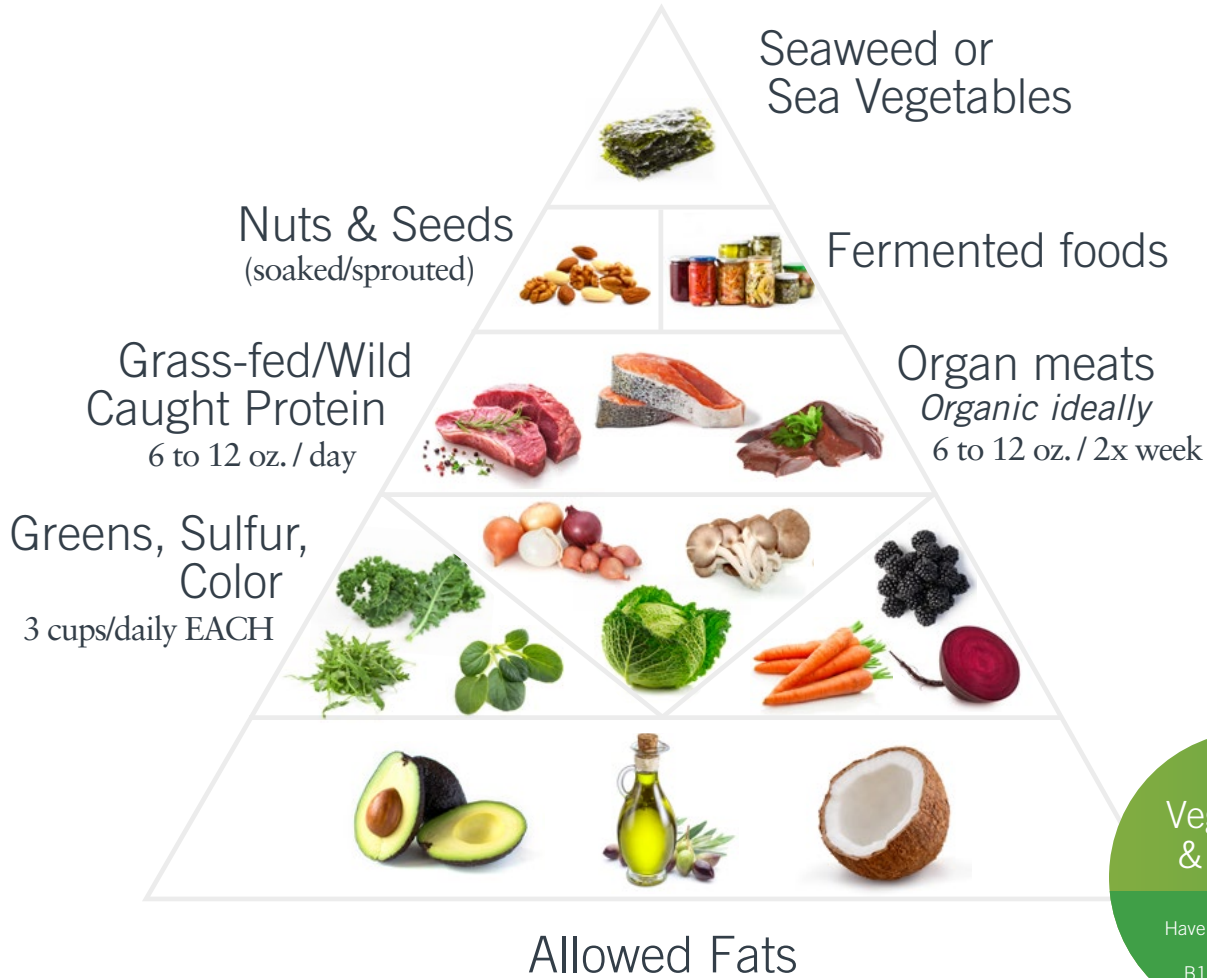


The Wahls Protocol[®]

The Wahls[™] Paleo Plus Diet Level 3 Cheat Sheet

Eat recommended foods according to your appetite.



Avoid Excluded foods:



Gluten



Processed Foods



Eggs



Dairy Products



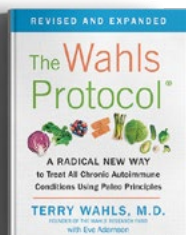
Sugar



Soy Products



Grains & Legumes

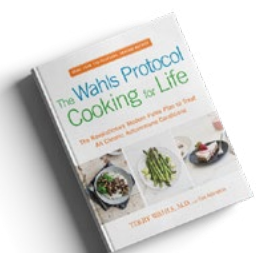


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Find more recipe ideas in *Cooking For Life*

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Recipes, menus, and shopping lists for all levels of the Wahls[™] Diet

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