



Dave Asprey

# THE BULLETPROOF DIET & FASTING ROADMAP FOR 2021

## HOW MUCH TO EAT (% OF TOTAL CALORIES)



	BEVERAGES	OIL & FATS	PROTEIN	ORGANIC VEGGIES	NUTS, SEEDS & LEGUMES
BULLETPROOF	filtered water, mineral water, Bulletproof Coffee (black or with brain octane oil)	coconut oil, pastured egg yolks, krill oil, grass fed animal fat and marrow, fish oil, grass-fed butter and ghee, grass-fed tallow, brain octane oil, cacao butter, dark chocolate	grass-fed beef and lamb, pastured eggs and gelatin, colostrum, pastured collagen protein	asparagus, avocado, bok choy, broccoli, brussel sprouts, cauliflower, celery, cucumber, fennel, olives	coconut
	water with lemon / lime, green tea		low-mercury wild fish such as anchovies, haddock, petrale sole, sardines, sockeye salmon, summer flounder, trout, grass-fed whey, pastured pork	cabbage, lettuce, radishes, summer squash, cilantro, artichokes, butternut squash, zucchini, green beans, green onion, leeks, parsley	coconut flour, raw mold-free pistachios, cashews, macadamia
	tap water with lemon / lime, fresh brewed iced tea (unsweetened), hot tea, macadamia or cashew milk	palm oil, palm kernel, extra-virgin olive oil, pastured bacon fat, street-grade MCT oil, avocado oil, sunflower lecithin	clean whey isolate, pastured duck and goose, hemp protein	butternut squash, winter squash, green beans, green onion, leeks, parsley, carrots	walnuts
SUSPECT	kombucha, bottled iced tea (no sugar added), fresh coconut water, packaged coconut water, nut milks, untested black coffee, raw grass fed A2 milk	non-GMO soy lecithin, grain-fed butter and ghee	factory farmed eggs, pastured chicken and turkey	eggplant, onion, peas, peppers, shallots, tomatoes, mushrooms, beets, cooked kale, cooked collards, cooked spinach	almonds, chestnuts, hazelnuts, pecans, cashew flour
	freshly squeezed fruit juice, raw grass fed A1 milk	duck and goose fat	heated whey, factory-farmed meat	fresh sprouts	almond flour, pecan flour, walnut meal/flour, nut butters (except peanut), sunflower seed butter, pine nuts, sunflower seeds
KRYPTONITE	pasteurized milk, almond milk, oat milk	factory chicken fat, safflower, sunflower, canola, peanut, soy cottonseed, corn and vegetable oils, flaxseed oil	high-mercury or farmed seafood, rice and pea protein	raw collards, raw chard, raw kale, raw spinach, corn (fresh off the cob)	sprouted legumes, brazil nuts, garbanzo beans, hummus, dried peas, most legumes (dried beans and lentils), peanuts, flaxseed, chia seed
	soy milk, packaged juice, diet drinks, soda, sweetened drinks, aspartame drinks, sports drinks	margarine and other artificial trans-fats, oils made from GMO grains, commercial lard	soy protein, wheat protein/gluten, beans, cheese & other pasteurized or cooked dairy (except butter)	all other corn (except fresh), canned veggies, soy	soy, soy nuts, corn nuts
	DAIRY	STARCH	FRUIT	SWEETNERS	COOKING
BULLETPROOF	organic grass-fed butter, colostrum	organic acacia, partially-hydrolyzed guar gum	avocado, blackberries, coconut, cranberries, lemon, lime, raspberries	xylitol, erythritol, stevia, monk fruit, d-ribose	lightly heated or cooked
	non-organic grass-fed ghee or butter, organic grass-fed cream, grass-fed sheep's yogurt, grass-fed ghee	pumpkin, butternut squash, carrot, arrowroot, white rice, plantain, plantain flour, resistant starch powder	blueberries, pineapple, strawberries, tangerine	sorbitol, malitol and other sugar alcohols	steamed al dente, convection baked or baked at 320°F or below, simmered, boiled, poached, lightly grilled, sous vide, slow cooking, pressure cooking
	organic grass-fed full-fat raw A2 milk or yogurt, sheep milk cheese	cassava, taro, tapioca flour/starch, sweet potato, yam,	grapefruit, pomegranate	non-GMO dextrose, glucose, raw honey	
SUSPECT	non-organic, grass-fed ghee or butter, organic grass-fed cow cheese, raw sheep / goat cheese		apple, apricot, cherries, figs, kiwifruit, lychee, nectarine, orange, peach, pears, plums		UV oven, stir-fried with water and butter
	grain-fed butter	black rice, wild rice, brown rice, banana	bananas, dates, grapes, guava, mango, melons, papaya, passion fruit, persimmon, plantain, watermelon	white sugar, brown sugar, agave, cooked honey	stir fried
KRYPTONITE	skim or low-fat milk, fake butter, pasteurized non-organic milk or yogurt	potatoes (white, purple, new), fresh or frozen organic corn on the cob, buckwheat, oats, quinoa, conventional cheese	cantaloupe, honeydew	fructose, fruit juice concentrate, high-fructose corn syrup)	broiled, barbecued
	powdered milk, factory dairy, dairy replacer, condensed or evaporated milk, conventional ice cream	wheat, corn, millet, other grains, potato starch, corn starch, gluten-free powders, garbanzo flour	raisins, dried fruit, fruit leather, jam, jelly, canned fruit, honeydew	aspartame (NutraSweet), sucralose (Splenda), acelsulfame potassium, saccharin	burnt, blackened, charred, deep fried, microwaved

