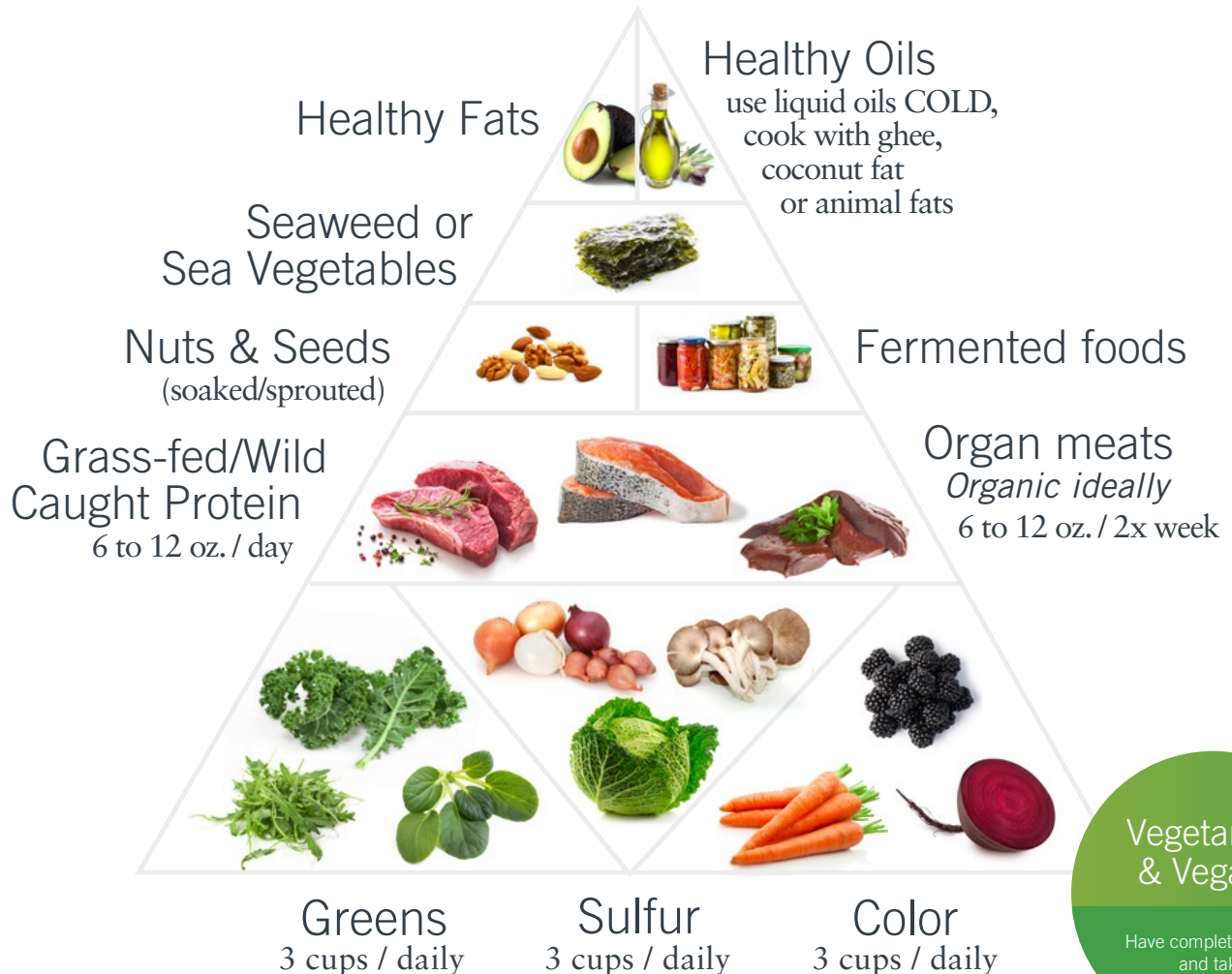


The Wahls Protocol®

The Wahls™ Diet Cheat Sheet

This is Wahls Paleo Diet™, Level 2. Most people follow this level.

Eat recommended foods according to your appetite.



Vegetarians
& Vegans:

Have complete protein
and take
B12 supplements

Avoid Excluded foods:



Gluten



Processed
Foods



Eggs



Dairy
Products



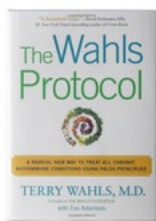
Sugar



Soy
Products



Grains &
Legumes



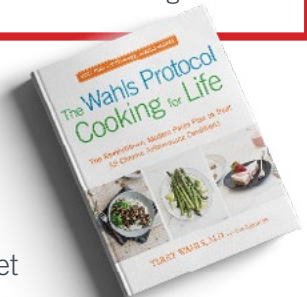
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Find more recipe ideas in Cooking For Life

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

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