

# upgraded chef

by DAVE ASPREY

& chef JONI SARA



Upgraded Chef, 2nd Edition, March 2014

Copyright © 2014 by Dave Asprey and Joni Sare

Recipes, pages 22-40, 51-58 copyright © 2012 by Joni Sare

Recipes, pages 23, 24, 41-50 copyright © 2012 by Dave Asprey

ISBN 978-0-9822687-0-4

Published by Dave Asprey and Joni Sare

Layout, design, photographs by Liana Mikah

Pages 18-25 Artwork by Vertetude

All rights reserved. No part of this book may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopying, recording or by any information storage and retrieval system, without written permission from the authors.

Also available: Upgraded Coffee, Upgraded Whey and Bulletproof Mindware, see these and more products at: <http://www.bulletproofexec.com>

**Disclaimers:**

Statements in this book have not been evaluated by the Food and Drug Administration.

This book is not intended to diagnose, treat, cure or prevent any disease.

The entire contents of this book are based upon the opinions of Dave Asprey and Joni Sare. The information in this book is not intended to replace a one-on-one relationship with a qualified health care professional and is not intended as medical advice. This book is intended as a sharing of knowledge and information from the research and experience of Dave Asprey and Joni Sare. Dave Asprey and Joni Sare encourage you to make your own health care decisions based upon your research and in partnership with a qualified health care professional.

Contains © copy from <http://www.bulletproofexec.com> and <http://www.jonisare.com>.

# upgraded chef

by **DAVE ASPREY**

& chef **JONI SARA**

**this book is**  
dedicated  
**to all of us who**  
**want quality lives,**  
**to live life and to**  
**have life while living.**

# foreword by Steve Fowkes

Did you know that your brain consumes roughly 20% of your body's energy even though it is only about 3% of your body's mass? And did you also know that your brain consumes nearly the same amount of energy all the time, whether you are sleeping, daydreaming, talking, exercising, studying for an exam, or taking that exam?

So what does a cookbook have to do with your brain?

I'm glad you asked.

First, the energy that your brain needs and uses comes from your food. Most everybody knows this.

Second, what you might not know is that your food (the elements of your diet) and diet choices (the combination of foods you eat, and the pattern of how you eat them) affect your metabolism and the way your body generates and uses energy. That includes your brain. For example, eating fruit provides you with glucose, a sugar which is the primary fuel for your brain. But eating lots of fruit provides so much glucose that the body shuts down fat-burning energy systems, increases insulin resistance (leading to syndrome X, or metabolic syndrome) and activates fat-storage pathways. If you over-eat fruit regularly, you get fat and develop degenerative diseases (diabetes, heart disease and cancer). Your brain may be happy in the short term, but your body falls apart in the long term.

The same thing happens if you over-eat starchy foods of any kind. The more concentrated and refined the carb starch, the faster it happens.

Another thing that you may not know is that the brain has a back-up fuel. The long-standing scientific view that the brain is completely dependent on glucose is outdated. It's a modern myth. The human brain can burn ketone fuels quite efficiently. Ketone fuels are produced in the liver from fat. So eating fruit can shut down ketone fuel for the brain.

On another level, what's good for the body is good for the brain. The brain depends on a healthy heart to pump blood, clear arteries and veins to deliver that blood, healthy lungs to pick up oxygen and superoxide

(negative ions) from the air (and dump excess carbon dioxide back into the air), a healthy liver to filter toxins out of the blood and deliver nutrients to the blood, and healthy kidneys to balance the blood. Even though these other organs can burn glucose quite well, scientists now know that they have a marked (ten to one!) preference for ketone fuels. Living on glucose is fine—if you don't overeat and don't have insulin resistance—but living on ketone fuels on a part-time basis is better for a longer lasting, more robust, and better quality life.

## **This is what Dave and Joni will help you do in this cookbook:**

- Learn how to cultivate your fat-burning systems.
- Prepare 12 recipes that promote fat-burning metabolism.
- Understand comparative ratings of dietary food ingredients regarding their good-and-bad effects on energy systems and risks of energy sabotage from contaminants, molds and agrichemicals.
- Learn how to cook foods in the safest ways, to preserve nutrients and maximize energy gains.
- Adapt recipes to create variety, and to avoid problematic "allergic" foods.
- Discover how to structure your daily eating schedule to facilitate energy, strength, stamina and productivity.
- Create complex flavors and intriguing aromas, a healthy diet is a pleasure and not a chore.

I've known Dave for almost a decade and Joni for half a decade. They are both innovators. They are both passionate about what they do. And they both have a talent for bringing their innovation down into the practical realm. Read what they have to say. Find out what they are up to. Join in on their fun. Use their perspectives to enhance your own journey.

And please, enjoy!



## preface

### Dave Asprey

This cookbook has been a decade in the making. As a bio hacker, I look at cooking as one of the variables that leads to better personal performance. It's not just the quality of your food, it's how it's prepared.

#### **Being upgraded**

I take this stuff more personally than most people for good reason. This is the diet that helped me lose 100 lbs and keep it off since the late 90s. This is the diet that fixed — and upgraded — my brain function. It's the basis of the diet I created to help my wife Lana, a Karolinskatrained physician, restore her fertility so we could start a family at about age 40, after Lana was diagnosed with polycystic ovary syndrome (PCOS) by her OB-GYN, who said she'd likely be infertile. This is literally the diet that transformed my health, my family, my career, and my life.

#### **Bulletproofing yourself**

More than 100,000 people come to my blog every month to learn about how to eat to upgrade their bodies, their brains, and their lives. You can see their unsolicited testimonials on the site; people who lose 20 or more pounds in 6 weeks, without cutting calories. The guy who lost 75 pounds in 75 days. The physicians who use it in their practices. This recipe book isn't going to teach you everything you need to know about the Bulletproof Diet or even all the ways it works. You can find this info for free on [Bulletproofexec.com](http://Bulletproofexec.com) where it can help the most people.

#### **Fuel your body with upgraded food**

This recipe book is going to teach you how to use safe, delicious cooking techniques to prepare meals that taste amazing, but also fuel your body and mind to levels of performance beyond what you probably believe you're capable of. We focus on three main types of cooking because they are the most versatile, flavorful, simple ways to create Bulletproof food. Bulletproof food is high in healthy fats (50-70% of calories), and avoids toxic foods and other toxins created by cooking. These small details can make all the difference in your health. They did for me.

#### **Gratitude**

My personal thanks go to all the physicians, nutritionists, researchers, and bio hackers who have presented their views at the anti-aging non-profit I run called the Silicon Valley Health Institute (SVHI) ([www.svhi.com](http://www.svhi.com)). This list of presenters include Gary Taubes, author of "Good Calories, Bad Calories," Julian Whitaker MD, and Aubrey de Gray, to name a few you may have heard of. My thanks to Joni Sare, a long time member of SVHI, and a wonderful, creative professional chef with a flair for customizing recipes for precision diets. We collaborated to modify standard recipes to make them more Bulletproof. And a special thanks is due to Steve Fowkes, who wrote the foreword of this book. Steve's knowledge of biochemistry and smart drugs literally saved my health many years ago, and I'm thankful to call him both a friend and advisor to SVHI. My lovely wife Lana was kind enough to eat the food I prepared for years, and I'm thankful that she placed her trust in me to create a diet that would best fuel our family. I'm also thankful that she doesn't mind infrared thermometers, Bunsen burners, and laboratory beakers in her kitchen. Last, but not least, I owe a debt of gratitude to every single person who has visited [Bulletproofexec.com](http://Bulletproofexec.com) in order to learn more about how to take control of their health. It's the knowledge that people are benefiting every single day that keeps me energized and motivated to do more.



## preface

### Joni Sare

It's interesting how an ordinary life experience can become a major turning point in one's life. Getting a speeding ticket in 2004 has proven to be one of those turning points. It led me to where I am today – writing to you, creating this book for you. But before leading me here, it led me to traffic school. Turning into the parking lot of the school I saw a thrift shop I had heard about.

During a lunch break I browsed the store and found a book that forever changed my perspective on eating.

#### **Burn fat for fuel**

The book is “Smart Exercise: Burning Fat, Getting Fit.” In this book Covert Bailey asserts (paraphrasing here) that in order to maintain healthy weight, endurance, and longevity our bodies need to burn fat for fuel. I did some research. It made sense. I embraced the concept. It worked for me. A year later I met Steve Fowkes. He and his circle of friends were the few people I found who were following the same principle: burn fat for fuel. They eat a vegetable-rich high-fat diet, with low carbs and balanced protein. From them I learned that our bodies also burn fat to create ketones to increase brain function. This strengthened my belief in the concept because I had already noticed improvements in my memory and verbal communication since increasing fat in my diet. Steve also emphasized a diet that I had heard of but didn't give much attention to, the Paleolithic Diet.

#### **A 21st century caveman chef**

Since 1990, I've found relief from discomforts with better eating habits. I've also realized that it is important to me to share what I've learned with others. So, I attended Bauman College for professional training in nutrition and culinary arts, and now have a private practice catering therapeutic food. Meaning to say: I cook with quality of life and preventive health in mind. The dishes I create are raw or lightly cooked, minimally processed. I also provide culinary instruction for individuals, groups and corporations.

So now, I'm a high-tech caveman chef. I eat lots of plants, both cooked, raw and dried, including roots, stalks, stems, bark, leaves, fruit, nuts and seeds. I eat most types of animals (but

not agribusiness-raised livestock). I eat plenty of fat from both plants and animals. I gather food from indoor markets, farmer's markets, from the farms and online. I chop, peel, grind and blend foods with cool high-tech kitchen gadgets. I cook with hot air (baking), wet air (steaming) and moving air (dehydrating). And I emphasize size, shape, colors and flavors to make food look and taste appetizing.

#### **Upgrade yourself**

What I like about Dave Asprey is that he, too, is evolving and on a mission to upgrade his life, his body and his mind. His diet ended up much like the paleolithic diet upgraded to our 21st century standard of living, cooking, and thinking. The ways I cook, the ways he cooks are parallel, yet different, so we're both still learning, being inspired by each other. During one of my Dialog Dinners, when Dave was the featured guest, I saw a gleam in his eye when tasting the Broccoli Leek Soup. Soon after, in his own Dave style, he stopped the conversations at the table and called to me across the room as I prepared the next course. “This soup is great, I'm curious how you made it. What's in it? Please do tell.” “Simply,” I said as I turned down the flame and walked toward the 11 folks at the table. “Dry saute the leeks and celery, add coconut oil and flavor, add water and broccoli, cook until soft, then blend.” Dave leaned back in his chair, balancing the chair on its back legs, as he seems to have a habit of doing, and says “That's what I do, it's my kids' favorite! They love my soup, they gobble it up and want more of it.” And that was the birth of them collaboration of this book.

I want to teach you our ideas to get you thinking and cooking like us, like a Bulletproof Chef. It's my goal to help people reach a healthful way of thinking while they are at the store, in the kitchen, at the table, with friends. And, because we are creatures of habit, I'm giving you only 3 cooking methods – just 3 ways to cook, with 4 core recipes for each method. These methods will give you a foundation – a starting point – for your own creativity to unfold, to think and cook like a Bulletproof Chef.

# contents

- 11 **14 steps**
- 14 **shopping guide**
- 15 **the bulletproof diet**
- 16 **bulletproof roadmap**
- 25 **blended soups**
- 31 **braised fillets**
- 36 **baked loafs**
- 42 **bulletproof coffee**
- 43 **bulletproof ice cream**
- 46 **bulletproof cupcakes**



[OrderBulletproofDietBook.com](http://OrderBulletproofDietBook.com)



“Where do I start?”

This is something lots of people ask about the Bulletproof Diet. I spent a lot of time getting the core Bulletproof Diet infographic into a simple format so you will at least know what to eat. But even then, information overload is always a problem, especially when you’re dealing with family, job, and the other things that make life fun.

Change is hard enough, but it’s worse when you haven’t even started yet. It’s about to get a lot easier.

Another common problem is forgetting to implement the entire Bulletproof Diet. Maybe you’ve been able to get rid of grains, but you still haven’t been able to find grass fed meat. A lot of people feel like they’ve failed if they don’t eat perfectly, so they decide to ditch the entire program – bad idea, especially since you don’t have to do it perfectly.

That’s why I’ve created a step-wise approach to getting started on the Bulletproof Diet.

The Bulletproof Diet is (as any healthful diet should be) an abrupt departure from the Standard American Diet (SAD). One of the most common questions I receive is whether or not the Bulletproof Diet will work if you discard some of the principles and consume non-organic vegetables, conventional meat, farmed seafood, etc. Basically, will a few of the Bulletproof Diet principles be enough to notice any difference?

The answer is always the same: “Yes – but the more you do, the better it works.” However, you’ll be healthier and stronger by making even the smallest changes.

For some people, it’s easier to use a check list when making dietary changes. This is the step-by-step guide to changing from a Standard American Diet to the Bulletproof Diet.

This list does not include exercise or other lifestyle recommendations, which can be found here.

These steps are cumulative; the farther you go, the more Bulletproof you’ll become. Start wherever you are and move forward. All these steps are built in to the Bulletproof Diet infographic too – sign up to get it via email – and stick it on your fridge so you can check how Bulletproof a food is.

## 14 Steps To Eating The Bulletproof Diet

1. Eliminate sugar (including fruit juices and sports drinks that contain high fructose corn syrup, honey, and agave).
2. Replace the sugar calories with healthy fats from the Bulletproof Diet such as grass fed butter, ghee, and MCT or coconut oil.
3. Eliminate gluten in any shape or form. This includes bread, cereal, and pasta. Do not make the mistake of resorting to gluten free junk food, which can be almost as bad.
4. Remove grains, grain derived oils, and vegetable oils such as corn, soy, and canola. Also remove unstable polyunsaturated oils such as walnut, flax, and peanut oil.
5. Eliminate all synthetic additives, colorings, and flavorings. This includes aspartame, MSG, dyes, and artificial flavorings.
6. Eat significant amounts of pastured, grass fed meat from big ruminant animals such as beef, lamb, and bison. Pair this with fish, eggs, and shellfish.
7. Eliminate legumes such as peanuts, beans, and lentils. If you must have your beans, soak, sprout (or ferment), and cook them.
8. Remove all processed, homogenized, and pasteurized dairy. High fat items can be pasteurized, but they should be grass fed. Full fat, raw, whole dairy from grass fed cows is okay for most people.
9. Switch to grass fed meat and wild caught seafood. Eat pastured eggs and some pork, chickens, turkeys, and ducks.
10. Switch to organic fruits and vegetables. This is more important for some plants than others. See the site for details.
11. Cook your food gently, if at all. Incorporate water into your cooking whenever possible and use low temperatures. Do not use a microwave or fry.
12. Limit fruit consumption to 1-2 servings per day. Favor low fructose containing fruits like berries and lemons over watermelon and apples.
13. Add spices and other flavorings from the Bulletproof Diet. Favor herb-based spices such as thyme and rosemary over powdered ones. Use high quality ones, recently opened.
14. Enjoy your food.

## key points

- If you have to have some form of cheat/junk/fake food, have it, and don't act like you're "off the wagon". The more you venture from the Bulletproof Diet, the less you'll benefit. The more you stick to the Bulletproof Diet, well, the more Bulletproof you'll be. Small variations are fine and do not constitute failure. If you experience allergies, acne, or other negative effects after consuming dairy, switch to ghee as your only dairy, and eat coconut oil and animal fat.
- Do not count calories in an attempt to lose weight. Eat until satiety and then stop.
- Try not to snack. Bulletproof intermittent fasting is encouraged, though not mandatory.
- Limit fruit consumption to 1-2 servings per day to avoid high triglycerides. There are other reasons to limit fruit consumption, but it won't kill you.
- High intake of healthy fats is optimal. General ranges are 50-80 percent fat, 5-30 percent carbohydrate, and 10-30 percent protein.
- Eat as little polyunsaturated fat as you can. Supplement with fish oil or krill oil if you don't consume fatty cold water fish like salmon on a weekly basis.
- If you can't find grass fed meat, choose the leanest cuts of grain fed meat possible. If you can find grass fed meat – choose the fattiest cuts possible. "I don't have time" is not an excuse. Nourishing your mind and body is not optional. Anyone can make soft boiled eggs and Bulletproof Coffee.
- If you do this mostly right, you'll set yourself up for a low inflammation, high performance, high energy lifestyle. If you don't make time to take care of yourself now – you'll have to make time to be sick later. Eat Bulletproof. Be Bulletproof.

the upgraded chef's  
**shopping guide**

## veggies

- o Cilantro
- o Parsley
- o Bok choy
- o Brussels sprouts
- o Fennel
- o Asparagus
- o Broccoli
- o Cauliflower
- o Celery
- o Cucumber
- o Avocado
- o Kale
- o Collards
- o Spinach
- o Cabbage
- o Radish
- o Summer squash
- o Zucchini
- o Lettuce
- o Artichokes
- o Green beans
- o Butternut squash
- o Carrots
- o Leeks
- o Green onion

## oils & fats

- o Ghee
- o Eggs (yolks)
- o Meat fat (beef & lamb)
- o Krill oil
- o Marrow
- o Coconut oil
- o MCT oil\*
- o Chocolate
- o Cocoa butter
- o Avocado oil
- o Butter
- o Fish oil
- o Palm oil
- o Palm kernel oil
- o Macadamia oil
- o Virgin olive oil
- o Bacon fat
- o Almond butter
- o Hazelnut butter
- o Walnut butter
- o Cashew butter
- o Soy lecithin

## other

- o Bulletproof Coffee\*

## proteins

- o Beef
- o Lamb
- o Eggs
- o Collagen
- o Whey
- o Bovine serum
- o Colostrum
- o Gelatin
- o Wild fish
- o Anchovies
- o Haddock
- o Petrale sole
- o Sardines
- o Sockeye
- o Salmon
- o Summer flounder
- o Trout
- o Pork
- o Whey isolate

## nuts & legumes

- o Coconuts
- o Almonds
- o Cashews
- o Hazelnuts
- o Macadamias
- o Pecans
- o Chestnuts
- o Walnuts

## dairy

- o Ghee
- o Butter
- o Colostrum
- o Cream
- o Full-fat raw milk
- o Full-fat raw yogurt

## sugars & sweeteners

- o Xylitol
- o Erythritol
- o Stevia
- o Sorbitol
- o Malitol
- o Other sugar alcohols
- o Dextrose
- o Glucose
- o Raw honey

## fruits

- o Blackberries
- o Cranberries
- o Lemons
- o Limes
- o Raspberries
- o Strawberries
- o Avocados
- o Coconuts
- o Olives
- o Pineapples
- o Tangerines
- o Grapefruits
- o Pomegranates
- o Blueberries

## starches

- o Sweet potato
- o Yam
- o Carrot
- o Pumpkin
- o Butternut squash
- o White rice
- o Taro
- o Cassava
- o Plantain
- o Brown rice
- o Banana
- o Black rice
- o Wild rice
- o Corn on cob

## spices & flavor

- o Apple cider vinegar (ACV)
- o Sea salt (fine grain is easiest to use)
- o Ginger
- o Cilantro
- o Parsley
- o Chocolate
- o Bulletproof Vanilla\*
- o Bulletproof Coffee\*
- o Oregano
- o Turmeric
- o Rosemary
- o Lavendar
- o Thyme
- o Cinnamon
- o Allspice
- o Cloves
- o Mustard

*Best to buy whole spice & then grind them when you need the powder.*



PRODUCTS AVAILABLE ON **UPGRADEDSELF.COM**

# The Bulletproof<sup>®</sup> Diet

The Bulletproof Diet 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.

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



**Fruit or Starch**  
 servings 1  
 calories up to 5%



**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.

Servings: 6-11



Servings: 5-9



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

Servings: 4-6



Servings: 1



(choose either 1 starch or 1 fruit)



## beverages



## veggies

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

Kombucha, raw milk, bottled ice tea-no sugar added, coconut water (bottle/box), bottled nut milks

Freshly squeezed fruit juice

Pasteurized milk

Soy milk, packaged juice, diet drinks, soda, sweetened drinks, aspartame drinks, sports drinks

▼ TOXIC

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

Onion, shallots, eggplant, peppers, tomatoes, peas

Raw kale, raw spinach, raw collards, beets, mushrooms, raw chard, pumpkin

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.



## oils & fats

Bulletproof® Upgraded™ MCT Oil\*\*, grass fed 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

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

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



## nuts & legumes

Coconut, olives

Almonds, cashews, hazelnuts, macadamia, pecans

chestnuts, walnuts

pistachios, pine nuts, sprouted legumes

brazil nuts, garbanzo beans, hummus, dried peas

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



## protein

BULLETPROOF ▲

organic grass-fed 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

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

grain-fed butter

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

▼ TOXIC

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

Bulletproof® Upgraded™ Whey 2.0\*\*, Bulletproof® Upgraded™ Collagen Protein\*\*, grass-fed beef and lamb, pastured eggs and gelatin, bovine serum, colostrum

low-mercury wild fish such as anchovies, haddock, petrale sole, sardines, sockeye salmon, summer flounder, trout

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

high-mercury or farmed seafood, rice and pea protein

soy protein, wheat protein, beans, cheese and other pasteurized or cooked dairy (except butter)



## starch

sweet potato, yam, carrot,  
pumpkin, butternut squash

white rice, taro, cassava,  
plantain

brown rice, banana

black rice, wild rice, fresh or  
frozen organic corn on the  
cob

potatoes (white, purple, new)

oats, buckwheat, quinoa

wheat, corn, millet, other  
grains, potato starch, corn  
starch, gluten-free powders



## fruit

blackberries, cranberries,  
lemon, lime, raspberry,  
strawberry, avocado,  
coconut

pineapple, tangerine

grapefruit, pomegranate,  
blueberries

apple, apricot, cherries,  
kiwi, figs, nectarine, orange,  
peach, pears, plums, lychee,  
honeydew

passion fruit, plantain, bananas,  
dates, grapes, guava, mango, melons,  
persimmon, papaya

cantaloupe

raisins, dried fruit, fruit  
leather, jam, jelly, canned  
fruit



## spices & flavor

Bulletproof® Upgraded™  
Chocolate Powder\*\*,  
Bulletproof® Upgraded™  
Vanilla\*\*, apple cider vinegar,  
sea salt, ginger\*, cilantro,  
parsley, coffee\*

oregano, turmeric, rosemary,  
lavender, thyme

cinnamon, all-spice, cloves\*,  
organic prepared mustard  
with no additives

onion, table salt, mustard  
seed

garlic\*, black pepper\*, paprika\*,  
nutmeg\*

tofu, tamari, miso

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



## sweeteners

xylitol, erythritol, stevia

sorbitol, maltitol and other  
sugar alcohols

non-GMO dextrose, glucose,  
raw honey

maple syrup, coconut sugar

white sugar, brown sugar, agave,  
cooked honey

fructose, fruit juice concentrate, high-  
fructose corn syrup

aspartame (NutraSweet),  
sucralose (Splenda),  
acesulfame potassium



---

# cooking

raw or not cooked, lightly heated

steamed al dente, UV oven, baked at 350°F or below

simmered, boiled, poached, lightly grilled (not charred)

sous vide, crock pot

broiled, barbequed

stir fried

burnt, blackened, charred, deep fried, microwaved

# what to eat & when



## a 24 hour plan food plan

The goal is to maintain ketosis (fat burning mode) – often, not always, so eating lots of healthy fats and minimal carbs is the goal. Up to 2 times a week, you should have carbohydrates for dinner (Bulletproof low-toxin ones, like white rice or sweet potato) to help your body reset its leptin and to keep your stomach lining healthy. This is not a high protein Atkins diet. It is a high fat, low toxin, moderate protein diet. Fat metabolizes in a healthier way than excess protein. You will not crave protein if you're having enough fat. If you do crave protein, eat more! Listen to your body.

### breakfast

The very best fat burning, energy sustaining breakfast has no protein or carbs at all – it's pure fat.

It's easier and more delicious than you'd think with Bulletproof Coffee, which is low-toxin coffee blended with grass fed ghee or butter and Bulletproof Upgraded MCT oil. See the recipe on-page 42.

Organic tea will blend well with the butter and Bulletproof Upgraded MCT oil, too.

Joni and Dave both enjoy custards made of coconut, butter, and egg yolks for breakfast as well.

Whatever you do, eat lots of fat in the morning to stay strong throughout the day.

### lunch

Fat and protein are the star players at lunchtime.

Don't leave out the veggies, though. Pick from any of the recipes in this book – the meat dishes and the soups. Use them as a guide when you are out and about.

Save the higher starchy carbs for dinner.

### snacks

If you're eating right, you shouldn't really want snacks because you're resilient enough to go far more than 5 hours between meals without losing energy. Snacking makes you less Bulletproof. If you're going to snack, more Bulletproof Coffee is not a bad idea. Fat-centric snacks are best. Very dark, high quality chocolate can help. Even better when mixed with coconut oil, a ratio of 1:1, or more if you can tolerate it. An evening snack can be "Get Some Ice Cream", (page 43).

### dinner

Dinner should have less protein and fat, and more vegetables, and most likely even a little starchy carb like rice or sweet potato.

Choose any of the soups, have a salad, eat lots of veggies. Have some fruit.

If you are going to eat starchy carbs or fruit, then dinner is the time to do it.

You don't have to have starch on this diet – in fact, some people do best with no starch, especially in the first few months.

# how to

---

## a tool to be a Bulletproof Executive

Dave has shared and showed you what to eat via his website, podcasts, Facebook and more and now it's time to teach you how to be an Upgraded Chef the Bulletproof way.

**Need more info?** Go to the “terms, tips & tricks” pages 48-58.

**Got empty shelves?** Do you need to clean out the pantry and refill it? Go to page 14 for a shopping guide.

**Want to start cooking?** Look below to see which method suits your schedule today. Looking for inspiration? Scan the methods, flip through the recipes, see what ingredients pop out at you. There may be one, two or three items your eye lingers on, pay attention, it might just be what you need at this time.

**Already a savvy chef?** Go directly to the abbreviated recipes, pages 23-47. Navigating through the 3 methods and 12 recipes can be done from several points of entry.

**Here are a few starting points:**

### 30 minutes?

Choose from one of the two stove-top methods: blended soups, or braised fillets. Soup recipes start on page 25, and braised fillets start on page 31.

### downtime

Use the oven so that you have 40 minutes to do other things while the food cooks, see “baked loafs,” page 36.

### need protein?

Go to the braised fillets, pages 31-34; and baked loafs, pages 32 - 39.

### leftover veggies?

No more wasted veggies going from the fridge to the compost.... you'll be using up and enjoying eating all of your veggies once you learn these 3 cooking methods, especially the blended soups, pages 25-30.

### portion size

All produce mentioned in the recipes are “medium size,” unless otherwise noted.

### what?

Head to “terms, tips & tricks” list, pages 48-58, if something doesn't make sense; use it like an index.





# broccoli leek soup

## ingredients

### **the mirepoix**

- 1 leek, stalk and leaves, thinly sliced
- 1 bunch celery, thinly sliced
- 1 bunch broccoli stems, peeled, chopped small

### **the liquid & veggies**

- 2 cups water
- 1 bunch broccoli florets, chopped small

### **the flavor**

- 1 tsp apple cider vinegar
- 2 tsp ground fenugreek
- 1 tsp sea salt

### **the fat**

- 1/4 cup coconut oil
- 1/2 cup ghee or butter
- 1 tbs MCT oil

## directions

- 1: prepare the ingredients
- 2: cook the mirepoix
- 3: add veggies, flavor, water & cook for 10 minutes
- 4: blend, then add fat & blend again

# fennel egg soup

## ingredients

### **the mirepoix**

- 1 leek, stalk and leaves, thinly sliced

### **the liquid & veggies**

- 2 cups water
- 1 small cauliflower, chopped small
- 1 zucchini or summer squash, chopped small
- 3 asparagus spears, thinly sliced

### **the flavor**

- 1 tsp apple cider vinegar
- 1 small fennel, bulb only, chopped
- 1 tsp sea salt

### **the fat**

- 4 egg yolks
- 1/4 cup ghee or butter
- 1 tbs MCT oil

## directions

- 1: prepare the ingredients
- 2: cook the mirepoix
- 3: add veggies, flavor, water & cook for 10 minutes
- 4: blend, then add fat & blend again

# bok choy anise soup

## ingredients

### **the mirepoix**

- 1 small Napa cabbage, white stalks only, thinly sliced
- 1 bunch bok choy, white stalks only, thinly sliced
- 4 green onions, white bulbs only, thinly sliced

### **the liquid & veggies**

- 2 cups water
- no veggies at this step

### **the flavor**

- 1 tsp ground coriander
- 1/4 tsp ground anise
- 1 tsp sea salt
- juice of 1/2 lemon

### **the fat**

- 1 tbs coconut oil
- 1 tbs coconut butter
- 1 tbs MCT oil

## directions

- 1: prepare the ingredients
- 2: cook the mirepoix
- 3: add veggies, flavor, water & cook for 10 minutes
- 4: blend, then add fat & blend again

# coconut cranberry soup

## ingredients

### **the mirepoix (cook, then chill)**

- 1 handful dried cranberries (about 1/3 cup)
- 1 inch fresh ginger, thinly sliced
- 1 cup water (to rehydrate the cranberries)

### **the liquid & fruit (do not cook)**

- 1 cup water
- 1 cucumber, peeled and chopped

### **the flavor**

- 2 tsp cinnamon
- 1 tsp fresh thyme

### **the fat**

- 1 can coconut milk (or 1 Thai young coconut, meat and water)
- 1 tbs MCT oil

### **the garnish**

- 2-finger pinch thinly-sliced fresh mint, per serving
- chopped nuts (almonds, pecans)

## directions

- 1: prepare the ingredients
- 2: cook the mirepoix
- 3: add veggies, flavor, water & cook for 10 minutes
- 4: blend, then add fat & blend again



# braised thai sole

## ingredients

### **the mirepoix**

- 1 carrot, chopped small
- 1 celery stalk, chopped small

### **the liquid & veggies**

- 1 cup coconut milk
- 2 carrots, very thinly sliced long pieces
- 2 celery stalks, very thinly sliced long pieces
- 1 small Napa cabbage, thinly sliced
- 6 oz Petrale sole, cut to bite-size piece

### **the flavor**

- 1 inch ginger, minced
- 2 tsp ground annato seeds
- 1 bay leaf
- 1 tsp sea salt
- 1/2 tsp turmeric

### **the fat**

- 1/4 cup coconut oil
- 1 tbs coconut butter
- 1 tbs almond butter
- 2 tbs chopped black olives
- 1 tbs MCT oil

### **the garnish**

Thinly-sliced fresh basil, a bit of zest, juice of lemon & lime

## directions

- 1: prepare the ingredients
- 2: cook the mirepoix
- 3: add veggies, flavor, water & cook for 10 minutes
- 4: blend, then add fat & blend again

# braised no-chili lamb chili

## ingredients

### **the mirepoix**

- 1 leek, stalk and leaves, thinly sliced
- 2 carrots, chopped small
- 4 celery stalks, thinly sliced

### **the liquid & veggies & lamb**

- 2 cups water
- 1/2 cup thinly-sliced asparagus
- 1 cup chopped cauliflower
- 1 cup chopped zucchini and or summer squash
- 1 lb ground lamb

### **the flavor**

- 1 tsp apple cider vinegar
- 1 tsp coriander seeds
- 1 tsp cumin seeds
- 1 tsp allspice, whole
- 1 tsp ground annato
- 1 or 2 tbs dried oregano
- 1 bay leaf
- 1 tsp sea salt

### **the fat**

- 1/4 cup coconut oil
- 1 tbs MCT oil
- drizzle of olive oil

## directions

- 1: prepare the ingredients
- 2: cook the mirepoix
- 3: add the liquid, veggies, meat & flavor, cover & cook 10 minutes
- 4: add herbs & fat

# braised indie salmon

## ingredients

### **the mirepoix**

- 1 leek, stalk and leaves, thinly sliced
- 2 celery stalks, thinly sliced
- 2 carrots, chopped small
- 5 baby asparagus, chopped small

### **the liquid & veggies & lamb**

- 1 can coconut milk
- 1 bunch bok choy, chopped
- 4 (3oz) Sokeye salmon fillets

### **the flavor**

- 1/2 tsp cumin seeds
- 1/2 tsp fennel seeds
- 1/2 tsp black mustard seeds
- 1/2 tsp fenugreek seeds
- 1/2 tsp nigella seeds
- 1 tsp sea salt

### **the fat**

- 1/2 cup coconut oil
- 1 tbs MCT oil

## directions

- 1: prepare the ingredients
- 2: cook the mirepoix
- 3: add the liquid, veggies, meat & flavor, cover & cook 10 minutes
- 4: add herbs & fat

# braised kalamata beef

## ingredients

### **the mirepoix**

- 1 bunch green onions, bulbs and stalks, thinly sliced
- 1 bunch broccoli, stems only, peeled, chopped small
- 2-inch fresh ginger, thinly sliced

### **the liquid & veggies & lamb**

- 1 cup water
- 1 orange, wedges only
- 1/2 cup Kalamata olives, pitted
- 1 carrot, chopped, irregular shapes
- 1 bunch broccoli, florets only
- 1 lb beef, thinly-sliced pieces

### **the flavor**

- 1 tsp apple cider vinegar
- 1-2 tbs dried oregano
- 1 bay leaf
- 1 tsp sea salt
- Optional: 1/2 tsp powdered dried orange peel

### **the fat**

- 1/2 cup ghee or butter
- 1 tbs MCT oil
- 1 tbs sesame oil

### **the garnish**

Sliced green onion leaves, fresh chopped parsley leaves, orange zest and juice

## directions

- 1: prepare the ingredients
- 2: cook the mirepoix
- 3: add the liquid, veggies, meat & flavor, cover & cook 10 minutes
- 4: add herbs & fat



# beef bacon loaf

## ingredients

### **the mirepoix**

- 1 bunch green onions, bulbs and stalks, thinly sliced
- 2 carrots, chopped small

### **the liquid & veggies & lamb**

- 4 egg whites
- 1 bunch green onions, leaves only, chopped small
- 1 cup cooked, chopped, chilled bacon
- Optional: 1/2 bunch collards, leaves only, thinly sliced, chopped small
- 2 lbs ground beef

### **the flavor**

- 1 tbs ground cinnamon
- 2 tsp ground allspice
- 1/2 tsp ground clove
- 2 tsp sea salt

### **the fat**

- none (optional: use some of the fat from the bacon)

## directions

- 1: prepare the ingredients
- 2: cook the mirepoix, then set it aside to cool
- 3: add liquid, flavors & mix in the meat
- 4: bake it

# lamb cumin loaf

## ingredients

### **the mirepoix**

- 1 leek, stalk and leaves, chopped small
- 1 bok choy, stalks only, chopped small
- 3 carrots, chopped small

### **the liquid & veggies & lamb**

- 4 egg whites
- 1 lb ground lamb

### **the flavor**

- 1 tsp apple cider vinegar
- 1 tbs ground cumin
- 1 tsp cumin seed
- 1 tbs dried oregano
- 1 tsp sea salt

### **the fat**

- none

## directions

- 1: prepare the ingredients
- 2: cook the mirepoix, then set it aside to cool
- 3: add liquid, flavors & mix in the meat
- 4: bake it

# salmon dill loaf

## ingredients

### **the mirepoix**

- 1 leek, stalk and leaves, thinly sliced

### **the liquid & veggies & lamb**

- 1 cup coconut milk
- 2 cups chopped arugula
- 6 egg whites
- 2 lbs Sokeye salmon, cooked, chilled, chopped

### **the flavor**

- 2 tsp dried dill
- 1 cup chopped parsley, leaves only
- 1 tsp sea salt

### **the fat**

- none

## directions

- 1: prepare the ingredients
- 2: cook the mirepoix, then set it aside to cool
- 3: add liquid, flavors & mix in the meat
- 4: bake it





# bulletproof coffee

## ingredients

Kerrygold Unsalted Grass-Fed Butter  
Brain Octane™ Oil  
Bulletproof® Coffee beans

## directions

#1 Start with 1 cup (8 oz.) filtered water, just off the boil.

#2 Measure 2 1/2 heaping tablespoons freshly ground Bulletproof® Coffee beans (approximately 2 rounded tablespoons per 6 oz. water) and brew using your favorite coffee brewing method.

#3 Pour in 1 teaspoon Bulletproof® Brain Octane™ (build up to 1-2 tablespoons over several days).

#4 Add 1 tablespoon grass-fed, unsalted butter or ghee (build up to 2 tablespoons or more over several days).

#5 Mix in a blender for 20 seconds until the oil and butter are emulsified so the drink is frothy and looks like a creamy latte without a film of oil on the surface.



“

This will make perfect consistency ice cream. Enjoy it, and share with your partner.

”

# “get some” ICE CREAM

Ice cream doesn't have to be a “cheat” food.

The Bulletproof Diet is designed to provide every possible health advantage. It allowed me to keep six pack abs while eating 4500 calories a day, not exercising, while sleeping 5 hours a night. It lowers blood pressure, melts fat, and adds muscle. It works, but the real question is “Can I have dessert?” Oh yes. Not just any dessert...

---

“About an hour after eating this special blend of high fat awesomeness, your body will get a signal that says, I am in the land of plenty...”

---

That's right. About an hour after eating this special blend of high fat awesomeness, your body gets a signal that says, “I am in a land of plenty,” which translates, in evolution-speak to, “It is time to mate NOW.” Women in particular are most impacted by this side effect of ice cream, but it also works on men. I've shared this recipe with enough people to be pretty sure I'm not just making this up. In fact, I had to make some of it this evening...

As I wrote about in the Better Baby Book, your genes are generally in one of two phases: growth mode and defense mode. Your body goes into defense mode when faced with unnatural stress such as low fat, low calorie diets. It starts to pay less attention to nonessential functions like, well, sex. Not to mention that eating a high toxin diet will give you cancer. Fat is one of the most satisfying foods on the planet. Unfortunately, most ice cream doesn't contain good fat, and it has lots of other crap in it. Regular ice cream has loads of refined sugar, colorings, preservatives, and artificial flavors. These compounds can cause mental problems, blood sugar crashes, and of course, fat gain. That's one reason I created a hormone boosting, muscle building, fat melting ice cream concoction that you can eat without having to call it a “cheat.” The other reason is that I wanted to increase my wife's (and my) fertility before we had children. I made this recipe to provide maximum taste without compromising health. Ice cream is now a health food. This is my creation. It took literally hundreds of test batches to get this right. I consider it to be Paleo, but some disagree that cavemen ate my choice of healthy sweeteners. That's true — they didn't have ice cream makers either!

**NOTE:** I use a scale for my cooking experiments. I've provided conversions for the usual kitchen measuring devices. The feeling of vibrance this brings most people (who can digest fat; if you give it to your vegan partner, you need to add lipase and betaine. If you don't, their pancreas will panic from being forced to make real amounts of lipase for the first time in years...), along with a boost in hormones results in an intense wave of vitality... Being a happily married Bulletproof Executive, I've used this recipe for years. It's a part of our fertility plan in the Better Baby Book my wife and I have written. But it's also far more effective — and pleasurable — than using alcohol to seduce someone. What woman or man wouldn't feel taken care of when their partner hands them a bowl of the creamiest, richest ice cream ever, hand-made just to seduce them?

# what you need

---

## ingredients

- 4 **WHOLE EGGS** (pastured, of course)
- 4 **YOLKS** (in addition to the whole eggs above)
- 2 tsp of **BULLETPROOF VANILLA**
- 1 gram of **VITAMIN C** or 10 drops **APPLE CIDER**
- 7 tbs of **GRASS-FED BUTTER**
- 7 tbs **COCONUT OIL**
- 3 tbs + 2 tsp of **BRAIN OCTANE OIL** (important for consistency)
- 5.5 tbs **XYLITOL** or **ERYTHRITOL**
- 1/2 cup **WATER** or **ICE** (just under 1/2 cuOp; add less than you think you need, then increase the amount)

## methods

Blend everything but the water/ice in blender. It takes a while to get the butter blended into perfect creaminess. Add water or ice and blend some more until well blended. Ideally, you want a yogurt-like consistency for creamy ice cream, or add more water for a firmer, icier texture. Pour the mixture into an ice cream maker and turn it on. Wait an hour.



# what you need

---

## ingredients

12 ounces 85%+ **DARK CHOCOLATE**, chopped or chips ([Bulletproof® Chocolate powder](#))  
If you use [Bulletproof® Chocolate powder](#), use this protocol for chocolate: 30 Tbs (1.5 cups + 2 Tbs) chocolate powder (powdered beans) or lame cocoa powder + 6 Tbs xylitol + 3/4 cup of healthy fat (either grass-fed unsalted butter or coconut oil)  
3/4 cups **UNSALTED GRASS-FED BUTTER**, room temp or at least chopped up  
12 tbs of **ERYTHRITOL OR XYLITOL** or a 50/50 mix (best)  
2+ teaspoons **VANILLA EXTRACT** or 1 tsp of ground vanilla beans ([Bulletproof® Vanilla](#))  
Tiny pinch of **PINK HIMALAYAN SALT**  
6 **EGGS**, ideally room temp, separated  
1 more teaspoon of **COCAO POWDER** (or very finely ground [Bulletproof® coffee](#))  
1 tbs **SWEET RICE FLOUR** (Do not use normal rice flour – gritty bleah!) Omit if you can't find it.

## methods

Preheat oven to 350°F. Line 18 muffin tin cups with paper liners. Powder the xylitol and erythritol in a blender. Pulse it so friction doesn't melt the xylitol into a sticky mass! Set aside. Like this: Stir the dark chocolate (or substituted cocoa + fat + 6 Tbs xylitol) and 3/4 cup butter in a heavy, medium sized saucepan over low heat, stirring constantly, until melted and smooth. Even better, use a double boiler – just don't burn the chocolate. Remove from heat and stir often as it cools a little. Set aside.

Mix 6 Tbs of the powdered xylitol/erythritol, salt, and all 6 egg yolks and beat on medium to high speed for about 3 minutes until you get something very thick and pale. Using a silicon spatula if you have one, fold the egg/xylitol blend into the still warm chocolate and add vanilla and cocoa powder, [Bulletproof Coffee](#), and sweet rice flour. Now use a separate bowl to beat egg whites on high speed until soft peaks form. Then slowly add the 6 remaining Tbs of xylitol/erythritol and beat until medium-firm peaks form. If you use erythritol, marvel at the endothermic reaction of the erythritol with the proteins in the egg, which drops the temperature of the mixing bowl by about 20 degrees. Cool! Now use that silicon spatula to fold the egg whites into the chocolate/egg yolk mixture. Do it in 3 or 4 steps, not all at once.



## al dente

Joni says: the literal translation is: “to the tooth.” Al dente is cooked food that is firm, yet soft, not too stiff, and not too hard, just right. Easy to move around while stirring. Easy to poke with a fork, yet firm when chewing. Not overcooked, not undercooked.

## apple cider vinegar (ACV)

Dave says: vinegar is a problematic food because the fermentation process often includes significant mold toxins. Red wine vinegar and balsamic are some of the more toxic ones. The good thing is that apple cider vinegar (ACV) tends to be very low in toxins and won't inflame fungal infections the way other vinegars can. I use it exclusively, and it substitutes well for sweeter vinegars if you add something sweet to it like erythritol or even honey.

## bacon

Dave says: Lots of readers have reported feeling tired and discombobulated after eating store-brand bacon. Your best bet is a high-end brand like Applegate or better yet, local farmer's market, or bacon you cure yourself. It's not that hard! (Read the process, next page under “Joni says.”) Bacon should taste amazing and leave you feeling great. If you get a “hangover” after a dish with bacon, it's probably the bacon's fault.

Joni says: to make your own cured bacon you'll need a pork belly (good news! they are a cheaper-priced cut of meat) and your choice of freshly ground spices (rubbed all over the meat). Then put the piece of meat into a zip-top baggie, in the fridge for 7 days. Flip the bag over once each day. Drain, rinse and pat dry. Put in the oven at 250°F for 2 hours, or until internal temp is 150°. Thinly slice, then store and cook as usual.

## beef

Dave says: the quality of your beef is enormously important. There is a whole series on the blog about grass fed meat and how important it is to stay away from grain fed animals for your own health and well-being, not to mention theirs. Grain fed meat has the wrong type of fatty acid so it will make you inflamed, and there is a significant problem from moldy feeds creating toxins that make their way into the meat. Grass fed meat solves these problems by creating healthier animals with healthier fats and lower toxins. If you eat grain fed meat, you will not be Bulletproof to the extent that you're capable. Not even close. Keep in mind, grass fed meat cooks in about one third less time than grain fed meat.

Joni says: For these quick cooking methods choose lean cuts of meat, such as: sirloin, rump, fillets. Most butcher counters will cut the raw meat any way you want. I go to the meat counter first, place my order and then do the rest of my shopping, and pick up the packaged meat on my way to the check-out line.

## braised

Joni says: this is a wet cooking method, to cook food in a liquid that doesn't exceed the height of the food. The cooking time is long enough so that the food is cooked and that some of the liquid has time to evaporate, concentrating the flavors, and the flavors have time to mingle, creating flavor nuances all of its own.

Dave says: less cooking for meat makes it less denatured and more Bulletproof, but if you're not sensitive to long-cooked meats, up to 3 hours is ok. Using ground meat or nicer cuts removes the need to cook for long periods of time – less than 10 minutes if you add ground meat. In practice, I usually don't cook any meat for more than 10 minutes, unless in a sous vide.

## broth

Dave says: broth needs to be freshly made, from scratch, and even then it may contain bio-genic amines from protein decomposition. Any commercial broth (even organic) is not Bulletproof and be avoided! Fat from broth should not be eaten (very oxidized from the simmering). All broths mentioned in recipes are optional; as a substitute you can use water, salt and a few drops of vinegar. I never use broth because of the amines. Homemade broth can be made by adding a bit of ACV and salt to the remaining water from cooked veggies.

## browning

Dave says: there's no doubt about it – browning makes meat taste good. The problem is that the process of browning also produces toxins and fully denatures proteins. Meat that is less-browned is less inflammatory for most people. Ground beef and quality cuts do not need browning to taste good. They need quality herbs and in some cases a crust of salt or even dehydrated vegetables. Once I learned how to cook flavorful meat, I stopped missing browned meat at all. If you brown your meat, do it as little as possible.

Joni says: not browning food was (well, it still is) a bit of a hurdle for me being that I learned and honed my skills and taste buds on creating and incorporating the browned bits of food at the bottom of the pan. And aspire(d) to create the best fond, the best sofrito (two culinary terms related to browning). I am now on an adventure to find other ways – more healthful ways – to create the umami taste, those deep, aromatic, aged, savory flavors, to bring those nuances into a dish without having to sabotage our health to do so.

## butter, ghee

See “oils & fats,” pages 54-56.

## chopped, chopped small

Joni says: I am not referring to the intriguing reality TV show. Generally, when you see “chopped” next to an ingredient in a recipe, the chef is referring to 1/2-inch-square pieces. For me, in this book, it means right around 1/2-inch-irregular shaped pieces. And “chopped small” indicates 1/2 that size.

## dairy

Dave says: Dairy is a double-edged sword nutritionally. It's the only source of short chain fatty acids, especially butyrate, which is anti-inflammatory, and as a saturated fat source, it's a source of hard-to-oxidize fat that makes strong cell walls and serves as a substrate for hormone production. Dairy fat is good for you as long as it's from grass fed cows. The other side of the sword - the negative one - is that dairy proteins called caseins are inflammatory for most people, a common allergen, and they can even break down in the gut into a morphine analogue that stimulates your brain's opiate receptors. Casein also concentrates mycotoxins from the cow's diet. Read more about butter under “oils & fats.”

## dry saute

Joni says: this a method of sauteing using no oil or liquid. First of all, “saute” generally refers to cooking chopped veggies in heated oil until they are tender and or caramelized. The oil is used so that the food is cooked at a higher temperature, thusly cooking faster and creating more glaze, more fond, more umami, and, sadly, more health hazards. We, as Bulletproof Chefs, will be sauteing the mirepoix with no oil, and will turn the temp to medium- to medium-low heat, which is a lower heat than usual. The moisture from sweating the veggies will create enough steam to cook them without sticking to the pan. Add a bit of water if the food sticks and or starts to turn brown. Dave says: cooking with fat doesn't do much if anything for the flavor and cooking for more then 10 minutes causes oxidation, resulting in inflammation in those who eat it.

## eggs

Joni says: most times you'll use eggs whites and egg yolks in separate recipes, so here are some ideas and tips for you:

- Eggs crack and separate easier when they are cold.
- Separate the whole dozen all at once. Keep them in the fridge for up to 3 or 4 days in a small air-tight container. Or put them in the freezer for up to a month.
- When freezing egg yolks, drop each yolk separately into an ice cube tray. Or, mix them well, then put 1 tbs into each well of an ice cube tray. Either way, when they are frozen transfer to a zip-top baggie. Remove the air and double bag for better quality.
- When freezing egg whites, follow the same directions as freezing yolks, except that when mixing the whites put 2 tbs into each well of an ice cube tray. Transfer to a ziptop baggie when frozen. Remove the air and double bag for better quality.

## eggs (continued)

NOTE: avoid overmixing the egg whites, stop when they start to produce a foam.

- The little bit of egg whites that cling to the inside of the egg will add up to equal the amount of one egg white to every dozen eggs.
- Bring your eggs whites (and meat) to room temperature before cooking them and you'll avoid tough uneven texture when they are cooked. I put the eggs whites on the counter 1 hour before using them and meat for 2 hours. Reduce the time –perhaps in half – on hot summer days.
- Avoid over blending the yolks, add'm at the end after all the other food is mixed and then blend the yolks just until mixed, see "Dave says" next text.

Dave says: using egg yolks in soup works, but you need to add them at the end of the cooking process after the veggies are off the stove. And, it's best to add them at the end of the blending process in order to keep oxidation to a minimum (oxidized yolk cholesterol from over heating and over mixing can be a problem, it's the bad kind of cholesterol...why scrambled yolks are bad but whites are ok). You can also blend yolks with avocado and spices to make an aioli.

## erythritol

Dave says: If you use erythritol (see ice cream and cupcake recipes, pages 43-47), marvel at the endothermic reaction of the erythritol with the proteins in the egg, which drops the temperature of the mixing bowl by about 20 degrees. Use it to complement ACV to replicate sweeter vinegars. Erythritol can have similar, yet lesser, effect on the gastro intestinal tract as does xylitol, see page 58 for more info.

## fats

See "oils & fats," pages 54-56.

## fish

Dave says: the very best fish is sockeye salmon. Sockeye is also known as red salmon. It feeds lower on the food chain than other salmon and doesn't live very long, making it the lowest-mercury fish. It also has a superior level of omega-3 fatty acids. It's widely available cold smoked, canned, and occasionally fresh. If you can't find sockeye salmon, at least get wild salmon. Farmed salmon is bad for the environment, bad for your health, and totally not Bulletproof. No matter what fish you buy, check whether it is a species high in mercury levels, and verify that it was frozen as soon as possible. Even 24 hours of refrigeration instead of freezing can enable histamines to form in fish. Two-day-old fish that has not been frozen will have substantially higher levels of histamine that can affect brain function and health. Canned tuna is a major source of a) mercury from fish; b) BPA from can; c) metal from can; d) histamine.

## freezing

Dave says: freezing is an ideal way to preserve freshness. Some folks in the raw food movement believe that freezing harms freshness, but the bio hacker in me knows that food starts decomposing after it's picked, you will probably get healthier food if you buy frozen vegetables, unless you're getting very freshly picked veggies at farmer's markets and grocery stores with high turn-over rate. We would throw away a lot less fresh produce too if people switched to frozen. It doesn't make a big difference in taste or quality if you are going to steam the vegetables, but for some recipes, fresh is the only way to go.

Joni says: freezing is as simple as buying a box of zip-top freezer bags. Or, as easy as getting a \$50 food saver machine. Once you have these items all you need to do is put food into them. Here are a few tips: burp the air from the baggie, reallllly good. Double bagging will do a better job of retaining flavors, and will keep longer. Write the date and the contents.

## grains

The Bulletproof Diet doesn't include any grains except one: white rice. Even then, rice is a source of starch, and we try to limit starch to evening meals, and not have it every day. White rice makes the cut because, although it's low in micronutrients, it's very low in toxins and anti-nutrients like phytic acid. Brown rice contains these toxins.

## green zone

Dave says: when you choose vegetables from the 'green zone' be sure to pick ripe (but not overripe) unblemished vegetables because blemishes are often a sign of insect infestation. Insects bring mold and decomposition with them and you do not want these in your food. Carefully trim away any discolored parts.

Joni says: there's no doubt about it – fresh food tastes better, no matter what type of food it is. Best to buy fresh produce and meats for the next 3 or 4 days. Otherwise, it gets bumped around, loses moisture, starts to wilt, deflates, gets stale... and you'll lose interest in it.

## loafs

Joni says: first of all, I want you to know that I made a decision for various reasons to use "loafs" in this book rather than "loaves," I hope you don't mind. Best to use your hands when blending the room-temp mirepoix with the meat, eggs and flavors. I wear latex gloves for easy clean up and to avoid using precious time to remove food from under my fingernails.

*Variables to avoid:*

- Cooked tough meat: caused by overmixing and using cold meat. Solution: keep the mixing time to a minimum, and bring the meat to room temp before using it.
- Overcooked meat: caused by the mixture being too thick. Solution: keep the loafs to no more than 2-inches deep.

Options: add almond meal or other nut meal for flavor, for nutrients and to absorb juices. Good to use when the amount of meat you have just isn't enough.

## liquids

See each of these entries: water, ACV, broth.

## mct oil

See “oils & fats,” pages 54-56 (down below).

## medium to medium-low heat

The Bulletproof Diet doesn't include any grains except one: white rice. Even then, rice is a source of starch, and we try to limit starch to evening meals, and not have it every day. White rice makes the cut because, although it's low in micronutrients, it's very low in toxins and anti-nutrients like phytic acid. Brown rice contains these toxins.

## mirepoix

Joni says: a mirepoix is a mixture of cooked food that is the start of a really good-tasting dish. This is a French term that doesn't have a direct translation. It is called “holy trinity” in Creole and “sofrito” in Spain. The components are one or more food items, chopped, diced, sliced. Cooking the mirepoix forces water out of the food, this is good for two reasons: to break down the cellulose (the tough, tight structure that plants use to keep their shape) and to allow these now empty chambers within the plant to fill up with whatever good-tasting liquids and flavors you put into the pot. Ideas for a good-tasting mirepoix: use pungent foods like leek or green onion. Use salty and or crisp food like celery or bok choy. Use sweet and or dense food like carrot and stems. Make extra: divide the cooked mirepoix into 3 portions, let cool and use them in 3 different recipes and or freeze the mirepoix in 1 cup portions.

Dave says: cook with a little water if needed to prevent sticking; add 1 to 2 tbs of water if sticking, usually not a problem.

## oils & fats

Dave says: given that the Bulletproof Diet calls for 50 to 70% of calories from fat, the basic rule for figuring out how much fat to add to recipe is “more.” If a recipe doesn't taste creamy enough, add more fat. If it sticks, add more fat. You can tell when you've added too much fat when the melted butter or ghee or MCT oil won't stick to the food anymore. Having a little puddle of fat left on your plate is completely normal.

## oils & fats (continued)

### **Butter**

Dave says: I recommend grass fed butter. In North America the most convenient source is Irish butter called Kerrygold. Use the unsalted version because it is cultured. The salted version is not cultured. Cultured grass fed butter has the highest levels of butyrate in it, and it contains CLA. Both substances can cause weight loss and contribute to overall health. Grass fed butter also contains far more nutrients than grain fed, and it has very little omega 6 inflammatory oil compared to grain fed. The difference is huge in your health and mental performance. Most people can tolerate butter well because it's low in casein. For those who are really sensitive, clarified butter (ghee) is the best choice. Most people are able to handle ghee, and most people with gut problems benefit greatly from butyrate's gut healing properties. Use half ghee or butter and half coconut oil when making soups. In my podcasts I point out that coconut oil has no butyrate in it, and butyrate is one of the reasons the diet works. Coconut oil by itself doesn't really work as well.

Joni says: butter or ghee can be used in any of these recipes, with one exception: ghee will work better in the "baked loafs" recipes. Here's why: the water content in butter is 15 to 30% – not good for loafs with meat (and in burgers, meatballs).

### **Coconut oil**

Dave says: coconut oil is a great oil for cooking and 60% of it is composed of the 4 lengths of medium chain triglycerides. However, only 15% of coconut oil contains the most precious 8- and 10- length medium chains that we target with Bulletproof Upgraded MCT oil. Be very selective about your coconut oil. Even some high-end brands are made with the process of fermentation that happens in areas without great quality control. It is very common for mycotoxins or biogenic amines to find their way into these oils. The very worst coconut oil is called copra oil, which in its natural state is gray because of the amount of mold it contains. I recommend mechanically separated organic coconut oil. If you like the coconut taste use virgin. If you want a clean tasting oil, go for expeller pressed. Both are healthy.

### **Bulletproof Upgraded MCT Oil**

Dave says: MCT (medium chain triglycerides) is the most beneficial oil, other than butter, and should be added every time you cook. Add 1 to 2 tbs after cooking or cook at less than 325°. MCT is a derivative of coconut oil. Coconut oil has a number of long-chain and medium-chain fatty acids and has only 15% fatty acids with the length of 8 or 10. A carbon fatty acid analysis of Bulletproof Upgraded MCT oil has confirmed perfect 8-10 carbon saturated fats, extremely similar to human cell walls for maximum utility to the body. It's also free of all impurities and is not diluted with any other substances, so it's more potent than other MCTs. Its fatty acids are commonly known as capric and caprylic triglycerides. They are the most antibacterial and antifungal parts of coconut oil and are used by the cells directly without needing to be processed through the liver. They teach the body to burn fat and give you quick energy as carbs do. People who increase the percent of MCT oil in their diet tend to feel a lot more energy, tend to be leaner and enter catalysis more easily. Since 1 tbs of Bulletproof Upgraded MCT oil is equal to 6 tbs of coconut oil (based on caprylic content), BP MCT is the best way to boost these kinds of fat. People who have not had it before can have gas and bloating. It goes away for most people when they back off on the amount and increase it gradually.

## oils & fats (continued)

### **Olive Oil**

Dave says: cold-pressed, extra virgin olive oil must never be heated; it should be added to the food after it's done cooking and out of the hot pan. It oxidizes very quickly.

### **Olives**

Dave says: black olives or Kalamata olives in glass jars are your best bet. Olives are often packed in bad oils like canola or they are flavored with MSG or hidden MSG analogues. You want all those that contain salt water, and maybe olive oil. Kalamata olives usually contain vinegar; you'll need to see how you tolerate them. Must read label to avoid 'spices' – can be hidden garlic and or MSG.

Joni says: olives are a good source of umami flavors – deep, aged, earthy, salty – and is an excellent substitute for the foods we are avoiding, such as: cheese, mushrooms and browned foods (see “browning,” page 50).

## organ meats

Joni says: Best to soak organ meats in an acidic solution or an alkaline solution to remove much of the off-putting odors and flavors. Drain and rinse well. Soaking liquids can be water mixed with lemon juice, ACV or salt. Milk is often used, too.

(Raw milk is best because the enzymes will give better results). Soak for at least 15 minutes before using, or soak for an hour, or overnight. Discard the soaking liquid.

## pots & pans

Dave says: enamel or ceramic are superior for health, and Teflon is the worst, and stainless is ok if it's not high in nickel.

Joni says: as a commercial chef the law requires stainless, as it does in restaurants, so you'll see stainless steel in my pictures.

## protein

Dave says: if you are losing muscle mass, or not gaining as quickly as you expect, you may increase your protein. Eating high-protein everyday puts a strain on your body that a highfat diet prevents. Use high-quality protein to get the benefits you are looking for, but do not use more than you process. See “browning,” page 50, to learn dos and don'ts.

## reheating

Dave says: when cooked proteins sit for more than about 18 hours, they form biogenic amines like histamine and may also start to grow fungus. Reheating old food is a bad idea if it's more than a day old. If you're going to preserve food, do it frozen. Do not use microwaves to reheat.

## rest

Joni says: loafs need to rest for 5 to 10 minutes after cooking to allow the juices – that are forced to the outer edges due to evaporation – to get reabsorbed throughout the dish.

## sea salt

Dave says: the best sea salt comes from ancient oceans that have dried and turned into salt mines. Himalayan pink is best because this salt has no modern ocean pollution in it.

Joni says: use fine-ground salt because it dissolves faster and easier. Add more salt at the table, if needed.

## shapes & sizes

Joni says: we eat with our eyes first, so put character into your food, i.e. cut, slice, dice, chop the food into distinguishable proportions to each other. The outlines, geometry, diameter make up the canvas. For example: the experience will be different with bite-size pieces of food in the loafs versus small diced veggies, see more about this, page 51.

## spices & flavorings

Dave says: herbs can be dried or fresh, spices can be seeds or powder as long as they have been properly stored. Avoid garlic and black pepper (aflatoxins, not good for the brain) in favor of oregano and cayenne and herbs.

Dave says: pay attention to the Bulletproof Diet infographic when it comes to spices. It turns out that leafy herbs like oregano, thyme, and rosemary tend to have far less of a problem with amines or molds than the “hard” spices that are made by powdering seeds. Almost all spices contain spores from toxic molds when they are picked. If those spices are stored in a moist and warm area, you can guarantee that they will contain levels of toxins that affect how you feel and how you perform. Favor herbs over spices, and be certain that you are using fresh or properly stored dry herbs. Most store-bought blends of spices or spice rubs contain hidden MSG (monosodium glutamate). In the US, a substance may be labeled as containing no MSG if it is less than 75% MSG by weight. There are approximately 40 different words that are used to describe substances that are 74% MSG or less by weight. One of those words is “spices.” Even “spice extracts” can be MSG. So unless your spice blend contains only herbs and spices that are individually identified, it is almost certainly contaminated with MSG. I gave up on spice blends a long time ago in favor of making my own. A high-end steak seasoned with oregano, cayenne, and Himalayan salt will taste better than any spice blend you can buy, and you won't miss the garlic.

## spices & flavorings (continued)

Joni says: dried herbs and spices have quite a bit of oil so they are not added to direct heat. Also, they will unload their aromas and flavors over time when used in soups and braises, so add them with the liquid. Once the liquid is heated through their essential oils will be released and will permeate into the dish. Dried herbs have higher concentrated flavors than fresh herbs, so start with 1 tsp and go from there, taste along the way to see if you need to add more. Fresh herbs lose their flavor very quickly, so add these at the end of cooking, best to sprinkle them on your dish as a garnish at the table. Start with a one-finger pinch of freshly sliced or chopped herbs, and go from there, adding more to your desired taste. A 90-year-old Portuguese woman said that “a bay leaf ought to go into every dish you make... try it and you’ll know what I mean.” I think of her often, and am glad I heed her words. A couple of dried spices and veggies can be used to color a dish, such as yellow turmeric, red annato seeds, red powdered bell pepper and red powdered beets. All are available online. I dehydrate my own and then grind them in the spice grinder.

## stir, stir occasionally, stir often

Joni says: To ‘stir’ is to alter current affairs, i.e. to change the position of the food. This word is used to indicate flipping, swishing, moving the food in order to cook different sides of the food, and or to blend a mixture of food. I often – as do most chefs – use the phrase “stir occasionally” which means to move the food around, flip it, give it a good swish every 2 to 3 minutes. “Stir often” means to stir very well every 1 to 2 minutes. These two are dependent on the type of food, the size of the food, how much food and the temperature of the burner. This phrase is also used to convey the idea that you need to keep a close eye – and ear – on the food that is cooking and stir when needed. How to know when to stir, you ask? Answer: you will know by sight and by sound. Here’s an example of listening to your food: while the mirepoix is cooking, you will be occupied with preparing the next step, so, keep an ‘ear out’ for any change in the sound of the food cooking. A wet, steaming mirepoix will be singing aloud with the vapors bumping and pushing into each other as they race out of the food, into the air. A dry, cooked mirepoix will be silent, this is your cue to stir. You’ll find that the food is clinging to the pan creating higher heat, creating the once-loved fond (that brown sticky-glaze from cooked sugars and protein). Stir now before the food gets any hotter. The Bulletproof Chef wants to avoid the browning action. Read more on ‘browning,’ page 50.

## water

Dave says: tap water is often not a great source for cooking water. Unless you are using well water from a tested well. Go for reverse osmosis filtered water, or at least water that has been through a charcoal block filter. You don’t want chlorine or chloramine changing the flavor of your recipes or harming your health.

## xylitol

Dave says: Xylitol is a sugar alcohol that does not raise insulin. It tastes and looks like sugar. It slows osteoporosis and stops cavities. When bacteria eat it, they lose their ability to adhere to your teeth or throat. Xylitol tastes “cool” like mint to some people. It is important you buy “North American hardwood xylitol” because the Chinese corn xylitol is not nearly as good, and it can cause more gastro intestinal (G.I.) issues. Speaking of that, people who are not used to eating xylitol can experience diarrhea if they eat a large dose. If you use xylitol even 2 times a week, your body will manufacture the enzyme you need to digest it, and xylitol becomes the perfect sugar substitute. Erythritol has a lesser G.I. effect than xylitol.



**BULLETPROOF™**