THE BULLETPROOF® DIET: SHOPPING GUIDE
shopping tips & key points

THIS IS A LIST OF BEST PRACTICE TIPS FOR GROCERY SHOPPING. IT ALSO PROVIDES A LIST OF CRITERIA YOU CAN FOLLOW WHEN SELECTING CERTAIN FOODS.

1. Shop around the perimeter of the store. This is where most of the Bulletproof foods will be. This also eliminates impulsive buying of low quality foods from the center isles.

2. Buying grass-finished & wild caught fish is your main goal.

3. Don’t shop when you’re hungry. You’re more likely to buy junk food.

4. Shop with a friend if you often make poor decisions. This helps keep you accountable.

5. When in doubt — go without. If you see a food that you’re not sure about, it’s better to avoid it.

6. Do as much of your shopping through farmers markets and farms as possible. Nothing beats knowing your farmer.

7. Buying food online is often much cheaper and easier to research.

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veggies

— Cilantro
— Parsley
— Bok choy
— Brussels sprouts
— Fennel
— Asparagus
— Broccoli
— Cauliflower
— Celery
— Cucumber
— Avocado
— Kale
— Collards
— Spinach
— Cabbage
— Radish
— Summer squash
— Zucchini
— Lettuce
— Artichokes
— Green beans
— Butternut squash
— Carrots
— Leeks
— Green onion

oils & fats

— Ghee
— Eggs (yolks)
— Meat fat (grass-fed beef & lamb)
— Krill oil
— Marrow
— Coconut oil
— MCT oil*
— Chocolate
— Cocoa butter
— Avocado oil
— Butter
— Fish oil
— Palm oil
— Palm kernel oil
— Macadamia oil
— Virgin olive oil
— Bacon fat
— Almond butter
— Hazelnut butter
— Walnut butter
— Cashew butter
— Soy lecithin

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proteins
— Grass-fed beef
— Grass-fed lamb
— Pasture-raised eggs
— Collagen
— Whey
— Bovine serum
— Colostrum
— Gelatin
— Wild-caught fish
— Anchovies
— Haddock
— Petrale sole
— Sardines
— Wild-caught sockeye
— Wild-caught salmon
— Summer flounder
— Wild-caught trout
— Pastured-raised pork
— Whey isolate

nuts & legumes
— Coconuts
— Almonds
— Cashews
— Hazelnuts
— Macadamias
— Pecans
— Chestnuts
— Walnuts
dairy
— Ghee
— Grass-fed Butter
— Colostrum
— Cream
— Full-fat raw milk
— Full-fat raw yogurt

sugar & sweeteners
— Xylitol
— Erythritol
— Stevia
— Sorbitol
— Malitol
— Other sugar alcohols
— Dextrose
— Glucose
— Raw honey

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fruits

— Blackberries
— Cranberries
— Lemons
— Limes
— Raspberries
— Strawberries
— Avocados
— Coconuts
— Olives
— Pineapples
— Tangerines
— Grapefruits
— Pomegranates
— Blueberries

starches

— Sweet potato
— Yam
— Carrot
— Pumpkin
— Butternut squash
— White rice
— Taro
— Cassava
— Plantain
— Brown rice
— Banana
— Black rice
— Wild rice
spices & flavor

— Apple cider vinegar (ACV)
— Sea salt (fine grain)
— Ginger
— Cilantro
— Parsley
— Chocolate
— VanillaMax™
— Bulletproof Coffee*
— Oregano
— Turmeric
— Rosemary
— Lavender
— Thyme
— Cinnamon
— Allspice
— Cloves
— Mustard

Note: Best to buy whole spices & then grind them when you need the powder.

* Available on Bulletproof.com

table

other

available at bulletproof.com

— Bulletproof Coffee
— Bulletproof Upgraded coffee
— Brain Octane Oil
— XCT Oil
— Upgraded Collagen
— Upgraded Whey
— VanillaMax™

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