

Dave Aprex THE BULLETPROOF DIET & **FASTING ROADMAP FOR 2021**

50-70% Good Oils and Fats

	BEVERAGES 💭	OIL & FATS 🔘	PROTEIN 🗐	ORGANIC VEGGIES 🔗
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, y pastured collagen protein	asparagus, avocado, bok choy, sprouts, cauliflower, celery, cuo olives
ROOF	water with lemon / lime, green tea		low-mercury wild fish such as anchovies, haddock, petrale sole, sardines, sockeye salmon, summer flounder, trout, y grass-fed whey, pastured pork	cabbage, lettuce, radishes, sun cilantro, artichokes, butternut green beans, green onion, leek
	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 squa green onion, leeks, parsley, car
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 mushrooms, beets, cooked kal cooked spinach
-	freshly squeezed fruit juice, raw grass fed A1 milk	duck and goose fat	heated whey, factory-farmed meat	fresh sprouts
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 ka corn (fresh off the cob)
NITE V	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), ca
	DAIRY 🚵	STARCH 🔊	FRUIT	SWEETNERS
	organic grass-fed butter, colostrum	organic acacia, partially-hydrolyzed guar gum	avocado, blackberries, coconut, cranberries, lemon, lime, raspberries	xylitol, erythritol, stevia, monk
.ETPROOF	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 sug
SUSPECT	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, ra
	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	
ECT	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, agav
KRYPI	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 corn syrup)
KRYPTONITE •	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), sucra acelsulfame potassium, saccha

HOW MUCH TO EAT (% OF TOTAL CALORIES)

20% The Right Veggies - no upper limit -

20% Non-inflammatory Protein

5% Fruit/ Starch

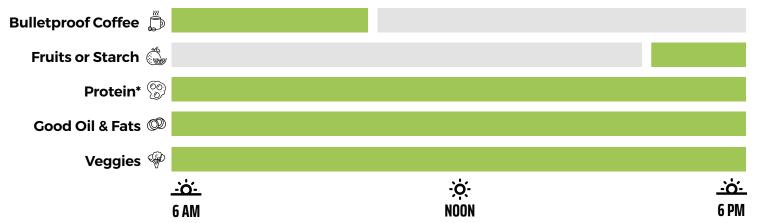
P	NUTS, SEEDS & LEGUMES 🖉
oy, broccoli, brussel cucumber, fennel,	coconut
summer squash, aut squash, zucchini, eeks, parsley	coconut flour, raw mold-free pistachios, cashews, macadamia
juash, green beans, carrots	walnuts
ers, shallots, tomatoes, kale, cooked collards,	almonds, chestnuts, hazelnuts, pecans, <mark>cashew</mark> flour
	almond flour, pecan flour, walnut meal/flour, nut butters (except peanut), sunflower seed butter, pine nuts, sunflower seeds
/ kale, raw spinach,	sprouted legumes, brazil nuts, garbanzo beans, hummus, dried peas, most legumes (dried beans and lentils), peanuts, flaxseed, chia seed
, canned veggies, soy	soy, soy nuts, corn nuts
	COOKING 觉
nk fruit, d-ribose	lightly heated or cooked
ugar alcohols	steamed al dente, convection baked or baked at 320°F or below, simmered, boiled, poached, lightly grilled, sous vide, slow cooking, pressure cooking
, raw honey	
	UV oven, stir-fried with water and butter
gave, cooked honey	stir fried
rate, high-fructose	broiled, barbecued
ıcralose (Splenda), charin	burnt, blackened, charred, deep fried, microwaved

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WHAT TO EAT ALL DAY

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



No need to do the same one everyday.



3 FASTING HACKS TO REDUCE CRAVINGS

1 - BLACK COFFEE

WHAT IT IS:

• At least two small cups of black coffee

HOW IT WORKS:

- Caffeine doubles ketone production
- Coffee and caffeine increase energy and reduce hunger

2 - BULLETPROOF COFFEE

WHAT IT IS:

- Black mold-free coffee
- Small amount of grass fed butter
 - C8 MCT Oil

HOW IT WORKS:

- C8 MCT raises ketones
- Grass fed butter changes water chemistry for better metabolism
 - Satiety and energy
 - Fewer cravings

3 - PREBIOTIC FIBER

WHAT IT IS:

 Soluble fibre that feeds good gut bacteria without raising your insulin. Such as Bulletproof inner fuel or similar

HOW IT WORKS:

- Feeds good bacteria more common in thin people
 - Crowds out bad bacteria
- Radically reduces hunger

AVOID PLANT TOXINS THAT MAKE YOU FAT & HUNGRY

LECTINS	Plant defense compounds that stick to you and cause inflamation in your brain, gut, ar
PHYTATE	Plant defense system that depletes minera shreds your gut lining.
OXALATES	Plant defense system that forms crystals in joints, kidney, brain, and vagina.
MOLD TOXINS	Toxins that that form on plants as they grow storage. Cause brain fog, cravings, cancer, h disease, and joint pain.
OMEGA-6 OILS	Unstable plant oils make for weak cells esp when they are fried or cooked - minimize to better cells.
HISTAMINE	Bacterial byproduct especially found in left protein, especially soy, fish and pork. Cause strong cravings and brain fog when eaten.

FASTING SCHEDULES

o your cells ut, and joints.

inerals and

als in gut,

grow or in icer, heart

s especially nize to have

n leftover Causes

SUPPLEMENTS TO TAKE WHEN YOU ARE FASTING

Fast This Way - The Supplement Checklist (page 161)

- Activated Charcoal
- Systemic Proteolytic Enzymes
- Adaptogens
- C8 MCT Oil
- Magnesium
- Vitamin A, D and K2
- Sodium and Potassium
- Iodine