

Bulletproof Diet

The Bulletproof® Diet 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.



** Please visit www.upgradedself.com to purchase all of the Bulletproof Upgraded food products.

How Much to Eat

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

Veggies servings 6-11 calories up to 20%

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 calories in 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

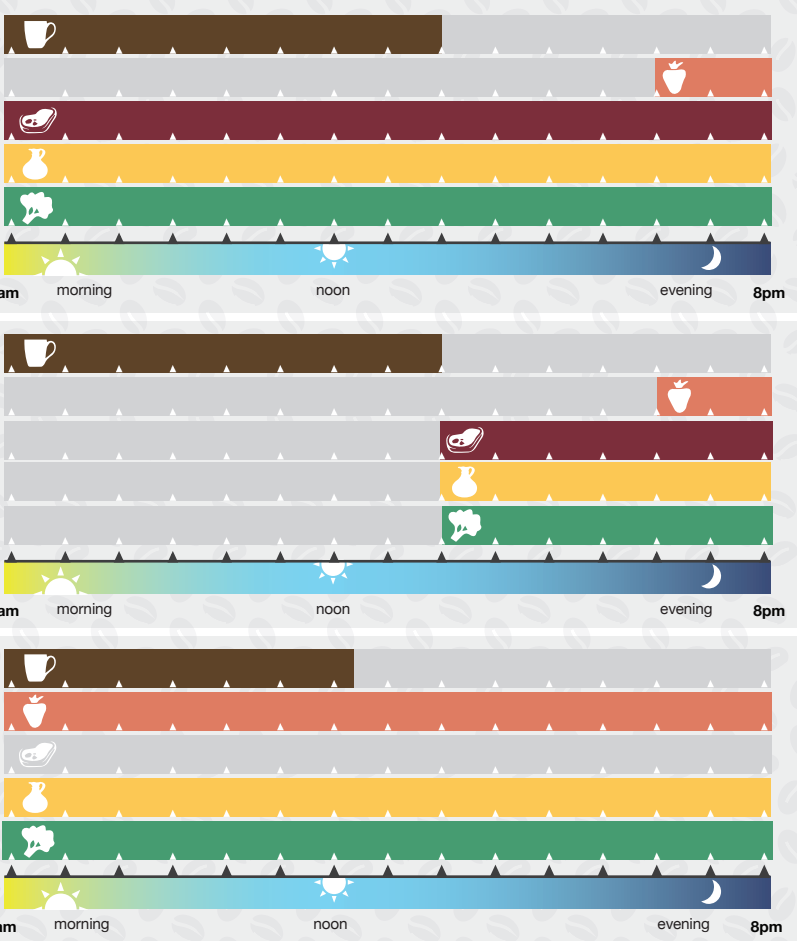
A biohack that makes it possible to lose fat, while increasing mental focus and energy, without cravings.

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 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 15–25g 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										
Servings: 6-11										
Servings: 5-9										
Servings: 4-6										
Servings: 1										
(2-3 servings of nuts & legumes and dairy count towards total fat servings)										
(choose either 1 starch or 1 fruit)										
Beverages	Veggies	Oil & Fats	Nuts & Legumes	Dairy	Protein	Starch	Fruit	Spices & Flavorings	Sweetners	Cooking
Coffee made from Bulletproof Upgraded Coffee beans, high quality green tea, diluted coconut milk, water with lime/lemon, mineral water in glass	cilantro, bok choy*, brussels sprouts*, fennel, celery, asparagus, broccoli*, cauliflower, avocado, cucumber	Bulletproof Upgraded MCT Oil**, grass-fed ghee, pastured egg yolks, krill oil, grass-fed red meat fat and marrow, coconut or, sunflower lecithin, avocado oil, chocolate and cocoa butter	coconut, olives	organic grass-fed ghee, organic grass-fed butter, colostrum	Bulletproof Upgraded Whey 2.0**, Bulletproof Upgraded Collagen Protein**, grass-fed beef and lamb, pastured eggs and gelatin, bovine serum, colostrum	sweet potato, yam, carrot, pumpkin, butternut squash	blackberries, cranberries, lemon, lime, raspberry, strawberry, avocado, coconut	Bulletproof Upgraded Chocolate Powder**, Bulletproof Upgraded Vanilla**, apple cider vinegar, sea salt, ginger*, cilantro, parsley, coffee*	xylitol, erythritol, stevia	raw or not cooked, lightly heated
filtered water, water with lime/lemon, green tea, fresh coconut water	kale*, collards*, spinach*, cabbage*, radishes, summer squash, zucchini, lettuce	grass-fed butter, fish oil	almonds, cashews, hazelnuts, macadamia, pecans	non-organic grass-fed ghee or butter, organic grass-fed cream	low-mercury wild fish such as anchovies, haddock, petrale sole, sardines, sockeye salmon, summer flounder, trout	white rice, taro, cassava, plantain	pineapple, tangerine	oregano, turmeric, rosemary, lavender, thyme	sorbitol, maltitol and other sugar alcohols	steamed al dente, UV oven, baked at 350°F or below
tap water with lime/lemon, water with muddled fruit, fresh brewed iced tea–unsweetened, fresh nut milk	artichokes, green beans, carrots, butternut and winter squash, leeks, green onion, parsley	palm oil, palm kernel, raw macadamias, virgin olive oil, pastured bacon fat	chestnuts, walnuts	organic grass-fed full-fat raw milk or yogurt	wild caught seafood, pastured pork, clean whey isolate*, pastured duck and goose	brown rice, banana	grapefruit, pomegranate, blueberries	cinnamon, all-spice, cloves*, organic prepared mustard with no additives	non-GMO dextrose, glucose, raw honey	simmered, boiled, poached, lightly grilled (not charred)
Kombucha, raw milk, bottled ice tea–no sugar added, coconut water (bottle/box), bottled nut milks	onion, shallots, eggplant, peppers, tomatoes, peas	raw almonds, hazelnuts, walnuts, cashew butter, non-GMO soy lecithin	pistachios, pine nuts, sprouted legumes	non-organic grass-fed full-fat raw milk or yogurt, grain-fed ghee	factory farmed eggs, pastured chicken and turkey	black rice, wild rice, fresh or frozen organic corn on the cob	apple, apricot, cherries, kiwi, figs nectarine, orange, peach, pears, plums, lychee, honeydew	onion, table salt, mustard seed	maple syrup, coconut sugar	sous vide, crock pot
freshly squeezed fruit juice	raw kale, raw spinach, raw collards, beets, mushrooms, raw chard, pumpkin	duck and goose fat, grain-fed butter	brazil nuts, garbanzo beans, hummus, dried peas	grain-fed butter	heated whey, hemp protein, factory-farmed meat	potatoes (white, purple, new)	passion fruit, plantain, bananas, dates, grapes, guava, mango, melons, persimmon, papaya	garlic*, black pepper*, paprika*, nutmeg*	white sugar, brown sugar, agave, cooked honey	broiled, barbecued
pasteurized milk	corn (fresh on the cob)	factory chicken fat, safflower, sunflower, canola, peanut, soy cottonseed, corn, and vegetable oils, heated nuts and oils	most legumes (dried beans and lentils), peanuts	skim or low-fat milk, fake butter, pasteurized non-organic milk or yogurt	high-mercury or farmed seafood, rice and pea protein	oats, buckwheat, quinoa	cantaloupe	tofu, tamari, miso	fructose, fruit juice concentrate, high-fructose corn syrup	stir fried
soy milk, packaged juice, diet drinks, soda, sweetened drinks, aspartame drinks, sports drinks	all other corn except fresh, soy, canned veggies	margarine and other artificial trans-fats, oils made from GMO grains, commercial lard	soy, soy nuts, corn nuts	all cheese, powdered milk, factory dairy, dairy replacer, condensed or evaporated milk, conventional ice-cream	soy protein, wheat protein, beans, cheese and other pasteurized or cooked dairy (except butter)	wheat, corn, millet, other grains, potato starch, corn starch, gluten-free powders	raisins, dried fruit, fruit leather, jam, jelly, canned fruit	commercial dressings, spice mixes and extracts, MSG, yeast, caseinate, textured protein, bouillon and broth, hydrolyzed gluten, anything labeled enzyme modified, flavoring, or seasoning	aspartame (NutraSweet), sucralose (Splenda), acesulfame potassium	burnt, blackened, charred, deep fried, microwaved
* These items should be cooked. Refer to the cooking chart for the most Bulletproof way of preparing these veggies.			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.		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.		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.		* Beware, these items often harbor toxic mold species. It's best to use fresh, high-quality options whenever you can.	