

# GROCERY LIST

## 30 DAYS TO A BULLETPROOF BODY

Here's what you'll need to buy, week-by-week, for the **Bulletproof Body Meal Plan**. Customize this list based on your needs and what's available. Buy *grass-fed, pastured, organic food* whenever possible. Some foods listed here are suspect on the Bulletproof Diet, and should be eaten in moderation. *Refer to the Bulletproof Diet Roadmap for more info.*

### PANTRY ESSENTIALS

Bulletproof Coffee Beans	Ground Ceylon cinnamon
Grass-fed ghee	Ground ginger
Brain Octane Oil	Garlic powder
Himalayan sea salt	Onion powder
Apple cider vinegar	Curry powder
Grass-fed ghee	Paprika
Coconut oil	Chipotle powder
Collagen protein	Pepper
Paleo all-purpose flour	Raw honey
Baking powder	MitoSweet
Turmeric	Raw cacao powder
Dried parsley	
Dried oregano	
Ground coriander	

### WEEK 1

#### PROTEIN

- Steak
- Eggs
- Chicken thighs
- Bacon
- Bone broth

#### VEGETABLES

- Bok choy
- Asparagus stalks
- Nori sheets
- Carrots
- Sweet potato
- Zucchini
- Cauliflower
- Mixed salad greens
- Sweet potatoes
- Red cabbage

#### FATS

- Unsalted butter
- Avocados
- Coconut milk
- Raw pecans

#### SPICES AND GARNISHES

- Cilantro
- Fresh thyme or rosemary
- Fresh basil
- Fresh mint
- Green onion
- Coconut aminos
- Lemongrass
- Ginger
- Lemon or lime

## WEEK 2

### PROTEIN

- Bone broth
- Eggs
- Bacon
- Salmon fillets
- Ground beef
- Steak

### VEGETABLES AND FRUITS

- Broccoli
- Cauliflower
- Zucchini
- Leeks
- Onion
- Green beans
- Spinach or collard greens
- Butternut squash
- Kale or bok choy
- Cherry tomatoes (optional)
- Tomato passata in a glass jar,  
or chopped peeled tomatoes
- Sweet potato
- Spaghetti squash
- Carrots
- Radish
- Cucumber
- Arugula

### FATS

- Coconut milk
- Unsalted butter
- Avocado
- Avocado oil

### SPICES AND GARNISHES

- Fresh rosemary
- Fresh basil
- Fresh parsley
- Chives
- Scallion
- Cilantro

## WEEK 3

### PROTEIN

- Eggs
- Sausage
- Pork
- Bacon
- Beef ribs
- Ground beef
- Chicken stock
- Steak

### VEGETABLES AND FRUITS

- Cauliflower
- Cucumber
- Mixed greens
- Zucchini
- Red bell pepper
- Sweet potatoes
- Carrots
- Onion
- Broccoli slaw
- Green beans
- Brussels sprouts
- Cabbage
- Butternut squash
- Bok choy
- Pineapple

### FATS

- Avocado
- Unsalted butter

### SPICES AND GARNISHES

- Green onions
- Cilantro
- Fresh basil
- Fresh parsley
- Fresh thyme
- Lemongrass
- Ginger
- Garlic
- Thai or serrano chile
- Coconut aminos
- Dijon mustard
- Whole grain mustard
- Lemon and lime

## WEEK 4

### PROTEIN

- Eggs
- Whole chicken
- Beef short ribs or beef shank
- Salmon fillets
- Chicken bone broth
- Trout fillets
- Bacon
- Steak

### VEGETABLES AND FRUITS

- Cauliflower
- Pumpkin
- Zucchini
- Mixed greens
- Kale
- Sweet potatoes
- Carrots
- Zucchini
- Cabbage
- Grape tomatoes (optional)
- Cucumber
- Radish
- Bok choy
- Asparagus stalks

### FATS

- Coconut milk
- Coconut cream
- Avocado
- Unsalted butter

### SPICES AND GARNISHES

- Lime
- Ginger
- Parsley
- Cilantro
- Chives and/or dill
- Lemon
- Fresh basil
- Green onions
- Dijon or yellow mustard