

# Wahls Protocol<sup>®</sup>

## Premium Menus



### Wahls™ Diet Level 1 One Day Menu

#### SHOPPING LIST:

##### *Breakfast*

Berry Spinach Smoothie with Bacon

##### *Lunch*

Roasted Beet Soup

##### *Dinner*

Pesto Chicken Stir Fry

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## SHOPPING LIST:



### MEAT/POULTRY/SEAFOOD

Liver (4 ounces (1/4 pound)) [R2]  
Ground beef (4 ounces (1/4 pound))[R2]  
Bacon (1 pound) [R1]  
Boneless skinless chicken thighs (1 pound) [R3]

### CONDIMENTS

Coconut oil [R2] [R3]  
Extra virgin olive oil [R3]

### PRODUCE

Garlic (4 cloves) [R2] [R3]  
Spinach (4 cups) [R1]  
Rosemary (2 tablespoons, minced) [R2]  
Leek (1 large) [R2]  
Cauliflower (2 cups florets) [R3]  
Broccoli (2 cups florets) [R3]  
Bok choy (4 cups, chopped) [R3]  
Basil (1/2 cup, chopped) [R3]  
Celery (2 cups, chopped) [R3]  
Blueberries (2 cups) [R1]  
Beets (4 cups, chopped) [R2]  
Kale (4 cups, chopped) [R2]  
Limes (2 tablespoons) [R3]

### CANNED GOODS

Low sodium beef broth (6 cups) [R3]

### DRY GOODS

Almonds (4 ounces, chopped) [R1]  
Nutritional yeast (4 tablespoons) [R1]  
Pine nuts (6 ounces) [R3]

### DAIRY/DAIRY CASE

Organic soy milk (4 cups) [R1]

### FREEZER

Raspberries (2 cups) [R1]



## **Berry Spinach Smoothie with Bacon**

### **Breakfast (R1) - Serves 4**

Prep Time: 10 minutes

Cook Time: 15 minutes

#### **Ingredients:**

1 pound bacon

4 cups spinach

2 cups blueberries

2 cups frozen raspberries

4 ounces chopped almonds

4 tablespoons nutritional yeast

4 cups organic soy milk

#### **Directions:**

Preheat oven to 400 degrees.

On a large baking sheet, place the bacon. Place baking sheet in the oven and bake for 10 minutes then flip the bacon slices and bake for 10 more minutes, until bacon is brown and crisp.

Divide all of the ingredients into 4 servings.

In a blender, place each serving one at a time and blend each until smooth. Pour into individual cups and serve.

## **Roasted Beet Soup**

### **Lunch (R2) - Serves 4**

Prep Time: 10 minutes

Cook Time: 15 minutes

#### **Ingredients:**

4 cups chopped beets

2 tablespoons coconut oil, melted and divided

Sea salt and freshly ground black pepper to taste

1 tablespoon minced rosemary

1 large leek, chopped

2 cloves garlic, minced

6 cups low sodium beef broth

4 cups chopped kale

4 ounces ground liver, (pulse liver in food processor until ground), cooked

4 ounces ground beef, cooked

#### **Directions:**

Preheat oven to 350 degrees.

In a large bowl, toss the first 4 ingredients (beets through rosemary) using half of the coconut oil.

On a large baking sheet, pour the contents of the bowl and place in the oven. Bake for 10 minutes, then stir. Bake for 5 minutes more, until beets are brown on the outside and tender-crisp.

In a large soup pot over medium heat, heat the remaining oil. To the oil, add the leek and garlic and cook for 5 minutes. To the leek mixture, add the remaining ingredients and the roasted beets. Stir and cover. Cook for 10 minutes, until soup is heated through. Serve warm.



## **Pesto Chicken Stir Fry**

**Dinner (R3) - Serves 4**

Prep Time: 10 minutes

Cook Time: 30 minutes

### **Ingredients:**

1 tablespoons coconut oil  
1 pound chopped boneless, skinless chicken thighs  
2 cups cauliflower florets  
2 cups broccoli florets  
2 cups chopped celery  
1 large leek, chopped  
4 cups chopped bok choy  
1/2 cup chopped basil  
6 ounces pine nuts  
2 tablespoons extra virgin olive oil  
2 cloves garlic, minced  
Sea salt and freshly ground black pepper to taste  
2 tablespoons lime juice

### **Directions:**

In a large skillet, heat coconut oil over medium heat. To the skillet, add the chicken and cook for 10 to 15 minutes, until chicken is cooked through.

To the chicken in the skillet, add the cauliflower, broccoli and leek. Cook for 10 minutes, until vegetables are tender.

In a blender or food processor, add the remaining ingredients and pulse until smooth. Pour pesto over the chicken mixture, stir and serve.





## **Premium Menus Tips and Hints**

The Premium Menus are based on the Wahls Protocol by Dr. Wahls.

We use a soy sauce substitute from time to time called Coco-Aminos. I would suggest you order it online if it is unavailable at your grocery store or health food store. I bought mine at Amazon.com—not cheap, but it lasts a good long while.

### **Go Organic / Grass-fed / wild-caught whenever possible**

I strongly suggest you use in-season vegetables as much as possible. If you can afford it, use organic vegetables and fruits. Use Environmental Working Group Consumer Guides to know which foods have the most and which have the fewest pesticides. <http://www.ewg.org/consumer-guides>

### **Eat Seaweed**

To add in seaweed and algae, add in 1 teaspoon into 1 smoothie a week and work your way up to 1 smoothie per day.

### **Include Fermented foods**

You can always purchase the fermented foods instead of making them from home. While there may be fermented foods on the menu, you can purchase fermented foods instead of making them from home.

### **Be Spicy at Your Level**

You can make a dish less spicy by reducing or eliminating items that are spicy such as jalapenos, ginger, black pepper, and other such. Secret: cut the spice level by taking out the seeds in jalapenos and not using them in your meal.

### **And a few words of caution:**

Be aware of the possible presence of gluten (wheat) in many condiments and canned goods (vinegars, mustards, Worcestershire sauce, spice mixes, broths, ketchup, salsa, pasta sauce, canned tomatoes, tomato sauce, and tomato paste, to name a few). I like to make my own broths and spice mixes, and read all labels in detail to get around this.

Although we provide Serving Suggestions with each recipe, I strongly suggest adding a nice big green salad with all the fixin's (make sure you add good fats like, avocado, nuts or even bacon!) to each meal OR a bowl of Mitochondria Miracle Soup...OR even a little of both! These extra veggies will help round out your meals and give you extra micronutrients.

The Serving Suggestions are double-asterisked (\*\*\*) on the Shopping Lists and are entirely optional.