

Wahls Protocol[®]

Premium Menus



Wahls Paleo Plus™ Diet Level 3 One Day Menu Sample

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SHOPPING LIST:



MEAT/POULTRY/SEAFOOD

Ground beef (1/2 pound) [R1]
Beef heart (1/2 pound) [R1]
Mackerel (1 pound, chopped) [R2]

CONDIMENTS

Coconut oil [R2]

PRODUCE

Onions (1/2 large) [R1]
Limes (3 tablespoons juice) [R1]
Collard greens (8 large leaves) [R1]
Broccoli (6 cups) [R1] [R2]
Green bell peppers (2 cups, chopped) [R1]
Jalapeno (1 large) [R1]
Celery (2 cups, chopped) [R1]
Garlic (3 cloves) [R2]
Thyme (2 teaspoons, minced) [R2]

Spinach (4 cups) [R2]
Leek (1 large) [R2]
Kale (2 cups, chopped) [R2]
Lemon (2 tablespoons juice) [R2]
Yellow tomatoes (2 cups, diced) [R2]
Yellow bell peppers (2 cups, sliced)

CANNED GOODS

Full fat coconut milk (4 cups) [R2]
Low sodium vegetable broth (2 cups) [R2]

SPICES

Chili powder [R1]
Ground sage [R2]

OTHER

Prepared kimchi (1 cup, shredded) [R1]



Spicy and Tangy Beef Wraps

AM Meal (R1) - Serves 4

Prep Time: 15 minutes

Cook Time: 13 to 15 minutes

Ingredients:

1/2 pound ground beef
1/2 pound diced beef heart
1/2 large onion, diced
2 cups chopped green bell peppers
1 large jalapeño, minced
4 cups broccoli florets
2 cups chopped celery
Sea salt and freshly ground black pepper to taste
2 teaspoons chili powder
1 cup shredded kimchi
3 tablespoons lime juice
8 large collard green leaves

Directions:

In a large skillet over medium heat, add the ground beef and beef heart. Cook for 3 to 5 minutes, until brown. To the skillet, add the next 7 ingredients (onion through chili powder) and stir.

Reduce heat to low and cover skillet. Cook for 10 minutes, until meat is cooked through and vegetables are tender. To the skillet, add the kimchi and lime juice and stir.

On individual plates, layer two collard leaves on top of each other. Spoon stir fry into leaves, roll up each burrito and serve.

Coconut Fish Soup

PM Meal (R2) - Serves 4

Prep Time: 15 minutes

Cook Time: 25 to 30 minutes

Ingredients:

- 1 tablespoon coconut oil
- 1 large leek, chopped
- 3 cloves garlic, minced
- 2 cups diced yellow tomato
- 2 cups sliced yellow bell peppers
- 2 cups broccoli florets
- 2 cups chopped kale
- Sea salt and freshly ground black pepper to taste
- 4 cups canned full fat coconut milk
- 2 cups low sodium vegetable broth
- 1 pound chopped mackerel
- 2 tablespoons lemon juice
- 4 cups spinach
- 2 teaspoons ground sage
- 2 teaspoons minced thyme

Directions:

In a large pot over medium heat, heat coconut oil. To the oil, add the leek and garlic and cook for 5 minutes. To the leek mixture, add the next 7 ingredients (yellow tomato through vegetable broth) and stir. Cook for 10 minutes, and then add the remaining ingredients (mackerel through thyme) and stir.

Reduce heat to low and cover. Simmer soup for 10 to 15 minutes, until fish flakes easily with a fork and 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.