

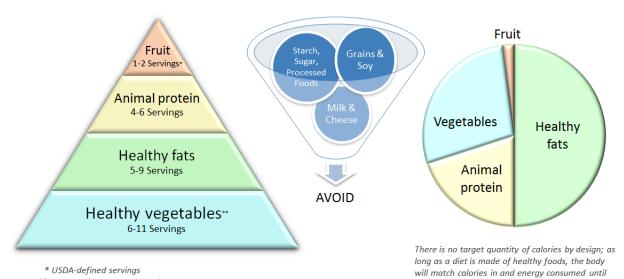
THE BULLETPROOF DIET

v1.1 (July 12, 2011)

How many servings should I eat per day?

How should I allocate my calories per day?

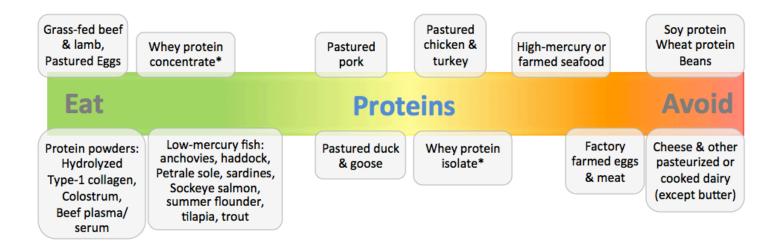
optimal weight is achieved.



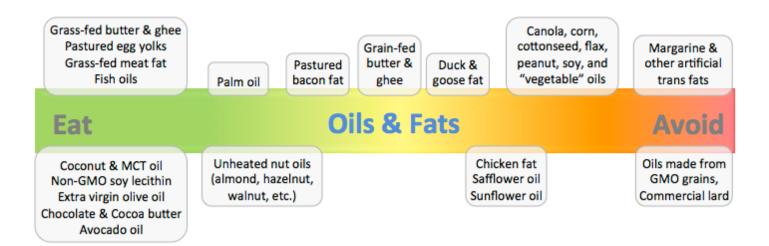
** Non-starchy: not potatoes, legumes, or roots







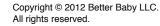
^{*}All forms of whey protein must be cold-processed to be healthy. Whey protein isolate should be CFM (cross-flow micro-filtered). People who are sensitive to dairy should use isolate.



Polyunsaturated fats oxidize easily during cooking and promote oxidative stress inside the body. Pork, duck, goose, chicken, and turkey are all relatively high in polyunsaturated fats. These meats must also be cooked to well done. This is why grass-fed beef and lamb are better choices.









Avocados Cilantro Olives Parsley

Asparagus Broccoli Cabbages Cauliflower

Low-sugar fruit: Blackberry, Cranberry, Grapefruit, Lemon, Lime, Passion fruit, Raspberry, Strawberry

Average-sugar fruit: Apple, Apricot, Blueberry, Cantaloupe, Cherry, Kiwi, Nectarine, Orange, Papaya, Peach, Pear, Pineapple, Plum

Potatoes Mushrooms

Canned vegetables

Eat

Veggies and Fruits

Avoid

Bok Chov Brussels sprouts Collards Cooked spinach Kale

Carrots Celery Cucumber Dark lettuces Fennel Radish

Artichokes Green beans Summer Squashes Zucchini

Eggplant Peppers Tomatoes Garlic Onion

High-sugar Veggies: Beets, Corn (fresh on the cob), Peas, Plantains, Sweet potatoes, Winter squashes, Yams

Canned High-sugar fruit: fruit Banana, Dates, Grape, Guava, Fig,

Melon, Persimmon. Pomegranate, Tangerine, Raisins & **Dried fruits**

Lychee, Mango,

Coconut

Raw Chestnuts Sprouted legumes

Peanuts

Non-fermented soy Sov "nuts" Corn "nuts"

Eat

Nuts & Legumes

Avoid

Raw only: Almonds, Brazil nuts, cashews, hazelnuts, macadamia nuts, pecans, pine nuts, pistachios, walnuts

Green beans

Garbanzo beans Peas

Most legumes (dried beans and lentils)

Roasted nuts & legumes

Brown, black, or wild rice

Organic quinoa & oats

Organic wheat

GMO grain

Eat

Grains

Organic corn

Avoid

White rice

Any non-organic refined or whole grain except rice

The Bulletproof Diet is sponsored by The Bulletproof Executive and UpgradedSelf.com

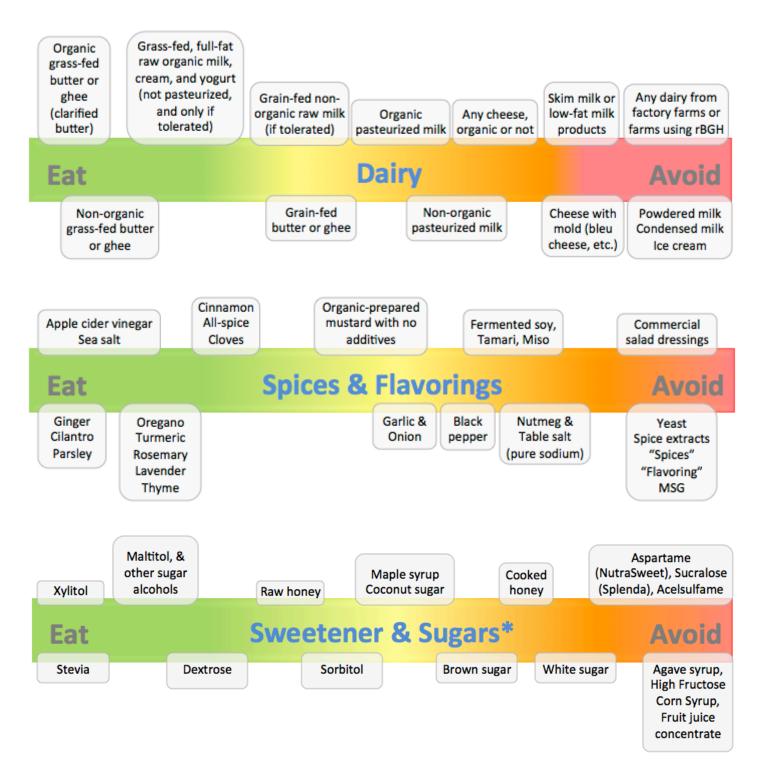


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^{*}Total grams of sugar should not exceed 15-25 grams per day with fructose being less than 15 grams per day.



