

# BULLETPROOF® DIET ROADMAP

The Bulletproof® Diet Roadmap is your daily foundation for reaching a state of high performance, resilience, and vibrant health.

This research-based diet is designed to reduce toxic, health-sapping foods, and replace them with Bulletproof foods that fuel your body, feed your brain, keep you satisfied, and optimize performance.

This diet is easy to follow and allows for experimentation and variation. No calorie counting, no measuring. The foods are arranged in a spectrum so you can choose how bulletproof you want to become. The more you eat on the green side of the spectrum, the more you'll feel your brain, body, and hormones re-awaken as you effortlessly lose fat, enhance cognitive function, and help prevent diseases.



## HOW MUCH TO EAT

**Oil & Fats**  
servings 5-9  
calories 50-70%



**Fruit or Starch**  
servings 1  
calories up to 5%



**Protein**  
servings 4-6  
calories up to 20%



**Servings**  
These are USDA defined servings. While eating Bulletproof foods, use this as a guide for ratios. Eat until you are satisfied, listen to your body, and adjust amounts in these ranges.

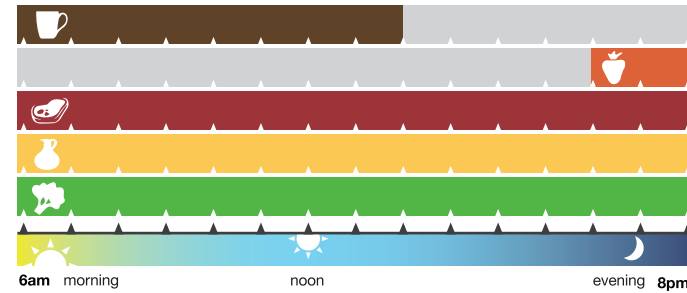
**Calories**  
There is no target quantity of calories by design; as long as your diet is made of Bulletproof foods, the body will match calorie intake and energy used until optimal weight is achieved.

## WHEN TO EAT

### The Simple Bulletproof® Diet

Designed to reduce body fat, enhance mental performance, and prevent disease while leaving you satisfied and energized.

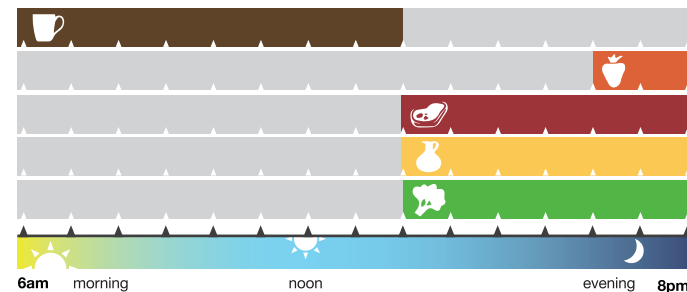
Eat when you're hungry, stop when you're satiated, and try not to snack. Target 50-70% of calories from healthy fats, 20% from protein, 20% vegetables, and 5% fruit or starch. For optimal results, follow the green portion of the diet and limit fruit or starch consumption to 1-2 servings per day in the evenings to avoid high triglycerides.



### Bulletproof Intermittent Fasting for Fat Loss and Focus

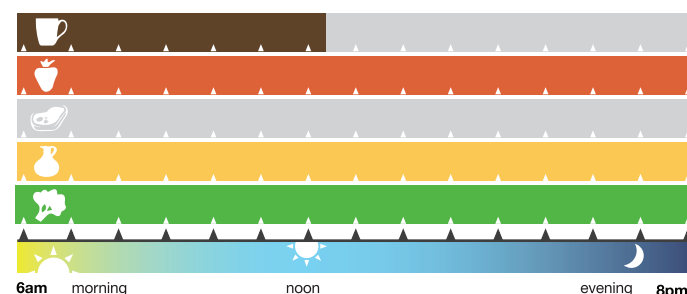
A biohack that makes it possible to lose fat, while increasing mental focus and energy, without cravings.

You start by consuming a cup of Bulletproof® Coffee in the morning. The healthy fats give you a stable current of energy, and the ultra low-toxin Bulletproof® Upgraded Coffee Beans optimize brain function and fat loss. For optimal results, follow the green side of the diet in conjunction with this protocol.



### Bulletproof Protein Fasting

A biohack used occasionally to get a greater reduction in inflammation. About 1-2 times a week, limit your protein intake to 15-25 g to help cleanse your inner-cells without muscle loss. To keep you full and energized, consume a cup of Bulletproof Coffee in the morning and have high fats and moderate carbs throughout the day. For optimal results, follow the green portion of the diet and limit carbohydrates to the afternoon and evening.



## WHAT TO EAT

BULLETPROOF  
SUSPECT  
TOXIC

Servings: 6-11	Servings: 5-9	Servings: 4-6	Servings: 1											
<b>Beverages</b>	<b>Organic Veggies</b>	<b>Oil &amp; Fats</b>	<b>Nuts, Seeds &amp; Legumes</b>	<b>Dairy</b>	<b>Protein</b>	<b>Starch</b>	<b>Fruit</b>	<b>Spices &amp; Flavorings</b>	<b>Sweeteners</b>	<b>Cooking</b>	<b>BULLETPROOF</b>	<b>SUSPECT</b>	<b>TOXIC</b>	
<ul style="list-style-type: none"> <li>coffee made from Bulletproof® Upgraded Coffee beans, high quality green tea, diluted coconut milk, mineral water in glass</li> <li>filtered water with lime/lemon, green tea</li> <li>tap water with lime/lemon, water with muddled fruit, fresh brewed iced tea – unsweetened, fresh nut milk</li> <li>Kombucha, raw milk, bottled ice tea – no sugar added, fresh coconut water, coconut water (bottle/box), bottled nut milks</li> <li>freshly squeezed fruit juice</li> <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>asparagus, avocado, bok choy*, broccoli*, brussels sprouts*, cauliflower, celery, cucumber, fennel, olives</li> <li>cabbage*, collards*, kale*, lettuce, radishes, spinach*, summer squash, zucchini</li> <li>artichokes, butternut and winter squash, carrots, green beans, green onion, leeks, parsley</li> <li>eggplant, onion, peas, peppers, shallots, tomatoes,</li> <li>beets, mushrooms, pumpkin, raw chard, raw collards, raw kale, raw spinach</li> <li>corn (fresh on the cob)</li> <li>all other corn except fresh, canned veggies, soy</li> </ul> <p>*These items should be cooked. Refer to the cooking chart for the most Bulletproof way of preparing these veggies.</p>	<ul style="list-style-type: none"> <li>Bulletproof® Brain Octane, Bulletproof® XCT™ Oil, Bulletproof® Upgraded Chocolate, Bulletproof® Upgraded Cacao Butter, pastured egg yolks*, krill oil, grass-fed red meat fat and marrow, avocado oil, coconut oil, sunflower lecithin</li> <li>fish oil, grass-fed butter and ghee</li> <li>palm oil, palm kernel, raw macadamias, virgin olive oil, pastured bacon fat</li> <li>raw almonds, hazelnuts, walnuts, cashew butter, non-GMO soy lecithin</li> <li>duck and goose fat, grain-fed butter and ghee</li> <li>factory chicken fat, safflower, sunflower, canola, peanut, soy cottonseed, corn, and vegetable oils, heated nuts and oils, flaxseed oil</li> <li>margarine and other artificial trans-fats, oils made from GMO grains, commercial lard</li> </ul>	<ul style="list-style-type: none"> <li>coconut</li> <li>almonds, cashews, chestnuts, hazelnuts, macadamia, pecans, walnuts</li> <li>pistachios, pine nuts, sprouted legumes, brazil nuts, garbanzo beans, hummus, dried peas, most legumes (dried beans and lentils), peanuts, flaxseed, chia seed</li> <li>soy, soy nuts, corn nuts</li> </ul> <p>Unroasted organic nuts are best; roasting destroys omega-6 oils. Nuts also mold very easily, so avoid blemished nuts and packaged sliced or crushed nuts.</p>	<ul style="list-style-type: none"> <li>organic grass-fed butter, colostrum</li> <li>non-organic grass-fed ghee or butter, organic grass-fed cream</li> <li>organic grass-fed full-fat raw milk or yogurt</li> <li>non-organic grass-fed ghee or butter, organic grass-fed cream</li> <li>grain-fed butter</li> <li>skim or low-fat milk, fake butter, pasteurized non-organic milk or yogurt</li> <li>all cheese, powdered milk, factory dairy, dairy replacer, condensed or evaporated milk, conventional ice cream</li> </ul> <p>Dairy protein is a major source of allergies and inflammation. Test yourself to see what works. Ghee is safe for almost everyone, and butter usually is too because it is low in protein.</p>	<ul style="list-style-type: none"> <li>Bulletproof® Upgraded Whey, Bulletproof® Upgraded Collagen Protein, Bulletproof® CollaGelatin™, grass-fed beef and lamb, pastured eggs* and gelatin, colostrum</li> <li>low-mercury wild fish such as anchovies, haddock, petrale sole, sardines, sockeye salmon, summer flounder, trout</li> <li>pastured pork, clean whey isolate*, pastured duck and goose</li> <li>factory farmed eggs*, pastured chicken and turkey</li> <li>heated whey, hemp protein, factory-farmed meat</li> <li>high-mercury or farmed seafood, rice and pea protein</li> <li>soy protein, wheat protein, beans, cheese and other pasteurized or cooked dairy (except butter)</li> </ul> <p>*Whey protein should be cold processed and cross-flow microfiltered (CFM). People who are sensitive to dairy should use isolate over concentrate.</p>	<ul style="list-style-type: none"> <li>pumpkin, butternut squash, sweet potato, yam, carrot,</li> <li>white rice, cassava, taro, plantain</li> <li>resistant starch powder (potato starch, plantain flour, Hi-maize® starch)</li> <li>black rice, wild rice, brown rice, banana, fresh or frozen organic corn on the cob</li> <li>potatoes (white, purple, new)</li> <li>buckwheat, oats, quinoa</li> <li>wheat, corn, millet, other grains, potato starch, corn starch, gluten-free powders</li> </ul> <p>Eat very few starchy foods—and it's most optimal in the evenings. Every 3 to 7 days, take one day to eat more. See the intake and eating times diagrams above.</p>	<ul style="list-style-type: none"> <li>avocado, blackberries, coconut, cranberries, lemon, lime, raspberries,</li> <li>blueberries, pineapple, strawberries, tangerine,</li> <li>grapefruit, pomegranate</li> <li>apple, apricot, cherries, figs, honeydew, kiwifruit, lychee, nectarine, orange, peach, pears, plums,</li> <li>bananas, dates, grapes, guava, mango, melons, papaya, passion fruit, persimmon, plantain, watermelon</li> <li>cantaloupe</li> <li>raisins, dried fruit, fruit leather, jam, jelly, canned fruit</li> </ul>	<ul style="list-style-type: none"> <li>Bulletproof® Upgraded Chocolate Powder, Bulletproof® Vanillamax™, apple cider vinegar, cilantro, coffee*, ginger*, parsley, sea salt</li> <li>lavender, oregano, rosemary, thyme, turmeric,</li> <li>all-spice, cinnamon, cloves*, prepared mustard with no additives</li> <li>mustard seed, onion, table salt</li> <li>black pepper*, conventional chocolate*, garlic*, nutmeg*, paprika*</li> <li>miso, tamari, tofu</li> <li>commercial dressings, spice mixes and extracts, MSG, yeast, caseinate, textured protein, bouillon and broth, hydrolyzed gluten, anything labeled enzyme modified flavoring or seasoning</li> </ul> <p>*Beware, these items often harbor toxic mold species. It's best to use fresh, high-quality options whenever you can.</p>	<ul style="list-style-type: none"> <li>xylitol, erythritol, stevia</li> <li>sorbitol, maltitol and 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>aspartame (NutraSweet), sucralose (Splenda), acesulfame potassium</li> </ul>	<ul style="list-style-type: none"> <li>raw or not cooked, lightly heated</li> <li>steamed al dente, UV oven, convection baked or baked at 320°F or below</li> <li>simmered, boiled, poached, lightly grilled (not charred)</li> <li>sous vide, slow cooking</li> <li>broiled, barbecued, microwaved</li> <li>stir fried</li> <li>burnt, blackened, charred, deep fried</li> </ul>				