

# Wahls Protocol<sup>®</sup>

## Premium Menus



### Wahls Paleo™ Diet Level 2 One Day Menu Sample

#### SHOPPING LIST:

##### *Breakfast*

Thyme and Chili Sausage Stir Fry

##### *Lunch*

Cilantro and Avocado Slaw Salad

##### *Dinner*

Veggie Herb Stew

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\* Be sure to add some fermented veggies to your meal of choice

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**Wahls Paleo™ Diet (Level 2) Premium Menus – One Day Menu Sample**

## SHOPPING LIST:



### MEAT/POULTRY/SEAFOOD

Nitrate, gluten, and MSG free ground sausage (1 1/2 pounds) [R1]  
Ground chicken (1/2 pound) [R1]  
Boneless skinless chicken thighs (1 pound, cooked and chopped) [R2]  
Ground venison (1 1/2 pounds) [R3]

### CONDIMENTS

Coconut aminos [R1]  
Mustard [R2]  
Honey [R2]  
Coconut oil [R3]

### PRODUCE

Thyme (2 teaspoons, minced) [R1]  
Spinach (4 cups) [R1]  
Cauliflower (4 cups florets) [R1]  
Shallots (2 large) [R1]  
Butternut squash (2 cups, diced) [R1]  
Brussels sprouts (2 cups, shredded)[R2]  
Avocado (1 large) [R2]  
Cilantro (1/4 cup, chopped) [R2]

Red bell peppers (3 cups, chopped) [R2]  
[R3]  
Apple (1 medium, shredded) [R2]  
Carrots (2 cups, shredded) [R2]  
Broccoli slaw (2 cups) [R2]  
Broccoli (2 cups, florets) [R3]  
Cucumber (1 cup, diced) [R2]  
Collard greens (4 cups, chopped) [R3]  
Rosemary (1 bunch) [R3]  
Onion (1 large) [R3]  
Garlic (2 cloves) [R3]  
Cherry tomatoes (2 cups, chopped) [R3]  
Oregano (2 teaspoons, minced) [R3]

### CANNED GOODS

Full fat coconut milk (1 tablespoon) [R2]  
Low sodium beef broth (4 cups) [R3]

### SPICES

Chili powder [R1]

### OTHER

Lacto-fermented cabbage (2 cups) [R3]

## Thyme and Chili Sausage Stir Fry

### **Breakfast (R1) - Serves 4**

Prep Time: 15 minutes

Cook Time: 15 to 20 minutes

#### **Ingredients:**

- 1 1/2 pounds nitrate, gluten and MSG free ground sausage
- 1/2 pound ground chicken
- 2 large shallots, chopped
- 4 cups spinach
- 4 cups cauliflower florets
- 2 cups diced butternut squash
- 1/4 cup coconut aminos
- Sea salt and freshly ground black pepper to taste
- 1 tablespoon chili powder
- 2 teaspoons minced thyme

#### **Directions:**

In a large skillet over medium heat, add the sausage, chicken and shallots. Cook for 5 to 10 minutes, until meat is brown. To the meat, add the remaining ingredients and stir. Cover skillet and cook for 10 minutes, until meat is cooked through and vegetables are tender-crisp. Serve warm.



## Cilantro and Avocado Slaw Salad

### Lunch (R2) - Serves 4

Prep Time: 10 minutes

Cook Time: N/A

#### **Ingredients:**

- 1 pound cooked boneless skinless chicken thighs, chopped
- 1 medium apple, shredded
- 1/4 cup chopped cilantro
- 2 cups shredded carrots
- 2 cups broccoli slaw
- 2 cups shredded Brussels sprouts
- 1 cup chopped red bell pepper
- 2 cups diced cucumber
- 1 large avocado, peeled and mashed
- 2 teaspoons mustard
- 1 teaspoon honey
- Sea salt and freshly ground black pepper to taste
- 1 tablespoon full fat coconut milk

#### **Directions:**

In a large bowl, mix the first 8 ingredients (meat through cucumber).

In a small bowl, whisk the remaining ingredients. Pour the dressing over the salad, toss and serve.



## Veggie Herb Stew

**Dinner (R3) - Serves 4**

Prep Time: 15 minutes

Cook Time: 35 minutes

### **Ingredients:**

- 1 tablespoon coconut oil
- 1 large onion, minced
- 2 cloves garlic, minced
- 1 1/2 pounds ground venison
- 4 cups low sodium beef broth
- 4 cups chopped collard greens
- 2 cups broccoli florets
- 2 cups chopped lacto-fermented cabbage
- 2 cups chopped red bell pepper
- 2 cups chopped cherry tomatoes
- 1 tablespoon chopped rosemary
- 2 teaspoons minced oregano

### **Directions:**

In a large pot over medium heat, heat the coconut oil. To the oil, add the onion, garlic and venison. Cook for 10 minutes, until venison is cooked through.

To the pot, add the remaining ingredients and stir. Reduce heat to low and simmer for 25 minutes, until vegetables are tender. Serve warm.





## **Premium Menus Tips and Hints**

The Premium Menus are based on the Wahls Protocol by Dr. Wahls.

We use a soy sauce substitute from time to time called Coco-Aminos. I would suggest you order it online if it is unavailable at your grocery store or health food store. I bought mine at Amazon.com—not cheap, but it lasts a good long while.

### **Go Organic / Grass-fed / wild-caught whenever possible**

I strongly suggest you use in-season vegetables as much as possible. If you can afford it, use organic vegetables and fruits. Use Environmental Working Group Consumer Guides to know which foods have the most and which have the fewest pesticides. <http://www.ewg.org/consumer-guides>

### **Eat Seaweed**

To add in seaweed add in 1 teaspoon (flakes) into 1 recipe (such as a soup or skillet meal) a week and work up gradually to once every other day.

### **Include Fermented foods**

You can always purchase the fermented foods instead of making them from home. While there may be fermented foods on the menu, you can purchase fermented foods instead of making them from home.

### **Be Spicy at Your Level**

You can make a dish less spicy by reducing or eliminating items that are spicy such as jalapenos, ginger, black pepper, and other such. Secret: cut the spice level by taking out the seeds in jalapenos and not using them in your meal.

### **And a few words of caution:**

Be aware of the possible presence of gluten (wheat) in many condiments and canned goods (vinegars, mustards, Worcestershire sauce, spice mixes, broths, ketchup, salsa, pasta sauce, canned tomatoes, tomato sauce, and tomato paste, to name a few). I like to make my own broths and spice mixes, and read all labels in detail to get around this.

Although we provide Serving Suggestions with each recipe, I strongly suggest adding a nice big green salad with all the fixin's (make sure you add good fats like, avocado, nuts or even bacon!) to each meal OR a bowl of Mitochondria Miracle Soup...OR even a little of both! These extra veggies will help round out your meals and give you extra micronutrients.

The Serving Suggestions are double-asterisked (\*\*\*) on the Shopping Lists and are entirely optional.