The Wahls Protocol®

The WahlsTM Diet Level 1 Cheat Sheet

Eat recommended foods according to your appetite.

Healthy Fats

Healthy Oils
use liquid oils COLD,
cook with ghee,
coconut fat
or animal fats

Vegetarians & Vegans:

Have complete protein using gluten-free grains and legumes and take B12 supplements

Nuts & Seeds (soaked/sprouted)



Grass-fed/Wild Caught Protein

6 to 12 oz. / day



Grains and/or Legumes

(soaked/sprouted)



Greens
3 cups / daily

Sulfur 3 cups / daily

Color 3 cups / daily

Avoid Excluded foods:



Gluten



Processed Foods



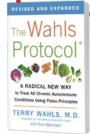
Eggs



Dairy Products



Sugar



Find more support on The Wahls Protocol®

Find more recipe ideas in Cooking For Life

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

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