	27 %
Magnesium	123 mg	400 mg	31 %
Zinc	3.492 mg	15 mg	23 %
Selenium	21.384 mcg	70 mcg	31 %
Copper	0.747 mg	2.0 mg	37 %
Manganese	2.958 mg	2.0 mg	148 %
Potassium	1008 mg	3500 mg	29 %

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Nutrient composition of this recipe was calculated using Nutrition Data System for Research software 2012 developed by the Nutrition Coordinating Center (NCC), University of Minnesota, Minneapolis, MN.

Spinach-Honeydew-Kiwi-Almond Smoothie

Serving Size: 1 recipe

Recipe: 1 cup spinach, fresh, raw ♦ 1 cup honeydew melon cubes, fresh ♦ 1 kiwi fruit, green, approx. 1/3 cup ♦ 1 cup almond milk, unsweetened, with added calcium and vitamin D ♦ 1 tbsp nutritional yeast ♦ water/ice as desired

Diet Category: Wahls™

Wahls Food Groups per Serving:

Leafy cups	Sulfur cups	Color					Meat/Fish				Coconut		Yeast tbsp
		Green cups	Red cups	Blue cups	Orange cups	Total cups	Organ oz	Omega-3 oz	Other oz	Total oz	Oil tbsp	Milk cups	
0.5	0	1.25	0	0	0	1.25	0	0	0	0	0	0	1.0

Nutrient	Per Serving	Daily Value ¹	Percent Daily Value
Dietary Components			
Calories	182 kcal		
Calories from Fat	35 kcal		
Total Fat	4.186 g	65 g	6 %
Saturated Fat	0.390 g	20 g	2 %
Trans Fat	0.001 g		
Cholesterol	0 mg	300 mg	0 %
Sodium	246 mg	2400 mg	10 %
Total Carbohydrate	32.832 g	300 g	11 %
Dietary Fiber	6.992 g	25 g	28 %
Sugars	20.404 g		
Protein	8.452 g	50 g	17 %
Total Vitamin A Activity	3458 IU	5000 IU	69 %
Vitamin C	102.993 mg	60 mg	172 %
Calcium	525 mg	1000 mg	52 %
Iron	2.100 mg	18 mg	12 %
Vitamin D	100 IU	400 IU	25 %
Vitamin E	17 IU	30 IU	58 %
Vitamin K	177.607 mcg	80 mcg	222 %
Thiamin	5.407 mg	1.5 mg	360 %
Riboflavin	5.886 mg	1.7 mg	346 %
Niacin	32.213 mg	20 mg	161 %
Vitamin B6	5.548 mg	2.0 mg	277 %
Folic Acid	243 mcg	400 mcg	61 %
Vitamin B12	7.406 mcg	6 mcg	123 %
Pantothenic Acid	1.012 mg	10 mg	10 %
Phosphorus	193 mg	1000 mg	19 %
Magnesium	82 mg	400 mg	20 %
Zinc	3.427 mg	15 mg	23 %
Selenium	14.126 mcg	70 mcg	20 %
Copper	0.318 mg	2.0 mg	16 %
Manganese	0.575 mg	2.0 mg	29 %
Potassium	982 mg	3500 mg	28 %

¹ Daily Values are reference amounts established by the U.S. Food and Drug Administration (FDA) and used to calculate the Percent Daily Values that appear on food labels. Values are based on a 2,000 calorie diet. Daily Values have not been established for all nutrients.

Nutrient composition of this recipe was calculated using Nutrition Data System for Research software 2012 developed by the Nutrition Coordinating Center (NCC), University of Minnesota, Minneapolis, MN.

Spinach-Strawberry-Peach Smoothie

Serving Size: 1 recipe

Recipe: 1 cup spinach, fresh, raw ♦ 1 cup strawberries, fresh ♦ 1 cup peach slices, fresh ♦ 1 tbsp nutritional yeast ♦ water/ice as desired

Diet Category: Wahls™, Wahls Paleo™

Wahls Food Groups per Serving:

Leafy cups	Sulfur cups	Color					Meat/Fish				Coconut		Yeast tbsp
		Green cups	Red cups	Blue cups	Orange cups	Total cups	Organ oz	Omega-3 oz	Other oz	Total oz	Oil tbsp	Milk cups	
0.5	0	0	1.0	0	1.0	2.0	0	0	0	0	0	0	1.0

Nutrient	Per Serving	Daily Value ¹	Percent Daily Value
Dietary Components			
Calories	146 kcal		
Calories from Fat	12 kcal		
Total Fat	1.391 g	65 g	2 %
Saturated Fat	0.129 g	20 g	1 %
Trans Fat	0.000 g		
Cholesterol	0 mg	300 mg	0 %
Sodium	33 mg	2400 mg	1 %
Total Carbohydrate	30.805 g	300 g	10 %
Dietary Fiber	7.998 g	25 g	32 %
Sugars	20.088 g		
Protein	7.817 g	50 g	16 %
Total Vitamin A Activity	3332 IU	5000 IU	67 %
Vitamin C	103.266 mg	60 mg	172 %
Calcium	72 mg	1000 mg	7 %
Iron	2.212 mg	18 mg	12 %
Vitamin D	0 IU	400 IU	0 %
Vitamin E	3 IU	30 IU	10 %
Vitamin K	152.042 mcg	80 mcg	190 %
Thiamin	5.382 mg	1.5 mg	359 %
Riboflavin	5.424 mg	1.7 mg	319 %
Niacin	32.858 mg	20 mg	164 %
Vitamin B6	5.452 mg	2.0 mg	273 %
Folic Acid	231 mcg	400 mcg	58 %
Vitamin B12	4.406 mcg	6 mcg	73 %
Pantothenic Acid	1.008 mg	10 mg	10 %
Phosphorus	176 mg	1000 mg	18 %
Magnesium	69 mg	400 mg	17 %
Zinc	2.398 mg	15 mg	16 %
Selenium	13.367 mcg	70 mcg	19 %
Copper	0.296 mg	2.0 mg	15 %
Manganese	0.971 mg	2.0 mg	49 %
Potassium	857 mg	3500 mg	24 %

¹ Daily Values are reference amounts established by the U.S. Food and Drug Administration (FDA) and used to calculate the Percent Daily Values that appear on food labels. Values are based on a 2,000 calorie diet. Daily Values have not been established for all nutrients.

Nutrient composition of this recipe was calculated using Nutrition Data System for Research software 2012 developed by the Nutrition Coordinating Center (NCC), University of Minnesota, Minneapolis, MN.

Basic Meat and Greens: Ham and Collards Skillet Meal

Serving Size: 1/4 recipe

Recipe: 4 cup collards, fresh, raw ♦ 6 cloves garlic ♦ 4 slices bacon, gluten/nitrate/MSG-free ♦ 1 lb ham, nitrate/gluten/MSG-free (13.6 oz cooked) ♦ 1 tbsp balsamic vinegar ♦ 2 tbsp ginger root, sliced ♦ ½ tsp sea salt

Diet Category: Wahls™, Wahls Paleo™, Wahls Paleo Plus™

Wahls Food Groups per Serving:

Leafy cups	Sulfur cups	Color					Meat/Fish				Coconut		Yeast tbsp
		Green cups	Red cups	Blue cups	Orange cups	Total cups	Organ oz	Omega-3 oz	Other oz	Total oz	Oil tbsp	Milk cups	
0.5	0.75	0	0	0	0	0	0	0	3.5	3.5	0	0	0

Nutrient	Per Serving	Daily Value ¹	Percent Daily Value
Dietary Components			
Calories	247 kcal		
Calories from Fat	119 kcal		
Total Fat	13.173 g	65 g	20 %
Saturated Fat	4.505 g	20 g	23 %
Trans Fat	0.061 g		
Cholesterol	67 mg	300 mg	22 %
Sodium	1933 mg	2400 mg	81 %
Total Carbohydrate	4.866 g	300 g	2 %
Dietary Fiber	1.325 g	25 g	5 %
Sugars	0.973 g		
Protein	26.009 g	50 g	52 %
Total Vitamin A Activity	3395 IU	5000 IU	68 %
Vitamin C	9.162 mg	60 mg	15 %
Calcium	77 mg	1000 mg	8 %
Iron	2.015 mg	18 mg	11 %
Vitamin D	35 IU	400 IU	9 %
Vitamin E	1 IU	30 IU	4 %
Vitamin K	184.008 mcg	80 mcg	230 %
Thiamin	0.762 mg	1.5 mg	51 %
Riboflavin	0.389 mg	1.7 mg	23 %
Niacin	7.110 mg	20 mg	36 %
Vitamin B6	0.441 mg	2.0 mg	22 %
Folic Acid	42 mcg	400 mcg	11 %
Vitamin B12	0.773 mcg	6 mcg	13 %
Pantothenic Acid	0.912 mg	10 mg	9 %
Phosphorus	335 mg	1000 mg	33 %
Magnesium	35 mg	400 mg	9 %
Zinc	2.824 mg	15 mg	19 %
Selenium	24.918 mcg	70 mcg	36 %
Copper	0.190 mg	2.0 mg	10 %
Manganese	0.311 mg	2.0 mg	16 %
Potassium	523 mg	3500 mg	15 %

¹ Daily Values are reference amounts established by the U.S. Food and Drug Administration (FDA) and used to calculate the Percent Daily Values that appear on food labels. Values are based on a 2,000 calorie diet. Daily Values have not been established for all nutrients.

Nutrient composition of this recipe was calculated using Nutrition Data System for Research software 2012 developed by the Nutrition Coordinating Center (NCC), University of Minnesota, Minneapolis, MN.

Basic Meat and Greens: Lamb Chops and Broccoli Skillet Meal

Serving Size: 1/4 recipe

Recipe: 1 lb lamb chops, with bone ♦ 1 tbsp coconut oil ♦ 6 cups broccoli, fresh ♦ 2 tbsp balsamic vinegar ♦ ½ tsp sea salt ♦ 2 tsp rosemary, fresh

Diet Category: Wahls™, Wahls Paleo™, Wahls Paleo Plus™

Wahls Food Groups per Serving:

Leafy cups	Sulfur cups	Color					Meat/Fish				Coconut		Yeast tbsp
		Green cups	Red cups	Blue cups	Orange cups	Total cups	Organ oz	Omega-3 oz	Other oz	Total oz	Oil tbsp	Milk cups	
0	1.5	0	0	0	0	0	0	0	1.5	1.5	0.25	0	0

Nutrient	Per Serving	Daily Value ¹	Percent Daily Value
Dietary Components			
Calories	174 kcal		
Calories from Fat	71 kcal		
Total Fat	8.085 g	65 g	12 %
Saturated Fat	4.535 g	20 g	23 %
Trans Fat	0.180 g		
Cholesterol	41 mg	300 mg	14 %
Sodium	379 mg	2400 mg	16 %
Total Carbohydrate	10.656 g	300 g	4 %
Dietary Fiber	4.287 g	25 g	17 %
Sugars	2.980 g		
Protein	15.894 g	50 g	32 %
Total Vitamin A Activity	2001 IU	5000 IU	40 %
Vitamin C	83.588 mg	60 mg	139 %
Calcium	59 mg	1000 mg	6 %
Iron	1.932 mg	18 mg	11 %
Vitamin D	11 IU	400 IU	3 %
Vitamin E	4 IU	30 IU	13 %
Vitamin K	183.558 mcg	80 mcg	229 %
Thiamin	0.135 mg	1.5 mg	9 %
Riboflavin	0.299 mg	1.7 mg	18 %
Niacin	3.541 mg	20 mg	18 %
Vitamin B6	0.335 mg	2.0 mg	17 %
Folic Acid	149 mcg	400 mcg	37 %
Vitamin B12	1.163 mcg	6 mcg	19 %
Pantothenic Acid	1.111 mg	10 mg	11 %
Phosphorus	179 mg	1000 mg	18 %
Magnesium	40 mg	400 mg	10 %
Zinc	2.779 mg	15 mg	19 %
Selenium	15.959 mcg	70 mcg	23 %
Copper	0.135 mg	2.0 mg	7 %
Manganese	0.275 mg	2.0 mg	14 %
Potassium	538 mg	3500 mg	15 %

¹ Daily Values are reference amounts established by the U.S. Food and Drug Administration (FDA) and used to calculate the Percent Daily Values that appear on food labels. Values are based on a 2,000 calorie diet. Daily Values have not been established for all nutrients.

Nutrient composition of this recipe was calculated using Nutrition Data System for Research software 2012 developed by the Nutrition Coordinating Center (NCC), University of Minnesota, Minneapolis, MN.

Basic Meat and Greens: Steak and Mustard Greens Skillet Meal

Serving Size: 1/4 recipe

Recipe: 1 lb beef steak with bone ♦ 1 lb mushrooms, fresh, raw ♦ 2 tbsp balsamic vinegar ♦ 4 cloves garlic ♦ 1 tsp coconut oil ♦ 6 cups mustard greens, fresh, raw ♦ ½ tsp sea salt

Diet Category: Wahls™, Wahls Paleo™, Wahls Paleo Plus™

Wahls Food Groups per Serving:

Leafy cups	Sulfur cups	Color					Meat/Fish				Coconut		Yeast tbsp
		Green cups	Red cups	Blue cups	Orange cups	Total cups	Organ oz	Omega-3 oz	Other oz	Total oz	Oil tbsp	Milk cups	
0.5	2.0	0	0	0	0	0	0	0	2.0	2.0	0.25	0	0

Nutrient	Per Serving	Daily Value ¹	Percent Daily Value
Dietary Components			
Calories	233 kcal		
Calories from Fat	113 kcal		
Total Fat	12.753 g	65 g	20 %
Saturated Fat	6.420 g	20 g	32 %
Trans Fat	0.407 g		
Cholesterol	61 mg	300 mg	20 %
Sodium	335 mg	2400 mg	14 %
Total Carbohydrate	8.032 g	300 g	3 %
Dietary Fiber	3.254 g	25 g	13 %
Sugars	3.126 g		
Protein	23.494 g	50 g	47 %
Total Vitamin A Activity	4648 IU	5000 IU	93 %
Vitamin C	22.661 mg	60 mg	38 %
Calcium	73 mg	1000 mg	7 %
Iron	3.637 mg	18 mg	20 %
Vitamin D	11 IU	400 IU	3 %
Vitamin E	2 IU	30 IU	6 %
Vitamin K	221.287 mcg	80 mcg	277 %
Thiamin	0.139 mg	1.5 mg	9 %
Riboflavin	0.390 mg	1.7 mg	23 %
Niacin	7.293 mg	20 mg	36 %
Vitamin B6	0.445 mg	2.0 mg	22 %
Folic Acid	74 mcg	400 mcg	19 %
Vitamin B12	1.123 mcg	6 mcg	19 %
Pantothenic Acid	2.189 mg	10 mg	22 %
Phosphorus	229 mg	1000 mg	23 %
Magnesium	35 mg	400 mg	9 %
Zinc	4.157 mg	15 mg	28 %
Selenium	30.641 mcg	70 mcg	44 %
Copper	0.516 mg	2.0 mg	26 %
Manganese	0.359 mg	2.0 mg	18 %
Potassium	612 mg	3500 mg	17 %

¹ Daily Values are reference amounts established by the U.S. Food and Drug Administration (FDA) and used to calculate the Percent Daily Values that appear on food labels. Values are based on a 2,000 calorie diet. Daily Values have not been established for all nutrients.

Nutrient composition of this recipe was calculated using Nutrition Data System for Research software 2012 developed by the Nutrition Coordinating Center (NCC), University of Minnesota, Minneapolis, MN.

Basic Meat and Greens: Salmon and Mustard Greens Skillet Meal

Serving Size: 1/4 recipe

Recipe: 3 thick slices bacon, nitrate/gluten/MSG-free ♦ 1 large onion ♦ 2 tbsp ginger root, raw, sliced ♦ 1 lb mustard greens, fresh, raw ♦ 2 tbsp vinegar ♦ 1.25 lb salmon, fresh or frozen ♦ 1 tsp lime juice, fresh

Diet Category: Wahls™, Wahls Paleo™, Wahls Paleo Plus™

Wahls Food Groups per Serving:

Leafy cups	Sulfur cups	Color					Meat/Fish				Coconut		Yeast tbsp
		Green cups	Red cups	Blue cups	Orange cups	Total cups	Organ oz	Omega-3 oz	Other oz	Total oz	Oil tbsp	Milk cups	
0.75	0	0	0	0	0	0	0	4.5	0	4.5	0	0	0

Nutrient	Per Serving	Daily Value ¹	Percent Daily Value
Dietary Components			
Calories	367 kcal		
Calories from Fat	190 kcal		
Total Fat	21.137 g	65 g	33 %
Saturated Fat	6.319 g	20 g	32 %
Trans Fat	0.132 g		
Cholesterol	97 mg	300 mg	32 %
Sodium	301 mg	2400 mg	13 %
Total Carbohydrate	5.946 g	300 g	2 %
Dietary Fiber	2.369 g	25 g	9 %
Sugars	1.824 g		
Protein	36.924 g	50 g	74 %
Total Vitamin A Activity	6124 IU	5000 IU	122 %
Vitamin C	27.585 mg	60 mg	46 %
Calcium	93 mg	1000 mg	9 %
Iron	1.377 mg	18 mg	8 %
Vitamin D	836 IU	400 IU	209 %
Vitamin E	4 IU	30 IU	15 %
Vitamin K	278.257 mcg	80 mcg	348 %
Thiamin	0.217 mg	1.5 mg	14 %
Riboflavin	0.235 mg	1.7 mg	14 %
Niacin	10.910 mg	20 mg	55 %
Vitamin B6	0.893 mg	2.0 mg	45 %
Folic Acid	91 mcg	400 mcg	23 %
Vitamin B12	4.155 mcg	6 mcg	69 %
Pantothenic Acid	1.884 mg	10 mg	19 %
Phosphorus	522 mg	1000 mg	52 %
Magnesium	65 mg	400 mg	16 %
Zinc	1.103 mg	15 mg	7 %
Selenium	24.376 mcg	70 mcg	35 %
Copper	0.235 mg	2.0 mg	12 %
Manganese	0.343 mg	2.0 mg	17 %
Potassium	892 mg	3500 mg	25 %

¹ Daily Values are reference amounts established by the U.S. Food and Drug Administration (FDA) and used to calculate the Percent Daily Values that appear on food labels. Values are based on a 2,000 calorie diet. Daily Values have not been established for all nutrients.

Nutrient composition of this recipe was calculated using Nutrition Data System for Research software 2012 developed by the Nutrition Coordinating Center (NCC), University of Minnesota, Minneapolis, MN.

Basic Meat and Greens: Pork Chops and Red Cabbage Skillet Meal

Serving Size: 1/4 recipe

Recipe: 2 lb pork chops, fresh, with bone [™] ♦ 1 tbsp coconut oil ♦ 4 cloves garlic ♦ 1 tbsp red wine ♦ 2 tbsp ginger root, fresh, raw, sliced ♦ 4 cups red cabbage, fresh, raw ♦ 1 tsp sea salt

Diet Category: Wahls[™], Wahls Paleo[™], Wahls Paleo Plus[™]

Wahls Food Groups per Serving:

Leafy cups	Sulfur cups	Color					Meat/Fish				Coconut		Yeast tbsp
		Green cups	Red cups	Blue cups	Orange cups	Total cups	Organ oz	Omega-3 oz	Other oz	Total oz	Oil tbsp	Milk cups	
0	1.5	0	0	0	0	0	0	0	4.0	4.0	0.25	0	0

Nutrient	Amount Reported	Daily Value ¹	Percent Daily Value
Dietary Components			
Calories	331 kcal		
Calories from Fat	153 kcal		
Total Fat	17.109 g	65 g	26 %
Saturated Fat	7.769 g	20 g	39 %
Trans Fat	0.046 g		
Cholesterol	103 mg	300 mg	34 %
Sodium	667 mg	2400 mg	28 %
Total Carbohydrate	6.305 g	300 g	2 %
Dietary Fiber	1.878 g	25 g	8 %
Sugars	2.323 g		
Protein	36.776 g	50 g	74 %
Total Vitamin A Activity	34 IU	5000 IU	1 %
Vitamin C	24.796 mg	60 mg	41 %
Calcium	45 mg	1000 mg	4 %
Iron	1.767 mg	18 mg	10 %
Vitamin D	37 IU	400 IU	9 %
Vitamin E	1 IU	30 IU	2 %
Vitamin K	32.301 mcg	80 mcg	40 %
Thiamin	0.843 mg	1.5 mg	56 %
Riboflavin	0.431 mg	1.7 mg	25 %
Niacin	6.967 mg	20 mg	35 %
Vitamin B6	0.690 mg	2.0 mg	35 %
Folic Acid	28 mcg	400 mcg	7 %
Vitamin B12	0.687 mcg	6 mcg	11 %
Pantothenic Acid	0.854 mg	10 mg	9 %
Phosphorus	303 mg	1000 mg	30 %
Magnesium	44 mg	400 mg	11 %
Zinc	3.715 mg	15 mg	25 %
Selenium	55.233 mcg	70 mcg	79 %
Copper	0.069 mg	2.0 mg	3 %
Manganese	0.226 mg	2.0 mg	11 %
Potassium	653 mg	3500 mg	19 %

¹ Daily Values are reference amounts established by the U.S. Food and Drug Administration (FDA) and used to calculate the Percent Daily Values that appear on food labels. Values are based on a 2,000 calorie diet. Daily Values have not been established for all nutrients.

Nutrient composition of this recipe was calculated using Nutrition Data System for Research software 2012 developed by the Nutrition Coordinating Center (NCC), University of Minnesota, Minneapolis, MN.

Basic Meat and Greens: Heart and Mustard Greens Skillet Meal

Serving Size: 1/4 recipe

Recipe: 1.5 lb beef heart, fresh, raw ♦ mushrooms, fresh, raw ♦ 2 tbsp balsamic vinegar ♦ 4 cloves garlic ♦ 2 tbsp coconut oil ♦ 6 cups mustard greens, fresh, raw ♦ ½ tsp sea salt

Diet Category: Wahls™, Wahls Paleo™, Wahls Paleo Plus™

Wahls Food Groups per Serving:

Leafy cups	Sulfur cups	Color					Meat/Fish				Coconut		Yeast tbsp
		Green cups	Red cups	Blue cups	Orange cups	Total cups	Organ oz	Omega-3 oz	Other oz	Total oz	Oil tbsp	Milk cups	
0.75	2.0	0	0	0	0	0	4.0	0	0	4.0	0.5	0	0

Nutrient	Amount Reported	Daily Value ¹	Percent Daily Value
Mandatory Components			
Calories	307 kcal		
Calories from Fat	126 kcal		
Total Fat	14.293 g	65 g	22 %
Saturated Fat	8.167 g	20 g	41 %
Trans Fat	0.255 g		
Cholesterol	247 mg	300 mg	82 %
Sodium	377 mg	2400 mg	16 %
Total Carbohydrate	8.081 g	300 g	3 %
Dietary Fiber	3.203 g	25 g	13 %
Sugars Protein	3.071 g		
	36.701 g	50 g	73 %
Total Vitamin A Activity	4648 IU	5000 IU	93 %
Vitamin C	22.567 mg	60 mg	38 %
Calcium	73 mg	1000 mg	7 %
Iron	9.348 mg	18 mg	52 %
Voluntary Components			
Vitamin D	10 IU	400 IU	2 %
Vitamin E	2 IU	30 IU	6 %
Vitamin K	220.860 mcg	80 mcg	276 %
Thiamin	0.209 mg	1.5 mg	14 %
Riboflavin	1.678 mg	1.7 mg	99 %
Niacin	11.483 mg	20 mg	57 %
Vitamin B6	0.467 mg	2.0 mg	23 %
Folic Acid	73 mcg	400 mcg	18 %
Vitamin B12	12.511 mcg	6 mcg	209 %
Pantothenic Acid	3.601 mg	10 mg	36 %
Phosphorus	397 mg	1000 mg	40 %
Magnesium	46 mg	400 mg	12 %
Zinc	4.137 mg	15 mg	28 %
Selenium	55.073 mcg	70 mcg	79 %
Copper	1.103 mg	2.0 mg	55 %
Manganese	0.387 mg	2.0 mg	19 %
Potassium	695 mg	3500 mg	20 %

¹ Daily Values are reference amounts established by the U.S. Food and Drug Administration (FDA) and used to calculate the Percent Daily Values that appear on food labels. Values are based on a 2,000 calorie diet. Daily Values have not been established for all nutrients.

Nutrient composition of this recipe was calculated using Nutrition Data System for Research software 2012 developed by the Nutrition Coordinating Center (NCC), University of Minnesota, Minneapolis, MN.

Algerian Chicken

Serving Size: 1/4 recipe

Diet Category: Wahls™, Wahls Paleo™

Wahls Food Groups per Serving:

Leafy cups	Sulfur cups	Color					Meat/Fish				Coconut		Yeast tbsp
		Green cups	Red cups	Blue cups	Orange cups	Total cups	Organ oz	Omega-3 oz	Other oz	Total oz	Oil tbsp	Milk cups	
0.25	1.0	1.0	0.25	0	0	1.25	0	0	3.5	3.5	0.25	0	0

Nutrient	Per Serving	Daily Value ¹	Percent Daily Value
Dietary Components			
Calories	386 kcal		
Calories from Fat	189 kcal		
Total Fat	21.182 g	65 g	33 %
Saturated Fat	7.801 g	20 g	39 %
Trans Fat	0.362 g		
Cholesterol	94 mg	300 mg	31 %
Sodium	602 mg	2400 mg	25 %
Total Carbohydrate	19.126 g	300 g	6 %
Dietary Fiber	6.383 g	25 g	26 %
Sugars	5.588 g		
Protein	31.847 g	50 g	64 %
Total Vitamin A Activity	4241 IU	5000 IU	85 %
Vitamin C	34.293 mg	60 mg	57 %
Calcium	136 mg	1000 mg	14 %
Iron	4.648 mg	18 mg	26 %
Vitamin D	9 IU	400 IU	2 %
Vitamin E	3 IU	30 IU	11 %
Vitamin K	59.213 mcg	80 mcg	74 %
Thiamin	0.235 mg	1.5 mg	16 %
Riboflavin	0.424 mg	1.7 mg	25 %
Niacin	9.059 mg	20 mg	45 %
Vitamin B6	0.643 mg	2.0 mg	32 %
Folic Acid	69 mcg	400 mcg	17 %
Vitamin B12	0.358 mcg	6 mcg	6 %
Pantothenic Acid	1.504 mg	10 mg	15 %
Phosphorus	268 mg	1000 mg	27 %
Magnesium	69 mg	400 mg	17 %
Zinc	3.268 mg	15 mg	22 %
Selenium	22.965 mcg	70 mcg	33 %
Copper	0.313 mg	2.0 mg	16 %
Manganese	0.860 mg	2.0 mg	43 %
Potassium	805 mg	3500 mg	23 %

¹ Daily Values are reference amounts established by the U.S. Food and Drug Administration (FDA) and used to calculate the Percent Daily Values that appear on food labels. Values are based on a 2,000 calorie diet. Daily Values have not been established for all nutrients.

Nutrient composition of this recipe was calculated using Nutrition Data System for Research software 2012 developed by the Nutrition Coordinating Center (NCC), University of Minnesota, Minneapolis, MN.

Algerian Vegetarian

Serving Size: 1/4 recipe

Diet Category: Wahls™

Wahls Food Groups per Serving:

Leafy cups	Sulfur cups	Color					Meat/Fish				Coconut		Yeast tbsp
		Green cups	Red cups	Blue cups	Orange cups	Total cups	Organ oz	Omega-3 oz	Other oz	Total oz	Oil tbsp	Milk cups	
0.25	1.0	1.0	0.25	0	0	1.25	0	0	0	0	0.25	0	0

Nutrient	Per Serving	Daily Value ¹	Percent Daily Value
Dietary Components			
Calories	116 kcal		
Calories from Fat	36 kcal		
Total Fat	4.251 g	65 g	7 %
Saturated Fat	3.096 g	20 g	15 %
Trans Fat	0.000 g		
Cholesterol	0 mg	300 mg	0 %
Sodium	693 mg	2400 mg	29 %
Total Carbohydrate	19.622 g	300 g	7 %
Dietary Fiber	6.382 g	25 g	26 %
Sugars	6.173 g		
Protein	3.861 g	50 g	8 %
Total Vitamin A Activity	4159 IU	5000 IU	83 %
Vitamin C	34.335 mg	60 mg	57 %
Calcium	118 mg	1000 mg	12 %
Iron	3.115 mg	18 mg	17 %
Vitamin D	0 IU	400 IU	0 %
Vitamin E	3 IU	30 IU	9 %
Vitamin K	54.614 mcg	80 mcg	68 %
Thiamin	0.166 mg	1.5 mg	11 %
Riboflavin	0.197 mg	1.7 mg	12 %
Niacin	1.863 mg	20 mg	9 %
Vitamin B6	0.320 mg	2.0 mg	16 %
Folic Acid	60 mcg	400 mcg	15 %
Vitamin B12	0.000 mcg	6 mcg	0 %
Pantothenic Acid	0.350 mg	10 mg	4 %
Phosphorus	77 mg	1000 mg	8 %
Magnesium	45 mg	400 mg	11 %
Zinc	0.645 mg	15 mg	4 %
Selenium	1.179 mcg	70 mcg	2 %
Copper	0.201 mg	2.0 mg	10 %
Manganese	0.780 mg	2.0 mg	39 %
Potassium	527 mg	3500 mg	15 %

¹ Daily Values are reference amounts established by the U.S. Food and Drug Administration (FDA) and used to calculate the Percent Daily Values that appear on food labels. Values are based on a 2,000 calorie diet. Daily Values have not been established for all nutrients.

Nutrient composition of this recipe was calculated using Nutrition Data System for Research software 2012 developed by the Nutrition Coordinating Center (NCC), University of Minnesota, Minneapolis, MN.

Algerian Chicken (Paleo Plus™ Version)

Serving Size: 1/4 recipe (replace green beans with asparagus)

Diet Category: Wahls™, Wahls Paleo™, Wahls Paleo Plus™

Wahls Food Groups per Serving:

Leafy cups	Sulfur cups	Color					Meat/Fish				Coconut		Yeast tbsp
		Green cups	Red cups	Blue cups	Orange cups	Total cups	Organ oz	Omega-3 oz	Other oz	Total oz	Oil tbsp	Milk cups	
0.25	2.0	0	0.25	0	0	0.25	0	0	3.5	3.5	0.25	0	0

Nutrient	Per Serving	Daily Value ¹	Percent Daily Value
Dietary Components			
Calories	377 kcal		
Calories from Fat	189 kcal		
Total Fat	21.161 g	65 g	33 %
Saturated Fat	7.796 g	20 g	39 %
Trans Fat	0.362 g		
Cholesterol	94 mg	300 mg	31 %
Sodium	618 mg	2400 mg	26 %
Total Carbohydrate	15.956 g	300 g	5 %
Dietary Fiber	5.507 g	25 g	22 %
Sugars	5.575 g		
Protein	32.843 g	50 g	66 %
Total Vitamin A Activity	4756 IU	5000 IU	95 %
Vitamin C	33.671 mg	60 mg	56 %
Calcium	118 mg	1000 mg	12 %
Iron	5.096 mg	18 mg	28 %
Vitamin D	9 IU	400 IU	2 %
Vitamin E	5 IU	30 IU	18 %
Vitamin K	105.258 mcg	80 mcg	132 %
Thiamin	0.359 mg	1.5 mg	24 %
Riboflavin	0.494 mg	1.7 mg	29 %
Niacin	9.761 mg	20 mg	49 %
Vitamin B6	0.682 mg	2.0 mg	34 %
Folic Acid	219 mcg	400 mcg	55 %
Vitamin B12	0.358 mcg	6 mcg	6 %
Pantothenic Acid	1.705 mg	10 mg	17 %
Phosphorus	304 mg	1000 mg	30 %
Magnesium	67 mg	400 mg	17 %
Zinc	3.750 mg	15 mg	25 %
Selenium	30.331 mcg	70 mcg	43 %
Copper	0.458 mg	2.0 mg	23 %
Manganese	0.752 mg	2.0 mg	38 %
Potassium	930 mg	3500 mg	27 %

¹ Daily Values are reference amounts established by the U.S. Food and Drug Administration (FDA) and used to calculate the Percent Daily Values that appear on food labels. Values are based on a 2,000 calorie diet. Daily Values have not been established for all nutrients.

Nutrient composition of this recipe was calculated using Nutrition Data System for Research software 2012 developed by the Nutrition Coordinating Center (NCC), University of Minnesota, Minneapolis, MN.

Rosemary Chicken

Serving Size: 1/8 recipe

Diet Category: Wahls™, Wahls Paleo™, Wahls Paleo Plus™

Wahls Food Groups per Serving:

Leafy cups	Sulfur cups	Color					Meat/Fish				Coconut		Yeast tbsp
		Green cups	Red cups	Blue cups	Orange cups	Total cups	Organ oz	Omega-3 oz	Other oz	Total oz	Oil tbsp	Milk cups	
0	1.0	0	0	0.5	0	0.5	0	0	1.5	1.5	0	0	0

Nutrient	Per Serving	Daily Value ¹	Percent Daily Value
Dietary Components			
Calories	175 kcal		
Calories from Fat	70 kcal		
Total Fat	7.834 g	65 g	12 %
Saturated Fat	3.333 g	20 g	17 %
Trans Fat	0.126 g		
Cholesterol	45 mg	300 mg	15 %
Sodium	198 mg	2400 mg	8 %
Total Carbohydrate	10.009 g	300 g	3 %
Dietary Fiber	3.078 g	25 g	12 %
Sugars	3.633 g		
Protein	16.837 g	50 g	34 %
Total Vitamin A Activity	2876 IU	5000 IU	58 %
Vitamin C	3.719 mg	60 mg	6 %
Calcium	33 mg	1000 mg	3 %
Iron	2.188 mg	18 mg	12 %
Vitamin D	5 IU	400 IU	1 %
Vitamin E	1 IU	30 IU	3 %
Vitamin K	6.393 mcg	80 mcg	8 %
Thiamin	0.125 mg	1.5 mg	8 %
Riboflavin	0.262 mg	1.7 mg	15 %
Niacin	4.239 mg	20 mg	21 %
Vitamin B6	0.323 mg	2.0 mg	16 %
Folic Acid	24 mcg	400 mcg	6 %
Vitamin B12	0.192 mcg	6 mcg	3 %
Pantothenic Acid	1.561 mg	10 mg	16 %
Phosphorus	160 mg	1000 mg	16 %
Magnesium	28 mg	400 mg	7 %
Zinc	2.784 mg	15 mg	19 %
Selenium	26.172 mcg	70 mcg	37 %
Copper	0.319 mg	2.0 mg	16 %
Manganese	0.199 mg	2.0 mg	10 %
Potassium	421 mg	3500 mg	12 %

¹ Daily Values are reference amounts established by the U.S. Food and Drug Administration (FDA) and used to calculate the Percent Daily Values that appear on food labels. Values are based on a 2,000 calorie diet. Daily Values have not been established for all nutrients.

Nutrient composition of this recipe was calculated using Nutrition Data System for Research software 2012 developed by the Nutrition Coordinating Center (NCC), University of Minnesota, Minneapolis, MN.

Liver, Onions and Mushrooms

Serving Size: 1/4 recipe

Diet Category: Wahls™, Wahls Paleo™, Wahls Paleo Plus™

Wahls Food Groups per Serving:

Leafy cups	Sulfur cups	Color					Meat/Fish				Coconut		Yeast tbsp
		Green cups	Red cups	Blue cups	Orange cups	Total cups	Organ oz	Omega-3 oz	Other oz	Total oz	Oil tbsp	Milk cups	
0	1.25	0	0	0	0	0	4.0	0	0.5	4.5	0	0	0

Nutrient	Per Serving	Daily Value ¹	Percent Daily Value
Dietary Components			
Calories	334 kcal		
Calories from Fat	132 kcal		
Total Fat	14.620 g	65 g	22 %
Saturated Fat	4.650 g	20 g	23 %
Trans Fat	0.155 g		
Cholesterol	678 mg	300 mg	226 %
Sodium	753 mg	2400 mg	31 %
Total Carbohydrate	12.740 g	300 g	4 %
Dietary Fiber	2.049 g	25 g	8 %
Sugars	5.814 g		
Protein	36.622 g	50 g	73 %
Total Vitamin A Activity	15656 IU	5000 IU	313 %
Vitamin C	38.787 mg	60 mg	65 %
Calcium	38 mg	1000 mg	4 %
Iron	14.781 mg	18 mg	82 %
Vitamin D	10 IU	400 IU	2 %
Vitamin E	2 IU	30 IU	5 %
Vitamin K	0.450 mcg	80 mcg	1 %
Thiamin	0.470 mg	1.5 mg	31 %
Riboflavin	2.516 mg	1.7 mg	148 %
Niacin	16.566 mg	20 mg	83 %
Vitamin B6	1.090 mg	2.0 mg	55 %
Folic Acid	699 mcg	400 mcg	175 %
Vitamin B12	19.979 mcg	6 mcg	333 %
Pantothenic Acid	8.933 mg	10 mg	89 %
Phosphorus	624 mg	1000 mg	62 %
Magnesium	49 mg	400 mg	12 %
Zinc	5.744 mg	15 mg	38 %
Selenium	111.631 mcg	70 mcg	159 %
Copper	0.859 mg	2.0 mg	43 %
Manganese	0.607 mg	2.0 mg	30 %
Potassium	682 mg	3500 mg	19 %

¹ Daily Values are reference amounts established by the U.S. Food and Drug Administration (FDA) and used to calculate the Percent Daily Values that appear on food labels. Values are based on a 2,000 calorie diet. Daily Values have not been established for all nutrients.

Nutrient composition of this recipe was calculated using Nutrition Data System for Research software 2012 developed by the Nutrition Coordinating Center (NCC), University of Minnesota, Minneapolis, MN.

Liver Pate

Serving Size: 1/2 recipe

Diet Category: Wahls™, Wahls Paleo™, Wahls Paleo Plus™

Wahls Food Groups per Serving:

Leafy cups	Sulfur cups	Color					Meat/Fish				Coconut		Yeast tbsp
		Green cups	Red cups	Blue cups	Orange cups	Total cups	Organ oz	Omega-3 oz	Other oz	Total oz	Oil tbsp	Milk cups	
0	1.25	0	0	0	0	0	4.0	0	0.5	4.5	0	0	0

Nutrient	Per Serving	Daily Value ¹	Percent Daily Value
Dietary Components			
Calories	601 kcal		
Calories from Fat	370 kcal		
Total Fat	41.620 g	65 g	64 %
Saturated Fat	8.378 g	20 g	42 %
Trans Fat	0.198 g		
Cholesterol	678 mg	300 mg	226 %
Sodium	760 mg	2400 mg	32 %
Total Carbohydrate	18.168 g	300 g	6 %
Dietary Fiber	2.049 g	25 g	8 %
Sugars	10.579 g		
Protein	36.778 g	50 g	74 %
Total Vitamin A Activity	15656 IU	5000 IU	313 %
Vitamin C	38.787 mg	60 mg	65 %
Calcium	47 mg	1000 mg	5 %
Iron	15.162 mg	18 mg	84 %
Vitamin D	10 IU	400 IU	2 %
Vitamin E	7 IU	30 IU	24 %
Vitamin K	16.704 mcg	80 mcg	21 %
Thiamin	0.470 mg	1.5 mg	31 %
Riboflavin	2.516 mg	1.7 mg	148 %
Niacin	16.566 mg	20 mg	83 %
Vitamin B6	1.090 mg	2.0 mg	55 %
Folic Acid	699 mcg	400 mcg	175 %
Vitamin B12	19.979 mcg	6 mcg	333 %
Pantothenic Acid	8.933 mg	10 mg	89 %
Phosphorus	630 mg	1000 mg	63 %
Magnesium	53 mg	400 mg	13 %
Zinc	5.770 mg	15 mg	38 %
Selenium	111.663 mcg	70 mcg	160 %
Copper	0.867 mg	2.0 mg	43 %
Manganese	0.648 mg	2.0 mg	32 %
Potassium	718 mg	3500 mg	21 %

¹ Daily Values are reference amounts established by the U.S. Food and Drug Administration (FDA) and used to calculate the Percent Daily Values that appear on food labels. Values are based on a 2,000 calorie diet. Daily Values have not been established for all nutrients.

Nutrient composition of this recipe was calculated using Nutrition Data System for Research software 2012 developed by the Nutrition Coordinating Center (NCC), University of Minnesota, Minneapolis, MN.

Wahls Pizza

Serving Size: 1 recipe

Diet Category: Wahls™

Wahls Food Groups per Serving:

Leafy cups	Sulfur cups	Color					Meat/Fish				Coconut		Yeast tbsp
		Green cups	Red cups	Blue cups	Orange cups	Total cups	Organ oz	Omega-3 oz	Other oz	Total oz	Oil tbsp	Milk cups	
0	0.75	0	0.5	0.25	0	0.75	0	0	2.5	2.5	0	0	0

Nutrient	Per Serving	Daily Value ¹	Percent Daily Value
Dietary Components			
Calories	550 kcal		
Calories from Fat	215 kcal		
Total Fat	24.555 g	65 g	38 %
Saturated Fat	5.819 g	20 g	29 %
Trans Fat	0.370 g		
Cholesterol	64 mg	300 mg	21 %
Sodium	1191 mg	2400 mg	50 %
Total Carbohydrate	38.087 g	300 g	13 %
Dietary Fiber	7.162 g	25 g	29 %
Sugars	5.626 g		
Protein	45.493 g	50 g	91 %
Total Vitamin A Activity	1994 IU	5000 IU	40 %
Vitamin C	56.099 mg	60 mg	93 %
Calcium	157 mg	1000 mg	16 %
Iron	6.198 mg	18 mg	34 %
Vitamin D	15 IU	400 IU	4 %
Vitamin E	6 IU	30 IU	20 %
Vitamin K	64.541 mcg	80 mcg	81 %
Thiamin	0.185 mg	1.5 mg	12 %
Riboflavin	0.295 mg	1.7 mg	17 %
Niacin	6.354 mg	20 mg	32 %
Vitamin B6	0.686 mg	2.0 mg	34 %
Folic Acid	43 mcg	400 mcg	11 %
Vitamin B12	2.054 mcg	6 mcg	34 %
Pantothenic Acid	0.938 mg	10 mg	9 %
Phosphorus	416 mg	1000 mg	42 %
Magnesium	97 mg	400 mg	24 %
Zinc	6.805 mg	15 mg	45 %
Selenium	29.956 mcg	70 mcg	43 %
Copper	0.448 mg	2.0 mg	22 %
Manganese	0.664 mg	2.0 mg	33 %
Potassium	810 mg	3500 mg	23 %

¹ Daily Values are reference amounts established by the U.S. Food and Drug Administration (FDA) and used to calculate the Percent Daily Values that appear on food labels. Values are based on a 2,000 calorie diet. Daily Values have not been established for all nutrients.

Nutrient composition of this recipe was calculated using Nutrition Data System for Research software 2012 developed by the Nutrition Coordinating Center (NCC), University of Minnesota, Minneapolis, MN.

Rawmeson

Serving Size: 1/16 recipe

Diet Category: Wahls™, Wahls Paleo™, Wahls Paleo Plus™

Wahls Food Groups per Serving:

Leafy cups	Sulfur cups	Color					Meat/Fish				Coconut		Yeast tbsp
		Green cups	Red cups	Blue cups	Orange cups	Total cups	Organ oz	Omega-3 oz	Other oz	Total oz	Oil tbsp	Milk cups	
0	0	0	0	0	0	0	0	0	0	0	0	0	0.5

Nutrient	Per Serving	Daily Value ¹	Percent Daily Value
Dietary Components			
Calories	33 kcal		
Calories from Fat	16 kcal		
Total Fat	1.859 g	65 g	3 %
Saturated Fat	0.183 g	20 g	1 %
Trans Fat	0.000 g		
Cholesterol	0 mg	300 mg	0 %
Sodium	75 mg	2400 mg	3 %
Total Carbohydrate	2.326 g	300 g	1 %
Dietary Fiber	1.242 g	25 g	5 %
Sugars	0.065 g		
Protein	2.677 g	50 g	5 %
Total Vitamin A Activity	1 IU	5000 IU	0 %
Vitamin C	0.033 mg	60 mg	0 %
Calcium	6 mg	1000 mg	1 %
Iron	0.285 mg	18 mg	2 %
Vitamin D	0 IU	400 IU	0 %
Vitamin E	0 IU	30 IU	0 %
Vitamin K	0.068 mcg	80 mcg	0 %
Thiamin	2.652 mg	1.5 mg	177 %
Riboflavin	2.648 mg	1.7 mg	156 %
Niacin	15.450 mg	20 mg	77 %
Vitamin B6	2.657 mg	2.0 mg	133 %
Folic Acid	69 mcg	400 mcg	17 %
Vitamin B12	2.203 mcg	6 mcg	37 %
Pantothenic Acid	0.301 mg	10 mg	3 %
Phosphorus	57 mg	1000 mg	6 %
Magnesium	10 mg	400 mg	2 %
Zinc	0.959 mg	15 mg	6 %
Selenium	6.291 mcg	70 mcg	9 %
Copper	0.075 mg	2.0 mg	4 %
Manganese	0.111 mg	2.0 mg	6 %
Potassium	99 mg	3500 mg	3 %

¹ Daily Values are reference amounts established by the U.S. Food and Drug Administration (FDA) and used to calculate the Percent Daily Values that appear on food labels. Values are based on a 2,000 calorie diet. Daily Values have not been established for all nutrients.

Nutrient composition of this recipe was calculated using Nutrition Data System for Research software 2012 developed by the Nutrition Coordinating Center (NCC), University of Minnesota, Minneapolis, MN.

Bone Broth-Avocado Soup

Serving Size: 1 recipe

Diet Category: Wahls™, Wahls Paleo™, Wahls Paleo Plus™

Wahls Food Groups per Serving:

Leafy cups	Sulfur cups	Color					Meat/Fish				Coconut		Yeast tbsp
		Green cups	Red cups	Blue cups	Orange cups	Total cups	Organ oz	Omega-3 oz	Other oz	Total oz	Oil tbsp	Milk cups	
0	1.0	0.5	0	0	0	0.5	0	0	0	0	0	0.5	0

Nutrient	Per Serving	Daily Value ¹	Percent Daily Value
Dietary Components			
Calories	605 kcal		
Calories from Fat	452 kcal		
Total Fat	53.547 g	65 g	82 %
Saturated Fat	28.311 g	20 g	142 %
Trans Fat	0.085 g		
Cholesterol	5 mg	300 mg	2 %
Sodium	465 mg	2400 mg	19 %
Total Carbohydrate	23.382 g	300 g	8 %
Dietary Fiber	10.626 g	25 g	43 %
Sugars	7.074 g		
Protein	15.815 g	50 g	32 %
Total Vitamin A Activity	204 IU	5000 IU	4 %
Vitamin C	15.455 mg	60 mg	26 %
Calcium	66 mg	1000 mg	7 %
Iron	3.123 mg	18 mg	17 %
Vitamin D	6 IU	400 IU	2 %
Vitamin E	4 IU	30 IU	14 %
Vitamin K	31.081 mcg	80 mcg	39 %
Thiamin	0.160 mg	1.5 mg	11 %
Riboflavin	0.317 mg	1.7 mg	19 %
Niacin	8.886 mg	20 mg	44 %
Vitamin B6	0.554 mg	2.0 mg	28 %
Folic Acid	155 mcg	400 mcg	39 %
Vitamin B12	0.480 mcg	6 mcg	8 %
Pantothenic Acid	2.354 mg	10 mg	24 %
Phosphorus	307 mg	1000 mg	31 %
Magnesium	95 mg	400 mg	24 %
Zinc	2.308 mg	15 mg	15 %
Selenium	14.645 mcg	70 mcg	21 %
Copper	0.824 mg	2.0 mg	41 %
Manganese	1.834 mg	2.0 mg	92 %
Potassium	1450 mg	3500 mg	41 %

¹ Daily Values are reference amounts established by the U.S. Food and Drug Administration (FDA) and used to calculate the Percent Daily Values that appear on food labels. Values are based on a 2,000 calorie diet. Daily Values have not been established for all nutrients.

Nutrient composition of this recipe was calculated using Nutrition Data System for Research software 2012 developed by the Nutrition Coordinating Center (NCC), University of Minnesota, Minneapolis, MN.

Bone Broth-Carrot Soup

Serving Size: 1 recipe

Diet Category: Wahls™, Wahls Paleo™, Wahls Paleo Plus™

Wahls Food Groups per Serving:

Leafy cups	Sulfur cups	Color					Meat/Fish				Coconut		Yeast tbsp
		Green cups	Red cups	Blue cups	Orange cups	Total cups	Organ oz	Omega-3 oz	Other oz	Total oz	Oil tbsp	Milk cups	
0	0	0	0	0	0.5	0.5	0	0	0	0	0	0.5	0

Nutrient	Per Serving	Daily Value ¹	Percent Daily Value
Dietary Components			
Calories	344 kcal		
Calories from Fat	252 kcal		
Total Fat	29.884 g	65 g	46 %
Saturated Fat	24.595 g	20 g	123 %
Trans Fat	0.042 g		
Cholesterol	3 mg	300 mg	1 %
Sodium	277 mg	2400 mg	12 %
Total Carbohydrate	15.159 g	300 g	5 %
Dietary Fiber	3.177 g	25 g	13 %
Sugars	9.101 g		
Protein	8.090 g	50 g	16 %
Total Vitamin A Activity	10193 IU	5000 IU	204 %
Vitamin C	5.455 mg	60 mg	9 %
Calcium	44 mg	1000 mg	4 %
Iron	2.273 mg	18 mg	13 %
Vitamin D	3 IU	400 IU	1 %
Vitamin E	1 IU	30 IU	3 %
Vitamin K	6.489 mcg	80 mcg	8 %
Thiamin	0.080 mg	1.5 mg	5 %
Riboflavin	0.097 mg	1.7 mg	6 %
Niacin	4.218 mg	20 mg	21 %
Vitamin B6	0.152 mg	2.0 mg	8 %
Folic Acid	38 mcg	400 mcg	10 %
Vitamin B12	0.240 mcg	6 mcg	4 %
Pantothenic Acid	0.438 mg	10 mg	4 %
Phosphorus	175 mg	1000 mg	17 %
Magnesium	58 mg	400 mg	14 %
Zinc	1.234 mg	15 mg	8 %
Selenium	9.116 mcg	70 mcg	13 %
Copper	0.474 mg	2.0 mg	24 %
Manganese	1.463 mg	2.0 mg	73 %
Potassium	745 mg	3500 mg	21 %

¹ Daily Values are reference amounts established by the U.S. Food and Drug Administration (FDA) and used to calculate the Percent Daily Values that appear on food labels. Values are based on a 2,000 calorie diet. Daily Values have not been established for all nutrients.

Nutrient composition of this recipe was calculated using Nutrition Data System for Research software 2012 developed by the Nutrition Coordinating Center (NCC), University of Minnesota, Minneapolis, MN.

Bone Broth-Cauliflower-Turmeric Soup

Serving Size: 1 recipe

Diet Category: Wahls™, Wahls Paleo™, Wahls Paleo Plus™

Wahls Food Groups per Serving:

Leafy cups	Sulfur cups	Color					Meat/Fish				Coconut		Yeast tbsp
		Green cups	Red cups	Blue cups	Orange cups	Total cups	Organ oz	Omega-3 oz	Other oz	Total oz	Oil tbsp	Milk cups	
0	1.0	0	0	0	0	0	0	0	0	0	0	0.5	0

Nutrient	Per Serving	Daily Value ¹	Percent Daily Value
Dietary Components			
Calories	335 kcal		
Calories from Fat	252 kcal		
Total Fat	29.887 g	65 g	46 %
Saturated Fat	24.605 g	20 g	123 %
Trans Fat	0.043 g		
Cholesterol	3 mg	300 mg	1 %
Sodium	251 mg	2400 mg	10 %
Total Carbohydrate	12.611 g	300 g	4 %
Dietary Fiber	2.562 g	25 g	10 %
Sugars	7.228 g		
Protein	8.705 g	50 g	17 %
Total Vitamin A Activity	2 IU	5000 IU	0 %
Vitamin C	28.479 mg	60 mg	47 %
Calcium	40 mg	1000 mg	4 %
Iron	2.354 mg	18 mg	13 %
Vitamin D	3 IU	400 IU	1 %
Vitamin E	0 IU	30 IU	1 %
Vitamin K	9.768 mcg	80 mcg	12 %
Thiamin	0.072 mg	1.5 mg	5 %
Riboflavin	0.096 mg	1.7 mg	6 %
Niacin	3.895 mg	20 mg	19 %
Vitamin B6	0.200 mg	2.0 mg	10 %
Folic Acid	57 mcg	400 mcg	14 %
Vitamin B12	0.240 mcg	6 mcg	4 %
Pantothenic Acid	0.643 mg	10 mg	6 %
Phosphorus	181 mg	1000 mg	18 %
Magnesium	58 mg	400 mg	15 %
Zinc	1.260 mg	15 mg	8 %
Selenium	9.788 mcg	70 mcg	14 %
Copper	0.472 mg	2.0 mg	24 %
Manganese	1.504 mg	2.0 mg	75 %
Potassium	714 mg	3500 mg	20 %

¹ Daily Values are reference amounts established by the U.S. Food and Drug Administration (FDA) and used to calculate the Percent Daily Values that appear on food labels. Values are based on a 2,000 calorie diet. Daily Values have not been established for all nutrients.

Nutrient composition of this recipe was calculated using Nutrition Data System for Research software 2012 developed by the Nutrition Coordinating Center (NCC), University of Minnesota, Minneapolis, MN.

Bone Broth-Pepper Soup

Serving Size: 1 recipe

Diet Category: Wahls™, Wahls Paleo™, Wahls Paleo Plus™

Wahls Food Groups per Serving:

Leafy cups	Sulfur cups	Color					Meat/Fish				Coconut		Yeast tbsp
		Green cups	Red cups	Blue cups	Orange cups	Total cups	Organ oz	Omega-3 oz	Other oz	Total oz	Oil tbsp	Milk cups	
0	0	0	0.5	0	0	0.5	0	0	0	0	0	0.5	0

Nutrient	Per Serving	Daily Value ¹	Percent Daily Value
Dietary Components			
Calories	327 kcal		
Calories from Fat	251 kcal		
Total Fat	29.748 g	65 g	46 %
Saturated Fat	24.545 g	20 g	123 %
Trans Fat	0.042 g		
Cholesterol	3 mg	300 mg	1 %
Sodium	236 mg	2400 mg	10 %
Total Carbohydrate	10.998 g	300 g	4 %
Dietary Fiber	2.156 g	25 g	9 %
Sugars	8.072 g		
Protein	7.853 g	50 g	16 %
Total Vitamin A Activity	1442 IU	5000 IU	29 %
Vitamin C	60.205 mg	60 mg	100 %
Calcium	24 mg	1000 mg	2 %
Iron	1.807 mg	18 mg	10 %
Vitamin D	3 IU	400 IU	1 %
Vitamin E	1 IU	30 IU	4 %
Vitamin K	3.526 mcg	80 mcg	4 %
Thiamin	0.062 mg	1.5 mg	4 %
Riboflavin	0.097 mg	1.7 mg	6 %
Niacin	3.995 mg	20 mg	20 %
Vitamin B6	0.196 mg	2.0 mg	10 %
Folic Acid	47 mcg	400 mcg	12 %
Vitamin B12	0.240 mcg	6 mcg	4 %
Pantothenic Acid	0.411 mg	10 mg	4 %
Phosphorus	162 mg	1000 mg	16 %
Magnesium	53 mg	400 mg	13 %
Zinc	1.147 mg	15 mg	8 %
Selenium	9.036 mcg	70 mcg	13 %
Copper	0.443 mg	2.0 mg	22 %
Manganese	1.334 mg	2.0 mg	67 %
Potassium	610 mg	3500 mg	17 %

¹ Daily Values are reference amounts established by the U.S. Food and Drug Administration (FDA) and used to calculate the Percent Daily Values that appear on food labels. Values are based on a 2,000 calorie diet. Daily Values have not been established for all nutrients.

Nutrient composition of this recipe was calculated using Nutrition Data System for Research software 2012 developed by the Nutrition Coordinating Center (NCC), University of Minnesota, Minneapolis, MN.

Coconut Milk-Fish Soup

Serving Size: 1/4 recipe

Diet Category: Wahls™, Wahls Paleo™, Wahls Paleo Plus™

Wahls Food Groups per Serving:

Leafy cups	Sulfur cups	Color					Meat/Fish				Coconut		Yeast tbsp
		Green cups	Red cups	Blue cups	Orange cups	Total cups	Organ oz	Omega-3 oz	Other oz	Total oz	Oil tbsp	Milk cups	
0.5	1.5	0	0	0	0	0	0	4.5	0	4.5	0	0.25	0

Nutrient	Per Serving	Daily Value ¹	Percent Daily Value
Dietary Components			
Calories	641 kcal		
Calories from Fat	373 kcal		
Total Fat	42.892 g	65 g	66 %
Saturated Fat	23.462 g	20 g	117 %
Trans Fat	0.121 g		
Cholesterol	117 mg	300 mg	39 %
Sodium	780 mg	2400 mg	33 %
Total Carbohydrate	18.876 g	300 g	6 %
Dietary Fiber	5.780 g	25 g	23 %
Sugars	8.595 g		
Protein	47.953 g	50 g	96 %
Total Vitamin A Activity	7655 IU	5000 IU	153 %
Vitamin C	73.400 mg	60 mg	122 %
Calcium	177 mg	1000 mg	18 %
Iron	4.463 mg	18 mg	25 %
Vitamin D	1411 IU	400 IU	353 %
Vitamin E	6 IU	30 IU	19 %
Vitamin K	123.669 mcg	80 mcg	155 %
Thiamin	0.181 mg	1.5 mg	12 %
Riboflavin	0.554 mg	1.7 mg	33 %
Niacin	21.031 mg	20 mg	105 %
Vitamin B6	1.140 mg	2.0 mg	57 %
Folic Acid	186 mcg	400 mcg	47 %
Vitamin B12	4.168 mcg	6 mcg	69 %
Pantothenic Acid	2.746 mg	10 mg	27 %
Phosphorus	797 mg	1000 mg	80 %
Magnesium	239 mg	400 mg	60 %
Zinc	2.779 mg	15 mg	19 %
Selenium	76.736 mcg	70 mcg	110 %
Copper	0.642 mg	2.0 mg	32 %
Manganese	1.574 mg	2.0 mg	79 %
Potassium	1941 mg	3500 mg	55 %

¹ Daily Values are reference amounts established by the U.S. Food and Drug Administration (FDA) and used to calculate the Percent Daily Values that appear on food labels. Values are based on a 2,000 calorie diet. Daily Values have not been established for all nutrients.

Nutrient composition of this recipe was calculated using Nutrition Data System for Research software 2012 developed by the Nutrition Coordinating Center (NCC), University of Minnesota, Minneapolis, MN.

Seafood Tomato Soup

Serving Size: 1/4 recipe

Diet Category: Wahls™, Wahls Paleo™, Wahls Paleo Plus™

Wahls Food Groups per Serving:

Leafy cups	Sulfur cups	Color					Meat/Fish				Coconut		Yeast tbsp
		Green cups	Red cups	Blue cups	Orange cups	Total cups	Organ oz	Omega-3 oz	Other oz	Total oz	Oil tbsp	Milk cups	
0	0.75	0	0.5	0	0.25	0.75	0	0	2.0	2.0	0	0	0

Nutrient	Per Serving	Daily Value ¹	Percent Daily Value
Dietary Components			
Calories	182 kcal		
Calories from Fat	38 kcal		
Total Fat	4.210 g	65 g	6 %
Saturated Fat	1.057 g	20 g	5 %
Trans Fat	0.051 g		
Cholesterol	103 mg	300 mg	34 %
Sodium	1366 mg	2400 mg	57 %
Total Carbohydrate	14.265 g	300 g	5 %
Dietary Fiber	1.987 g	25 g	8 %
Sugars	6.121 g		
Protein	22.574 g	50 g	45 %
Total Vitamin A Activity	1416 IU	5000 IU	28 %
Vitamin C	97.691 mg	60 mg	163 %
Calcium	116 mg	1000 mg	12 %
Iron	2.676 mg	18 mg	15 %
Vitamin D	5 IU	400 IU	1 %
Vitamin E	4 IU	30 IU	13 %
Vitamin K	14.329 mcg	80 mcg	18 %
Thiamin	0.114 mg	1.5 mg	8 %
Riboflavin	0.165 mg	1.7 mg	10 %
Niacin	5.385 mg	20 mg	27 %
Vitamin B6	0.457 mg	2.0 mg	23 %
Folic Acid	52 mcg	400 mcg	13 %
Vitamin B12	4.372 mcg	6 mcg	73 %
Pantothenic Acid	0.630 mg	10 mg	6 %
Phosphorus	427 mg	1000 mg	43 %
Magnesium	61 mg	400 mg	15 %
Zinc	1.722 mg	15 mg	11 %
Selenium	34.055 mcg	70 mcg	49 %
Copper	0.616 mg	2.0 mg	31 %
Manganese	0.589 mg	2.0 mg	29 %
Potassium	794 mg	3500 mg	23 %

¹ Daily Values are reference amounts established by the U.S. Food and Drug Administration (FDA) and used to calculate the Percent Daily Values that appear on food labels. Values are based on a 2,000 calorie diet. Daily Values have not been established for all nutrients.

Nutrient composition of this recipe was calculated using Nutrition Data System for Research software 2012 developed by the Nutrition Coordinating Center (NCC), University of Minnesota, Minneapolis, MN.

Kale-Sausage Soup

Serving Size: 1/4 recipe

Diet Category: Wahls™, Wahls Paleo™, Wahls Paleo Plus™

Wahls Food Groups per Serving:

Leafy cups	Sulfur cups	Color					Meat/Fish				Coconut		Yeast tbsp
		Green cups	Red cups	Blue cups	Orange cups	Total cups	Organ oz	Omega-3 oz	Other oz	Total oz	Oil tbsp	Milk cups	
0.5	0.25	0	0	0	0.5	0.5	0	0	3.0	3.0	0	0.25	0

Nutrient	Per Serving	Daily Value ¹	Percent Daily Value
Dietary Components			
Calories	653 kcal		
Calories from Fat	436 kcal		
Total Fat	49.927 g	65 g	77 %
Saturated Fat	28.249 g	20 g	141 %
Trans Fat	0.801 g		
Cholesterol	56 mg	300 mg	19 %
Sodium	1569 mg	2400 mg	65 %
Total Carbohydrate	30.325 g	300 g	10 %
Dietary Fiber	4.943 g	25 g	20 %
Sugars	13.933 g		
Protein	24.629 g	50 g	49 %
Total Vitamin A Activity	20664 IU	5000 IU	413 %
Vitamin C	51.389 mg	60 mg	86 %
Calcium	126 mg	1000 mg	13 %
Iron	3.764 mg	18 mg	21 %
Vitamin D	44 IU	400 IU	11 %
Vitamin E	3 IU	30 IU	10 %
Vitamin K	611.809 mcg	80 mcg	765 %
Thiamin	0.429 mg	1.5 mg	29 %
Riboflavin	0.332 mg	1.7 mg	20 %
Niacin	9.267 mg	20 mg	46 %
Vitamin B6	0.519 mg	2.0 mg	26 %
Folic Acid	53 mcg	400 mcg	13 %
Vitamin B12	1.483 mcg	6 mcg	25 %
Pantothenic Acid	1.039 mg	10 mg	10 %
Phosphorus	346 mg	1000 mg	35 %
Magnesium	84 mg	400 mg	21 %
Zinc	2.940 mg	15 mg	20 %
Selenium	24.564 mcg	70 mcg	35 %
Copper	0.758 mg	2.0 mg	38 %
Manganese	1.835 mg	2.0 mg	92 %
Potassium	1232 mg	3500 mg	35 %

¹ Daily Values are reference amounts established by the U.S. Food and Drug Administration (FDA) and used to calculate the Percent Daily Values that appear on food labels. Values are based on a 2,000 calorie diet. Daily Values have not been established for all nutrients.

Nutrient composition of this recipe was calculated using Nutrition Data System for Research software 2012 developed by the Nutrition Coordinating Center (NCC), University of Minnesota, Minneapolis, MN.

Vegetarian Kale Soup

Serving Size: 1/4 recipe

Diet Category: Wahls™

Wahls Food Groups per Serving:

Leafy cups	Sulfur cups	Color					Meat/Fish				Coconut		Yeast tbsp
		Green cups	Red cups	Blue cups	Orange cups	Total cups	Organ oz	Omega-3 oz	Other oz	Total oz	Oil tbsp	Milk cups	
0.5	0.25	0	0	0	0.5	0.5	0	0	0	0	0	0.25	0

Nutrient	Per Serving	Daily Value ¹	Percent Daily Value
Dietary Components			
Calories	406 kcal		
Calories from Fat	176 kcal		
Total Fat	20.975 g	65 g	32 %
Saturated Fat	17.937 g	20 g	90 %
Trans Fat	0.000 g		
Cholesterol	0 mg	300 mg	0 %
Sodium	2225 mg	2400 mg	93 %
Total Carbohydrate	49.328 g	300 g	16 %
Dietary Fiber	10.497 g	25 g	42 %
Sugars	19.253 g		
Protein	11.187 g	50 g	22 %
Total Vitamin A Activity	21673 IU	5000 IU	433 %
Vitamin C	52.071 mg	60 mg	87 %
Calcium	117 mg	1000 mg	12 %
Iron	4.251 mg	18 mg	24 %
Vitamin D	0 IU	400 IU	0 %
Vitamin E	2 IU	30 IU	8 %
Vitamin K	610.425 mcg	80 mcg	763 %
Thiamin	0.300 mg	1.5 mg	20 %
Riboflavin	0.149 mg	1.7 mg	9 %
Niacin	2.018 mg	20 mg	10 %
Vitamin B6	0.423 mg	2.0 mg	21 %
Folic Acid	214 mcg	400 mcg	53 %
Vitamin B12	0.000 mcg	6 mcg	0 %
Pantothenic Acid	1.013 mg	10 mg	10 %
Phosphorus	250 mg	1000 mg	25 %
Magnesium	110 mg	400 mg	28 %
Zinc	2.098 mg	15 mg	14 %
Selenium	6.824 mcg	70 mcg	10 %
Copper	0.673 mg	2.0 mg	34 %
Manganese	1.753 mg	2.0 mg	88 %
Potassium	885 mg	3500 mg	25 %

¹ Daily Values are reference amounts established by the U.S. Food and Drug Administration (FDA) and used to calculate the Percent Daily Values that appear on food labels. Values are based on a 2,000 calorie diet. Daily Values have not been established for all nutrients.

Nutrient composition of this recipe was calculated using Nutrition Data System for Research software 2012 developed by the Nutrition Coordinating Center (NCC), University of Minnesota, Minneapolis, MN.

Red Chili with Beans

Serving Size: 1/4 recipe

Diet Category: Wahls™

Wahls Food Groups per Serving:

Leafy cups	Sulfur cups	Color					Meat/Fish				Coconut		Yeast tbsp
		Green cups	Red cups	Blue cups	Orange cups	Total cups	Organ oz	Omega-3 oz	Other oz	Total oz	Oil tbsp	Milk cups	
0	0.25	0	1.25	0	0	1.25	0	0	3.0	3.0	0	0	0

Nutrient	Per Serving	Daily Value ¹	Percent Daily Value
Dietary Components			
Calories	462 kcal		
Calories from Fat	130 kcal		
Total Fat	14.468 g	65 g	22 %
Saturated Fat	5.115 g	20 g	26 %
Trans Fat	0.368 g		
Cholesterol	67 mg	300 mg	22 %
Sodium	1778 mg	2400 mg	74 %
Total Carbohydrate	42.974 g	300 g	14 %
Dietary Fiber	12.661 g	25 g	51 %
Sugars	13.733 g		
Protein	43.463 g	50 g	87 %
Total Vitamin A Activity	3912 IU	5000 IU	78 %
Vitamin C	23.006 mg	60 mg	38 %
Calcium	142 mg	1000 mg	14 %
Iron	8.505 mg	18 mg	47 %
Vitamin D	6 IU	400 IU	2 %
Vitamin E	7 IU	30 IU	22 %
Vitamin K	16.703 mcg	80 mcg	21 %
Thiamin	0.397 mg	1.5 mg	26 %
Riboflavin	0.548 mg	1.7 mg	32 %
Niacin	13.943 mg	20 mg	70 %
Vitamin B6	0.782 mg	2.0 mg	39 %
Folic Acid	154 mcg	400 mcg	39 %
Vitamin B12	2.611 mcg	6 mcg	44 %
Pantothenic Acid	1.519 mg	10 mg	15 %
Phosphorus	532 mg	1000 mg	53 %
Magnesium	115 mg	400 mg	29 %
Zinc	6.660 mg	15 mg	44 %
Selenium	42.784 mcg	70 mcg	61 %
Copper	0.905 mg	2.0 mg	45 %
Manganese	1.245 mg	2.0 mg	62 %
Potassium	2004 mg	3500 mg	57 %

¹ Daily Values are reference amounts established by the U.S. Food and Drug Administration (FDA) and used to calculate the Percent Daily Values that appear on food labels. Values are based on a 2,000 calorie diet. Daily Values have not been established for all nutrients.

Nutrient composition of this recipe was calculated using Nutrition Data System for Research software 2012 developed by the Nutrition Coordinating Center (NCC), University of Minnesota, Minneapolis, MN.

Seafood Stew

Serving Size: 1/4 recipe

Recipe: uses 1 lb raw oysters

Diet Category: Wahls™

Wahls Food Groups per Serving:

Leafy cups	Sulfur cups	Color					Meat/Fish				Coconut		Yeast tbsp
		Green cups	Red cups	Blue cups	Orange cups	Total cups	Organ oz	Omega-3 oz	Other oz	Total oz	Oil tbsp	Milk cups	
0	2.25	0	0	0	0.5	0.5	0	2.0	0	2.0	0	0.25	0

Nutrient	Per Serving	Daily Value ¹	Percent Daily Value
Dietary Components			
Calories	333 kcal		
Calories from Fat	192 kcal		
Total Fat	22.792 g	65 g	35 %
Saturated Fat	18.420 g	20 g	92 %
Trans Fat	0.039 g		
Cholesterol	45 mg	300 mg	15 %
Sodium	833 mg	2400 mg	35 %
Total Carbohydrate	24.921 g	300 g	8 %
Dietary Fiber	6.725 g	25 g	27 %
Sugars	10.556 g		
Protein	12.872 g	50 g	26 %
Total Vitamin A Activity	7073 IU	5000 IU	141 %
Vitamin C	45.712 mg	60 mg	76 %
Calcium	125 mg	1000 mg	13 %
Iron	8.282 mg	18 mg	46 %
Vitamin D	7 IU	400 IU	2 %
Vitamin E	3 IU	30 IU	9 %
Vitamin K	21.396 mcg	80 mcg	27 %
Thiamin	0.181 mg	1.5 mg	12 %
Riboflavin	0.398 mg	1.7 mg	23 %
Niacin	6.661 mg	20 mg	33 %
Vitamin B6	0.350 mg	2.0 mg	18 %
Folic Acid	76 mcg	400 mcg	19 %
Vitamin B12	9.969 mcg	6 mcg	166 %
Pantothenic Acid	2.633 mg	10 mg	26 %
Phosphorus	295 mg	1000 mg	30 %
Magnesium	88 mg	400 mg	22 %
Zinc	46.146 mg	15 mg	308 %
Selenium	36.097 mcg	70 mcg	52 %
Copper	3.969 mg	2.0 mg	198 %
Manganese	1.517 mg	2.0 mg	76 %
Potassium	992 mg	3500 mg	28 %

¹ Daily Values are reference amounts established by the U.S. Food and Drug Administration (FDA) and used to calculate the Percent Daily Values that appear on food labels. Values are based on a 2,000 calorie diet. Daily Values have not been established for all nutrients.

Nutrient composition of this recipe was calculated using Nutrition Data System for Research software 2012 developed by the Nutrition Coordinating Center (NCC), University of Minnesota, Minneapolis, MN.

Seafood Stew (Wahls Paleo™ Version)

Serving Size: 1/4 recipe

Recipe: uses 2 lbs raw oysters

Diet Category: Wahls™, Wahls Paleo™

Wahls Food Groups per Serving:

Leafy cups	Sulfur cups	Color					Meat/Fish				Coconut		Yeast tbsp
		Green cups	Red cups	Blue cups	Orange cups	Total cups	Organ oz	Omega-3 oz	Other oz	Total oz	Oil tbsp	Milk cups	
0	2.25	0	0	0	0.5	0.5	0	4.0	0	4.0	0	0.25	0

Nutrient	Per Serving	Daily Value ¹	Percent Daily Value
Dietary Components			
Calories	391 kcal		
Calories from Fat	210 kcal		
Total Fat	24.731 g	65 g	38 %
Saturated Fat	18.957 g	20 g	95 %
Trans Fat	0.077 g		
Cholesterol	90 mg	300 mg	30 %
Sodium	927 mg	2400 mg	39 %
Total Carbohydrate	28.011 g	300 g	9 %
Dietary Fiber	6.725 g	25 g	27 %
Sugars	11.253 g		
Protein	19.347 g	50 g	39 %
Total Vitamin A Activity	7123 IU	5000 IU	142 %
Vitamin C	45.712 mg	60 mg	76 %
Calcium	191 mg	1000 mg	19 %
Iron	13.504 mg	18 mg	75 %
Vitamin D	9 IU	400 IU	2 %
Vitamin E	4 IU	30 IU	14 %
Vitamin K	22.530 mcg	80 mcg	28 %
Thiamin	0.201 mg	1.5 mg	13 %
Riboflavin	0.500 mg	1.7 mg	29 %
Niacin	7.710 mg	20 mg	39 %
Vitamin B6	0.385 mg	2.0 mg	19 %
Folic Acid	84 mcg	400 mcg	21 %
Vitamin B12	19.892 mcg	6 mcg	332 %
Pantothenic Acid	2.887 mg	10 mg	29 %
Phosphorus	405 mg	1000 mg	41 %
Magnesium	108 mg	400 mg	27 %
Zinc	90.712 mg	15 mg	605 %
Selenium	58.493 mcg	70 mcg	84 %
Copper	7.205 mg	2.0 mg	360 %
Manganese	1.852 mg	2.0 mg	93 %
Potassium	1070 mg	3500 mg	31 %

¹ Daily Values are reference amounts established by the U.S. Food and Drug Administration (FDA) and used to calculate the Percent Daily Values that appear on food labels. Values are based on a 2,000 calorie diet. Daily Values have not been established for all nutrients.

Nutrient composition of this recipe was calculated using Nutrition Data System for Research software 2012 developed by the Nutrition Coordinating Center (NCC), University of Minnesota, Minneapolis, MN.

Seafood Stew (Wahls Paleo Plus™ Version)

Serving Size: 1/4 recipe

Recipe: uses 1 lb raw oysters and omits butternut squash

Diet Category: Wahls™, Wahls Paleo Plus™

Wahls Food Groups per Serving:

Leafy cups	Sulfur cups	Color					Meat/Fish				Coconut		Yeast tbsp
		Green cups	Red cups	Blue cups	Orange cups	Total cups	Organ oz	Omega-3 oz	Other oz	Total oz	Oil tbsp	Milk cups	
0	2.25	0	0	0	0	0	0	2.0	0	2.0	0	0.25	0

Nutrient	Per Serving	Daily Value ¹	Percent Daily Value
Dietary Components			
Calories	309 kcal		
Calories from Fat	192 kcal		
Total Fat	22.737 g	65 g	35 %
Saturated Fat	18.408 g	20 g	92 %
Trans Fat	0.039 g		
Cholesterol	45 mg	300 mg	15 %
Sodium	830 mg	2400 mg	35 %
Total Carbohydrate	18.577 g	300 g	6 %
Dietary Fiber	4.790 g	25 g	19 %
Sugars	9.364 g		
Protein	12.328 g	50 g	25 %
Total Vitamin A Activity	327 IU	5000 IU	7 %
Vitamin C	36.580 mg	60 mg	61 %
Calcium	100 mg	1000 mg	10 %
Iron	7.919 mg	18 mg	44 %
Vitamin D	7 IU	400 IU	2 %
Vitamin E	2 IU	30 IU	6 %
Vitamin K	20.791 mcg	80 mcg	26 %
Thiamin	0.137 mg	1.5 mg	9 %
Riboflavin	0.388 mg	1.7 mg	23 %
Niacin	6.075 mg	20 mg	30 %
Vitamin B6	0.275 mg	2.0 mg	14 %
Folic Acid	64 mcg	400 mcg	16 %
Vitamin B12	9.969 mcg	6 mcg	166 %
Pantothenic Acid	2.416 mg	10 mg	24 %
Phosphorus	279 mg	1000 mg	28 %
Magnesium	71 mg	400 mg	18 %
Zinc	46.068 mg	15 mg	307 %
Selenium	35.794 mcg	70 mcg	51 %
Copper	3.930 mg	2.0 mg	197 %
Manganese	1.413 mg	2.0 mg	71 %
Potassium	820 mg	3500 mg	23 %

¹ Daily Values are reference amounts established by the U.S. Food and Drug Administration (FDA) and used to calculate the Percent Daily Values that appear on food labels. Values are based on a 2,000 calorie diet. Daily Values have not been established for all nutrients.

Nutrient composition of this recipe was calculated using Nutrition Data System for Research software 2012 developed by the Nutrition Coordinating Center (NCC), University of Minnesota, Minneapolis, MN.

Salmon Salad

Serving Size: 1/3 recipe

Diet Category: Wahls™, Wahls Paleo™, Wahls Paleo Plus™

Wahls Food Groups per Serving:

Leafy cups	Sulfur cups	Color					Meat/Fish				Coconut		Yeast tbsp
		Green cups	Red cups	Blue cups	Orange cups	Total cups	Organ oz	Omega-3 oz	Other oz	Total oz	Oil tbsp	Milk cups	
0	0	0	0	0	0	0	0	4.0	0	4.0	0	0	0

Nutrient	Per Serving	Daily Value ¹	Percent Daily Value
Dietary Components			
Calories	203 kcal		
Calories from Fat	65 kcal		
Total Fat	7.256 g	65 g	11 %
Saturated Fat	1.313 g	20 g	7 %
Trans Fat	0.000 g		
Cholesterol	101 mg	300 mg	34 %
Sodium	913 mg	2400 mg	38 %
Total Carbohydrate	5.352 g	300 g	2 %
Dietary Fiber	0.666 g	25 g	3 %
Sugars	3.434 g		
Protein	29.549 g	50 g	59 %
Total Vitamin A Activity	552 IU	5000 IU	11 %
Vitamin C	8.089 mg	60 mg	13 %
Calcium	358 mg	1000 mg	36 %
Iron	1.580 mg	18 mg	9 %
Vitamin D	573 IU	400 IU	143 %
Vitamin E	3 IU	30 IU	9 %
Vitamin K	84.653 mcg	80 mcg	106 %
Thiamin	0.050 mg	1.5 mg	3 %
Riboflavin	0.270 mg	1.7 mg	16 %
Niacin	9.591 mg	20 mg	48 %
Vitamin B6	0.185 mg	2.0 mg	9 %
Folic Acid	20 mcg	400 mcg	5 %
Vitamin B12	6.089 mcg	6 mcg	101 %
Pantothenic Acid	0.787 mg	10 mg	8 %
Phosphorus	471 mg	1000 mg	47 %
Magnesium	51 mg	400 mg	13 %
Zinc	1.522 mg	15 mg	10 %
Selenium	49.026 mcg	70 mcg	70 %
Copper	0.225 mg	2.0 mg	11 %
Manganese	0.143 mg	2.0 mg	7 %
Potassium	476 mg	3500 mg	14 %

¹ Daily Values are reference amounts established by the U.S. Food and Drug Administration (FDA) and used to calculate the Percent Daily Values that appear on food labels. Values are based on a 2,000 calorie diet. Daily Values have not been established for all nutrients.

Nutrient composition of this recipe was calculated using Nutrition Data System for Research software 2012 developed by the Nutrition Coordinating Center (NCC), University of Minnesota, Minneapolis, MN.

Chicken Salad

Serving Size: 1/3 recipe

Diet Category: Wahls™, Wahls Paleo™, Wahls Paleo Plus™

Wahls Food Groups per Serving:

Leafy cups	Sulfur cups	Color					Meat/Fish				Coconut		Yeast tbsp
		Green cups	Red cups	Blue cups	Orange cups	Total cups	Organ oz	Omega-3 oz	Other oz	Total oz	Oil tbsp	Milk cups	
0	0	0	0	0	0	0	0	0	4.0	4.0	0	0	0

Nutrient	Per Serving	Daily Value ¹	Percent Daily Value
Dietary Components			
Calories	234 kcal		
Calories from Fat	58 kcal		
Total Fat	6.487 g	65 g	10 %
Saturated Fat	1.727 g	20 g	9 %
Trans Fat	0.103 g		
Cholesterol	97 mg	300 mg	32 %
Sodium	510 mg	2400 mg	21 %
Total Carbohydrate	5.352 g	300 g	2 %
Dietary Fiber	0.666 g	25 g	3 %
Sugars	3.434 g		
Protein	36.604 g	50 g	73 %
Total Vitamin A Activity	493 IU	5000 IU	10 %
Vitamin C	8.089 mg	60 mg	13 %
Calcium	34 mg	1000 mg	3 %
Iron	1.688 mg	18 mg	9 %
Vitamin D	6 IU	400 IU	1 %
Vitamin E	1 IU	30 IU	3 %
Vitamin K	84.874 mcg	80 mcg	106 %
Thiamin	0.091 mg	1.5 mg	6 %
Riboflavin	0.154 mg	1.7 mg	9 %
Niacin	14.721 mg	20 mg	74 %
Vitamin B6	0.744 mg	2.0 mg	37 %
Folic Acid	20 mcg	400 mcg	5 %
Vitamin B12	0.390 mcg	6 mcg	7 %
Pantothenic Acid	1.209 mg	10 mg	12 %
Phosphorus	270 mg	1000 mg	27 %
Magnesium	41 mg	400 mg	10 %
Zinc	1.592 mg	15 mg	11 %
Selenium	28.420 mcg	70 mcg	41 %
Copper	0.090 mg	2.0 mg	5 %
Manganese	0.115 mg	2.0 mg	6 %
Potassium	376 mg	3500 mg	11 %

¹ Daily Values are reference amounts established by the U.S. Food and Drug Administration (FDA) and used to calculate the Percent Daily Values that appear on food labels. Values are based on a 2,000 calorie diet. Daily Values have not been established for all nutrients.

Nutrient composition of this recipe was calculated using Nutrition Data System for Research software 2012 developed by the Nutrition Coordinating Center (NCC), University of Minnesota, Minneapolis, MN.

Beet Greens and Bacon

Serving Size: 1/3 recipe

Diet Category: Wahls™, Wahls Paleo™, Wahls Paleo Plus™

Wahls Food Groups per Serving:

Leafy cups	Sulfur cups	Color					Meat/Fish				Coconut		Yeast tbsp
		Green cups	Red cups	Blue cups	Orange cups	Total cups	Organ oz	Omega-3 oz	Other oz	Total oz	Oil tbsp	Milk cups	
1.0	0.5	0	0	0	0	0	0	0	0.25	0.25	0	0	0

Nutrient	Per Serving	Daily Value ¹	Percent Daily Value
Dietary Components			
Calories	176 kcal		
Calories from Fat	134 kcal		
Total Fat	14.913 g	65 g	23 %
Saturated Fat	5.533 g	20 g	28 %
Trans Fat	0.145 g		
Cholesterol	22 mg	300 mg	7 %
Sodium	799 mg	2400 mg	33 %
Total Carbohydrate	5.351 g	300 g	2 %
Dietary Fiber	1.817 g	25 g	7 %
Sugars	1.037 g		
Protein	5.722 g	50 g	11 %
Total Vitamin A Activity	4633 IU	5000 IU	93 %
Vitamin C	15.996 mg	60 mg	27 %
Calcium	78 mg	1000 mg	8 %
Iron	1.392 mg	18 mg	8 %
Vitamin D	15 IU	400 IU	4 %
Vitamin E	2 IU	30 IU	6 %
Vitamin K	292.785 mcg	80 mcg	366 %
Thiamin	0.120 mg	1.5 mg	8 %
Riboflavin	0.206 mg	1.7 mg	12 %
Niacin	1.507 mg	20 mg	8 %
Vitamin B6	0.154 mg	2.0 mg	8 %
Folic Acid	9 mcg	400 mcg	2 %
Vitamin B12	0.131 mcg	6 mcg	2 %
Pantothenic Acid	0.342 mg	10 mg	3 %
Phosphorus	87 mg	1000 mg	9 %
Magnesium	46 mg	400 mg	12 %
Zinc	0.726 mg	15 mg	5 %
Selenium	7.589 mcg	70 mcg	11 %
Copper	0.180 mg	2.0 mg	9 %
Manganese	0.370 mg	2.0 mg	19 %
Potassium	628 mg	3500 mg	18 %

¹ Daily Values are reference amounts established by the U.S. Food and Drug Administration (FDA) and used to calculate the Percent Daily Values that appear on food labels. Values are based on a 2,000 calorie diet. Daily Values have not been established for all nutrients.

Nutrient composition of this recipe was calculated using Nutrition Data System for Research software 2012 developed by the Nutrition Coordinating Center (NCC), University of Minnesota, Minneapolis, MN.

Brussels Sprouts, Bacon and Cranberries

Serving Size: 1/4 recipe

Diet Category: Wahls™, Wahls Paleo™, Wahls Paleo Plus™

Wahls Food Groups per Serving:

Leafy cups	Sulfur cups	Color					Meat/Fish				Coconut		Yeast tbsp
		Green cups	Red cups	Blue cups	Orange cups	Total cups	Organ oz	Omega-3 oz	Other oz	Total oz	Oil tbsp	Milk cups	
0	1.0	0	0.25	0	0	0.25	0	0	0	0	0	0	0

Nutrient	Per Serving	Daily Value ¹	Percent Daily Value
Dietary Components			
Calories	171 kcal		
Calories from Fat	93 kcal		
Total Fat	10.615 g	65 g	16 %
Saturated Fat	2.578 g	20 g	13 %
Trans Fat	0.056 g		
Cholesterol	11 mg	300 mg	4 %
Sodium	211 mg	2400 mg	9 %
Total Carbohydrate	13.794 g	300 g	5 %
Dietary Fiber	4.694 g	25 g	19 %
Sugars	4.664 g		
Protein	7.327 g	50 g	15 %
Total Vitamin A Activity	744 IU	5000 IU	15 %
Vitamin C	61.801 mg	60 mg	103 %
Calcium	62 mg	1000 mg	6 %
Iron	1.681 mg	18 mg	9 %
Vitamin D	6 IU	400 IU	2 %
Vitamin E	4 IU	30 IU	14 %
Vitamin K	132.646 mcg	80 mcg	166 %
Thiamin	0.156 mg	1.5 mg	10 %
Riboflavin	0.185 mg	1.7 mg	11 %
Niacin	1.770 mg	20 mg	9 %
Vitamin B6	0.231 mg	2.0 mg	12 %
Folic Acid	62 mcg	400 mcg	15 %
Vitamin B12	0.098 mcg	6 mcg	2 %
Pantothenic Acid	0.451 mg	10 mg	5 %
Phosphorus	142 mg	1000 mg	14 %
Magnesium	47 mg	400 mg	12 %
Zinc	0.891 mg	15 mg	6 %
Selenium	6.651 mcg	70 mcg	10 %
Copper	0.195 mg	2.0 mg	10 %
Manganese	0.513 mg	2.0 mg	26 %
Potassium	444 mg	3500 mg	13 %

¹ Daily Values are reference amounts established by the U.S. Food and Drug Administration (FDA) and used to calculate the Percent Daily Values that appear on food labels. Values are based on a 2,000 calorie diet. Daily Values have not been established for all nutrients.

Nutrient composition of this recipe was calculated using Nutrition Data System for Research software 2012 developed by the Nutrition Coordinating Center (NCC), University of Minnesota, Minneapolis, MN.

Mashed Turnips

Serving Size: 1/4 recipe

Diet Category: Wahls™, Wahls Paleo™, Wahls Paleo Plus™

Wahls Food Groups per Serving:

Leafy cups	Sulfur cups	Color					Meat/Fish				Coconut		Yeast tbsp
		Green cups	Red cups	Blue cups	Orange cups	Total cups	Organ oz	Omega-3 oz	Other oz	Total oz	Oil tbsp	Milk cups	
0	1.25	0	0	0	0	0	0	0	0	0	0.5	0	2.0

Nutrient	Per Serving	Daily Value ¹	Percent Daily Value
Dietary Components			
Calories	150 kcal		
Calories from Fat	68 kcal		
Total Fat	7.839 g	65 g	12 %
Saturated Fat	6.027 g	20 g	30 %
Trans Fat	0.000 g		
Cholesterol	0 mg	300 mg	0 %
Sodium	166 mg	2400 mg	7 %
Total Carbohydrate	13.561 g	300 g	5 %
Dietary Fiber	6.217 g	25 g	25 %
Sugars	2.670 g		
Protein	10.110 g	50 g	20 %
Total Vitamin A Activity	132 IU	5000 IU	3 %
Vitamin C	12.801 mg	60 mg	21 %
Calcium	50 mg	1000 mg	5 %
Iron	1.121 mg	18 mg	6 %
Vitamin D	0 IU	400 IU	0 %
Vitamin E	0 IU	30 IU	0 %
Vitamin K	6.789 mcg	80 mcg	8 %
Thiamin	10.607 mg	1.5 mg	707 %
Riboflavin	10.602 mg	1.7 mg	624 %
Niacin	61.990 mg	20 mg	310 %
Vitamin B6	10.675 mg	2.0 mg	534 %
Folic Acid	275 mcg	400 mcg	69 %
Vitamin B12	8.813 mcg	6 mcg	147 %
Pantothenic Acid	1.299 mg	10 mg	13 %
Phosphorus	221 mg	1000 mg	22 %
Magnesium	33 mg	400 mg	8 %
Zinc	3.692 mg	15 mg	25 %
Selenium	25.310 mcg	70 mcg	36 %
Copper	0.158 mg	2.0 mg	8 %
Manganese	0.245 mg	2.0 mg	12 %
Potassium	530 mg	3500 mg	15 %

¹ Daily Values are reference amounts established by the U.S. Food and Drug Administration (FDA) and used to calculate the Percent Daily Values that appear on food labels. Values are based on a 2,000 calorie diet. Daily Values have not been established for all nutrients.

Nutrient composition of this recipe was calculated using Nutrition Data System for Research software 2012 developed by the Nutrition Coordinating Center (NCC), University of Minnesota, Minneapolis, MN.

Sautéed Red Cabbage

Serving Size: 1/4 recipe

Diet Category: Wahls™, Wahls Paleo™, Wahls Paleo Plus™

Wahls Food Groups per Serving:

Leafy cups	Sulfur cups	Color					Meat/Fish				Coconut		Yeast tbsp
		Green cups	Red cups	Blue cups	Orange cups	Total cups	Organ oz	Omega-3 oz	Other oz	Total oz	Oil tbsp	Milk cups	
0	1.0	0	0	0	0	0	0	0	0	0	0.5	0	0

Nutrient	Per Serving	Daily Value ¹	Percent Daily Value
Dietary Components			
Calories	84 kcal		
Calories from Fat	59 kcal		
Total Fat	6.890 g	65 g	11 %
Saturated Fat	5.905 g	20 g	30 %
Trans Fat	0.000 g		
Cholesterol	0 mg	300 mg	0 %
Sodium	20 mg	2400 mg	1 %
Total Carbohydrate	5.755 g	300 g	2 %
Dietary Fiber	1.799 g	25 g	7 %
Sugars	2.874 g		
Protein	1.079 g	50 g	2 %
Total Vitamin A Activity	22 IU	5000 IU	0 %
Vitamin C	23.330 mg	60 mg	39 %
Calcium	30 mg	1000 mg	3 %
Iron	0.490 mg	18 mg	3 %
Vitamin D	0 IU	400 IU	0 %
Vitamin E	0 IU	30 IU	0 %
Vitamin K	32.166 mcg	80 mcg	40 %
Thiamin	0.048 mg	1.5 mg	3 %
Riboflavin	0.041 mg	1.7 mg	2 %
Niacin	0.274 mg	20 mg	1 %
Vitamin B6	0.155 mg	2.0 mg	8 %
Folic Acid	16 mcg	400 mcg	4 %
Vitamin B12	0.000 mcg	6 mcg	0 %
Pantothenic Acid	0.108 mg	10 mg	1 %
Phosphorus	24 mg	1000 mg	2 %
Magnesium	13 mg	400 mg	3 %
Zinc	0.188 mg	15 mg	1 %
Selenium	1.572 mcg	70 mcg	2 %
Copper	0.042 mg	2.0 mg	2 %
Manganese	0.161 mg	2.0 mg	8 %
Potassium	190 mg	3500 mg	5 %

¹ Daily Values are reference amounts established by the U.S. Food and Drug Administration (FDA) and used to calculate the Percent Daily Values that appear on food labels. Values are based on a 2,000 calorie diet. Daily Values have not been established for all nutrients.

Nutrient composition of this recipe was calculated using Nutrition Data System for Research software 2012 developed by the Nutrition Coordinating Center (NCC), University of Minnesota, Minneapolis, MN.

Quinoa and Red Peppers

Serving Size: 1/4 recipe

Diet Category: Wahls™

Wahls Food Groups per Serving:

Leafy cups	Sulfur cups	Color					Meat/Fish				Coconut		Yeast tbsp
		Green cups	Red cups	Blue cups	Orange cups	Total cups	Organ oz	Omega-3 oz	Other oz	Total oz	Oil tbsp	Milk cups	
0	0	0	0.25	0	0	0.25	0	0	0	0	0	0	0

Nutrient	Per Serving	Daily Value ¹	Percent Daily Value
Dietary Components			
Calories	164 kcal		
Calories from Fat	24 kcal		
Total Fat	2.634 g	65 g	4 %
Saturated Fat	0.308 g	20 g	2 %
Trans Fat	0.000 g		
Cholesterol	0 mg	300 mg	0 %
Sodium	6 mg	2400 mg	0 %
Total Carbohydrate	29.053 g	300 g	10 %
Dietary Fiber	3.293 g	25 g	13 %
Sugars	3.759 g		
Protein	6.248 g	50 g	12 %
Total Vitamin A Activity	780 IU	5000 IU	16 %
Vitamin C	45.016 mg	60 mg	75 %
Calcium	25 mg	1000 mg	2 %
Iron	2.065 mg	18 mg	11 %
Vitamin D	0 IU	400 IU	0 %
Vitamin E	2 IU	30 IU	7 %
Vitamin K	1.343 mcg	80 mcg	2 %
Thiamin	0.169 mg	1.5 mg	11 %
Riboflavin	0.143 mg	1.7 mg	8 %
Niacin	0.772 mg	20 mg	4 %
Vitamin B6	0.268 mg	2.0 mg	13 %
Folic Acid	82 mcg	400 mcg	21 %
Vitamin B12	0.000 mcg	6 mcg	0 %
Pantothenic Acid	0.349 mg	10 mg	3 %
Phosphorus	199 mg	1000 mg	20 %
Magnesium	87 mg	400 mg	22 %
Zinc	1.359 mg	15 mg	9 %
Selenium	3.694 mcg	70 mcg	5 %
Copper	0.277 mg	2.0 mg	14 %
Manganese	0.895 mg	2.0 mg	45 %
Potassium	283 mg	3500 mg	8 %

¹ Daily Values are reference amounts established by the U.S. Food and Drug Administration (FDA) and used to calculate the Percent Daily Values that appear on food labels. Values are based on a 2,000 calorie diet. Daily Values have not been established for all nutrients.

Nutrient composition of this recipe was calculated using Nutrition Data System for Research software 2012 developed by the Nutrition Coordinating Center (NCC), University of Minnesota, Minneapolis, MN.

Beet and Red Cabbage Mixture

Serving Size: 1 recipe

Diet Category: Wahls™, Wahls Paleo™, Wahls Paleo Plus™

Wahls Food Groups per Serving:

Leafy cups	Sulfur cups	Color					Meat/Fish				Coconut		Yeast tbsp
		Green cups	Red cups	Blue cups	Orange cups	Total cups	Organ oz	Omega-3 oz	Other oz	Total oz	Oil tbsp	Milk cups	
0	0.25	0	0.25	0	0	0.25	0	0	0	0	0	0	0

Nutrient	Per Serving	Daily Value ¹	Percent Daily Value
Dietary Components			
Calories	272 kcal		
Calories from Fat	243 kcal		
Total Fat	27.496 g	65 g	42 %
Saturated Fat	3.312 g	20 g	17 %
Trans Fat	0.022 g		
Cholesterol	0 mg	300 mg	0 %
Sodium	33 mg	2400 mg	1 %
Total Carbohydrate	8.023 g	300 g	3 %
Dietary Fiber	3.395 g	25 g	14 %
Sugars	3.223 g		
Protein	1.320 g	50 g	3 %
Total Vitamin A Activity	267 IU	5000 IU	5 %
Vitamin C	14.447 mg	60 mg	24 %
Calcium	44 mg	1000 mg	4 %
Iron	0.990 mg	18 mg	6 %
Vitamin D	0 IU	400 IU	0 %
Vitamin E	7 IU	30 IU	22 %
Vitamin K	17.550 mcg	80 mcg	22 %
Thiamin	0.027 mg	1.5 mg	2 %
Riboflavin	0.034 mg	1.7 mg	2 %
Niacin	0.280 mg	20 mg	1 %
Vitamin B6	0.076 mg	2.0 mg	4 %
Folic Acid	42 mcg	400 mcg	10 %
Vitamin B12	0.000 mcg	6 mcg	0 %
Pantothenic Acid	0.099 mg	10 mg	1 %
Phosphorus	35 mg	1000 mg	4 %
Magnesium	22 mg	400 mg	5 %
Zinc	0.338 mg	15 mg	2 %
Selenium	0.708 mcg	70 mcg	1 %
Copper	0.106 mg	2.0 mg	5 %
Manganese	0.689 mg	2.0 mg	34 %
Potassium	203 mg	3500 mg	6 %

¹ Daily Values are reference amounts established by the U.S. Food and Drug Administration (FDA) and used to calculate the Percent Daily Values that appear on food labels. Values are based on a 2,000 calorie diet. Daily Values have not been established for all nutrients.

Nutrient composition of this recipe was calculated using Nutrition Data System for Research software 2012 developed by the Nutrition Coordinating Center (NCC), University of Minnesota, Minneapolis, MN.

Beet and Cranberry Mixture

Serving Size: 1 recipe

Diet Category: Wahls™, Wahls Paleo™, Wahls Paleo Plus™

Wahls Food Groups per Serving:

Leafy cups	Sulfur cups	Color					Meat/Fish				Coconut		Yeast tbsp
		Green cups	Red cups	Blue cups	Orange cups	Total cups	Organ oz	Omega-3 oz	Other oz	Total oz	Oil tbsp	Milk cups	
0	0	0	0.5	0	0	0.5	0	0	0	0	0	0	0

Nutrient	Per Serving	Daily Value ¹	Percent Daily Value
Dietary Components			
Calories	33 kcal		
Calories from Fat	1 kcal		
Total Fat	0.158 g	65 g	0 %
Saturated Fat	0.030 g	20 g	0 %
Trans Fat	0.000 g		
Cholesterol	0 mg	300 mg	0 %
Sodium	38 mg	2400 mg	2 %
Total Carbohydrate	7.900 g	300 g	3 %
Dietary Fiber	2.282 g	25 g	9 %
Sugars	3.461 g		
Protein	0.809 g	50 g	2 %
Total Vitamin A Activity	26 IU	5000 IU	1 %
Vitamin C	5.441 mg	60 mg	9 %
Calcium	16 mg	1000 mg	2 %
Iron	0.389 mg	18 mg	2 %
Vitamin D	0 IU	400 IU	0 %
Vitamin E	1 IU	30 IU	2 %
Vitamin K	1.352 mcg	80 mcg	2 %
Thiamin	0.016 mg	1.5 mg	1 %
Riboflavin	0.022 mg	1.7 mg	1 %
Niacin	0.206 mg	20 mg	1 %
Vitamin B6	0.051 mg	2.0 mg	3 %
Folic Acid	38 mcg	400 mcg	10 %
Vitamin B12	0.000 mcg	6 mcg	0 %
Pantothenic Acid	0.145 mg	10 mg	1 %
Phosphorus	20 mg	1000 mg	2 %
Magnesium	16 mg	400 mg	4 %
Zinc	0.198 mg	15 mg	1 %
Selenium	0.326 mcg	70 mcg	0 %
Copper	0.085 mg	2.0 mg	4 %
Manganese	0.222 mg	2.0 mg	11 %
Potassium	169 mg	3500 mg	5 %

¹ Daily Values are reference amounts established by the U.S. Food and Drug Administration (FDA) and used to calculate the Percent Daily Values that appear on food labels. Values are based on a 2,000 calorie diet. Daily Values have not been established for all nutrients.

Nutrient composition of this recipe was calculated using Nutrition Data System for Research software 2012 developed by the Nutrition Coordinating Center (NCC), University of Minnesota, Minneapolis, MN.

Bone Broth Tea

Serving Size: 1 recipe

Diet Category: Wahls™, Wahls Paleo™, Wahls Paleo Plus™

Wahls Food Groups per Serving:

Leafy cups	Sulfur cups	Color					Meat/Fish				Coconut		Yeast tbsp
		Green cups	Red cups	Blue cups	Orange cups	Total cups	Organ oz	Omega-3 oz	Other oz	Total oz	Oil tbsp	Milk cups	
0	0	0	0	0	0	0	0	0	0	0	0	0.5	0

Nutrient	Per Serving	Daily Value ¹	Percent Daily Value
Dietary Components			
Calories	312 kcal		
Calories from Fat	250 kcal		
Total Fat	29.601 g	65 g	46 %
Saturated Fat	24.528 g	20 g	123 %
Trans Fat	0.042 g		
Cholesterol	3 mg	300 mg	1 %
Sodium	222 mg	2400 mg	9 %
Total Carbohydrate	8.058 g	300 g	3 %
Dietary Fiber	1.167 g	25 g	5 %
Sugars	6.129 g		
Protein	7.369 g	50 g	15 %
Total Vitamin A Activity	0 IU	5000 IU	0 %
Vitamin C	1.411 mg	60 mg	2 %
Calcium	16 mg	1000 mg	2 %
Iron	1.535 mg	18 mg	9 %
Vitamin D	3 IU	400 IU	1 %
Vitamin E	0 IU	30 IU	0 %
Vitamin K	0.128 mcg	80 mcg	0 %
Thiamin	0.037 mg	1.5 mg	2 %
Riboflavin	0.055 mg	1.7 mg	3 %
Niacin	3.537 mg	20 mg	18 %
Vitamin B6	0.062 mg	2.0 mg	3 %
Folic Acid	23 mcg	400 mcg	6 %
Vitamin B12	0.240 mcg	6 mcg	4 %
Pantothenic Acid	0.254 mg	10 mg	3 %
Phosphorus	149 mg	1000 mg	15 %
Magnesium	45 mg	400 mg	11 %
Zinc	1.010 mg	15 mg	7 %
Selenium	7.531 mcg	70 mcg	11 %
Copper	0.433 mg	2.0 mg	22 %
Manganese	1.279 mg	2.0 mg	64 %
Potassium	503 mg	3500 mg	14 %

¹ Daily Values are reference amounts established by the U.S. Food and Drug Administration (FDA) and used to calculate the Percent Daily Values that appear on food labels. Values are based on a 2,000 calorie diet. Daily Values have not been established for all nutrients.

Nutrient composition of this recipe was calculated using Nutrition Data System for Research software 2012 developed by the Nutrition Coordinating Center (NCC), University of Minnesota, Minneapolis, MN.

Turmeric Tea

Serving Size: 1 recipe

Diet Category: Wahls™, Wahls Paleo™, Wahls Paleo Plus™

Wahls Food Groups per Serving:

Leafy cups	Sulfur cups	Color					Meat/Fish				Coconut		Yeast tbsp
		Green cups	Red cups	Blue cups	Orange cups	Total cups	Organ oz	Omega-3 oz	Other oz	Total oz	Oil tbsp	Milk cups	
0	0.5	0	0	0	0	0	0	0	0	0	0	0.5	0

Nutrient	Per Serving	Daily Value ¹	Percent Daily Value
Dietary Components			
Calories	329 kcal		
Calories from Fat	253 kcal		
Total Fat	29.952 g	65 g	46 %
Saturated Fat	24.637 g	20 g	123 %
Trans Fat	0.043 g		
Cholesterol	3 mg	300 mg	1 %
Sodium	224 mg	2400 mg	9 %
Total Carbohydrate	11.258 g	300 g	4 %
Dietary Fiber	1.947 g	25 g	8 %
Sugars	6.268 g		
Protein	7.826 g	50 g	16 %
Total Vitamin A Activity	0 IU	5000 IU	0 %
Vitamin C	3.227 mg	60 mg	5 %
Calcium	28 mg	1000 mg	3 %
Iron	2.995 mg	18 mg	17 %
Vitamin D	3 IU	400 IU	1 %
Vitamin E	0 IU	30 IU	1 %
Vitamin K	0.635 mcg	80 mcg	1 %
Thiamin	0.048 mg	1.5 mg	3 %
Riboflavin	0.066 mg	1.7 mg	4 %
Niacin	3.732 mg	20 mg	19 %
Vitamin B6	0.106 mg	2.0 mg	5 %
Folic Acid	24 mcg	400 mcg	6 %
Vitamin B12	0.240 mcg	6 mcg	4 %
Pantothenic Acid	0.279 mg	10 mg	3 %
Phosphorus	163 mg	1000 mg	16 %
Magnesium	52 mg	400 mg	13 %
Zinc	1.193 mg	15 mg	8 %
Selenium	8.110 mcg	70 mcg	12 %
Copper	0.463 mg	2.0 mg	23 %
Manganese	1.595 mg	2.0 mg	80 %
Potassium	601 mg	3500 mg	17 %

¹ Daily Values are reference amounts established by the U.S. Food and Drug Administration (FDA) and used to calculate the Percent Daily Values that appear on food labels. Values are based on a 2,000 calorie diet. Daily Values have not been established for all nutrients.

Nutrient composition of this recipe was calculated using Nutrition Data System for Research software 2012 developed by the Nutrition Coordinating Center (NCC), University of Minnesota, Minneapolis, MN.

Hot Cocoa

Serving Size: 1 recipe

Diet Category: Wahls™, Wahls Paleo™, Wahls Paleo Plus™

Wahls Food Groups per Serving:

Leafy cups	Sulfur cups	Color					Meat/Fish				Coconut		Yeast tbsp
		Green cups	Red cups	Blue cups	Orange cups	Total cups	Organ oz	Omega-3 oz	Other oz	Total oz	Oil tbsp	Milk cups	
0	0	0	0	0	0	0	0	0	0	0	0	0.75	0

Nutrient	Per Serving	Daily Value ¹	Percent Daily Value
Dietary Components			
Calories	399 kcal		
Calories from Fat	337 kcal		
Total Fat	40.292 g	65 g	62 %
Saturated Fat	35.637 g	20 g	178 %
Trans Fat	0.000 g		
Cholesterol	0 mg	300 mg	0 %
Sodium	28 mg	2400 mg	1 %
Total Carbohydrate	13.867 g	300 g	5 %
Dietary Fiber	3.726 g	25 g	15 %
Sugars	8.633 g		
Protein	3.552 g	50 g	7 %
Total Vitamin A Activity	8 IU	5000 IU	0 %
Vitamin C	2.215 mg	60 mg	4 %
Calcium	40 mg	1000 mg	4 %
Iron	2.023 mg	18 mg	11 %
Vitamin D	0 IU	400 IU	0 %
Vitamin E	0 IU	30 IU	0 %
Vitamin K	1.048 mcg	80 mcg	1 %
Thiamin	0.046 mg	1.5 mg	3 %
Riboflavin	0.005 mg	1.7 mg	0 %
Niacin	1.365 mg	20 mg	7 %
Vitamin B6	0.064 mg	2.0 mg	3 %
Folic Acid	28 mcg	400 mcg	7 %
Vitamin B12	0.000 mcg	6 mcg	0 %
Pantothenic Acid	0.324 mg	10 mg	3 %
Phosphorus	128 mg	1000 mg	13 %
Magnesium	73 mg	400 mg	18 %
Zinc	1.316 mg	15 mg	9 %
Selenium	7.455 mcg	70 mcg	11 %
Copper	0.541 mg	2.0 mg	27 %
Manganese	2.079 mg	2.0 mg	104 %
Potassium	485 mg	3500 mg	14 %

¹ Daily Values are reference amounts established by the U.S. Food and Drug Administration (FDA) and used to calculate the Percent Daily Values that appear on food labels. Values are based on a 2,000 calorie diet. Daily Values have not been established for all nutrients.

Nutrient composition of this recipe was calculated using Nutrition Data System for Research software 2012 developed by the Nutrition Coordinating Center (NCC), University of Minnesota, Minneapolis, MN.

Fruit Pudding-Mixed Berry

Serving Size: 1/2 recipe

Diet Category: Wahls™, Wahls Paleo™, Wahls Paleo Plus™

Wahls Food Groups per Serving:

Leafy cups	Sulfur cups	Color					Meat/Fish				Coconut		Yeast tbsp
		Green cups	Red cups	Blue cups	Orange cups	Total cups	Organ oz	Omega-3 oz	Other oz	Total oz	Oil tbsp	Milk cups	
0	0	0.5	0.25	0.25	0	1.0	0	0	0	0	0	0.5	0

Nutrient	Per Serving	Daily Value ¹	Percent Daily Value
Dietary Components			
Calories	403 kcal		
Calories from Fat	291 kcal		
Total Fat	34.770 g	65 g	53 %
Saturated Fat	22.510 g	20 g	113 %
Trans Fat	0.000 g		
Cholesterol	0 mg	300 mg	0 %
Sodium	21 mg	2400 mg	1 %
Total Carbohydrate	26.656 g	300 g	9 %
Dietary Fiber	10.954 g	25 g	44 %
Sugars	12.389 g		
Protein	4.161 g	50 g	8 %
Total Vitamin A Activity	161 IU	5000 IU	3 %
Vitamin C	28.363 mg	60 mg	47 %
Calcium	50 mg	1000 mg	5 %
Iron	2.207 mg	18 mg	12 %
Vitamin D	0 IU	400 IU	0 %
Vitamin E	3 IU	30 IU	10 %
Vitamin K	26.297 mcg	80 mcg	33 %
Thiamin	0.110 mg	1.5 mg	7 %
Riboflavin	0.141 mg	1.7 mg	8 %
Niacin	2.785 mg	20 mg	14 %
Vitamin B6	0.287 mg	2.0 mg	14 %
Folic Acid	96 mcg	400 mcg	24 %
Vitamin B12	0.000 mcg	6 mcg	0 %
Pantothenic Acid	1.382 mg	10 mg	14 %
Phosphorus	128 mg	1000 mg	13 %
Magnesium	75 mg	400 mg	19 %
Zinc	1.465 mg	15 mg	10 %
Selenium	5.142 mcg	70 mcg	7 %
Copper	0.465 mg	2.0 mg	23 %
Manganese	2.084 mg	2.0 mg	104 %
Potassium	756 mg	3500 mg	22 %

¹ Daily Values are reference amounts established by the U.S. Food and Drug Administration (FDA) and used to calculate the Percent Daily Values that appear on food labels. Values are based on a 2,000 calorie diet. Daily Values have not been established for all nutrients.

Nutrient composition of this recipe was calculated using Nutrition Data System for Research software 2012 developed by the Nutrition Coordinating Center (NCC), University of Minnesota, Minneapolis, MN.

Raspberry-Flaxseed Pudding

Serving Size: 1/2 recipe

Diet Category: Wahls™, Wahls Paleo™, Wahls Paleo Plus™

Wahls Food Groups per Serving:

Leafy cups	Sulfur cups	Color					Meat/Fish				Coconut		Yeast tbsp
		Green cups	Red cups	Blue cups	Orange cups	Total cups	Organ oz	Omega-3 oz	Other oz	Total oz	Oil tbsp	Milk cups	
0	0	0	0.5	0	0	0.5	0	0	0	0	0	0.5	0

Nutrient	Per Serving	Daily Value ¹	Percent Daily Value
Dietary Components			
Calories	414 kcal		
Calories from Fat	280 kcal		
Total Fat	33.459 g	65 g	51 %
Saturated Fat	21.831 g	20 g	109 %
Trans Fat	0.000 g		
Cholesterol	0 mg	300 mg	0 %
Sodium	22 mg	2400 mg	1 %
Total Carbohydrate	29.061 g	300 g	10 %
Dietary Fiber	15.856 g	25 g	63 %
Sugars	10.952 g		
Protein	7.332 g	50 g	15 %
Total Vitamin A Activity	45 IU	5000 IU	1 %
Vitamin C	34.382 mg	60 mg	57 %
Calcium	106 mg	1000 mg	11 %
Iron	3.232 mg	18 mg	18 %
Vitamin D	0 IU	400 IU	0 %
Vitamin E	2 IU	30 IU	6 %
Vitamin K	11.173 mcg	80 mcg	14 %
Thiamin	0.414 mg	1.5 mg	28 %
Riboflavin	0.084 mg	1.7 mg	5 %
Niacin	2.187 mg	20 mg	11 %
Vitamin B6	0.207 mg	2.0 mg	10 %
Folic Acid	61 mcg	400 mcg	15 %
Vitamin B12	0.000 mcg	6 mcg	0 %
Pantothenic Acid	0.808 mg	10 mg	8 %
Phosphorus	241 mg	1000 mg	24 %
Magnesium	149 mg	400 mg	37 %
Zinc	2.205 mg	15 mg	15 %
Selenium	10.094 mcg	70 mcg	14 %
Copper	0.645 mg	2.0 mg	32 %
Manganese	2.779 mg	2.0 mg	139 %
Potassium	640 mg	3500 mg	18 %

¹ Daily Values are reference amounts established by the U.S. Food and Drug Administration (FDA) and used to calculate the Percent Daily Values that appear on food labels. Values are based on a 2,000 calorie diet. Daily Values have not been established for all nutrients.

Nutrient composition of this recipe was calculated using Nutrition Data System for Research software 2012 developed by the Nutrition Coordinating Center (NCC), University of Minnesota, Minneapolis, MN.

Wahls Fudge

Serving Size: 1/20 recipe

Recipe: include raisins

Diet Category: Wahls™, Wahls Paleo™

Wahls Food Groups per Serving:

Leafy cups	Sulfur cups	Color					Meat/Fish				Coconut		Yeast tbsp
		Green cups	Red cups	Blue cups	Orange cups	Total cups	Organ oz	Omega-3 oz	Other oz	Total oz	Oil tbsp	Milk cups	
0	0	0	0	0	0	0	0	0	0	0	0.75	0	0

Nutrient	Per Serving	Daily Value ¹	Percent Daily Value
Dietary Components			
Calories	173 kcal		
Calories from Fat	141 kcal		
Total Fat	16.546 g	65 g	25 %
Saturated Fat	11.036 g	20 g	55 %
Trans Fat	0.000 g		
Cholesterol	0 mg	300 mg	0 %
Sodium	2 mg	2400 mg	0 %
Total Carbohydrate	7.643 g	300 g	3 %
Dietary Fiber	1.490 g	25 g	6 %
Sugars	4.593 g		
Protein	1.278 g	50 g	3 %
Total Vitamin A Activity	11 IU	5000 IU	0 %
Vitamin C	0.865 mg	60 mg	1 %
Calcium	11 mg	1000 mg	1 %
Iron	0.417 mg	18 mg	2 %
Vitamin D	0 IU	400 IU	0 %
Vitamin E	0 IU	30 IU	1 %
Vitamin K	1.920 mcg	80 mcg	2 %
Thiamin	0.031 mg	1.5 mg	2 %
Riboflavin	0.029 mg	1.7 mg	2 %
Niacin	0.258 mg	20 mg	1 %
Vitamin B6	0.065 mg	2.0 mg	3 %
Folic Acid	12 mcg	400 mcg	3 %
Vitamin B12	0.000 mcg	6 mcg	0 %
Pantothenic Acid	0.152 mg	10 mg	2 %
Phosphorus	33 mg	1000 mg	3 %
Magnesium	15 mg	400 mg	4 %
Zinc	0.280 mg	15 mg	2 %
Selenium	0.703 mcg	70 mcg	1 %
Copper	0.134 mg	2.0 mg	7 %
Manganese	0.284 mg	2.0 mg	14 %
Potassium	124 mg	3500 mg	4 %

¹ Daily Values are reference amounts established by the U.S. Food and Drug Administration (FDA) and used to calculate the Percent Daily Values that appear on food labels. Values are based on a 2,000 calorie diet. Daily Values have not been established for all nutrients.

Nutrient composition of this recipe was calculated using Nutrition Data System for Research software 2012 developed by the Nutrition Coordinating Center (NCC), University of Minnesota, Minneapolis, MN.

Wahls Fudge (Wahls Paleo Plus™ Version)

Serving Size: 1/20 recipe

Recipe: omits raisins

Diet Category: Wahls™, Wahls Paleo™, Wahls Paleo Plus™

Wahls Food Groups per Serving:

Leafy cups	Sulfur cups	Color					Meat/Fish				Coconut		Yeast tbsp
		Green cups	Red cups	Blue cups	Orange cups	Total cups	Organ oz	Omega-3 oz	Other oz	Total oz	Oil tbsp	Milk cups	
0	0	0	0	0	0	0	0	0	0	0	0.75	0	0

Nutrient	Per Serving	Daily Value ¹	Percent Daily Value
Dietary Components			
Calories	152 kcal		
Calories from Fat	141 kcal		
Total Fat	16.504 g	65 g	25 %
Saturated Fat	11.026 g	20 g	55 %
Trans Fat	0.000 g		
Cholesterol	0 mg	300 mg	0 %
Sodium	1 mg	2400 mg	0 %
Total Carbohydrate	1.864 g	300 g	1 %
Dietary Fiber	1.200 g	25 g	5 %
Sugars	0.301 g		
Protein	1.042 g	50 g	2 %
Total Vitamin A Activity	11 IU	5000 IU	0 %
Vitamin C	0.698 mg	60 mg	1 %
Calcium	8 mg	1000 mg	1 %
Iron	0.272 mg	18 mg	2 %
Vitamin D	0 IU	400 IU	0 %
Vitamin E	0 IU	30 IU	1 %
Vitamin K	1.665 mcg	80 mcg	2 %
Thiamin	0.023 mg	1.5 mg	2 %
Riboflavin	0.019 mg	1.7 mg	1 %
Niacin	0.201 mg	20 mg	1 %
Vitamin B6	0.053 mg	2.0 mg	3 %
Folic Acid	11 mcg	400 mcg	3 %
Vitamin B12	0.000 mcg	6 mcg	0 %
Pantothenic Acid	0.145 mg	10 mg	1 %
Phosphorus	25 mg	1000 mg	3 %
Magnesium	12 mg	400 mg	3 %
Zinc	0.259 mg	15 mg	2 %
Selenium	0.649 mcg	70 mcg	1 %
Copper	0.108 mg	2.0 mg	5 %
Manganese	0.259 mg	2.0 mg	13 %
Potassium	68 mg	3500 mg	2 %

¹ Daily Values are reference amounts established by the U.S. Food and Drug Administration (FDA) and used to calculate the Percent Daily Values that appear on food labels. Values are based on a 2,000 calorie diet. Daily Values have not been established for all nutrients.

Nutrient composition of this recipe was calculated using Nutrition Data System for Research software 2012 developed by the Nutrition Coordinating Center (NCC), University of Minnesota, Minneapolis, MN.

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Technical Notes

Recipes Omitted: The following recipes are not included in this Recipe Companion. Refer to Appendix A of *The Wahls Protocol* for Wahls Food Group and serving size information.

Cauliflower Rice
Spaghetti Squash
Sweet Potato or Winter Squash
Fermented Foods

Nutrient Composition: Nutrient composition was calculated with Nutrition Data System for Research (NDSR) Database Version 2012 © Regents of the University of Minnesota, Minneapolis, MN. Nutrient totals include all ingredients except those listed as optional. When a choice of ingredients is presented, the nutrient composition for the first item was used in the calculations.

Wahls Food Group Servings: To simplify the reporting of Wahls Food Group Servings, the following procedures were used. 1. Bok choy, collard greens, kale, mustard greens, and turnip greens were counted in the Leafy group even though they also appear in the Sulfur group in Appendix A of *The Wahls Protocol*. 2. Asparagus and cabbage were credited as Sulfur vegetables although though they also appear in the Color list. 3. Wahls Food Group servings were rounded down to the nearest 0.5 oz cooked meat/fish and 0.25 servings of other food groups.

Disclaimer

Reasonable effort has been made to check the accuracy of this data; however, variations in natural and manufactured foods as well as human error, and deviations from the stated recipe or menu ingredients, amounts, and preparation methods will impact the nutrient composition. All nutritional values and food group servings should be considered approximate. Neither the authors nor any other party who has been involved in the preparation or publication of this document warrants that the information contained herein is in every respect accurate or complete, and they are not responsible for any errors or omissions or for the results obtained from the use of such information. Readers are encouraged to confirm the information contained herein with other sources and discuss their medical and nutritional needs with their health care provider.

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