### The Bulletproof Food Roadmap

#### How Much to Eat

<table>
<thead>
<tr>
<th>Oils &amp; Fats (50-70%)</th>
<th>Veggies (20%)</th>
<th>no upper limit</th>
<th>Protein (20%)</th>
<th>Fruit/Starch (5%)</th>
</tr>
</thead>
</table>

#### When to Eat

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

<table>
<thead>
<tr>
<th>6 AM</th>
<th>8 AM</th>
<th>NOON</th>
<th>8 PM</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bulletproof Coffee</td>
<td>Fruits or Starch</td>
<td>Oil &amp; Fats</td>
<td>Veggies</td>
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#### BEVERAGES

- High-quality green tea, diluted coconut milk, mineral water in a glass
- Bulletproof Coffee
- Filtered water, water with lemon/lime, green tea
- Top water with lemon/lime, water with mushroom/fruit, fresh brewed iced tea (unpasteurized), fresh nut milk
- Kombucha, raw milk, bottled iced tea (no sugar added), fresh coconut water, coconut water (bottle/boxed), bottled nut milks
- Freshly squeezed fruit juice
- Pasteurized milk
- Soy milk, packaged juice, diet drinks, rice, sorghum drinks

#### ORGANIC VEGGIES

- Asparagus, avocados, broccoli, Brussels sprouts, cauliflower, celery, cucumber, fennel, greens, cooked kale, cooked collard
- Cabbage, lettuce, radishes, spinach, summer squash, zucchini, chard, artichokes
- Butternut and winter squash, carrots, green beans, green onion, leeks, parley
- Eggplant, onion, peas, peppers, shiitake mushrooms, beets
- Leek
- Raw collard, raw kale, raw spinach, corn (fresh off the cob)
- All other corn (except fresh), canned vegetables, soy

#### OIL & FATS

- Coconut oil, pastured egg yolks, krill oil, grass-fed red meat fat, and marrow, avocado
- Grass-fed oil
- Fish oil, grass-fed butter & ghee
- Palm oil, palm kernel, extra-virgin olive oil, pastured bacon fat
- Non-GMO soy lecithin
- Duck & goose fat, grass-fed butter & ghee
- Factory chicken fat, sunflower, canola, tofu, or coconut, peanut, sunflower seed oil
- Roasted chickpeas, pine nuts, sprouted legumes, brown nuts, peanuts, sunflower seeds, most legumes (soy beans除外), nuts, flaxseed, chia seed
- Soy, soy nuts, corn nuts

#### DAIRY

- Organic grass-fed butter, colostrum
- Non-organic grass-fed ghee or butter, organic grass-fed cream
- Grass-fed ghee
- Organic, grass-fed full-fat raw milk or yogurt
- Non-organic, grass-fed ghee or butter, organic grass-fed cow cheese, raw sheep/goat cheese
- Grass-fed butter
- Skim or low-fat milk, fake butter, pasteurized non-organic milk or yogurt
- Powdered milk, factory dairy; dairy replace; condensed or evaporated milk, conventional ice cream

#### STARCH

- Pumpkins, butternut squash, sweet potatoes, yams, carrots
- White rice, cassasus, taro, plantain, tapioca flour/starch
- Mustard or mustard powder (mustard seed, plantain flour, acacia gum)
- Black rice, wild rice, brown rice, banana
- Potatoes, white, purple, red, white potatoes (white, purple, red)
- Fresh or frozen organic corn on the cob
- Buckwheat, oats, quinoa
- Wheat, corn, millet, other grains, potatoes starch, corn starch, gluten-free powders, garbanzo flour

#### FRUIT

- Sequins, blackberries, coconut, cranberries, lemon, lime, raspberries
- Blueberries, pineapple, strawberries, tangerine
- Grapeseed, pomegranate
- Apple, apricot, cherries, figs, honeydew, kiwi fruit, lychees, nectarine, orange, peach, pear, plums
- Bananas, dates, grapes, guava, mango, melons, papaya, passion fruit, persimmon, plantain, watermelon
- Carrot
- Raisins, dried fruit, fruit leather, jam, jelly, canned fruit

#### SWEETENERS

- Xylitol, erythritol, stevia, monk fruit
- Stevia
- Sugar, molasses, other sugar alcohols
- Non-GMO dextrose, glucose, raw honey
- Maple syrup, coconut sugar
- White sugar, brown sugar, agave, honey, honey
- Fructose, fruit juice concentrates, high-fructose corn syrup
- Aspartame (Nutrasweet), saccharin, sucralose
- Stevia

#### NUTS, SEEDS & LEGUMES

- Almonds, cashews, chestnuts, hazelnuts, macadamia, pecans, walnuts, sunflower seeds
- Almond flour, cashew flour, pea flour, whole wheat flour/four, peanut butter (except peanut), sunflower seed oil
- Roasted chickpeas, pine nuts, sprouted legumes, brown nuts, peanuts, sunflower seeds, most legumes (soy beans除外), nuts, flaxseed, chia seed
- Soy protein, wheat protein, beans, chews & other pasteurized or cooked dairy (except butter)

#### PROTEIN

- Grass-fed beef and lamb, pastured eggs and poultry, columbus
- Collagen protein
- Grass-fed whey
- Collagen
- Low-mercury wild fish such as anchovies, haddock, pastrami, sardines, sockeye salmon, summer vacation, brad
- Pastured pork, clean whey isolate, pastured duck & goose
- Factory farmed eggs, pastured chicken & turkey
- Heated whey, hemp protein, factory-farmed meat
- High-mercury or farmed seafood/rice & pea protein
- Soy protein, wheat protein, beans, chews & other pasteurized or cooked dairy (except butter)

#### Cooking

- Raw or not cooked, lightly heated
- Boiled at a gentle, continuous boil or baked at 320°F or below
- Skimmed, boiled, poached, lightly grilled (not charred), sous vide, slow cooking, pressure cooking
- UV oven
- Stir fried
- Broiled, barbecue
- Burned, blackened, charred, deep fried, microwave

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*Protein Fastiging & Carb Re-feed days, 1-2 days per week, limit your protein intake to 3-5g a day to help cleanse your cells without muscle loss. To stay full on these low-protein days, eat plenty of clean fats and add one extra serving of high-quality carbohydrates to your afternoon or evening meal.
This guide bridges the gap between, “What should I eat, and how much?” and, “What should I actually buy at the grocery store?” by giving you specific buying recommendations for different foods like meat, veggies, and fats. Most of the included foods come from the green side of the spectrum, with a few in the yellow zone. Take this list to the store, you’ll know exactly what to buy – no more guessing about which foods to put in your cart.

**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

**PROTEINS**
- Grass-Fed Beef
- Grass-Fed Lamb
- Pasture-Raised Eggs
- Grass-Fed Collagen
- Grass-Fed Whey
- Bovine Serum
- Colostrum
- Grass-Fed Gelatin
- Wild-Caught Anchovies
- Wild-Caught Haddock
- Wild-Caught Petrale Sole
- Wild-Caught Sardines
- Wild-Caught Sockeye
- Wild-Caught Salmon
- Wild-Caught Summer Flounder
- Wild-Caught Trout
- Pasture-Raised Pork
- Whey Isolate

**OILS & FATS**
- Bulletproof® Grass-Fed Ghee
- Eggs (Yolks)
- Meat Fat (Grass-Fed Beef & Lamb)
- Krill Oil
- Marrow
- Coconut Oil
- MCT Oil
- Brain Octaine 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
- Non-GMO Soy Lecithin
- XCT Oil

**SPICES & FLAVOR**
- Fennel Seeds
- Caraway
- Apple Cider Vinegar
- Sea Salt (Fine Grain)
- Ginger
- Cilantro
- Parsley
- Chocolate
- Bulletproof® Coffee
- Oregano
- Turmeric
- Rosemary
- Lavender
- Thyme
- Cinnamon
- Allspice
- Cloves
- Mustard

**SUGAR & SWEETENERS**
- Xylitol
- Bulletproof® Mitosweet
- Erythritol
- Stevia
- Sorbitol
- Malitol
- Other Sugar Alcohols
- Dextrose
- Glucose
- Raw Honey

**BEVERAGES**
- Bulletproof® Coffee (Whole Bean or Ground)
- Bulletproof® Cold Brew
- Bulletproof® Fatwater
- Herbal Tea

**FRUIT**
- Blackberries
- Cranberries
- Lemons
- Limes
- Raspberries
- Strawberries
- Avocados
- Olives
- Pineapples
- Tangerines
- Grapefruits
- Pomegranates
- Blueberries

**STARCHES**
- Sweet Potato
- Yam
- Carrot
- Pumpkin
- Butternut Squash
- White Rice
- Taro

**NUTS & LEGUMES**
- Coconuts
- Almonds
- Cashews
- Hazelnuts
- Macadamias
- Pecans
- Chestnuts
- Walnuts

**DAIRY**
- Bulletproof® Grass-Fed Ghee
- Grass-Fed Butter
- Colostrum
- Cream
- Full-Fat Raw Milk
- Full-Fat Raw Yogurt