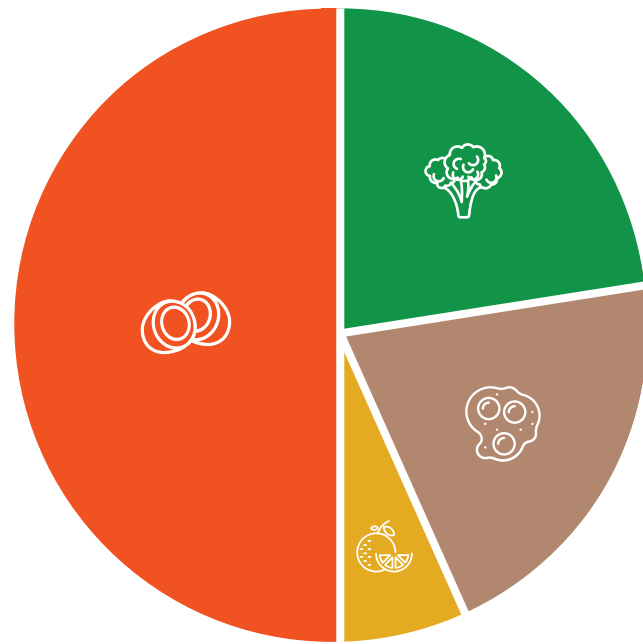


THE BULLETPROOF DIET ROADMAP

HOW MUCH TO EAT PERCENT OF TOTAL CALORIES

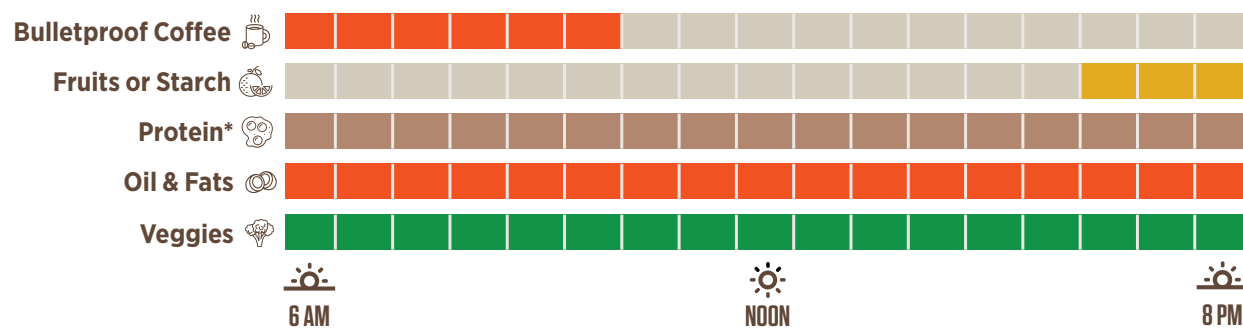
- Prebiotic fiber from all sources: 10% or more**
- Good Oils & Fats (50-70%)**
- The Right Veggies (20%)
no upper limit**
- Non-inflammatory Protein (20%)**
- Fruit/Starch (5%)**



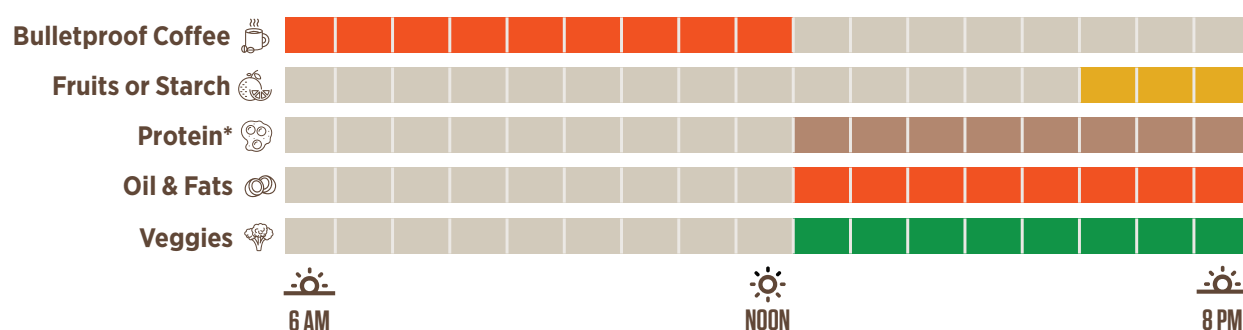
WHEN TO EAT AND FAST

Use this section of the Roadmap as a rough proportional guide. When in doubt, cover your plate with vegetables, add a few ounces of grass-fed meat and a generous amount of clean fats like butter, Brain Octane Oil, or ghee.

The Simple Bulletproof Diet to Reduce Body Fat and Boost Your Energy



Bulletproof Intermittent Fasting for Fat Loss and Focus



***ADDED BONUS: Protein Fasting.** 1-2 days per week, limit your protein intake to a maximum of 15g per day from all sources as described in *The Bulletproof Diet*. To stay full on these low-protein days, eat plenty of clean fats.

	BEVERAGES	ORGANIC VEGGIES	OIL & FATS	NUTS, SEEDS & LEGUMES	PROTEIN
BULLETPROOF	<ul style="list-style-type: none"> filtered water, mineral water in a glass, Bulletproof Coffee (black or with Brain Octane oil), FATwater water with lemon/lime, green tea tap water with lemon/lime, fresh brewed iced tea (unsweetened), fresh nut milk, raw grass fed A2 milk 	<ul style="list-style-type: none"> asparagus, avocado, bok choy, broccoli, brussels sprouts, cauliflower, celery, cucumber, fennel, olives, cooked kale, cook collards cabbage, lettuce, radishes, spinach, summer squash, zucchini, cilantro, artichokes, butternut squash, zucchini, summer squash and winter squash, green beans, green onion, leeks, parsley 	<ul style="list-style-type: none"> coconut oil, pastured egg yolks, krill oil, grass fed animal fat and marrow, avocado oil, fish oil, grass-fed butter & ghee, sunflower lecithin, Brain Octane oil, Cocoa Butter, Dark Chocolate, XCT Oil palm oil, palm kernel, extra-virgin olive oil, pastured bacon fat, street-grade MCT oil 	<ul style="list-style-type: none"> coconut coconut flour, raw pistachios almonds, cashews, chestnuts, hazelnuts, macadamia, pecans, walnuts, sunflower seeds almond flour, cashew flour, pecan flour, walnut meal/flour, nut butters (except peanut), sunflower seed butter, pine nuts 	<ul style="list-style-type: none"> Grass-fed beef and lamb, pastured eggs and gelatin, colostrum, Pastured collagen protein, CollaGelatin™ low-mercury wild fish such as anchovies, haddock, petrale sole, sardines, sockeye salmon, summer flounder, trout, Grass-fed whey
SUSPECT	<ul style="list-style-type: none"> kombucha, raw milk, bottled iced tea (no sugar added), fresh coconut water, coconut water (bottle/boxed), bottled nut milks, untested black coffee, raw grass fed A1 milk freshly squeezed fruit juice 	<ul style="list-style-type: none"> butternut and winter squash, green beans, green onion, leeks, parsley, carrots eggplant, onion, peas, peppers, shallots, tomatoes, mushrooms, beets 	<ul style="list-style-type: none"> non-GMO soy lecithin duck & goose fat, grain-fed butter & ghee factory chicken fat, safflower, sunflower, canola, peanut, soy cottonseed, corn, and vegetable oils, flaxseed oil 	<ul style="list-style-type: none"> roasted pistachios, sprouted legumes, brazil nuts, garbanzo beans, hummus, dried peas, most legumes (dried beans & lentils), peanuts, flaxseed, chia seed 	<ul style="list-style-type: none"> pastured pork, clean whey isolate, pastured duck & goose, hemp protein factory farmed eggs, pastured chicken & turkey
TOXIC	<ul style="list-style-type: none"> pasteurized milk soy milk, packaged juice, diet drinks, soda, sweetened drinks, aspartame drinks, sports drinks 	<ul style="list-style-type: none"> raw collards, raw chard, raw kale, raw spinach, corn (fresh off the cob) all other corn (except fresh), canned veggies, soy 	<ul style="list-style-type: none"> margarine and other artificial trans-fats, oils made from GMO grains, commercial lard 	<ul style="list-style-type: none"> soy, soy nuts, corn nuts 	<ul style="list-style-type: none"> heated whey, factory-farmed meat high-mercury or farmed seafood, rice & pea protein soy protein, wheat protein/gluten, beans, cheese & other pasteurized or cooked dairy (except butter)

	DAIRY	STARCH	FRUIT	SWEETENERS	COOKING
BULLETPROOF	<ul style="list-style-type: none"> organic grass-fed butter, colostrum 	<ul style="list-style-type: none"> Organic acacia, partially-hydrolyzed guar gum 	<ul style="list-style-type: none"> avocado, blackberries, coconut, cranberries, lemon, lime, raspberries 	<ul style="list-style-type: none"> xylitol, erythritol, stevia, monk fruit, d-ribose, MitoSweet™ 	<ul style="list-style-type: none"> raw or not cooked, lightly heated
SUSPECT	<ul style="list-style-type: none"> non-organic grass-fed ghee or butter, organic grass-fed cream, grass-fed sheep's yogurt, Grass-fed ghee organic grass-fed full-fat raw A2 milk or yogurt non-organic, grass-fed ghee or butter, organic grass-fed cow cheese, raw sheep/goat cheese grain-fed butter 	<ul style="list-style-type: none"> pumpkin, butternut squash, sweet potato, yam, carrot white rice, cassava, taro, plantain, tapioca flour/starch, arrowroot resistant starch powder, plantain flour black rice, wild rice, brown rice, banana potatoes (white, purple, new) fresh or frozen organic corn on the cob, buckwheat, oats, quinoa, conventional cheese 	<ul style="list-style-type: none"> blueberries, pineapple, strawberries, tangerine grapefruit, pomegranate apple, apricot, cherries, figs, kiwifruit, lychee, nectarine, orange, peach, pears, plums bananas, dates, grapes, guava, mango, melons, papaya, passion fruit, persimmon, plantain, watermelon cantaloupe, honeydew 	<ul style="list-style-type: none"> sorbitol, malitol & 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, saccharin 	<ul style="list-style-type: none"> steamed al dente, convection baked or baked at 320°F or below, simmered, boiled, poached, lightly grilled (not charred), sous vide, slow cooking, pressure cooking UV oven stir fried broiled, barbecued burnt, blackened, charred, deep fried, microwaved
TOXIC	<ul style="list-style-type: none"> skim or low-fat milk, fake butter, pasteurized non-organic milk or yogurt powdered milk, factory dairy, dairy replacer, condensed or evaporated milk, conventional ice cream 	<ul style="list-style-type: none"> wheat, corn, millet, other grains, potato starch, corn starch, gluten-free powders, garbanzo flour 	<ul style="list-style-type: none"> raisins, dried fruit, fruit leather, jam, jelly, canned fruit, honeydew 		