

THE BULLETPROOF™ DIET ROADMAP

HOW MUCH TO EAT

PERCENT OF TOTAL CALORIES

Prebiotic Fiber From All Sources: (10% or more)

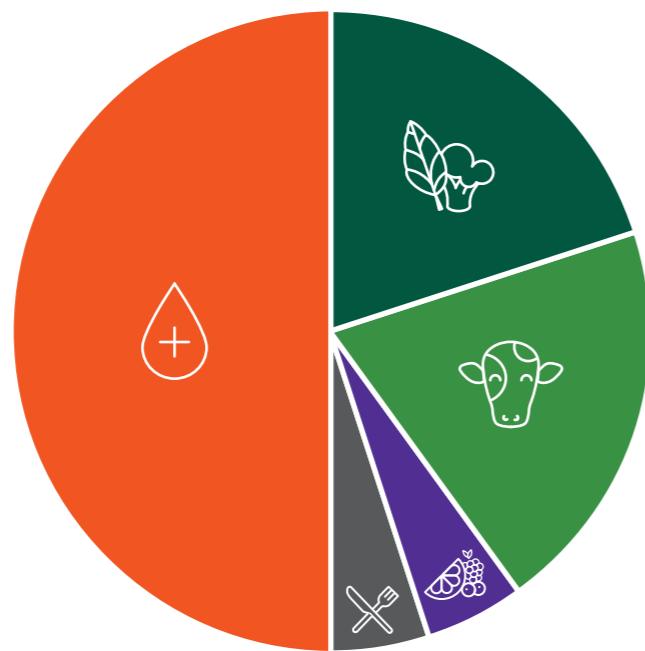
Good Oils & Fats (50-70%)

The Right Veggies (20%) no upper limit

Non-Inflammatory Protein (20%)

Fruit or Starch (5%)

Flex Calories (5%)



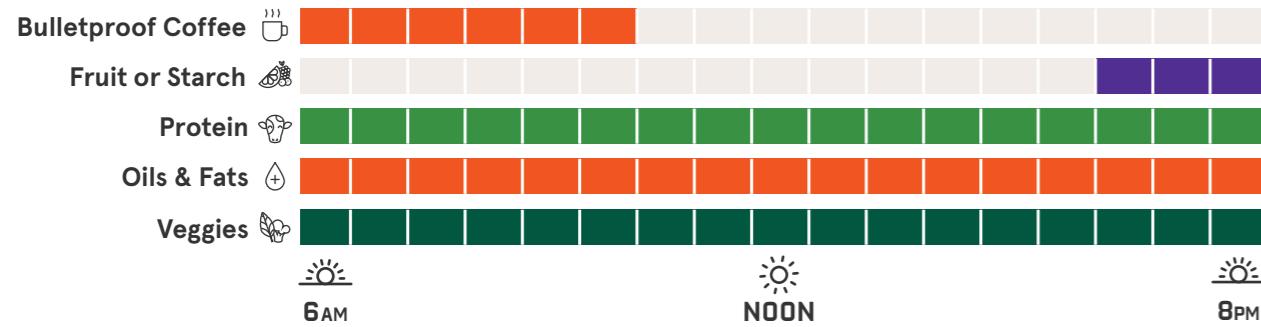
WHEN TO EAT AND FAST

Here's a general guide to when to eat and how much of the right stuff to put on your plate.

It'll vary based on your nutrition needs and activity level, so make sure you nourish your body.

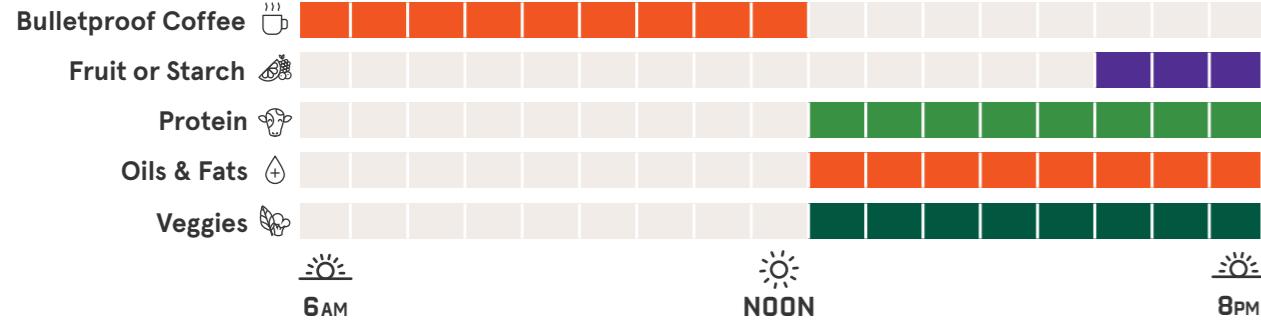
Bulletproof Diet

Designed to help reduce body fat and boost energy when combined with exercise.



Bulletproof Diet + Intermittent Fasting

Best for fat loss and focus support. Most effective when combined with exercise.



BEVERAGES

*Opt for Organic (fresh or frozen)

Bulletproof coffee (black, with Brain Octane C8 MCT Oil, or with Bulletproof Creamers), filtered water, mineral water in a glass
Filtered water with lemon or lime, green tea, grass-fed A2 milk
Tap water with lemon or lime, fresh brewed iced tea (unsweetened), coconut milk, fresh nut milk, grass-fed A1 milk
Processed iced tea (no sugar added), coconut water, processed nut milks, conventional black coffee
Freshly squeezed fruit juice and pasteurized milk
Soy milk, processed packaged juice, diet drinks, soda, sweetened drinks, traditional sports and energy drinks



VEGETABLES

*Opt for Organic (fresh or frozen)

Asparagus, avocado, arugula, cooked bok choy, cooked Brussels sprouts, cooked cauliflower, celery, cucumber, fennel, olives
Cooked collards, cabbage, cooked kale, lettuce, pumpkin, radishes, cooked spinach, summer and winter squash varieties, cooked turnips, zucchini
Artichokes, green beans, cooked onions and green onions, leeks, parsley, carrots, cooked garlic
Eggplant, mushrooms, cooked peas, peppers, shallots, tomatoes
Beets, raw collards, raw chard, raw kale, raw spinach
Corn (fresh or frozen on or off the cob), white potatoes
Canned veggies, soy (edamame)



OILS & FATS

Avocado oil, Brain Octane C8 MCT Oil, Bulletproof MCT Oil, coconut oil, grass-fed butter or ghee, grass-fed animal fat and marrow
Fish oil, krill oil, cacao butter, sustainable palm oil, sustainable palm kernel oil, generic MCT oil
Pastured bacon fat, non-GMO soy or sunflower lecithin
Extra-virgin olive oil, pastured duck & goose fat
Grain-fed duck and goose fat, grain-fed butter and ghee, unheated non-GMO nut oils (macadamia, almond, walnut), cold pressed non-GMO seed oils (cottonseed oil, canola, safflower, sunflower, flaxseed oil), peanut oil, soy oil, corn & vegetable oils
Chicken and turkey fat, heat processed non-GMO seed oils (cottonseed oil, canola, safflower, sesame, sunflower, flaxseed oil), peanut oil, soy oil, corn & vegetable oils
Margarine, shortening, oils made from GMO seeds, commercial lard



NUTS, SEEDS & LEGUMES

Coconut
Coconut flour, raw pistachios
Almonds, cashews, chestnuts, hazelnuts, macadamia nuts and flour, pecans, walnuts, sunflower seeds
Almond flour, cashew flour, pecan flour, walnut meal or flour, nut butters (except peanut), sunflower seed butter and flour, pine nuts
Roasted pistachios, sprouted legumes, Brazil nuts, garbanzo beans, hummus, dried peas, legumes (dried beans & lentils), flaxseeds and flaxseed powder, chia seed
Peanuts, peanut butter, soy, soy nuts, corn nuts



PROTEIN

Grass-fed beef, goat & lamb, pastured eggs, wild game meats, grass-fed collagen peptides, Bulletproof Collagenelatin
Low-mercury wild fish (anchovies, haddock, petrale sole, sardines, salmon, summer flounder, tilapia, trout, halibut, etc.), grass-fed undenatured whey concentrate or isolate
Pastured chicken and turkey, pastured duck and goose, pastured pork, clean undenatured whey concentrate or isolate
Factory-farmed eggs
Factory-farmed meat (beef, pork, goat, lamb, chicken, turkey, duck, goose)
Farmed seafood, rice protein, pea protein, hemp protein, legumes (dried beans and lentils)
Soy protein, wheat protein or gluten, processed cheese and other pasteurized or cooked dairy (except butter)

▲ BULLETPROOF

SUSPECT

TOXIC ▼

▲ BULLETPROOF

SUSPECT

TOXIC ▼



DAIRY

Organic grass-fed full-fat A2 milk or yogurt, organic grass-fed butter, ghee and colostrum

Organic grass-fed full-fat milk or yogurt, organic grass-fed cream, organic grass-fed sheep or goat yogurt

Organic full-fat cream, milk and yogurt, organic grass-fed cheese (cow, sheep, goat), organic cottage cheese, non-organic grass-fed butter or ghee, non-organic grass-fed cream, milk and yogurt

Non-organic full-fat milk and cream, grain-fed butter or ghee, grain-fed cheese (cow, sheep, goat)

Skim or low-fat milk, conventional powdered milk

Condensed milk or sweetened condensed milk, processed cheese products, conventional ice cream, margarine



STARCH & FIBERS

Prebiotics (resistant starch/dextrin powder), pumpkin, sweet potato, summer and winter squash varieties, yams, carrots

White rice, cassava or cassava flour, taro, plantain, tapioca flour or starch, arrowroot

Plantain flour

Black rice, wild rice, brown rice, rice flour, potatoes (white, purple, new)

Fresh or frozen organic corn on or off the cob, buckwheat, oats, quinoa

Wheat, millet, other grains, potato starch, corn starch, garbanzo flour, white flour

Raisins, dried fruit, fruit leather, jam, jelly, canned fruit



SWEETENERS

Xylitol, monk fruit, d-ribose
Stevia, sorbitol, maltitol

Non-GMO dextrose or glucose, raw honey, allulose, erythritol

Maple syrup, coconut sugar

Sucrose, white and brown sugar, molasses

Agave syrup, fructose, fruit juice concentrate, high-fructose corn syrup

Acesulfame potassium, sucralose, saccharin, aspartame



COOKING

Raw or not cooked, lightly heated

Steamed al dente, convection baked or baked at 320°F or below, air fried at 320°F or below with no oil, simmered, boiled, poached, lightly grilled (not charred), sous vide, slow cooked, pressure cooked

UV oven

Stir fried

Broiled, barbecued

Burnt, blackened, charred, deep fried, microwaved