

The Wahls Protocol™

The Wahls™ Paleo Diet Level 2 Cheat Sheet

Eat recommended foods according to your appetite.



Avoid Excluded foods:



Find more support on the Wahls Protocol®

Find more recipe ideas in *Cooking For Life*

Buy 365 Days of Wahls Protocol Premiums Menu: Recipes, menus, and shopping lists for all levels of the Wahls™ Diet

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