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

<table>
<thead>
<tr>
<th>6 AM</th>
<th>NOON</th>
<th>8 PM</th>
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<tbody>
<tr>
<td><strong>DAIRY</strong></td>
<td><strong>STARCH</strong></td>
<td><strong>FRUIT</strong></td>
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<td>Bulletproof Coffee</td>
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<td>Fruits or Starch</td>
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<td>Protein</td>
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<td>Oil &amp; Fats</td>
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<td>Veggies</td>
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**DAIRY**
- organic grass-fed butter, coconut
- organic grass-fed ghee, coconut
- non-organic grass-fed ghee, coconut
- non-organic grass-fed butter, coconut
- organic grass-fed butter or cream
- organic grass-fed cream

**STARCH**
- Organic acacia, partially-hydrolyzed gum
- Organic acacia, partially-hydrolyzed gum
- Organic acacia, partially-hydrolyzed gum
- Organic acacia, partially-hydrolyzed gum
- Organic acacia, partially-hydrolyzed gum
- Organic acacia, partially-hydrolyzed gum

**FRUIT**
- apples, blueberries, strawberries, pineapple, bananas
- apples, blueberries, strawberries, pineapple
- apples, blueberries, strawberries, pineapple

**BEVERAGES**
- Filtered water, mineral water
- Tap water
- Bottled water (no sugar added)

**ORGANIC VEGGIES**
- asparagus, avocado, baby spinach, kale, Swiss chard, collard greens, spinach, arugula, bok choy, celery, broccoli, brussels sprouts, cauliflower, brussels sprouts, cauliflower, brussels sprouts, cauliflower

**OILS & FATS**
- coconut oil, pastured egg yolks, butter & ghee, grass fed.
- olive oil, pastured egg yolks, organic grass-fed full-fat raw butter, grass-fed butter & ghee

**NUTS, SEEDS & LEGUMES**
- coconut
- organic coconut
- organic coconut

**PROTEIN**
- Grass-fed beef and lamb, organic eggs, organic meat, organic seafood
- organic eggs, organic meat, organic seafood
- organic eggs, organic meat, organic seafood

**COOKING**
- slow cooking, pressure cooking
- slow cooking, pressure cooking
- slow cooking, pressure cooking

*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.*