THE BULLETPROOF DIET

v1.1 (July 12, 2011)

How many servings should I eat per day?

How should I allocate my calories per day?

There is no target quantity of calories by design; as long as a diet is made of healthy foods, the body will match calories in and energy consumed until optimal weight is achieved.

* USDA-defined servings
** Non-starchy: not potatoes, legumes, or roots

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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.
**Eat**

- Organic grass-fed butter or ghee (clarified butter)
- Grass-fed, full-fat raw organic milk, cream, and yogurt (not pasteurized, and only if tolerated)
- Grain-fed non-organic raw milk (if tolerated)
- Organic pasteurized milk
- Any cheese, organic or not
- Skim milk or low-fat milk products
- Any dairy from factory farms or farms using rBGH

**Dairy**

- Grain-fed butter or ghee
- Non-organic pasteurized milk
- Cheese with mold (bleu cheese, etc.)
- Powdered milk
- Condensed milk
- Ice cream

**Avoid**

- Apple cider vinegar
- Sea salt
- Cinnamon
- All-spice
- Cloves
- Organic-prepared mustard with no additives
- Fermented soy, Tamari, Miso
- Commercial salad dressings

**Spices & Flavorings**

- Ginger
- Cilantro
- Parsley
- Oregano
- Turmeric
- Rosemary
- Lavender
- Thyme
- Garlic & Onion
- Black pepper
- Nutmeg & Table salt (pure sodium)
- Yeast
- Spice extracts
- “Spices” “Flavoring” MSG

**Eat**

- Xylitol
- Maltitol, & other sugar alcohols
- Raw honey
- Maple syrup
- Coconut sugar
- Cooked honey
- Aspartane (NutraSweet), Sucralose (Splenda), Acesulfame

**Sweetener & Sugars**

- Stevia
- Dextrose
- Sorbitol
- Brown sugar
- White sugar
- Agave syrup, High Fructose Corn Syrup, Fruit Juice concentrate

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