

# COMPLETE FOOD LISTS FOR ALL LEVELS OF THE WAHLS PROTOCOL

## **Dark green leafy vegetables (3 cups cooked or 6 cups raw, daily):**

(\* = Vegetables high in calcium)

- Arugula\*
- Beet greens
- Bok choy\* and other Asian greens
- Chard, all colors
- Chicory
- Cilantro
- Collard greens\*
- Dandelion greens\*
- Endive
- Escarole
- Kale,\* all types (curly, lacinto/dinosaur, red, etc.)
- Lettuce, all types of deep-green, bright-green, and red-leaf (no iceberg)
- Mizuna
- Mustard greens\*
- Parsley
- Radicchio
- Radish leaves
- Romaine lettuce
- Spinach\*
- Tatsoi\*
- Turnip greens\*
- Watercress
- Wheatgrass

## **Colored vegetables and fruits (3 cups daily):**

Even though they have white flesh, we allow zucchini and cucumbers because they are low in carbohydrates and their skins, which you should eat, are very high in antioxidants. Consume at least three different colors daily. Note: While on Wahls Paleo Plus, switch colors to the low-carbohydrate vegetables and fruits. Limit starchy produce to two servings per week eaten with 1 or 2 tablespoons of fat and protein. If not in nutritional ketosis, you may need to eliminate the higher-carbohydrate vegetables and fruits and/or increase coconut milk. Note: For the following lists, any food containing 30 grams of carbohydrates or more per cup qualifies it as a higher-carb choice.

## **Green**

### LOWER/MODERATE-CARBOHYDRATE

- Artichoke
- Asparagus
- Avocado
- Beans, green (avoid on Wahls Paleo Plus)
- Cabbage, green
- Celery
- Cucumber, with skin
- Grapes, green
- Green peas (avoid on Wahls Paleo Plus)
- Honeydew melon
- Kiwi, green
- Limes
- Okra
- Olives, green
- Peppers, green
- Snow peas (avoid on Wahls Paleo Plus)
- Sugar snap peas (avoid on Wahls Paleo Plus)
- Zucchini with skin

### HIGHER-CARBOHYDRATE

- Commercial juices (avoid on Wahls Paleo Plus)

## **Red**

### LOWER/MODERATE-CARBOHYDRATE

- Beets
- Blood oranges
- Cabbage, red
- Cherries
- Cranberries
- Currants, red
- Grapefruit, red
- Grapes, red
- Peppers, red
- Radicchio
- Raspberries, red
- Rhubarb
- Strawberries
- Tomatoes, red
- Watermelon

### HIGHER-CARBOHYDRATE

- Commercial juices (avoid on Wahls Paleo Plus)
- Dried cranberries and other dried fruit (avoid on Wahls Paleo Plus)
- Pomegranate

## **Blue/Purple/Black**

### LOWER/MODERATE-CARBOHYDRATE

- Aronia berries
- Blackberries
- Blueberries
- Currants, black
- Eggplant
- Elderberries
- Grapes, black
- Grapes, purple
- Kale, purple
- Olives, black
- Plums
- Raspberries, black

### HIGHER-CARBOHYDRATE

- Commercial juice (avoid on Wahls Paleo Plus)
- Dates (avoid on Wahls Paleo Plus)
- Dried currants (avoid on Wahls Paleo Plus)
- Figs, purple (avoid on Wahls Paleo Plus)
- Prunes (avoid on Wahls Paleo Plus)
- Raisins (avoid on Wahls Paleo Plus)

## **Yellow/Orange**

### LOWER-/MODERATE-CARBOHYDRATE

- Apricots
- Carrots
- Grapefruit
- Kiwi, golden
- Lemon
- Mango
- Muskmelon
- Nectarines
- Oranges
- Papaya
- Peaches
- Peppers, orange and yellow
- Pineapple
- Pumpkin
- Squash, summer and winter
- Pineapple
- Pumpkin
- Squash, summer and winter
- Sweet potatoes
- Tangerines
- Tomatoes, yellow
- Yams

### HIGHER-CARBOHYDRATE

- Acorn squash
- Commercial juice (avoid on Wahls Paleo Plus)
- Dried apricots, pineapple, or other dried fruit (avoid on Wahls Paleo Plus)
- Figs
- Sweet potatoes, cooked

**Sulfur-rich vegetables (3 cups daily):**

(\* = Vegetables high in calcium)

- Arugula\*
- Asparagus
- Bok choy\*
- Broccoli
- Broccoli rabe (rapini)
- Brussels sprouts
- Cabbage
- Cauliflower
- Chives
- Collard greens\*
- Daikon
- Garlic, all types (two cloves = 1 serving)
- Kale\*
- Kohlrabi
- Leeks
- Mizuna
- Mushrooms
- Mustard greens
- Onions, red, yellow, and white
- Radishes
- Rutabagas
- Scallions
- Shallots
- Tatsoi
- Turnip greens\*
- Turnips
- Watercress

**Starchy fruits not included in the 9 cups (white flesh). Consume only after 9 cups are finished:**

- Apple (avoid on Wahls Paleo Plus)
- Banana (avoid on Wahls Paleo Plus)
- Pear (avoid on Wahls Paleo Plus)

**Other white nonstarchy vegetables may be consumed after the 9 cups have been eaten:**

- Bamboo shoots
- Cucumbers without skin
- Jicama
- Water chestnuts (canned)
- Zucchini without skin

**Sea vegetables/algae (introduced with Wahls Paleo and Wahls Paleo Plus):**

Algae (serving = 1 teaspoon spirulina or chlorella or ½ teaspoon blue-green)

- Blue-green algae
- Chlorella
- Spirulina

Seaweed (1 serving = 2.5 ounces fresh or reconstituted, 1 teaspoon flakes, or ¼ teaspoon powder)

## Red

- Dulse
- Irish moss
- Nori

## Brown

- Bladderwrack
- Kelp
- Kombu
- Wakame

## Green

- Sea lettuce

## Animal protein (strongly recommended in the Wahls Diet, mandatory for Wahls Paleo and Wahls Paleo Plus; prefer organic if possible, wild or grass-fed ideal):

- Beef
- Buffalo/bison
- Chicken
- Duck
- Elk
- Fish, all kinds (salmon, tuna, cod, sardines, mackerel, tilapia, sea bass, herring, etc.)
- Lamb
- Pork
- Processed meat with no gluten, nitrates, or monosodium glutamate
- Shellfish, all kinds (shrimp, crab, lobster, scallops, etc.)
- Turkey
- Veal
- Venison, rabbit, pheasant, quail, and other wild game

## Organ meat (12 ounces per week; introduced with Wahls Paleo and continued in Wahls Paleo Plus):

- Brain
- Gizzard
- Heart
- Kidney
- Liver
- Sweetbreads
- Tongue
- Tripe

**Omega-3 rich fish (16 ounces a week; encouraged in the Wahls Diet, mandatory with Wahls Paleo and Wahls Paleo Plus)**

- Anchovies
- Calms
- Halibut
- Herring
- Mackerel
- Mussels
- Oysters
- Salmon
- Sardines
- Trout
- Tuna (fresh)

**Dairy substitutes (*organic preferred*)**

- Organic full-fat coconut milk, canned
- Organic unsweetened nut milk (like almond, hazelnut, or hemp milk; homemade soaked nut milk is strongly preferred for Wahls Paleo and Wahls Paleo Plus)
- Unsweetened coconut milk in a carton (for Wahls Diet and Wahls Paleo only, not for use on Wahls Paleo Plus. This is different from canned coconut milk, with much less fat and added fillers.)
- Organic soy milk (avoid on Wahls Paleo and Wahls Paleo Plus)
- Yogurts and other products made from coconut milk, nut milks, or organic soy (Wahls Diet only), but watch the sugar content.

**Non-gluten grains and potatoes (eaten only after meeting your 9 cups goals: 1 serving per day on the Wahls Diet, 2 servings per week on Wahls Paleo, *avoid on Wahls Paleo Plus*):**

- Almond and other nut flours
- Amaranth
- Arrowroot
- Brown rice
- Buckwheat
- Chickpea flour
- Coconut flour
- Coconut meat, fresh or unsweetened dried (shredded or flaked)
- White potatoes (Yukon gold or heirloom red or black potatoes)
- Corn
- Flaxseeds and flax meal
- Millet
- Oatmeal (certified gluten-free brands only)
- Quinoa
- Sago
- Sorghum
- Soy flour
- Tapioca
- Wild rice

**Legumes (2 servings per week maximum on Wahls Paleo, avoid on Wahls Paleo Plus):**

- Any dried beans (black, white, pinto, lima, peanuts, peanut butter, etc.)
- Lentils
- Pea pods and green beans

**Nuts and seeds (sprouting of nuts and seeds introduced with Wahls Paleo and continued with Wahls Paleo Plus):**

† = good source of fiber

\* = high in calcium

- Tree nuts (unless you are allergic to them, including almonds,\* walnuts, hazelnuts, cashews, Brazil nuts, and pistachios), maximum 4 ounces of nuts and seeds per day
- Seeds (sunflower, pumpkin, sesame, flax†, and chia†)
- Peanuts (unless you are allergic to them, peanuts are technically a legume, so avoid on Wahls Paleo and Wahls Paleo Plus)
- Peas (green, split peas, black-eyed peas; avoid on Wahls Paleo Plus)
- Tahini (sesame butter)
- Sunflower butter
- Almond butter

**Cold-pressed oils (do not fry with or heat these oils):**

- Avocado oil
- Flax oil
- Hemp oil
- Olive oil, extra virgin
- Walnut oil

### **Cooking oils:**

- Clarified butter/ghee
- Coconut oil, extra virgin
- Rendered animal fats (e.g., lard, chicken fat, duck fat)
- Other oil/seed butters: Very occasional use of organic sesame oil. Coconut fat sources (use as desired on the Wahls Diet and Wahls Paleo, but required on Wahls Paleo Plus; these are used to increase the intake of medium-chain triglycerides to assist in achieving nutritional ketosis)

### **Condiments/seasonings:**

- Brewer's yeast—though I prefer nutritional yeast because it has B12 added
- Coconut aminos (a soy-sauce-like condiment; one popular brand is Coconut Secret Raw Vegan Aminos)
- Herbs/spices without added sugar or salt
- Horseradish
- Miso (brown rice and soy versions only, not barley or other miso containing gluten); avoid on Wahls Paleo and Wahls Paleo Plus
- Mustard
- Nutritional yeast (Make sure it is gluten-free; if it causes headaches or fatigue, add it to your “prohibited” list.)
- Pickles
- Sauerkraut
- Sea salt (iodized or regular)
- Tamari (make sure it's gluten-free, preferably fermented instead of hydrolyzed.)
- Wasabi (The powder is gluten-free, but the paste may have gluten, so be sure to read the label.)

### **Sweeteners (limit to 1 teaspoon per day and avoid on Wahls Paleo Plus):**

- Honey
- Real maple syrup, organic (Do not use “pancake syrup” or anything containing high-fructose corn syrup. Organic maple syrup is important – formaldehyde may have been added to nonorganic brands.)
- Molasses\* (high in calcium)
- Sorghum
- Stevia leaves or extract
- Raw sugar, evaporated cane juice, or other relatively unrefined forms of cane sugar (I prefer that you choose one of the other sweeteners, if possible, and avoid sugar entirely. Do *not* consume white sugar.)

**Fermented foods (introduced with Wahls Paleo and Wahls Paleo Plus; start with one serving per day for Paleo and two servings per day for Paleo Plus, though additional servings are fine. You can find these in the refrigerator section of grocery and natural food stores, or, of course, you can make them yourself using the recipes in this book.)**

- ½ cup lacto-fermented almond, soy, and coconut milk cultures
- ½ cup kombucha tea
- ½ cup beet kvass
- ¼ cup kimchi
- ¼ cup lacto-fermented cabbage, sauerkraut, pickles, or other vegetables

### **Beverages**

- Water
- Club soda
- Coffee
- Tea (black or green, white, red rooibos, oolong, matcha, herbal)
- Yerba maté
- kombucha tea
- unsweetened 100% fruit juice (Avoid on Wahls Paleo Plus; have smoothies blended with water and/or coconut milk instead.)
- 100% vegetable juice
- 100% vegetable/fruit juice unsweetened (Avoid fruit juice on Wahls Paleo Plus; have smoothies blended with water instead.)
- Alcohol (daily limit to no more than one drink for women and two for men – special occasions only on Wahls Paleo Plus):
  - Gluten-free beer
  - Non-grain-based alcohol (like potato vodka)
  - Wine