






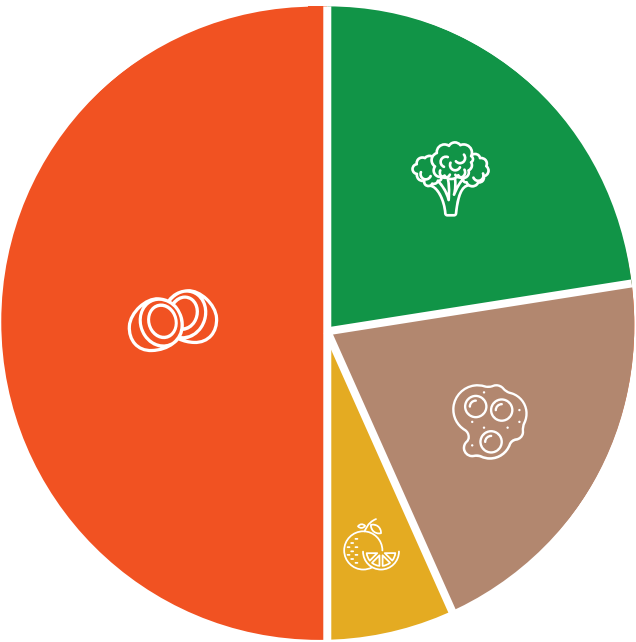
# THE BULLETPROOF DIET ROADMAP



## HOW MUCH TO EAT

PERCENT OF TOTAL CALORIES

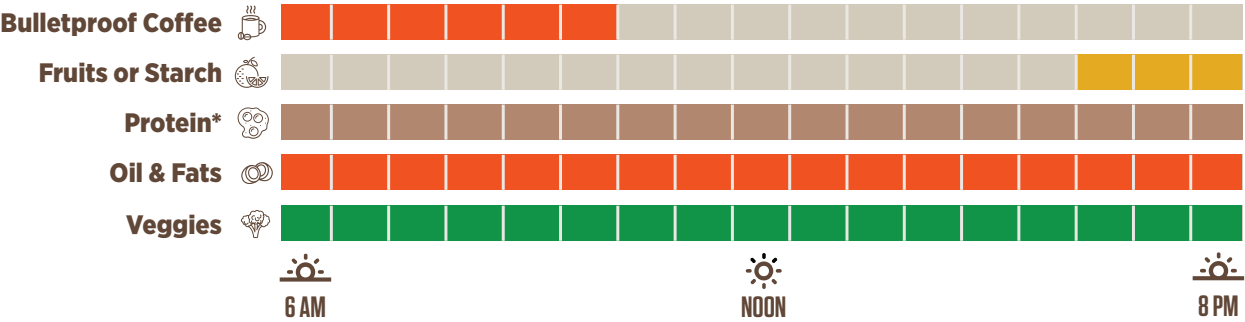
-  **Prebiotic fiber from all sources: 10% or more**
-  **Good Oils & Fats (50-70%)**
-  **The Right Veggies (20%)**  
*no upper limit*
-  **Non-Inflammatory Protein (20%)**
-  **Fruit/Starch (5%)**



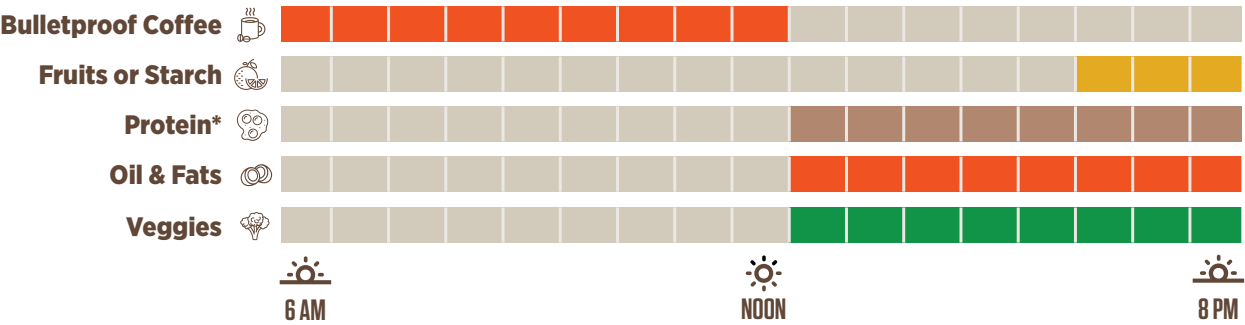
## WHEN TO EAT AND FAST

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 quality 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 quality fats.

	 BEVERAGES	 ORGANIC VEGGIES	 OIL & FATS	 NUTS, SEEDS & LEGUMES	 PROTEIN
▲ BULLETPROOF	<ul style="list-style-type: none"><li>filtered water, mineral water in a glass, 🦋 Bulletproof Coffee (black or with Brain Octane oil), 🦋 FATwater</li><li>water with lemon/lime, green tea</li><li>tap water with lemon/lime, fresh brewed iced tea (unsweetened), fresh nut milk, raw grass fed A2 milk</li></ul>	<ul style="list-style-type: none"><li>asparagus, avocado, bok choy, broccoli, brussels sprouts, cauliflower, celery, cucumber, fennel, olives, cooked kale, cooked collards</li><li>cabbage, lettuce, radishes, spinach, summer squash, zucchini, cilantro, artichokes, butternut squash, zucchini, winter squash, green beans, green onion, leeks, parsley</li></ul>	<ul style="list-style-type: none"><li>coconut oil, pastured egg yolks, krill oil, grass fed animal fat &amp; marrow, avocado oil, fish oil, grass-fed butter, sunflower lecithin, cacao butter, 🦋 Grass-Fed Ghee, 🦋 Brain Octane oil, 🦋 XCT oil, 🦋 Dark Chocolate</li><li>palm oil, palm kernel, extra-virgin olive oil, pastured bacon fat, generic MCT oil</li></ul>	<ul style="list-style-type: none"><li>coconut</li><li>coconut flour, raw pistachios</li><li>almonds, cashews, chestnuts, hazelnuts, macadamia, pecans, walnuts, sunflower seeds</li><li>almond flour, cashew flour, pecan flour, walnut meal/flour, nut butters (except peanut), sunflower seed butter, pine nuts</li></ul>	<ul style="list-style-type: none"><li>Grass-fed beef &amp; lamb, pastured eggs &amp; gelatin, colostrum, 🦋 Collagen Protein, 🦋 Collagelatin</li></ul>
■ SUSPECT	<ul style="list-style-type: none"><li>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</li><li>freshly squeezed fruit juice</li></ul>	<ul style="list-style-type: none"><li>butternut &amp; winter squash, green beans, green onion, leeks, parsley, carrots</li><li>eggplant, onion, peas, peppers, shallots, tomatoes, mushrooms, beets</li></ul>	<ul style="list-style-type: none"><li>non-GMO soy lecithin</li><li>duck &amp; goose fat, grain-fed butter &amp; ghee</li><li>factory chicken fat, safflower, sunflower, canola, peanut, soy cottonseed, corn &amp; vegetable oils, flaxseed oil</li></ul>	<ul style="list-style-type: none"><li>roasted pistachios, sprouted legumes, brazil nuts, garbanzo beans, hummus, dried peas, most legumes (dried beans &amp; lentils), peanuts, flaxseed, chia seed</li></ul>	<ul style="list-style-type: none"><li>low-mercury wild fish such as anchovies, haddock, petrale sole, sardines, sockeye salmon, summer flounder, trout, grass-fed whey</li></ul>
■ TOXIC ▶	<ul style="list-style-type: none"><li>pasteurized milk</li><li>soy milk, packaged juice, diet drinks, soda, sweetened drinks, aspartame drinks, sports drinks</li></ul>	<ul style="list-style-type: none"><li>raw collards, raw chard, raw kale, raw spinach, corn (fresh off the cob)</li><li>all other corn (except fresh), canned veggies, soy</li></ul>	<ul style="list-style-type: none"><li>margarine &amp; other artificial trans-fats, oils made from GMO grains, commercial lard</li></ul>	<ul style="list-style-type: none"><li>soy, soy nuts, corn nuts</li></ul>	<ul style="list-style-type: none"><li>pastured pork, clean whey isolate, pastured duck &amp; goose, hemp protein</li><li>factory farmed eggs, pastured chicken &amp; turkey</li><li>heated whey, factory-farmed meat</li><li>high-mercury or farmed seafood, rice &amp; pea protein</li><li>soy protein, wheat protein/gluten, beans, cheese &amp; other pasteurized or cooked dairy (except butter)</li></ul>

	 DAIRY	 STARCH	 FRUIT	 SWEETENERS	 COOKING
▲ BULLETPROOF	<ul style="list-style-type: none"><li>organic grass-fed butter, colostrum</li></ul>	<ul style="list-style-type: none"><li>Organic acacia, partially-hydrolyzed guar gum, 🦋 InnerFuel</li></ul>	<ul style="list-style-type: none"><li>avocado, blackberries, coconut, cranberries, lemon, lime, raspberries</li></ul>	<ul style="list-style-type: none"><li>xylitol, erythritol, stevia, monk fruit, d-ribose, 🦋 MitoSweet</li></ul>	<ul style="list-style-type: none"><li>raw or not cooked, lightly heated</li></ul>
■ SUSPECT	<ul style="list-style-type: none"><li>non-organic, grass-fed ghee or butter, organic, grass-fed cream, grass-fed sheep's yogurt, 🦋 Grass-Fed Ghee</li><li>organic, grass-fed, full-fat, raw A2 milk or yogurt</li><li>non-organic, grass-fed ghee or butter, organic, grass-fed cow cheese, raw sheep/goat cheese</li><li>grain-fed butter</li><li>skim or low-fat milk, fake butter, pasteurized, non-organic milk or yogurt</li></ul>	<ul style="list-style-type: none"><li>pumpkin, butternut squash, sweet potato, yam, carrot</li><li>white rice, cassava, taro, plantain, tapioca flour/starch, arrowroot</li><li>resistant starch powder, plantain flour</li><li>black rice, wild rice, brown rice, banana</li><li>potatoes (white, purple, new) fresh or frozen organic corn on the cob, buckwheat, oats, quinoa, conventional cheese</li></ul>	<ul style="list-style-type: none"><li>blueberries, pineapple, strawberries, tangerine</li><li>grapefruit, pomegranate</li><li>apple, apricot, cherries, figs, kiwifruit, lychee, nectarine, orange, peach, pears, plums</li><li>bananas, dates, grapes, guava, mango, melons, papaya, passion fruit, persimmon, plantain, watermelon</li><li>cantaloupe, honeydew</li></ul>	<ul style="list-style-type: none"><li>sorbitol, malitol &amp; other sugar alcohols</li><li>non-GMO dextrose, glucose, raw honey</li><li>maple syrup, coconut sugar</li><li>white sugar, brown sugar, agave, cooked honey</li><li>fructose, fruit juice concentrate, high-fructose corn syrup</li><li>acelsulfame potassium, saccharin</li></ul>	<ul style="list-style-type: none"><li>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</li><li>UV oven</li><li>stir fried</li><li>broiled, barbecued</li></ul>
■ TOXIC ▶	<ul style="list-style-type: none"><li>powdered milk, factory dairy, dairy replacer, condensed or evaporated milk, conventional ice cream</li></ul>	<ul style="list-style-type: none"><li>wheat, corn, millet, other grains, potato starch, corn starch, gluten-free powders, garbanzo flour</li></ul>	<ul style="list-style-type: none"><li>raisins, dried fruit, fruit leather, jam, jelly, canned fruit, honeydew</li></ul>		<ul style="list-style-type: none"><li>burnt, blackened, charred, deep fried, microwaved</li></ul>



# THE BULLETPROOF FOOD ROADMAP

## VEGGIES

- \_\_\_ CILANTRO
- \_\_\_ PARSLEY
- \_\_\_ BOK CHOY
- \_\_\_ BRUSSELS SPROUTS
- \_\_\_ FENNEL
- \_\_\_ ASPARAGUS
- \_\_\_ BROCCOLI
- \_\_\_ CAULIFLOWER
- \_\_\_ CELERY
- \_\_\_ CUCUMBER
- \_\_\_ AVOCADO
- \_\_\_ KALE
- \_\_\_ COLLARDS
- \_\_\_ SPINACH
- \_\_\_ CABBAGE
- \_\_\_ RADISH
- \_\_\_ SUMMER SQUASH
- \_\_\_ ZUCCHINI
- \_\_\_ LETTUCE
- \_\_\_ ARTICHOKE
- \_\_\_ GREEN BEANS
- \_\_\_ BUTTERNUT SQUASH
- \_\_\_ CARROTS
- \_\_\_ LEEKS
- \_\_\_ GREEN ONION

## NUTS & LEGUMES

- \_\_\_ COCONUTS
- \_\_\_ ALMONDS
- \_\_\_ CASHEWS
- \_\_\_ HAZELNUTS
- \_\_\_ MACADAMIAS
- \_\_\_ PECANS
- \_\_\_ CHESTNUTS
- \_\_\_ WALNUTS

## PROTEINS

- \_\_\_ GRASS-FED BEEF
- \_\_\_ GRASS-FED LAMB
- \_\_\_ PASTURE-RAISED EGGS
- \_\_\_ GRASS-FED COLLAGEN
- \_\_\_ GRASS-FED WHEY
- \_\_\_ BOVINE SERUM
- \_\_\_ COLOSTRUM
- \_\_\_ GRASS-FED GELATIN®
- \_\_\_ WILD-CAUGHT ANCHOVIES
- \_\_\_ WILD-CAUGHT HADDOCK
- \_\_\_ WILD-CAUGHT PETRALE SOLE
- \_\_\_ WILD-CAUGHT SARDINES
- \_\_\_ WILD-CAUGHT SOCKEYE
- \_\_\_ WILD-CAUGHT SALMON
- \_\_\_ WILD-CAUGHT SUMMER FLOUNDER
- \_\_\_ WILD-CAUGHT TROUT
- \_\_\_ PASTURED-RAISED PORK
- \_\_\_ WHEY ISOLATE

## STARCHES

- \_\_\_ SWEET POTATO
- \_\_\_ YAM
- \_\_\_ CARROT
- \_\_\_ PUMPKIN
- \_\_\_ BUTTERNUT SQUASH
- \_\_\_ WHITE RICE
- \_\_\_ TARO
- \_\_\_ CASSAVA/CASSAVA FLOUR
- \_\_\_ PLANTAIN
- \_\_\_ BROWN RICE
- \_\_\_ BANANA
- \_\_\_ BLACK RICE
- \_\_\_ WILD RICE
- \_\_\_ RICE FLOURS
- \_\_\_ TAPIOCA FLOUR/STARCH
- \_\_\_ PLANTAIN FLOUR

## SHOPPING TIPS & KEY POINTS

This guide bridges the gap between, “What should I eat, and how much?” and, “What should I actually buy at the grocery store?” by giving you specific buying recommendations for different foods like meat, veggies, and fats. Most of the included foods come from the green side of the spectrum, with a few in the yellow zone. Take this list to the store, you’ll know exactly what to buy – no more guessing about which foods to put in your cart.

## OILS & FATS

- \_\_\_ BULLETPROOF® GRASS-FED GHEE
- \_\_\_ EGGS (YOLKS)
- \_\_\_ MEAT FAT (GRASS-FED)
- \_\_\_ BEEF & LAMB)
- \_\_\_ KRILL OIL
- \_\_\_ MARROW
- \_\_\_ COCONUT OIL
- \_\_\_ MCT OIL
- \_\_\_ BRAIN OCTAINE OIL
- \_\_\_ CHOCOLATE
- \_\_\_ COCOA BUTTER
- \_\_\_ AVOCADO OIL
- \_\_\_ BUTTER
- \_\_\_ FISH OIL
- \_\_\_ PALM OIL
- \_\_\_ PALM KERNEL OIL
- \_\_\_ MACADAMIA OIL
- \_\_\_ VIRGIN OLIVE OIL
- \_\_\_ BACON FAT
- \_\_\_ ALMOND BUTTER
- \_\_\_ HAZELNUT BUTTER
- \_\_\_ WALNUT BUTTER
- \_\_\_ CASHEW BUTTER
- \_\_\_ NON-GMO SOY LECITHIN
- \_\_\_ XCT OIL

## DAIRY

- \_\_\_ BULLETPROOF® GRASS-FED GHEE
- \_\_\_ GRASS-FED BUTTER
- \_\_\_ COLOSTRUM
- \_\_\_ CREAM
- \_\_\_ FULL-FAT RAW MILK
- \_\_\_ FULL-FAT RAW YOGURT

## SPICES & FLAVOR

- \_\_\_ FENNEL SEEDS
- \_\_\_ CARAWAY
- \_\_\_ APPLE CIDER VINEGAR
- \_\_\_ SEA SALT (FINE GRAIN)
- \_\_\_ GINGER
- \_\_\_ CILANTRO
- \_\_\_ PARSLEY
- \_\_\_ CHOCOLATE
- \_\_\_ BULLETPROOF® COFFEE
- \_\_\_ OREGANO
- \_\_\_ TURMERIC
- \_\_\_ ROSEMARY
- \_\_\_ LAVENDER
- \_\_\_ THYME
- \_\_\_ CINNAMON
- \_\_\_ ALLSPICE
- \_\_\_ CLOVES
- \_\_\_ MUSTARD

## FRUIT

- \_\_\_ BLACKBERRIES
- \_\_\_ CRANBERRIES
- \_\_\_ LEMONS
- \_\_\_ LIMES
- \_\_\_ RASPBERRIES
- \_\_\_ STRAWBERRIES
- \_\_\_ AVOCADOS
- \_\_\_ COCONUTS
- \_\_\_ OLIVES
- \_\_\_ PINEAPPLES
- \_\_\_ TANGERINES
- \_\_\_ GRAPEFRUITS
- \_\_\_ POMEGRANATES
- \_\_\_ BLUEBERRIES

## SUGAR & SWEETENERS

- \_\_\_ XYLITOL
- \_\_\_ BULLETPROOF® MITOSWEET
- \_\_\_ ERYTHRITOL
- \_\_\_ STEVIA
- \_\_\_ SORBITOL
- \_\_\_ MALITOL
- \_\_\_ OTHER SUGAR ALCOHOLS
- \_\_\_ DEXTROSE
- \_\_\_ GLUCOSE
- \_\_\_ RAW HONEY

## BEVERAGES

- \_\_\_ BULLETPROOF® COFFEE (WHOLE BEAN OR GROUND)
- \_\_\_ BULLETPROOF® COLD BREW
- \_\_\_ BULLETPROOF FATWATER
- \_\_\_ HERBAL TEA