




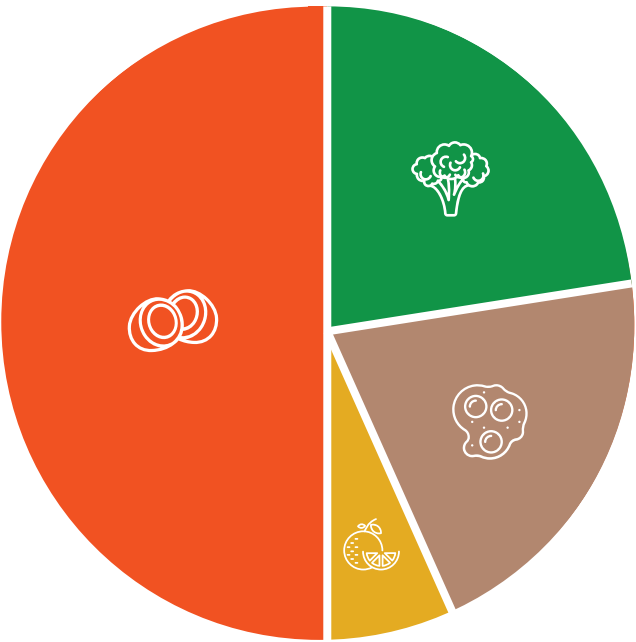


THE BULLETPROOF DIET ROADMAP

HOW MUCH TO EAT

PERCENT OF TOTAL CALORIES

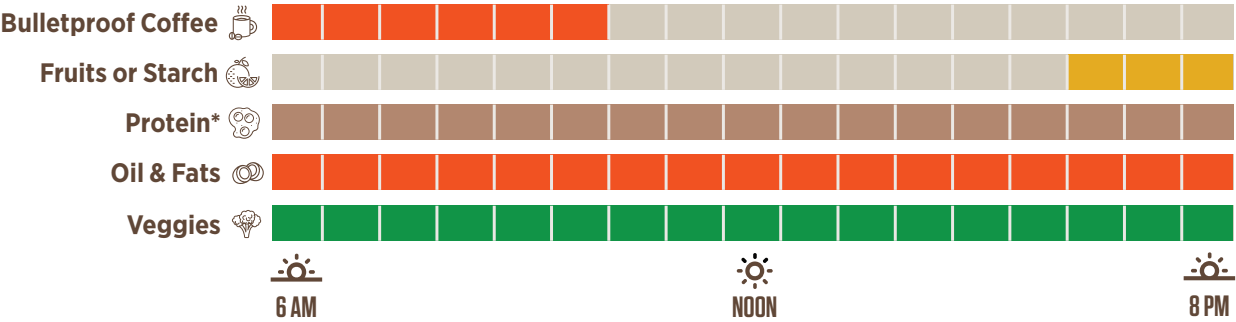
-  **Prebiotic fiber from all sources: 10% or more**
-  **Good Oils & Fats (50-70%)**
-  **The Right Veggies (20%)
no upper limit**
-  **Non-inflammatory Protein (20%)**
-  **Fruit/Starch (5%)**



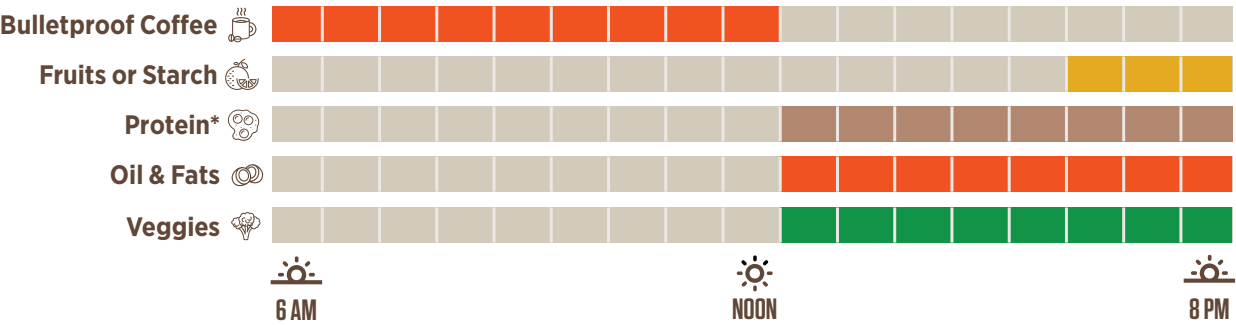
WHEN TO EAT AND FAST

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), 🍷 FATwaterwater with lemon/lime, green teatap 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 collardscabbage, 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 Oilpalm oil, palm kernel, extra-virgin olive oil, pastured bacon fat, street-grade MCT oil	<ul style="list-style-type: none">coconutcoconut flour, raw pistachiosalmonds, cashews, chestnuts, hazelnuts, macadamia, pecans, walnuts, sunflower seedsalmond 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™
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 milkfreshly squeezed fruit juice	<ul style="list-style-type: none">butternut and winter squash, green beans, green onion, leeks, parsley, carrotseggplant, onion, peas, peppers, shallots, tomatoes, mushrooms, beets	<ul style="list-style-type: none">non-GMO soy lecithinduck & goose fat, grain-fed butter & gheefactory 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
TOXIC ▶	<ul style="list-style-type: none">pasteurized milksoy 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">factory farmed eggs, pastured chicken & turkeyheated whey, factory-farmed meathigh-mercury or farmed seafood, rice & pea proteinsoy 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, colostrumnon-organic grass-fed ghee or butter, organic grass-fed cream, grass-fed sheep's yogurt, 🍷 Grass-fed gheeorganic grass-fed full-fat raw A2 milk or yogurt	<ul style="list-style-type: none">Organic acacia, partially-hydrolyzed guar gumpumpkin, butternut squash, sweet potato, yam, carrotwhite rice, cassava, taro, plantain, tapioca flour/starch, arrowroot	<ul style="list-style-type: none">avocado, blackberries, coconut, cranberries, lemon, lime, raspberriesblueberries, pineapple, strawberries, tangerinegrapefruit, pomegranate	<ul style="list-style-type: none">xylitol, erythritol, stevia, monk fruit, d-ribose, 🍷 MitoSweet™sorbitol, malitol & other sugar alcoholsnon-GMO dextrose, glucose, raw honey	<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 cow cheese, raw sheep/goat cheesegrain-fed butterskim or low-fat milk, fake butter, pasteurized non-organic milk or yogurt	<ul style="list-style-type: none">resistant starch powder, plantain flourblack rice, wild rice, brown rice, bananapotatoes (white, purple, new) fresh or frozen organic corn on the cob, buckwheat, oats, quinoa, conventional cheese	<ul style="list-style-type: none">apple, apricot, cherries, figs, kiwifruit, lychee, nectarine, orange, peach, pears, plumsbananas, dates, grapes, guava, mango, melons, papaya, passion fruit, persimmon, plantain, watermelon	<ul style="list-style-type: none">maple syrup, coconut sugarwhite sugar, brown sugar, agave, cooked honeyfructose, fruit juice concentrate, high-fructose corn syrup	<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
TOXIC ▶	<ul style="list-style-type: none">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">cantaloupe, honeydewraisins, dried fruit, fruit leather, jam, jelly, canned fruit, honeydew	<ul style="list-style-type: none">aspartame (NutraSweet), sucralose (Splenda), acesulfame potassium, saccharin	<ul style="list-style-type: none">UV ovenstir friedbroiled, barbecuedburnt, blackened, charred, deep fried, microwaved