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.

Healthy Fats

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

Seaweed or Sea Vegetables

Nuts & Seeds (soaked/sprouted)





Fermented foods

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





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



Greens 3 cups / daily

Sulfur 3 cups / daily

Color 3 cups / daily

Vegetarians & Vegans:

and take B12 supplements

Avoid Excluded foods:















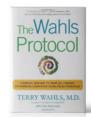
Legumes

Wahls Protocol

Gluten Processed Foods







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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