Bulletproof® Diet Roadmap

The Bulletproof® Diet Roadmap is your daily foundation for reaching a state of high performance, resilience, and vibrant health.

This research-based diet is designed to reduce toxic health-sapping foods, and replace them with Bulletproof foods that fuel your body, feed your brain, keep you satisfied, and optimize performance.

This diet is easy to follow and allows for experimentation and variation. No calorie counting, no measuring. The foods are arranged in a spectrum so you can choose how bulletproof you want to become. The more you eat on the green side of the spectrum, the more you'll feel your brain, body, and hormones re-awaken as you effortlessly lose fat, enhance cognitive function, and help prevent diseases.

BULLETPROOF®
THE STATE OF HIGH PERFORMANCE™

HOW MUCH TO EAT

Oil & Fats
servings 5-9
calories 50-70%

Fruit or Starch
servings 1
calories up to 5%

Organic Veggies
servings 6-11
calories up to 20%

Protein
servings 4-6
calories up to 20%

Servings
These are USDA defined servings. While eating Bulletproof foods, use this as a guide for ratios. Eat until you are satisfied, listen to your body, and adjust amounts in these ranges.

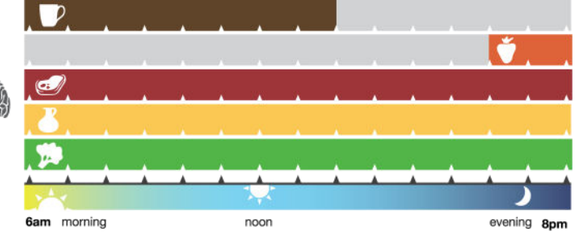
Calories
There is no target quantity of calories by design; as long as your diet is made of Bulletproof foods, the body will match calorie intake and energy used until optimal weight is achieved.

WHEN TO EAT

The Simple Bulletproof® Diet

Designed to reduce body fat, enhance mental performance, and prevent disease while leaving you satisfied and energized.

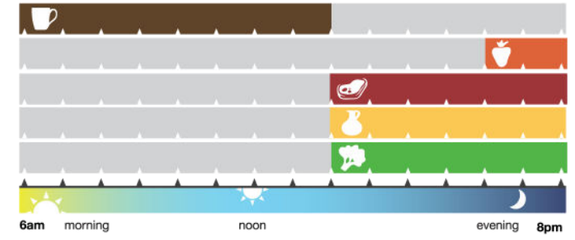
Eat when you're hungry, stop when you're satiated, and try not to snack. Target 50–70% of calories from healthy fats, 20% from protein, 20% vegetables, and 5% fruit or starch. For optimal results, follow the green portion of the diet and limit fruit or starch consumption to 1–2 servings per day in the evenings to avoid high triglycerides.



Bulletproof Intermittent Fasting for Fat Loss and Focus

A biohack that makes it possible to lose fat, while increasing mental focus and energy, without cravings.

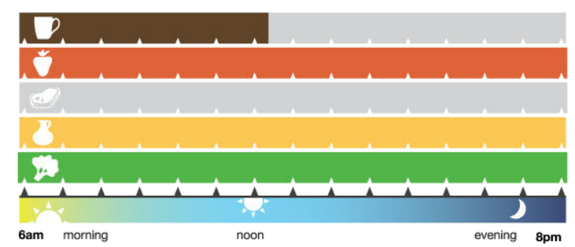
You start by consuming a cup of Bulletproof® Coffee in the morning. The healthy fats give you a stable current of energy, and the ultra low-toxin Bulletproof® Upgraded™ Coffee Beans optimize brain function and fat loss. For optimal results, follow the green side of the diet in conjunction with this protocol.



Bulletproof Protein Fasting

A biohack used occasionally to get a greater reduction in inflammation.

About 1–2 times a week, limit your protein intake to 15–25g to help cleanse your inner-cells without muscle loss. To keep you full and energized, consume a cup of Bulletproof Coffee in the morning and have high fats and moderate carbs throughout the day. For optimal results, follow the green portion of the diet and limit carbohydrates to the afternoon and evening.



WHAT TO EAT

Beverages

BULLETPROOF
- Coffee made from Bulletproof® Upgraded™ Coffee beans, high quality green tea, diluted coconut milk, water with lime/lemon, mineral water in glass
- filtered water, water with lime/lemon, green tea, fresh coconut water
- tap water with lime/lemon, water with muddled fruit, fresh brewed iced tea – unsweetened, fresh nut milk

SUSPECT
- Kombucha, raw milk, bottled ice tea–no sugar added, coconut water (bottle/box), bottled nut milks
- freshly squeezed fruit juice

TOXIC
- pasteurized milk
- soy milk, packaged juice, diet drinks, soda, sweetened drinks, aspartame drinks, sports drinks

Organic Veggies

Servings: 6-11

BULLETPROOF
- cilantro, bok choy*, brussels sprouts*, fennel, celery, asparagus, broccoli*, cauliflower, avocado, cucumber
- kale*, collards*, spinach*, cabbage*, radishes, summer squash, zucchini, lettuce
- artichokes, green beans, carrots, butternut and winter squash, leeks, green onion, parsley

SUSPECT
- onion, shallots, eggplant, peppers, tomatoes, peas
- raw kale, raw spinach, raw collards, beets, mushrooms, raw chard, pumpkin

TOXIC
- corn (fresh on the cob)
- all other corn except fresh, soy, canned veggies

* These items should be cooked. Refer to the cooking chart for the most Bulletproof way of preparing these veggies.

Oil & Fats

Servings: 5-9

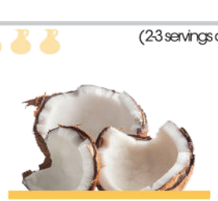
(2-3 servings of nuts & legumes and dairy count towards total fat servings)

BULLETPROOF
- Bulletproof® Upgraded™ Brain Octane, Bulletproof® Upgraded™ MCT Oil, Bulletproof® Ghee, pastured egg† yolks, krill oil, grass-fed red meat fat and marrow, coconut oil, sunflower lecithin, avocado oil, chocolate and cocoa butter
- grass-fed butter, fish oil

SUSPECT
- palm oil, palm kernel, raw macadamias, virgin olive oil, pastured bacon fat
- raw almonds, hazelnuts, walnuts, cashew butter, non-GMO soy lecithin
- duck and goose fat, grain-fed butter

TOXIC
- factory chicken fat, safflower, sunflower, canola, peanut, soy cottonseed, corn, and vegetable oils, heated nuts and oils
- margarine and other artificial trans-fats, oils made from GMO grains, commercial lard

† Verify that you are not allergic to eggs



Nuts & Legumes

BULLETPROOF
- coconut, olives
- almonds, cashews, hazelnuts, macadamia, pecans
- chestnuts, walnuts

SUSPECT
- pistachios, pine nuts, sprouted legumes
- brazil nuts, garbanzo beans, hummus, dried peas

TOXIC
- most legumes (dried beans and lentils), peanuts
- soy, soy nuts, corn nuts

Unroasted organic nuts are best; roasting destroys omega-6 oils. Nuts also mold very easily, so avoid blemished nuts and packaged sliced or crushed nuts.

Dairy

BULLETPROOF
- Bulletproof® Ghee, organic grass-fed butter, colostrum
- non-organic grass-fed ghee or butter, organic grass-fed cream
- organic grass-fed full-fat raw milk or yogurt

SUSPECT
- non-organic grass-fed full-fat raw milk or yogurt, grain-fed ghee
- grain-fed butter

TOXIC
- skim or low-fat milk, fake butter, pasteurized non-organic milk or yogurt
- all cheese, powdered milk, factory dairy, dairy replacer, condensed or evaporated milk, conventional ice cream

Dairy protein is a major source of allergies and inflamation. Test yourself to see what works. Ghee is safe for almost everyone, and butter usually is too because it is low in protein.

Protein

Servings: 4-6

BULLETPROOF
- Bulletproof® Upgraded™ Whey 2.0, Bulletproof® Upgraded™ Collagen Protein, Bulletproof® CollaGelatin™, grass-fed beef and lamb, pastured eggs† and gelatin, colostrum
- low-mercury wild fish such as anchovies, haddock, petrale sole, sardines, sockeye salmon, summer flounder, trout

SUSPECT
- wild caught seafood, pastured pork, clean whey isolate*, pastured duck and goose
- factory farmed eggs†, pastured chicken and turkey
- heated whey, hemp protein, factory-farmed meat

TOXIC
- high-mercury or farmed seafood, rice and pea protein
- soy protein, wheat protein, beans, cheese and other pasteurized or cooked dairy (except butter)

* Whey protein should be cold processed and cross-flow microfiltered (CFM). People who are sensitive to dairy should use isolate over concentrate.

Starch

Servings: 1

(choose either 1 starch or 1 fruit)

BULLETPROOF
- sweet potato, yam, carrot, pumpkin, butternut squash
- white rice, taro, cassava, plantain

SUSPECT
- Resistant starch powder (potato starch, plantain flour, Hi-maize® starch)
- black rice, wild rice, brown rice, banana, fresh or frozen organic corn on the cob
- potatoes (white, purple, new)

TOXIC
- oats, buckwheat, quinoa
- wheat, corn, millet, other grains, potato starch, corn starch, gluten-free powders

Eat very few starchy foods—and it's most optimal in the evenings. Every 3 to 7 days, take one day to eat more. See the intake and eating times diagrams above.

Fruit

BULLETPROOF
- blackberries, cranberries, lemon, lime, raspberry, strawberry, avocado, coconut, blueberries
- pineapple, tangerine

SUSPECT
- grapefruit, pomegranate
- apple, apricot, cherries, kiwi, figs, nectarine, orange, peach, pears, plums, lychee, honeydew
- passion fruit, plantain, bananas, dates, grapes, guava, mango, melons, persimmon, papaya

TOXIC
- cantaloupe
- raisins, dried fruit, fruit leather, jam, jelly, canned fruit

Spices & Flavorings

BULLETPROOF
- Bulletproof® Upgraded™ Chocolate Powder, Bulletproof® Vanillamax™, apple cider vinegar, sea salt, ginger*, cilantro, parsley, coffee*
- oregano, turmeric, rosemary, lavender, thyme
- cinnamon, all-spice, cloves*, organic prepared mustard with no additives

SUSPECT
- onion, table salt, mustard seed
- garlic*, black pepper*, paprika*, nutmeg*
- tofu, tamari, miso

TOXIC
- commercial dressings, spice mixes and extracts, MSG, yeast, caseinate, textured protein, bouillon and broth, hydrolyzed gluten, anything labeled enzyme modified flavoring or seasoning

* Beware, these items often harbor toxic mold species. It's best to use fresh, high-quality options whenever you can.

Sweeteners

BULLETPROOF
- xylitol, erythritol, stevia
- sorbitol, maltitol and other sugar alcohols
- non-GMO dextrose, glucose, raw honey

SUSPECT
- maple syrup, coconut sugar
- white sugar, brown sugar, agave, cooked honey

TOXIC
- fructose, fruit juice concentrate, high-fructose corn syrup
- aspartame (NutraSweet), sucralose (Splenda), acelsulfame potassium

Cooking

BULLETPROOF
- raw or not cooked, lightly heated
- steamed al dente, UV oven, baked at 350°F or below
- simmered, boiled, poached, lightly grilled (not charred)

SUSPECT
- sous vide, crock pot
- broiled, barbequed
- stir fried

TOXIC
- burnt, blackened, charred, deep fried, microwaved

© 2014 Bulletproof Nutrition, Inc. All rights reserved. R0 140505

bulletproof.com