

# THE BULLETPROOF DIET ROADMAP

## HOW MUCH TO EAT

PERCENT OF TOTAL CALORIES

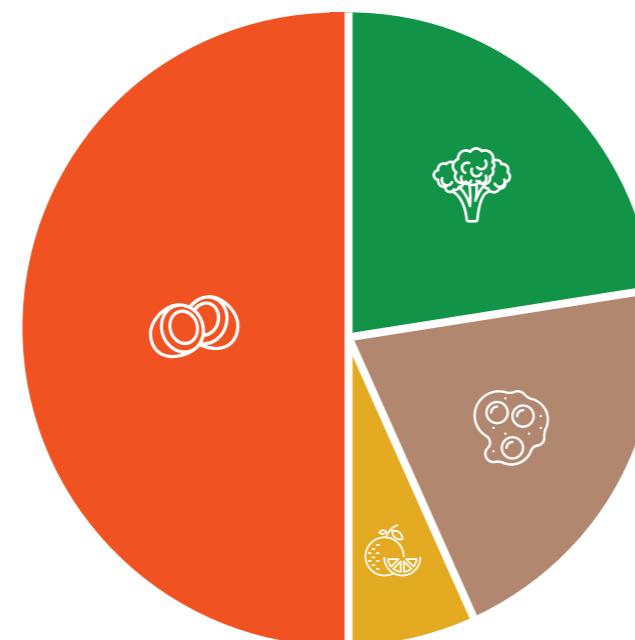
 Prebiotic fiber from all sources:  
10% or more

 Good Oils & Fats (50-70%)

 The Right Veggies (20%)  
no upper limit

 Non-inflammatory Protein (20%)

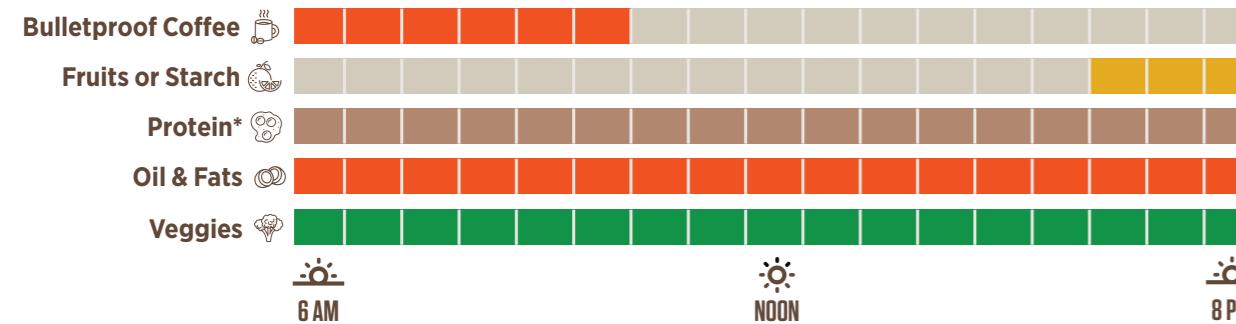
 Fruit/Starch (5%)



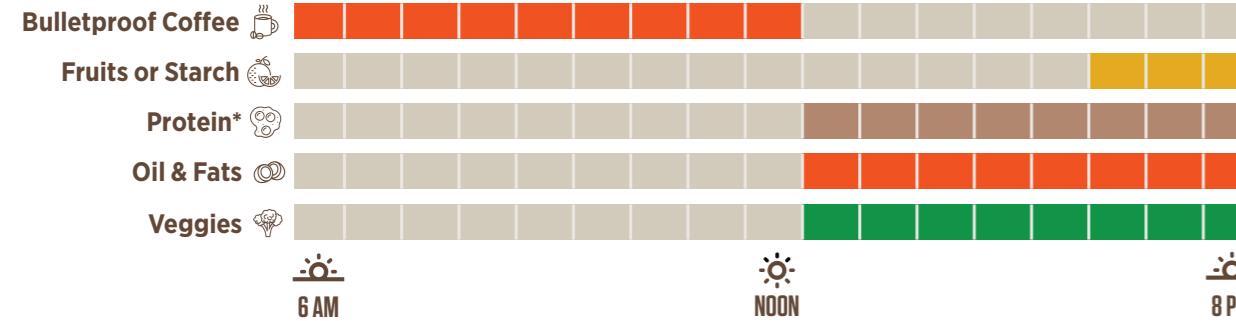
## WHEN TO EAT AND FAST

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
<b>BULLETPROOF</b>	filtered water, mineral water in a glass, Bulletproof Coffee (black or with Brain Octane oil), FATwater	asparagus, avocado, bok choy, broccoli, brussels sprouts, cauliflower, celery, cucumber, fennel, olives, cooked kale, cook collards	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 Oil	coconut	Grass-fed beef and lamb, pastured eggs and gelatin, colostrum, Pastured collagen protein, CollaGelatin™
<b>SUSPECT</b>	water with lemon/lime, green tea	cabbage, lettuce, radishes, spinach, summer squash, zucchini, cilantro, artichokes, butternut squash, zucchini, summer squash and winter squash, green beans, green onion, leeks, parsley	palm oil, palm kernel, extra-virgin olive oil, pastured bacon fat, street-grade MCT oil	almonds, cashews, chestnuts, hazelnuts, macadamia, pecans, walnuts, sunflower seeds	low-mercury wild fish such as anchovies, haddock, petrale sole, sardines, sockeye salmon, summer flounder, trout, Grass-fed whey
<b>TOXIC ▼</b>	tap water with lemon/lime, fresh brewed iced tea (unsweetened), fresh nut milk, raw grass fed A2 milk	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	non-GMO soy lecithin	almond flour, cashew flour, pecan flour, walnut meal/flour, nut butters (except peanut), sunflower seed butter, pine nuts	pastured pork, clean whey isolate, pastured duck & goose, hemp protein
	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	butternut and winter squash, green beans, green onion, leeks, parsley	duck & goose fat, grain-fed butter & ghee	roasted pistachios, sprouted legumes, brazil nuts, garbanzo beans, hummus, dried peas, most legumes (dried beans & lentils), peanuts, flaxseed, chia seed	factory farmed eggs, pastured chicken & turkey
	freshly squeezed fruit juice	eggplant, onion, peas, peppers, shallots, tomatoes, mushrooms, beets	factory chicken fat, safflower, sunflower, canola, peanut, soy cottonseed, corn, and vegetable oils, flaxseed oil	soy, soy nuts, corn nuts	heated whey, factory-farmed meat
	pasteurized milk	raw collards, raw chard, raw kale, raw spinach, corn (fresh off the cob)	margarine and other artificial trans-fats, oils made from GMO grains, commercial lard		high-mercury or farmed seafood, rice & pea protein
	soy milk, packaged juice, diet drinks, soda, sweetened drinks, aspartame drinks, sports drinks	all other corn (except fresh), canned veggies, soy			soy protein, wheat protein/gluten, beans, cheese & other pasteurized or cooked dairy (except butter)

	DAIRY	STARCH	FRUIT	SWEETENERS	COOKING
<b>BULLETPROOF</b>	organic grass-fed butter, colostrum	Organic acacia, partially-hydrolyzed guar gum	avocado, blackberries, coconut, cranberries, lemon, lime, raspberries	xylitol, erythritol, stevia, monk fruit, d-ribose, MitoSweet™	raw or not cooked, lightly heated
<b>SUSPECT</b>	non-organic grass-fed ghee or butter, organic grass-fed cream, grass-fed sheep's yogurt, Grass-fed ghee	pumpkin, butternut squash, sweet potato, yam, carrot	blueberries, pineapple, strawberries, tangerine	sorbitol, malitol & other sugar alcohols	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
<b>TOXIC ▼</b>	organic grass-fed full-fat raw A2 milk or yogurt	white rice, cassava, taro, plantain, tapioca flour/starch, arrowroot	grapefruit, pomegranate	non-GMO dextrose, glucose, raw honey	UV oven
	non-organic, grass-fed ghee or butter, organic grass-fed cow cheese, raw sheep/goat cheese	resistant starch powder, plantain flour	apple, apricot, cherries, figs, kiwifruit, lychee, nectarine, orange, peach, pears, plums	maple syrup, coconut sugar	stir fried
	grain-fed butter	black rice, wild rice, brown rice, banana	bananas, dates, grapes, guava, mango, melons, papaya, passion fruit, persimmon, plantain, watermelon	white sugar, brown sugar, agave, cooked honey	broiled, barbecued
	skim or low-fat milk, fake butter, pasteurized non-organic milk or yogurt	potatoes (white, purple, new) fresh or frozen organic corn on the cob, buckwheat, oats, quinoa, conventional cheese	cantaloupe, honeydew	fructose, fruit juice concentrate, high-fructose corn syrup	burnt, blackened, charred, deep fried, microwaved
	powdered milk, factory dairy, dairy replacer, condensed or evaporated milk, conventional ice cream	wheat, corn, millet, other grains, potato starch, corn starch, gluten-free powders, garbanzo flour	raisins, dried fruit, fruit leather, jam, jelly, canned fruit, honeydew	aspartame (NutraSweet), sucralose (Splenda), acesulfame potassium, saccharin	