


THE BULLETPROOF™ DIET ROADMAP

HOW MUCH TO EAT

PERCENT OF TOTAL CALORIES

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

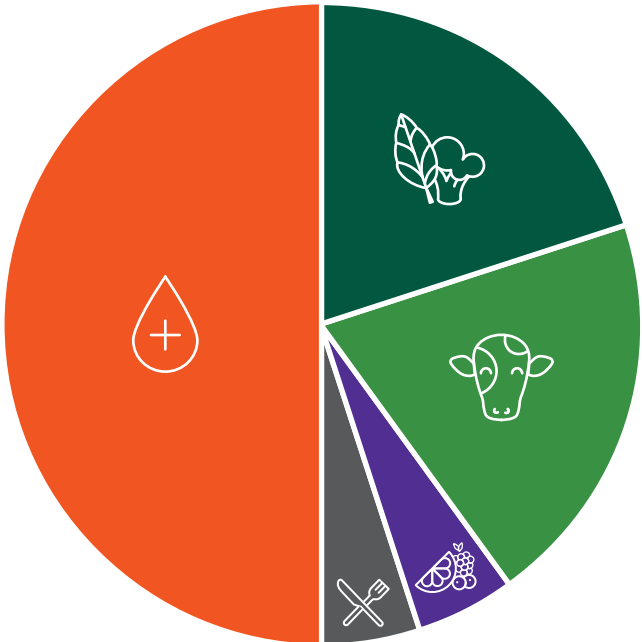
 **Good Oils & Fats (50-70%)**

 **The Right Veggies (20%)
*no upper limit***

 **Non-Inflammatory Protein (20%)**

 **Fruit or Starch (5%)**

 **Flex Calories (5%)**

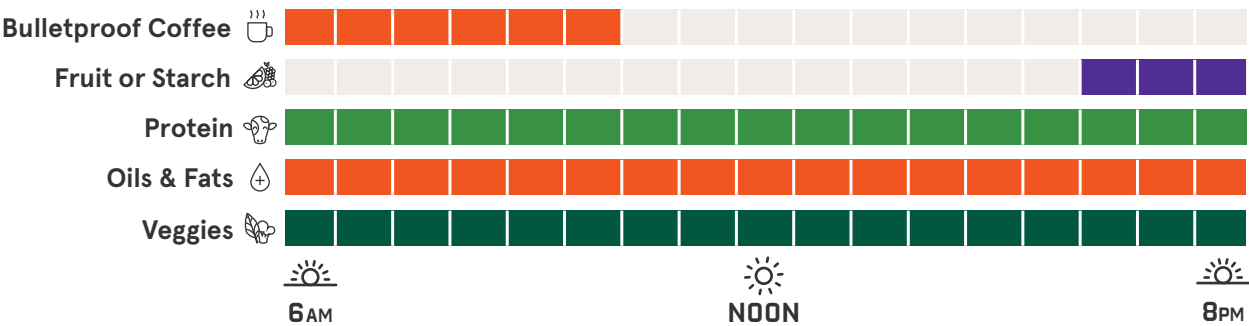


WHEN TO EAT AND FAST

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.

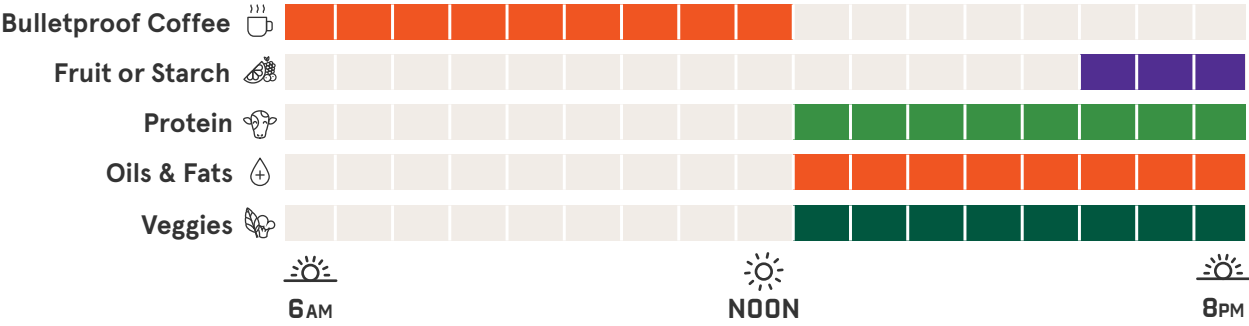
Bulletproof Diet

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

- BULLETPROOF** 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
- SUSPECT** Processed iced tea (no sugar added), coconut water, processed nut milks, conventional black coffee
- Freshly squeezed fruit juice and pasteurized milk
- TOXIC** Soy milk, processed packaged juice, diet drinks, soda, sweetened drinks, traditional sports and energy drinks



VEGETABLES*

*Opt for Organic (fresh or frozen)

- BULLETPROOF** Asparagus, avocado, arugula, cooked bok choy, cooked broccoli, 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
- SUSPECT** Artichokes, green beans, cooked onions and green onions, leeks, parsley, carrots, cooked garlic
- Eggplant, mushrooms, cooked peas, peppers, shallots, tomatoes
- TOXIC** 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

- BULLETPROOF** 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
- SUSPECT** Pastured bacon fat, non-GMO soy or sunflower lecithin
- Extra-virgin olive oil, pastured duck & goose fat
- TOXIC** 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, sesame, sunflower, flaxseed oil)
- 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

- BULLETPROOF** Coconut
- Coconut flour, raw pistachios
- SUSPECT** 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
- TOXIC** 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

- BULLETPROOF** Grass-fed beef, goat & lamb, pastured eggs, wild game meats, grass-fed collagen peptides, Bulletproof Collagelatin
- SUSPECT** 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
- TOXIC** Factory-farmed eggs
- Factory-farmed meat (beef, pork, goat, lamb, chicken, turkey, duck, goose)
- Farmed seafood, rice protein, pea protein, hemp protein, legumes (dried beyans and lentils)
- Soy protein, wheat protein or gluten, processed cheese and other pasteurized or cooked dairy (except butter)



DAIRY

- BULLETPROOF** 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
- SUSPECT** 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)
- TOXIC** Skim or low-fat milk, conventional powdered milk
- Condensed milk or sweetened condensed milk, processed cheese products, conventional ice cream, margarine



STARCH & FIBERS

- BULLETPROOF** 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
- SUSPECT** Plantain flour
- Black rice, wild rice, brown rice, rice flour, potatoes (white, purple, new)
- TOXIC** 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



FRUIT*

*Opt for Organic (fresh or frozen)

- BULLETPROOF** Avocado, blackberries, coconut, lemon, lime, raspberries, olives
- Blueberries, cherries, apricots, strawberries, tangerines, peaches, oranges, pears
- SUSPECT** Apples, guava, grapefruit, nectarines
- Pineapple, pomegranate, cranberries, honeydew and other melons, plums, watermelon
- TOXIC** Figs, papaya, kiwifruit, lychee, bananas, grapes, mangos, passion fruit, persimmons, plantains
- Cantaloupe, dates
- Raisins, dried fruit, fruit leather, jam, jelly, canned fruit



SWEETENERS

- BULLETPROOF** Xylitol, monk fruit, d-ribose
- Stevia, sorbitol, maltitol
- SUSPECT** Non-GMO dextrose or glucose, raw honey, allulose, erythritol
- Maple syrup, coconut sugar
- TOXIC** Sucrose, white and brown sugar, molasses
- Agave syrup, fructose, fruit juice concentrate, high-fructose corn syrup
- Acesulfame potassium, sucralose, saccharin, aspartame



COOKING

- BULLETPROOF** Raw or not cooked, lightly heated
- SUSPECT** 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
- TOXIC** UV oven
- Stir fried
- Broiled, barbecued
- Burnt, blackened, charred, deep fried, microwaved