

The Wahls Protocol®

The Wahls™ Diet Cheat Sheet

This is Wahls Paleo Diet™, Level 2. Most people follow this level.
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 Paleo Diet Premium Menus
Recipes, menus, and shopping lists for all levels of the Wahls™ Diet



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