The Wahls Protocol®

The WahlsTM Paleo Diet Level 2 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

Seaweed or Sea Vegetables



Fermented foods

Nuts & Seeds (soaked/sprouted)





Organ meats
Organic ideally
6 to 12 oz. / 2x week

Grass-fed/Wild Caught Protein 6 to 12 oz./day





Greens
3 cups / daily

Sulfur 3 cups / daily

Color 3 cups / daily Vegetarians & Vegans:

Have complete protein and take B12 supplements

Avoid Excluded foods:















Grains & Legumes

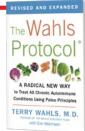


sed Eggs s



Sugar

Soy Products



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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