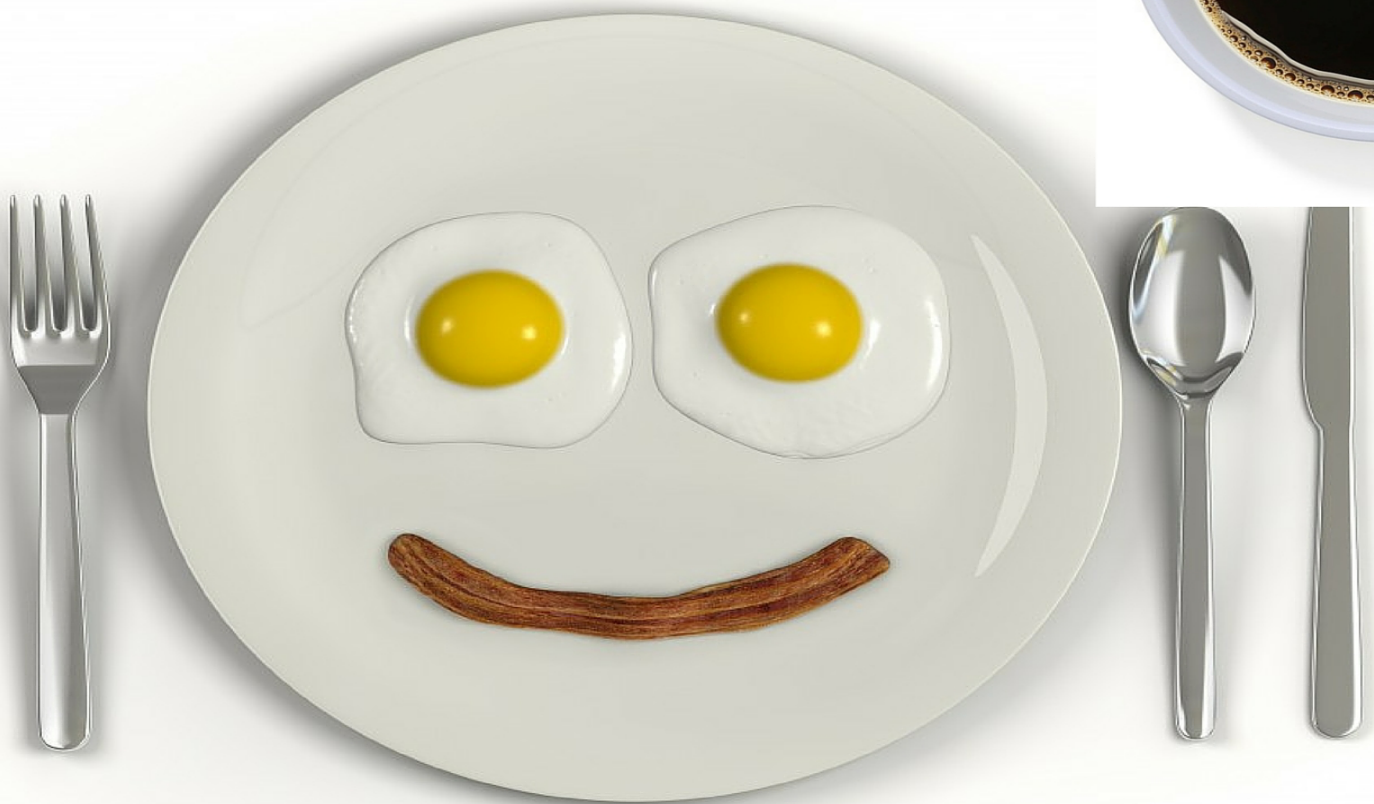


4 week Accelerated Meal Plan

Bullet Proof Fat Loss



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Bulletproof Fat Loss

30-Day Meal Plan to Accelerate Fat Loss on The Ketogenic Diet

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Final Thoughts

You want me to drink buttered coffee you say....

Are you crazy or just insane??

Well..perhaps a little of both ..

But the real definition of insanity is doing the same thing over and over and expecting different results.

And I'll bet you a pound of bacon that you've been exercising, restricting your food intake, and fighting hunger and cravings on a daily basis for years with little to no results.

But don't blame your willpower, your age, your genes or your metabolism.

They're NOT the culprits here.

The blame lies squarely on the 'healthy eating' information that we're been brainwashed into believing for the past 50 years.

It is time to pack up all the things you *think* you know about metabolism, food, and healthy eating.

It's time you became BULLETPROOF!

If you are familiar with the Paleo diet or Ketogenic diet, then no doubt you've heard of buttered coffee made famous by author David Asprey. Being bulletproof means your combining a few of the most effective diets combinations ever created.

This book will quickly and easily get you started on your bulletproof journey today so you can begin dropping fat quickly while improving all your health. You'll also find an easy-to-follow 30-day eating plan, along with delicious recipes to get you started.

Believe me, buttered coffee is just the beginning of many things you will come to love about becoming *Bulletproof!*

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Chapter I: How The Buttered Coffee Craze All Got Started

Dave Asprey's *Bulletproof Diet*, along with his *New York Times* best-selling book, come from his own journey to lose weight and regain his health. He was a very successful but overweight and unhealthy young man, who was doing everything 'right' but getting absolutely nowhere. Flying in the face of conventional 'healthy eating', which wasn't helping him in any way, Asprey examined the how's and why's of the relationship between food, weight, and health.

Using himself as a guinea pig, Asprey experimented with everything from raw foods to Himalayan meditation. At each step of his journey, he had medical tests run to see if what he'd been told should happen actually *had* happened. Many of the results were disappointing, and some of them were very surprising. Asprey knew, however, that the key to unlocking health and weight control had to be out there somewhere. When he found things that seemed to work, he applied himself to finding out why they worked and how to make them work even better, accumulating both answers and new questions as he went along. In his book, *The Bulletproof Diet* (Rodale Books, NY, Dec. 2014), Asprey tells the story of his quest for health, how he found it, and how we can find it too.

What Asprey discovered was that many of the currently popular eating protocols did, indeed, hold part of the answer. That is, they worked for many people due to one aspect of the plan. Through his 'bio-hacking', he combined those partial answers into a solution that is definitely greater than the sum of its parts. That's why everyone is talking about it.

Bulletproof is a finely tuned amalgamation of anti-inflammatory, intermittent fasting, ketogenic, and timed eating, and, put that way, it sounds more complicated than it really is. It's about understanding how to use food in general, and specific foods in particular, to make your body function at its most efficient. It's about using food to control your mind and your mood, as well as your body and your weight, instead of being a victim of the things you eat. You become 'bulletproof' because you're in control, and your body is no longer able to take 'potshots' at you unawares.

Part of bulletproofing your diet lies in understanding not just *what* you're supposed to do but also *why*. This gives you the knowledge to tweak the plan to your own best advantage to become more and more 'bulletproof'. The biochemistry of the human body is tremendously complex, and it's still only partially understood. New micronutrients, hormones, and interactions are being discovered and studied every day. Why aren't you reading about this? Simply put, most of the cutting edge research in the past ten years has shown that a lot of what we've been told about eating and weight loss isn't quite true.

Let's take the 'low fat = healthy' equation as an example. In the 1950s, a scientist named Ancel Keys conducted a study to examine the correlation between different types of fat and heart disease. When published, the low-fat craze began. At last, we had a way to prevent heart disease! Both the medical establishment and the government began telling us that we could prevent the cardiovascular problems that could lead to heart attacks if we cut the fat in our diets. The food industry jumped on board with a myriad of low-fat products, and they still continue pumping them out today. 'Low fat = healthy' was built into the food pyramid. All based on a study that suggested areas for further research.

What's the problem? Everybody knows that it's true, right? Some later studies were able to duplicate Keys' findings, but further examination raised questions about the data used (and not used) in Keys' study, and the validity of his results came into question. Somewhere between Keys' actual research studies and the concept of 'healthy eating' promoted by the government's food pyramid, facts were misplaced, misunderstood, and misinterpreted. Keys wasn't looking at the dietary fat that we eat, he was looking at the fat we use to *cook* food, and at the difference cooking with saturated and unsaturated fats made to heart health.

Many of the current diet trends towards high-fat eating were born from the knowledge that at least this one building block in the food pyramid was flawed. What about the others? Is what we think 'healthy' really a house of cards? Unfortunately, more and more research studies are showing that to be exactly the case. The correlation between a 'high-carbohydrate and low-fat' diet and the dramatic rise in diabetes, obesity, Alzheimer's disease, and, yes, even heart disease, is becoming alarmingly apparent. Eating 'healthy' would seem to be killing us.

Before you start down the road to becoming bulletproof, you really need to think about these facts. Has conventional diet advice let you or yours down? How many

people do you know are battling with their weight, not for appearance alone but also for their health? “Eat less, exercise more”, they tell us—has it helped? Do you feel strong, healthy, intelligent, and energetic? How often do you battle brain-fog, fatigue, and nagging little physical ailments?

These questions are important because most of the answers are directly related to what you eat, how much of it you eat, and when you eat it. Hormones control the functioning of your brain and your body, and they’re one of the most powerful substances on the planet. Small changes or imbalances can have dramatic and far-reaching effects on how you feel and what you can do, and the release or suppression of those hormones is in your hands through the foods you eat.

Becoming bulletproof will require you to look at food very differently. You’ll learn to control food and not let food control you. You’ll discover more energy and more mental clarity than you ever thought possible. You’ll sleep better and have better sexual health. You’ll lose weight without going hungry and you’ll reclaim not only your health but also that feeling of general well-being that has slipped away from you.

Put aside what you think you know and get ready to learn something new. It’s time to begin your own journey to become a healthier stronger bulletproof you!

II: The Elements of Bulletproofing Your Diet For Accelerated Fat Loss

In order to effectively follow a diet plan, you have to do your homework and understand it. Knowing *why* you're doing things not only helps you to stick to the plan, but it also helps you to customize it later on so it will work even better with your own unique biochemistry. So, let's take a close look at the various elements that make up the bullet proofing your diet for shedding fat and reclaiming health.

Ketogenic

Bullet proofing your diet is both low-carb and high-fat, so it's a ketogenic eating protocol. This means that you're retraining your body as to what to burn for fuel. The easiest way for our bodies to get energy is to convert carbohydrates to glucose, which is then metabolized for energy. Whatever isn't used is stashed away in fat deposits for use later as needed. These are your love handles.

Your system, however, is fully capable of running off of a higher-octane fuel, ketones. As a matter of fact, newborns are ketogenic, and they stay that way until we start feeding them carbohydrates! Ketones are produced from dietary fat, supplying lots of power without the hormonal spikes and cravings that carbs can cause. Just like that high-octane gasoline, they're cleaner burning and give you more mileage.

Why don't we stay as ketogenic as a newborn? Because carb conversion is less work for your system and, I'm sorry to say, it can be as lazy as any of us. As long as it has enough carbohydrates, your body will stick with the 'carb-to-glucose-to-energy/fat stash' plan. Controlling, in fact drastically reducing, the amount of carbs available will force it to get off the sofa and start doing some work. So, a low carb diet pushes you towards a metabolic state called ketosis, where your system is efficiently using ketones as its major fuel source.

However, making ketones requires fat—more fat than we're used to consuming in our modern low-fat world. Our dietary fat consumption is augmented by our stored body fat in order to provide enough raw material to make all those

ketones. Fat loss, yay! **But**, if you don't eat enough fat and you've restricted carbs, you have a recipe for disaster. Low-carb dieting requires high-fat eating. Otherwise, your brain interprets low carb *and* low fat as FAMINE...and it busily starts storing whatever it can as fat to see it through the coming bad times.

This is what derails many diet plans. We'd all love to cut the carbs and live off the spare tire, but it just won't work unless you're actually really starving. Then a host of other physical problems join the party, such as muscle deterioration including your heart muscle. That's what happens with anorexia, and you don't want to go there.

To avoid that, you need to supply your body with usable fuel in the form of fats. A high fat intake is interpreted as PLENTY...and your system doesn't worry about storing fuel to prepare for famine. When it needs a little more, it goes to that pantry it's created around your middle and gets some fat. Basically, you have to eat fat to lose fat, as contradictory as that might seem. For many people, eating enough fat to maintain the state of ketosis is a major hurdle in following a low-carb diet successfully. Lots of people haven't had full-fat milk in decades, and it can be hard to break the habit of grabbing that low-cal non-fat yogurt!

This famine/plenty scenario is what causes the phenomenon known as 'yo-yo dieting'. Your body had reduced fuel available and it has lost weight. When fuel becomes plentiful again, it stores as much as it can to prepare for the next dieting onslaught. The weight comes back (plus some), and so it goes. Your metabolism is on the defensive all the time, torn between famine and plenty, and it can get plenty messed up by that. Enough fat in your diet prevents that yo-yo effect because your brain can't see any hint of famine on the horizon, and your metabolism can function peacefully.

You can expect fat loss to average out to about a pound a day on a long-term ketogenic diet. That's loss of body fat, not necessarily weight. There may be times that your overall weight doesn't change although your body contours will. As you lose fat and build muscle, you'll see the difference in the way your clothes fit for instance, but that may not register on the bathroom scale.

Intermittent Fasting

Intermittent fasting simply means going without food for a set interval of time. Unless you're raiding the fridge every two hours all night long, you already do some intermittent fasting...but we usually consider it 'sleeping'. If you skip breakfast, you're actually already fasting for 10 to 16 hours every day. We just don't tend to think of it that way. Although some diets recommend an alternate-days interval, most people find that restricting their food consumption to a specific period of 6-8 hours per day works very well for them. Intermittent fasting by itself can lead to fat loss for a lot of people.

There are a lot of current research studies that are focusing on the health benefits of this type of periodic fasting. It appears to help regulate blood sugar, insulin levels, and cholesterol in as little as three weeks. The risk of cancer seems to be lowered by intermittent fasting, as well as our normal rate of cell deterioration, producing an anti-aging effect. One study showed a reduction of up to 45% in the risk of coronary heart disease, and another showed a clear indication that the onset of both diabetes and Alzheimer's could be delayed by regular fasting. These research studies are ongoing, with more positive results being released daily.

This type of health benefit is one of the ways you can reclaim your health through bulletproofing diet, and this type of intermittent fasting is built right into the plan. Breakfast is replaced with high-octane coffee, which keeps you feeling full until lunch and supplies tons of energy, but yet it doesn't metabolically pull you out of the fasting state. You'll have lunch and dinner within a 6 to 8-hour time period in the afternoon and evening, and then return to the fasting state while you sleep.

Anti-Inflammatory

Fighting inflammation is actually where the bulletproof diet began. Asprey discovered that a lot of his health complaints, puffiness, and general malaise stemmed from various sorts of inflammation in his body. He found that various natural as well as artificial toxins found in foods and beverages caused much of this inflammation. Through medical testing, chemical analysis, and self-experimentation, Asprey bio-hacked eliminating those toxins from his food supply and, in the process, reclaiming a feeling of health and well-being.

Coffee makes a good example of how this worked. On some days coffee was energizing and made Asprey feel good; on other days, the same amount of coffee didn't do anything positive at all. Could it be the coffee itself? Upon examining different kinds of coffee, he found that some was higher in mold toxins than others. He discovered through experimenting on himself that the higher the toxins, the worse it made him feel, so he looked for virtually mold-free coffee. Bingo! He got all of the energizing and anti-oxidant effects from coffee without the adverse reactions...and his Upgraded Coffee was born.

Extensive research revealed other substances that negatively affect our health in the same way. Just like the otherwise 'benign' mold toxins found in many foods, not just coffee, there are many natural substances that can have the same effect, causing irritation and inflammation that makes us feel terrible. Many chemical and artificial additives in processed food seem to produce the same result, and so do some methods of cooking. That's why eliminating toxins is a large part of bulletproofing your diet.

This is more than just eating organic, and it sets bulletproofing diet apart from most other eating protocols. Certain foods naturally contain substances, no matter how they're grown or processed, that seem to be dietary irritants and cause inflammation for most people. Generally, removing them from your daily diet will make you feel better. In addition, our bio-individuality means that every person has his/her own personal toxins that will need to be found and eliminated for that person to enjoy optimal health and well-being. This is the tweaking and customization aspect of becoming bulletproof, doing your own bio-hacking and experimenting with these 'suspect' foods.

Timed Eating

The third element of bulletproofing your diet involves what's known as timed eating. For most people, coffee is great, even needed, in the morning, but it can cause a lot of problems when drunk too late in the day. That's the basic premise of timed eating, using a food's effect on your body to your advantage.

Carbohydrates are well known for providing an energy spike, followed by a crash. They often leave you more tired than you were before, once they burn off. That's the basic problem with a typical carb-laden breakfast—that mid-morning slump. Being bullet proof turns that adverse effect into an asset by moving most of your

carbs to your evening meal. You can use the ensuing energy crash to help you to fall asleep more easily at night. The downside of carbs instantly becomes an upside!

High-octane coffee is the flipside of the same coin. You're using the caffeine in that coffee to do what it does best, wake you up and sharpen your mental focus. Its effects are positive when experienced in the morning, and they'll be out of your system by evening, so it won't disrupt your sleep. Timing makes all the difference!

Chapter III: The First Steps

Now that you understand the processes involved in becoming bulletproof, it's time to look at how you can actually do all those things. Your first two main goals are reducing inflammation from toxins and reaching a state of ketosis, where you are fat burning and not carb burning. The combination of these two things will have you feeling better and losing weight very quickly.

The largest factor in accomplishing both of those goals is to adhere to the food list. The research has already been done for you, and the foods are listed from best effect on your body to worst effect in each food category. To make it easy to understand, they're divided into three groups: green, yellow, and red—just like a traffic light.

The green group, of course, means 'go for it'. These foods will speed your journey towards health and fat loss. The yellow foods are 'proceed with caution' because they create various problems for a lot of people. These should be avoided for at least the first two weeks. They are the items you'll do your own bio-hacking with later on to determine how they affect you individually. The red group signals 'full stop'. The red foods should always be avoided for various reasons, whether it's because they're anti-ketogenic or because of toxins.

If you're coming to bulletproof from another diet plan, you may be surprised by some of the items in the food groupings. As an example, white rice (pre-rinsed before cooking) is a green food, but brown rice is only yellow, and anything 'soy' is red. You're going to need to change the way you think about some foods that you were encouraged to eat on other diet plans. Unless you've already been eating ketogenic, you'll also need to drastically change your attitude towards fat!

The Foods

Most of us simply can't afford to toss out everything in our cupboards and fridge and go buy new (and more expensive) food. We can, however, eat up the worst offenders and replace them with better options. Some things you may just want to toss, especially if they've been hiding up there on that top shelf for a while. Add green foods and eliminate the red—that's your first mission.

Once you've studied the roadmap, you'll need to set your priorities, as well. Where can your budget go green the easiest? An older couple can more easily move up to grass-fed beef than a young couple feeding an active family with three or four kids. However, many of the changes won't break the bank—use white rice instead of white potatoes and cauliflower instead of corn. Dairy is easy because full fat costs the same as reduced fat, and it's easy (and tasty) to switch back to real butter!

The Percentages

The second step in bulletproofing is to learn your daily proportions of the macronutrients. These are the large food groups: fats, proteins, vegetables, and fruit/starches. If you've been eating a ketogenic diet, you've already made most of these adjustments, but if you're coming from a traditional plan like Weight Watchers, you have some big changes to make! And there's a common misconception out there that bulletproof is 'just Paleo with special coffee', but bulletproof is not a Paleo diet!

Daily proportions of macronutrients to become bulletproof are as follows:

- Fats = 65-75% of calories
- Proteins = up to 20% of calories
- Vegetables = up to 20% of calories
- Fruit/Starch = up to 5% of calories

To achieve and maintain ketosis, your most important nutrient will be fat, since that's what your body is converting to energy instead of carbohydrates. Eating healthy fats high in middle-chain triglycerides (known as MCTs) will fuel your loss of body fat as well. This is a very difficult switchover in thinking for a lot of people, but you need to learn to emulate the great chef Julia Child—when in doubt, add more butter.

How do you figure out and keep track of these percentages? Good question, and it's an area where many people get lost. At first it's easiest to follow a food plan that's already figured out for you, like the one I'll give you later on in this book. After that, you may want to use a calorie calculator app. There are a ton of them available online, for your computer or your smartphone, so find something that's easy for you to use. Just make sure it gives you a daily percentage for your total

fat, protein, and vegetable (carbohydrate) calories. You'll need to keep track, particularly to make sure you are getting enough fat and are keeping your carbs low enough on a daily basis to maintain ketosis.

The Shopping

There are several items that you'll need even if you're starting slowly, so you'll need to stock them before beginning to become bulletproof. Take an afternoon to seek them out and price them locally. You may need to do some Internet searches or online ordering to get the quality and price point that you're looking for, particularly if you don't live in or near a big city. If you need to travel a distance to get them, buy in bulk to extend the time between trips.

Coffee

Since coffee will be the mainstay of your mornings and is prone to being laden with toxins, it's important to find the best coffee you can for your high-octane coffee. You'll need to read a lot of labels and ask a lot of questions to get what you want. The ideal coffee meets three standards: single origin, wet processed, and (usually) Central American. Get as close to this as your resources and budget allow. Good low-toxin coffee will make an enormous difference.

So what do those terms mean? First, single origin means that all the beans come from the same place. It's opposite is 'blended' coffee, that is, beans from several different sources. You want a single origin because it reduces your risk of having toxins that will really affect how you feel. In a blend, the odds of having mold toxins in at least one of the batches of beans is proportionally higher. Second, wet-processed coffee beans also generally have a lower toxin count because they are not exposed to the air for long periods. Naturally processed beans are left to dry in the open air, subjecting them to a much greater risk of contamination. Last, you're looking for Central American beans simply because they tend to be the 'cleanest' in terms of toxins.

Prices will vary widely but be prepared to pay more for good coffee. It's a meal for you now! The upside is that you won't be using as much as many people normally do. Your morning coffee will be equivalent to about 2 cups of coffee, so a bag of good beans should last you longer. Remember that you're looking for a specific type of coffee. Organic is not enough, although it is a step forward.

Butter

You'll also need a good supply of grass-fed butter. This will go into your high-octane coffee and most of your food. Why grass-fed? Grain is high in mold toxins, and these pass through the grain-fed cow and into its milk, which is then used to make the butter. One of the most popular brands, Kerrygold Irish Butter, is available nationally, but there are many others. Prices are highly variable from one store to the next, however, so be sure to shop around. If you find a sale, buy as much as you can afford because butter freezes beautifully. Your farmer's market may have local grass-fed butter at a reasonable cost as well. If you're lucky enough to find a local source of grass-fed dairy, ask them about milk and cheese as well.

Coconut Oil and MCTs

Coconut oil should become your 'go-to' oil, along with butter. Luckily it's readily available now in most grocery stores, including Wal-Mart, and it's not expensive. If you're not familiar with it, it will look like a jar of mayo. Just check that there are no additives; the ingredients list should read: coconut. It's a solid oil, but it melts quickly and easily, and it even stands up to high heat for frying. I've even seen a coconut oil 'cooking spray' for oiling pans, but, again, check the ingredients. Some of them add 'soy lecithin' to keep costs down, and soy is a 'no-no' red food! If you don't find coconut oil with the regular oils, try the organic section of the market.

Although coconut oil is naturally high in MCTs (medium-chain triglycerides), many people use the more concentrated liquid MCTs in their high-octane coffee, as well as add them to salad dressings, etc. You can start off using regular coconut oil for this, but you may want to look into MCTs as well, so do some local sourcing. Your coffee will only take about a teaspoon a day, so you won't need a huge bottle. Too much MCT oil leads to what Asprey refers to as 'disaster pants', so take it easy. Enough said.

Grass-fed Red Meat, Pastured Eggs, & Wild-Caught Fish

Unlike most other diets, you won't be eating much chicken as you become bulletproof. Poultry naturally feeds on grain, and you're eliminating anything related to grain due to its toxin content. Those toxins are not, however, passed on into the eggs. Pick up some cage-free organic-fed eggs, sometimes called 'pastured eggs', and don't fall over from the sticker shock. Eggs go a long way in

filling you up with high protein and low calories, and they're less expensive than most meat.

Source and price grass-fed beef, lamb, and even bison in your markets. If it's available and will work into your budget, get the *fattier* cuts. If grass-fed is not feasible for you right now, then you'll want the *leaner* cuts of regular meat because most of the toxins are in the fat of grain-fed animals. Wild-caught fish and seafood are better than farm-raised, also due to toxins. If you have a Whole Foods or Trader Joe's, this is fairly easy, but again check out your local farmer's market.

Even if you can't afford at this time to switch totally over to the 'ideal' protein sources, remember that any change is a step forward. Find out where you can get grass-fed red meats, and try to work them slowly into your diet.

Sweeteners

Once you eliminate sugar and artificial sweeteners, what's left? Some really great products, actually! The preferred sweeteners are xylitol, erythritol, and stevia. These are all naturally derived plant-based sweeteners, and they're much sweeter than sugar. Most supermarkets now carry raw stevia, so that's easy to get. Truvia is an erythritol/stevia blend, and it's also readily available just about everywhere, with many supermarkets carrying their 'store brand' as well for a little less. These sweeteners may seem very expensive, especially when you look at the size of the containers, but you won't use anywhere near as much of them as you would sugar. For most, 1/4 to 1/3 cup will equal a cup of sugar.

Raw honey is also an acceptable sweetener. You'll probably need to visit a health food store or farmer's market for unprocessed honey. Just remember that if you put it in coffee or tea, heat it at all, or cook with it, it isn't raw honey anymore—it's more like corn syrup in its effect on your body!

Chapter IV: Walking the Bulletproof Walk

You should by now have a general idea of what's involved in becoming bulletproof, but you probably want some very specific 'do's, 'don't's, and 'how to's. You've got the essential products to get started. Here are some guidelines to get you moving toward fat loss and better health.

Things to avoid

- Sugar, including fruit juice and sports drinks
- Synthetic additives (artificial sweeteners, MSG, colorings, and flavors)
- Grains in any form (bread, cereal, oats, corn, and pasta, even if it's labeled 'gluten-free')
- Vegetable oils (corn, soy, and canola)
- Legumes (peanuts, beans, soy, and lentils)
- Processed homogenized pasteurized dairy, esp. reduced, low or non-fat
- Frying, grilling or microwaving your food

Things to add

- Organic Veggies: Brussels sprouts, asparagus, broccoli, cauliflower, avocado, spinach (cooked), cabbage, lettuce, zucchini, sweet potatoes
- Coconut oil, grass-fed butter
- Pastured eggs, grass-fed beef/lamb, anchovies, haddock, sockeye salmon, trout, summer flounder
- Apple cider vinegar, vanilla powder, sea salt, fresh ginger, oregano, turmeric, rosemary, thyme
- Sweeteners: xylitol, erythritol, stevia, raw honey
- Steaming, simmering, boiling, poaching your food

Wow! It looks intimidating laid out like that, doesn't it? It's not, really. Let's walk through exactly what you'll be doing.

A Bulletproof Day

You'll start your day with high-octane coffee, which may sound gross but actually tastes like a latte. If you're over 40 and/or have a large amount of weight to lose, you may find you need to add a little protein in the morning, but this will kick start your digestion, make you feel hungry sooner, and break your fasting state. Without carbs, your system will burn the fats you've consumed keeping you energized without a mid-morning slump. Most people are very surprised that they don't feel either hungry or lethargic during the morning. If you feel you need a snack, try taking a break from what you're doing, drink water, or have some more high-octane coffee.

Lunch will be protein and veggies, and so will dinner. However, the added butter and fats will keep you supplied with energy. Most of your heavier vegetables will be eaten at dinnertime, as will any fruit or other starches. You'll use the resulting 'carb crash' to help you fall asleep.

Re-feed and Fast

To keep your system in peak condition, there are two variations in your eating at least once a week, the carb re-feed and the protein fast. They're normally done together on the same day. Let's take a look at those. The carb re-feed is a day when you increase your intake of carbohydrates quite a bit, up to 300 grams for the day. This extra jolt of carbs keeps your body from thinking 'famine' and deciding to slow down your metabolism. Now, granted, these are bulletproof-friendly carbs, but for many, the re-feed is a wonderful change of pace and it also replenishes some stored glucose in your system.

The carb re-feed is usually done on the same day as the protein fast. Basically, you're replacing your day's worth of protein with extra carbohydrate, mostly in the form of vegetables. The withdrawal of protein causes your body to start a process called autophagy. During this process, your system starts scavenging for protein, and it finds it in your cells in bits and pieces of cellular debris. This stuff all needs to be cleared out anyway, so it's recycled as a source of protein. It's like cleaning your garage, but on a cellular level. Regular autophagy will give you better sleep, faster fat loss, and a number of anti-aging benefits.

During the protein fast, you should limit proteins to 15 grams or less. If you look up things like broccoli and avocado, you'll find that they contain small amounts

of protein. Adding those little amounts (that are usually ignored) together will bring you very close to your limit! This pairs well with the increased carbs, however, giving you a chance to indulge in one area while you cut back in another, with both things bringing you boosts to your health. It's a win-win situation that one posting in a bulletproof forum described as 'bliss'.

The protein fast is an area where you will eventually be bio-hacking yourself to find out what works best for you. How many grams of protein you eat that day, and when you eat them, is something to experiment with once you're at maintenance level and adjusted to bulletproof. This kind of self-experimentation will enable you to customize the bulletproof plan to your unique biochemistry and to your lifestyle over time.

Calories are not an item of great concern as you're becoming bulletproof. Adding a high level of fat back into your diet will keep you feeling satisfied so don't worry about the calorie count. Fat is high calorie, but you'll be burning it for energy, not digesting and storing it as you did when you ate a lot of carbohydrates. If you stick within the percentages guidelines, you'll find it difficult to really overeat, and your calories will even out. You'll be surprised at how much more filling (and tasty) that cauliflower can be when you drench it with butter!

Bulletproof Sleep

Improving your sleep quality is important in becoming bulletproof. Food, sleep, and good health are inseparable and completely intertwined. What you eat affects the *quality* of your sleep, and that's the important thing. Not quantity! Many people actually find themselves sleeping a little less as they become more bulletproof simply because they're sleeping better.

While you sleep, the mitochondria in your brain do a little housecleaning of cellular waste. This process is accelerated by those MCTs that you're adding to your system, which directly fuel the mitochondria. Autophagy from the protein fast also clears cellular debris, so by following the diet plan you have already increased the cleaning process. This means your body doesn't need as much time during sleep to get the job done.

Further improvement in your sleep quality is a bio-hacking process. There are a number of different things that work for some people but not so much for others.

You'll need to try them one at a time to see what's personally best for you. Concentrating your carbs into your dinner meal works for almost everyone, using that carb energy crash to help you fall asleep. Adding extra fats at dinner, especially MCTs, also works for most people. Another sleep aid, that I mentioned earlier, is to take a teaspoon of raw honey at bedtime. The glucose produced from its carbs seems to promote deeper sleep and a more refreshed brain in the morning.

All the usual things to help you sleep come into play as well. Having a cool, quiet room, blocking out light, and avoiding brain-stimulating activities such as TV and computer games before bed are all important. A recent scientific study has shown that the blue light emitted by electronic screens of any sort, even cell phones, can interfere with falling asleep. Make sure you've created a good sleep environment for yourself. Light-blocking curtains and 'sound machines' that mask ambient noise are easy to find and are not a major investment.

There are also many supplements and bits of technology that can aid and/or analyze the quality of your sleep. There are even several cellphone apps that will give you an analysis of your sleep every night! If eating bulletproof and simple dietary hacks aren't enough to give you the quality of sleep that you need, you can do some more advanced bio-hacking. Asprey discusses quite a few possibilities in his book.

Chapter V: The 30-Day Plan

Before I give you a comprehensive plan, it's important to understand that bulletproofing your diet is not the same as ketogenic or Paleo. You can't just substitute meals from those plans if you plan to bulletproof your diet, particularly in your first two weeks of adapting. Both of those eating protocols use a lot of cheese and mushrooms, which are 'suspect' foods in bulletproof. Why are they 'suspect'? They tend to be high in mold toxins. Both cheese, indeed all dairy, and mushrooms are food you'll need to bio-hack to see how they affect you individually, but you need to 'get clean' first. Both Paleo and keto also use a lot of raw spinach and kale, but again for anti-inflammatory reasons, these foods should only be eaten cooked on this plan. Tomato is also a 'wait and see' food.

Recipes for the following meals can be found in the next chapter. Also, feel free to swap these meals around, but remember to keep your carb re-feeds/protein fasts once a week.

Day One:

- ❖ High-octane coffee in the morning
- ❖ Lunch: Avo-Deviled Eggs with Salad
- ❖ Dinner: Burgers with Creamy Cauliflower

Day Two:

- ❖ High-octane coffee in the morning
- ❖ Lunch: Chopped Burger Salad
- ❖ Dinner: 'Whatever' Stove Top Dinner

Day Three:

- ❖ High-octane coffee in the morning
- ❖ Lunch: Creamy Broccoli Soup with Hard-Boiled Egg
- ❖ Dinner: Greek Lemon Shrimp with Almond Green Beans

Day Four:

- ❖ High-octane coffee in the morning

- ❖ Lunch: Sausage-Burger Balls
- ❖ Dinner: Coconut Crusted Chicken with Steamed Asparagus

Day Five:

- ❖ High-octane coffee in the morning
- ❖ Lunch: Salmon-Cuke Bites
- ❖ Dinner: Shepherd's Pie

Day Six: Carb Re-Feed & Protein Fast

- ❖ High-octane coffee in the morning
- ❖ Lunch: Baked Sweet Potato with Almond Butter
- ❖ Dinner: Ginger-Cashew Butternut Soup with Carrot Fries
Mixed Berries or a square of 85% dark chocolate

Day Seven:

- ❖ High-octane coffee in the morning
- ❖ Lunch: Garlic Shrimp Salad
- ❖ Dinner: Tacos with Cauli-Tortillas

Day Eight:

- ❖ High-octane coffee in the morning
- ❖ Lunch: Favorite Leftovers (anything except carb re-feed meal)
- ❖ Dinner: Lamb Burger with Sweet Tater Bun

Day Nine:

- ❖ High-octane coffee in the morning
- ❖ Lunch: Hamburger Soup
- ❖ Dinner: Slow Cooked Ribs with Steamed Green Beans

Day Ten:

- ❖ High-octane coffee in the morning
- ❖ Lunch: Sardine Feast
- ❖ Dinner: Ground Beef & Cabbage Curry

Day Eleven: Pick 2 Day!

- ❖ High-octane coffee in the morning

- ❖ Lunch: Pick any lunch (except carb re-feed/protein fast)
- ❖ Dinner: Pick any dinner (except carb re-feed/protein fast)

Day Twelve:

- ❖ High-octane coffee in the morning
- ❖ Lunch: Tuna Salad Wrap
- ❖ Dinner: Ginger Roast Beef with Creamy Spinach

Day Thirteen: Carb Re-Feed & Protein Fast

- ❖ High-octane coffee in the morning
- ❖ Lunch: Super Salad with Avocado Dressing
- ❖ Dinner: Thai Veggie Curry with Rice
Sweet Potato Ginger Brownie or a square of 85% dark chocolate

Day Fourteen:

- ❖ High-octane coffee in the morning
- ❖ Lunch: Egg & Sardine in Lunch Salad
- ❖ Dinner: 'Whatever' Crock-Pot Dinner

Day Fifteen:

- ❖ High-octane coffee in the morning
- ❖ Lunch: Baked Sweet Potato with Shredded Ginger Beef
- ❖ Dinner: Bacon-Wrapped Cube Steak with Roasted Brussels Sprouts

Day Sixteen:

- ❖ High-octane coffee in the morning
- ❖ Lunch: Steak Bites with Salad (use leftover cube steaks)
- ❖ Dinner: Poached Salmon with Lemon-Zested Rice

Day Seventeen:

- ❖ High-octane coffee in the morning
- ❖ Lunch: Salmon-Cuke Bites & Zucchini Cheese
- ❖ Dinner: Pulled Pork Taco with Cauli-Tortillas

Day Eighteen:

- ❖ High-octane coffee in the morning

- ❖ Lunch: Avo-Shrimp Bowl
- ❖ Dinner: Fave Leftovers (except carb re-feed/protein fast)

Day Nineteen: Pick 2 Day!

- ❖ High-octane coffee in the morning
- ❖ Lunch: Pick any lunch (except carb re-feed/protein fast)
- ❖ Dinner: Pick any dinner (except carb re-feed/protein fast)

Day Twenty: Carb Re-Feed & Protein Fast

- ❖ High-octane coffee in the morning
- ❖ Lunch: Creamy Broccoli Soup
- ❖ Dinner: Roasted Veggies with Zucchini Cheese & Rice
Home-Made Gummy Creatures or a square of 85% dark chocolate

Day Twenty-One:

- ❖ High-octane coffee in the morning
- ❖ Lunch: Sweet Potato and Egg Salad
- ❖ Dinner: Orange Beef Stew

Day Twenty-Two:

- ❖ High-octane coffee in the morning
- ❖ Lunch: Fave Leftovers (except carb re-feed/protein fast)
- ❖ Dinner: Greek Lamb Meatballs

Day Twenty-Three:

- ❖ High-octane coffee in the morning
- ❖ Lunch: Burger with Sweet Tater Bun
- ❖ Dinner: 'Whatever' Stove Top Dinner

Day Twenty-Four:

- ❖ High-octane coffee in the morning
- ❖ Lunch: Sausage- Burger Ball Salad
- ❖ Dinner: Baked Sweet Potato with Pulled Pork

Day Twenty-Five:

- ❖ High-octane coffee in the morning

- ❖ Lunch: Avo-Deviled Eggs with Salad
- ❖ Dinner: Pork Roast with German Red Cabbage

Day Twenty-Six: Pick 2 Day!

- ❖ High-octane coffee in the morning
- ❖ Lunch: Pick any lunch (except carb re-feed/protein fast)
- ❖ Dinner: Pick any dinner (except carb re-feed/protein fast)

Day Twenty-Seven: Carb Re-Feed & Protein Fast

- ❖ High-octane coffee in the morning
- ❖ Lunch: Roast Veggie Bowl with Zucchini Cheese
- ❖ Dinner: Ginger-Cashew Butternut Soup with Tapenade Avocado
Mixed Berries or a square of 85% dark chocolate

Day Twenty-Eight:

- ❖ High-octane coffee in the morning
- ❖ Lunch: Brussels Sprouts 'n' Eggs
- ❖ Dinner: Baked Chicken Breast with Collard Greens

Day Twenty-Nine:

- ❖ High-octane coffee in the morning
- ❖ Lunch: Garlic Shrimp Salad
- ❖ Dinner: Bacon-Wrapped Cubed Steak with Creamy Spinach

Day Thirty:

- ❖ High-octane coffee in the morning
- ❖ Lunch: Hamburger Soup
- ❖ Dinner: Shepherd's Pie

And...you're on your own! Be creative and start bio-hacking!

Chapter VI: Bulletproof Recipes

Most of these recipes are planned for there to be leftovers. It's the easiest way to have bulletproof lunches later in the week! Clear some space in your freezer for these to keep your meal prep really simple. Also, read ahead and pre-cook meals when you have the time to do so. Although microwaving is a cooking method to avoid, using one for a quick reheat of lunch at the office is something most people need to utilize in order to have some variety in their lunches. If you want to avoid using one at all, then just sub in a cold lunch from elsewhere in the plan.

There are a few ingredients or cooking methods from the suspect list, here and there, but they are clearly marked and can be changed if you choose. Please remember that most leafy greens, except lettuce, need to be cooked on the bulletproof plan!

High-Octane Coffee or Tea

You can also use green tea for this beverage, but it's not as effective, especially for weight loss. Start with the lowest amount of butter and coconut oil and gradually increase over the course of a week or so to avoid 'disaster pants'!

Ingredients:

- 2 cups low-toxin brewed coffee (or green tea)
- 1-2 T grass-fed butter
- 1-2 T coconut oil
-

Directions:

While the coffee is brewing, put hot water in a glass blender to pre-heat it. When you're ready to make your high-octane coffee, empty the water. Put all the ingredients into the blender. Put the lid on with a kitchen towel over it. Holding the lid down with your hand (and the towel), blend the beverage until you have a nice froth on the top. [You can use an immersion or hand blender but it won't mix as well.] Pour into your mug and drink somewhat slowly to give your body time to process the oils.

Avo-Deviled Eggs

These are great to spice up a meal or to eat as a snack. The avocado adds a lot of good healthy fat and nutrients. Snip a corner off of a small plastic bag and use it to pipe the mixture back into the egg halves.

Ingredients:

8 hard-boiled eggs
1/2 large ripe avocado, mashed
1 tsp. raw apple cider vinegar
1 T organic shallot, minced
1/2 tsp. celery seed (optional)
Sea salt (to taste)
Organic paprika (to garnish)

Directions:

Slice the eggs in half lengthwise and gently pop the yolks into a bowl. Add the avocado, vinegar, shallot, and celery seed. Mash and mix until well combined. Add salt to taste. Spoon or pipe the mixture into the egg halves and garnish with a sprinkle of paprika.

Baked Burgers

Cooking your burgers in the oven prevents the searing that produces toxic AGEs. The bacon on top adds high-grade fats to fuel your ketone-production. Save a burger or two for lunch tomorrow and freeze any other extras for later.

Ingredients:

2 lbs. ground beef (if not grass-fed, use lean)

- 2 tsp. ground turmeric
- 1 T dried rosemary
- 2 T dried oregano
- Sea salt (to taste)
- 4 slices bacon

Directions:

Preheat oven to 325 degrees F. Make about 8 burgers. Combine the spices and rub them directly onto the burgers. Salt to taste. Put a half-slice of bacon on top of each burger and put them on a flat baking pan with sides. Bake for 15-20 minutes to desired doneness.

Creamy Cauliflower

You can use this recipe to make creamy veggies without using either cream or cheese. Play around with your favorite mix of herbs!

Ingredients:

- 1/2 head of cauliflower, broken into flowerets
- 3 T grass-fed butter
- 2 T coconut oil, melted
- 1/2 tsp. apple cider vinegar
- Your herbs of choice
- Sea salt (to taste)

Directions:

Steam the cauliflower until tender. Put about two-thirds into serving bowl and the remaining third into a blender (or bowl if using a hand blender). Add the remaining ingredients and blend until smooth. Pour the blended mixture back over the cauliflower in the serving bowl.

Burger Salad

The easiest and fastest way to make a very portable lunch is to use your extra proteins from dinner, supplemented with a basic salad. You may reheat the meat and eat it separately, or simply cut it up or crumble it into your salad. Lettuce is the only leafy green eaten raw on the bulletproof plan, so get several different varieties! Also remain aware of how many grams of carb you're adding with your other veggies. Use MCT oil or very high-quality olive oil for the 'other' oil in the dressings.

Basic Lunch Salad

- 1/2 cups lettuce, mixed varieties
- celery, cucumbers, radish, avocado, green onion (suspect) as desired

Basic Salad Dressings

Mix all ingredients in a blender. Refrigerate extra.

Creamy Dressing: 1/2 avocado or 2 egg yolks, 1/2 peeled cucumber, 2 T coconut oil, 3 T other oil, 2 T apple Cider vinegar, a pinch of sea salt and stevia, fresh cilantro or oregano.

Honey Mustard Vinaigrette: 1/4 c apple cider vinegar, 1/4 c olive oil, 3 T mustard, 2 T raw honey.

Basil Creamy Vinaigrette: 1/2 avocado, 1/4 c olive oil, 2 T other oil, 1/4 c apple cider vinegar, fresh basil

Ranch: 1 c mayo (see below), 2 T chopped fresh dill, 1 T apple cider vinegar, 2 cloves garlic (minced), sea salt (Chill before using.)

Mayo: 1 egg, 3/4 c extra light olive oil, 1/4 cup other oil, 2-3 tsp. fresh lemon juice, pinch of salt. If it doesn't firm up, add in an egg yolk.

‘Whatever’ Stove Top Dinner

This is the quick version of this meal and a ‘go-to’ for many on the bulletproof plan. It gives you a chance to begin to experiment with the foods.

Ingredients:

- 1 ‘green zone’ meat
- 1-2 ‘green zone’ vegetables, chopped
- spinach or kale
- your choice herbs/spices

Directions:

Put some coconut oil in a pan on medium heat. Lightly brown the meat and then add the veggies and your leafy greens. Sprinkle in your spices and herbs. Stir, cover, and let it cook until veggies are tender, usually 10-15 minutes.

Creamy Broccoli Soup

This makes lots, so freeze the extra in serving-sized containers for quick lunches or dinners. Once you're testing dairy, try some shredded raw cheddar on top.

Ingredients:

- 6-8 cups broccoli florets
- 3-4 shallots, minced
- 1 carrot, sliced
- 4 c bone broth or veggie broth
- 1/2 c grass-fed butter
- Sea salt to taste

Directions:

Put a dab of butter into a large stockpot and lightly sauté the shallots and carrot. Add the broccoli and cook until it's bright green. Pour in the broth and continue to cook until broccoli is tender. Add the remaining butter and blend (a hand blender works well) until desired consistency. Season with sea salt and serve hot.

Greek Lemon Shrimp

You can use any seafood or even chicken in this recipe for a tasty and attractive dish that's sure to satisfy.

Ingredients:

- 1 c chopped leeks
- 1/2 c chopped celery
- 1/2 c chopped carrot
- 3 eggs
- 2 lemons (juiced)
- 1 T MCT or olive oil
- 2 c shrimp

Directions:

In a large fry pan, cook the leeks, celery, and carrot over low heat for 5-10 minutes. Add the shrimp (fresh or thawed) and a little water to form a broth. In a bowl, beat the eggs until frothy. Continue beating the eggs as you add in the juice from the lemons and then the oil. Turn off the heat under your fry pan. Remove a little hot broth from the pan and beat it into the lemon/egg mixture. Pour the mixture into the fry pan and stir. Garnish with parsley and serve.

Sausage-Burger Balls

Make lots of these and freeze them for a quick easy lunch. Eat them alone dipped in some salad dressing or toss them on a lunch salad. You can double or triple this recipe without a problem.

Ingredients:

- 1/2 lb. spicy sausage or chorizo
- 1/2 lb. ground beef
- 1 egg
- oregano or basil (to taste)

Directions:

Preheat oven to 325 degrees F. In a large bowl, mix all the ingredients. Form the mixture into bite-sized mini-meatballs. Cook in a flat baking dish with sides until desired doneness is reached, about 10-15 minutes.

Coconut-Crusted Chicken

You can also use shrimp for this recipe, especially if you can't find pastured chicken. It's delicious and simple to make.

Ingredients:

- Shredded unsweetened coconut flakes or powder
- Sea salt
- Fresh parsley
- Dried oregano
- 1 lb. chicken, cut into strips
- 2 eggs

Directions:

Preheat oven to 325 degrees F. Mix the coconut, salt, parsley, and oregano in one bowl. In another bowl, beat the eggs until well blended. Dip the chicken into the egg and then roll in in the dry mix until coated. Bake until it starts to brown.

Salmon-Cuke Bites

This is a quick, easy, and refreshing lunch. You may substitute zucchini or avocado for the cucumber, or use all three for some variety. You can also put a little salad dressing on them.

Ingredients:

- Smoked salmon
- Cucumber, cut into 1/2 inch pieces
- Sea salt

Directions:

Cut the salmon into strips, and wrap each strip around a piece of cucumber (or zucchini or avocado). Season with salt or salad dressing (as desired).

Shepherd's Pie

A low-carb version of an old favorite, this dish is cooked on the stovetop and finished in the oven. Have lots of butter on hand to make the 'mash' really yummy. This is definitely a 'comfort food'!

Ingredients:

- 1/2 lb. bacon, chopped
- 2 c shredded carrots
- 2 c diced celery
- 2 lbs. ground beef
- 1 c bone or veggie broth
- 2 heads cauliflower
- 1 c butter

Directions:

Cut and steam the cauliflower. Put it in a food processor or blender. Add the butter and blend until nice and smooth. Set it aside.

Cook the bacon in a large fry pan, and then add the carrots and celery. Continue cooking for about 5 minutes while you preheat the oven to 350 degrees F. Add the ground beef to the fry pan along with a little salt and about half the broth. Simmer and stir, adding more broth if it gets dry. Cook until the broth has evaporated and the beef is cooked through. Spread the beef mixture in the bottom of a large baking dish with high sides. Spoon the cauliflower on top and smooth. Bake uncovered for about 30 minutes until top starts to brown.

Cashew-Ginger Butternut Soup

This makes about 2 quarts of soup, so be prepared to save the leftovers. You can either do this in a slow cooker or on the stovetop.

Ingredients:

- 1 large butternut squash
- 1 can (14 oz.) coconut milk
- 1 c bone broth or veggie stock
- 6 carrots, chopped
- 1 c raw cashews, chopped
- 1-inch piece fresh ginger, grated
- 2 tsp. ground cumin
- 2 tsp. ground cinnamon

Directions:

Combine all ingredients and cook for 4-6 hours on low in a slow cooker or on the stovetop on low heat, stirring regularly, for 2-3 hours. Blend to a smooth consistency before serving.

Carrot Fries

These make a great salty side dish any time, and you can shorten your prep time by buying pre-cut carrot sticks. Also, try doing this with zucchini for a totally different taste.

Ingredients:

- Carrots, sliced in sticks
- Butter, melted
- Salt

Directions:

Preheat the oven to 325 degrees F. Cut the carrots into sticks and spread them out on a baking sheet. Cook until desired doneness, and then coat them with butter and season with salt.

Baked Sweet Potato with Almond Butter

If you're using a microwave, simply cook on high for about 6-7 minutes, depending on the size of your potato. Otherwise, bake your potato in the oven the night before or overnight in a crock-pot. Do a quick re-heating before eating. Garnish with butter & salt. You can put the almond butter on your potato or eat it on some celery.

Tuna Wrap

Mix the tuna with your favorite add-ins: dill pickle, avocado, green onion, hard-boiled egg, fresh dill, etc. Stir in a little mayo or salad dressing to hold it together. Roll up in a lettuce leaf to eat.

Super Salad

Make your basic lunch salad a little heartier for the carb re-feed. Add up to ¼ red cabbage to your lettuce variety, and use some broccoli and cauliflower as well as radishes and a little carrot.

Mixed Berries

Use 'green zone' berries and spritz with a little fresh lime juice and a sprinkle of sweetener.

Roasted Brussels Sprouts

Quarter the Brussels sprouts and toss them in melted butter and/or oil. Spread on a baking sheet, sprinkle with salt, and bake at 350 until tender, about 20-30 minutes.

Garlic Shrimp Salad

Prepare a lot of garlic shrimp so you can have some on rice later with the buttery sauce! This is a classic preparation that will really perk up your lunch salad.

Ingredients:

- 2 T coconut oil
- 2 lb. shrimp, peeled & deveined
- 3 T butter
- 4 cloves garlic, smashed
- 2 T lemon juice
- 1 T apple cider vinegar
- a pinch of Cayenne pepper (suspect ingredient)

Directions:

Melt the coconut oil in a fry pan over medium heat. Add all ingredients except shrimp and simmer. Remove the garlic cloves and add the shrimp. Cook for 2-5 minutes until the shrimp are pink and done.

Tacos with Cauli-Tortillas

If you're avoiding the microwave, you'll need to skip the tortillas and make a taco salad instead. However, if you are missing your tacos, these are definitely worth a try. Keep any extra tortillas refrigerated. Make the tortillas first and cook up the filling while they bake, or make the tortillas the day before.

Ingredients:

Cauli-Tortillas

- 3 packed cups uncooked, riced cauliflower
- 6 egg whites
- Sea salt

Rice the cauliflower in a food processor or grate it fine. Measure out three packed cups into a microwave safe large bowl. Microwave for 3 minutes, stir, and microwave another 2 minutes. Place the cauliflower on a clean kitchen towel, roll it up, and wring all the water out. Be careful not to burn yourself! Spread the cauliflower in a baking pan/sheet and refrigerate. Once it's cooled, preheat the oven to 350 degrees F. Cover a baking sheet with parchment.

In a large bowl, combine the cauliflower, egg whites, and salt to taste. Mix well with a spoon. It may seem a little runny, but spoon it onto the parchment, making circles about 8 inches in diameter. Bake for about 10 minutes and then flip them and continue baking for another 6-7 minutes. Cool flat on a wire rack. Before using, give them a minute per side in a fry pan.

Taco Filling

- 1 lb. ground beef
- 2 T butter
- 1-2 T cayenne pepper (suspect ingredient)
- 1 tsp. dried oregano, fresh chopped cilantro, or parsley
- juice from a half lime
- Sea salt

Cook the beef over medium heat in a large fry pan. Drain excess liquid and then add the remaining ingredients. If you are sensitive to cayenne, try some other spices. Use for tacos with lettuce and some creamy salad dressing or just add on top of a basic salad.

Lamb Burger with Sweet Tater Bun

This gives you the great feel of a burger without the grain toxins! You can adapt this technique to make other faux sandwiches as well.

Ingredients:

- large sweet potatoes
- 1 lb. ground lamb
- 4 slices bacon, chopped
- scallions
- cumin
- fresh parsley
- sea salt
- curly lettuce
- avocado
- fresh cilantro (for garnish)

Directions:

Preheat oven to 300 degrees F. Peel and cut the potatoes lengthwise into pieces about ½ inch thick. Grease a baking sheet with coconut oil and place your potato slices on it. Bake for 10 minutes, flip, and bake for an additional 10 minutes.

Cook the bacon over medium heat in a large fry pan. Remove the bacon and set aside. Mix the lamb with the scallions, cumin, parsley, and salt to taste. Form burgers and place them in the fry pan, using the bacon grease to cook the burgers.

Plate a slice of sweet potato topped with the lamb burger. Garnish with lettuce, bacon, and cilantro. You may also add mayo or salad dressing. Top with another slice of sweet potato.

Hamburger Soup

You can play around with the ingredients in this one to your heart's delight. Kale or spinach make a great addition. This soup freezes well and makes a great quick lunch.

Ingredients:

- 1 lb. carrots, grated
- 2 leeks (whites only), finely chopped
- 2 zucchini, cut into ribbons with a peeler
- fresh basil
- 2 stalks celery, chopped
- 2 lbs. ground beef, brought to room temperature
- 2 c bone broth
- 2 bay leaves

Directions:

In a large soup pot, cook carrots, celery, and leeks on medium heat about 10 minutes. Add a handful of basil, the bay leaves, bone broth, zucchini ribbons, and ground beef (in pieces). Add enough water to cover. Simmer on medium until the beef is done, about 20 minutes. Add some butter and stir it in, and add salt to taste. Pull out the bay leaves before serving.

Slow Cooked Ribs

Whether you use pork or beef ribs, these turn out delicious. This is a crock-pot recipe but it's easily adapted to 'low and slow' in the oven.

Ingredients:

- 1 qt. bone or veggie broth
- 2-3 T sea salt
- 2-3 T lemon juice
- 2 T butter
- 1 tsp. ground cumin
- 1/2 tsp. ground coriander
- 1 T dried oregano
- 1 T dried basil
- 2-3 bay leaves
- 3-4 lbs. beef or pork ribs

Directions:

Put the broth and everything except the ribs into the slow cooker. Stir to mix well. Add in the ribs and make sure they're covered with liquid. Add water as needed. Cover and cook on low for 5-6 hours.

Sardine Feast

This can be eaten as is, put on a salad, or used in a lettuce wrap. It's a great boost of high-quality fat and omega-3s.

Ingredients:

- 1 can sardines
- scallion or green onion
- diced avocado
- butter

Directions:

Drain the sardines well and then chop them up into a bowl. Add the scallions, avocado, or other seasonings of choice. Melt the butter in a small fry pan and lightly sauté the mixture to meld the flavors.

Ground Beef and Cabbage Curry

An amazingly simple meal with lots of flavor, this may become a 'go-to' on your bulletproof plan!

Ingredients:

- 1/2 lb. ground beef
- 1/2 head purple cabbage
- 1 can (14 oz) coconut milk
- 1/2 tsp. curry seasoning

Directions:

Shred the cabbage. Put all ingredients into a large fry pan. Cook over medium heat for about 10-15 minutes, until the beef is done, cabbage cooked through, and the liquid slightly reduced.

Ginger Roast Beef

This is another slow cooker meal that can be cooked in the oven just as well. Cooking slowly brings out all the flavors and makes the meat very tender and juicy.

Ingredients:

- 3-4 lb. beef roast
- 6 leeks
- large butternut squash, cubed
- 2 cups bone broth or other broth
- 3-4 inch piece of ginger root, chopped
- 1 T apple cider vinegar
- 2 T butter
- Sea salt

Directions:

Cover the bottom of the slow cooker with the leeks. Place the roast on top of the leeks. Add all the remaining ingredients. Cover and cook on low for about 10 hours.

Thai Veggie Curry with Rice

This is a great carb re-feed meal that packs a punch. You can switch out the veggies for other 'green zone' ones as you choose.

Ingredients:

- 1 sweet potato, peeled and diced
- 1 small butternut squash, peeled, seeded and diced
- 6 T Thai green curry paste
- 3 T coconut oil
- 4 leeks, sliced
- 2 cans (14 oz. each) coconut milk
- 2 zucchini, diced
- 3 limes

Directions:

Heat oven to 350 degrees F. Melt 2 T of the coconut oil and mix with 2 T of the Thai green curry paste. Toss the sweet potato and squash in this mixture, and then put it all in a roasting pan. Season with salt and roast for about 30 minutes.

To begin the sauce, melt the remaining 1 T of coconut oil in a fry pan. Cook the leeks until softened and golden. Stir in the remaining 4 T of the curry paste and cook for a few minutes. Add the coconut milk and a splash of water and simmer. Add the roasted vegetables along with the zucchini. Simmer for 10-15 minutes. Stir in the juice from the limes and serve over rice.

Thoroughly rinse white rice before cooking to be bulletproof. Rinse and rinse until the water's clear. Then cook as usual.

Sweet Potato Ginger Brownies

Using baked sweet potato and coconut flour instead of wheat flour, these brownies are a great example of bulletproof baking.

Ingredients:

- 2 c cooked mashed sweet potato (purple ones if you can get them)
- 3 eggs
- 1/4 c butter
- 1/4 c raw honey
- 3 T coconut flour
- 3 T dark cocoa powder
- 2 tsp. ground cinnamon
- 1/2 tsp. ground ginger
- 1/4 tsp. vanilla powder
- 1/4 tsp. baking powder
- pinch sea salt
- 1/2 c chopped Lindt 90% dark chocolate bar

Directions:

Preheat oven to 350 degrees F. Mix the mashed sweet potato with the eggs, butter, honey, and vanilla. Combine well. Add in the coconut flour, cocoa powder, spices, baking powder, and salt. Again mix well. Stir in the chocolate pieces. Spread the batter in a buttered 8x8 pan. Bake 35-45 minutes until a toothpick comes out fairly clean. Cool before cutting.

‘Whatever’ Crock-Pot Dinner

This is the long version of this meal and a ‘go-to’ for many on busy weekends. Your meal can cook while you’re out doing things.

Ingredients:

- 1 ‘green zone’ meat
- 1-2 ‘green zone’ vegetables, chopped
- spinach or kale
- your choice herbs/spices

Directions:

Put some coconut oil in a pan on medium heat. Lightly brown the meat and then add the veggies and your leafy greens. Sprinkle in your spices and herbs. Stir, cover, and cook on low for 6-8 hours.

Bacon-Wrapped Cube Steak

The butter gives added richness to the cube steak, and the bacon wrap is divine. Serve with mashed cauliflower or a cauli-sweet potato mash.

Ingredients:

- 1 lb. cube steak
- sliced bacon
- butter

Directions:

Fold the cube steak in half with a good-sized chunk of butter in the middle. Wrap with bacon. Cook in a fry pan over medium heat until desired doneness, flipping from time to time.

Poached Salmon with Lemon-Zested Rice

Simple poached salmon is always a hit, and it gives you great leftovers for salads as well. White wine is a suspect beverage, but you won't be drinking it here and the alcohol cooks off. Substitute water if you'd like to completely avoid wine. The only sin with salmon is to overcook!

Ingredients:

- 1 to 1 1/2 pounds salmon fillets, pin bones removed
- sea salt
- 1/2 c dry white wine
- 1/2 c water
- 1 shallot, peeled and sliced
- several sprigs of fresh dill
- a sprig of fresh parsley

Directions:

Put all ingredients except the salmon in a large pan. Bring to a simmer over medium heat. Season the salmon fillets with a little salt. Place them skin-side down in the simmering liquid in the pan. Cover and cook about 8 minutes, depending on the thickness of the fillets.

Serve with white rice that you've spritzed with some lemon juice and stirred a little grated lemon zest into.

Zucchini Cheese

This is a great recipe for non-dairy cheese. You'll need some gelatin for this one to make it set, but it's cheese free of mold toxins and is definitely worth a try. It's a great addition to lunch salads!

Ingredients:

- 1 c zucchini, peeled and sliced
- 1/4 c water
- 1 T coconut oil
- 1 tsp. lemon juice
- 1 1/2 T grass-fed gelatin
- 1/3 tsp. sea salt

Directions:

Put the zucchini in a saucepan with the water. Bring to a simmer and steam with the lid on for about 5 minutes. Drain and discard the water. Move the zucchini to a blender. Add the coconut oil and lemon juice, and then blend on the highest speed until it's smooth. Add the gelatin and salt and blend again.

Line the bottom of an 8x8 baking pan with parchment. Pour the zucchini mixture into the pan and spread it evenly. Refrigerate for 2 hours until it sets. Remove from pan, peel off the parchment, and cut to desired size.

Pulled Pork Taco with Cauli-Tortillas

Pastured pork can be hard to find but oh-so-good, and it fantastic done in a slow cooker. If you can't get it locally, substitute a beef roast. Use the meat for tacos, on a salad or just devour it plain.

Ingredients:

- 6 strips bacon
- 3-4 lb. pork shoulder
- sea salt
- 2 T dried oregano
- 1 T ground turmeric

Directions:

Line the bottom of the crock-pot with the bacon. Salt the pork and rub it with the spices. Put the meat into the crock, cover, and cook on low for 14-16 hours. Shred meat with two forks when done.

Avo-Shrimp Bowl

Simple, neat, and very satisfying! Supplement with a basic salad if you want more to eat.

Ingredients:

- 1 large ripe avocado
- cooked shrimp

Directions:

Cut the avocado in half lengthwise. Remove the pit and fill the hollow with shrimp. Garnish with your choice of salad dressings.

Home-Made Gummy Creatures

Pick up candy molds that catch your fancy at the craft store for this recipe, and make sure to have some gelatin. Then put on your thinking cap and come up with your own bulletproof-friendly flavors! These are a great take-along snack for a quick energy boost with healthy fats and a little protein!

Ingredients:

- 1 c hot beverage (cocoa, vanilla, green tea, coffee)
- 1 T butter
- 1 T coconut oil or MCT oil
- 1 T vanilla or cocoa powder
- 5 T grass-fed gelatin powder
- Sweetener of choice

Directions:

Spray or grease your candy molds. Put all the ingredients in a blender and whip until frothy and well-combined. Pour into the candy molds. Refrigerate until set, anywhere from 20 minutes to 2 hours. Pop out of the molds and store in jars or baggies.

Sweet Potato and Egg Salad

This recipe gives you a hearty filling salad. You'll need some mayo to hold it together, and you can semi-hard boil the eggs instead of poaching if you'd like.

Ingredients:

- 2 small sweet potatoes, peeled and cut in 1/2 inch chunks
- 2 T coconut oil
- 5 well-done poached eggs, chopped
- 1 c ham or chopped cooked bacon (or leftover meat)
- 2 T diced chives
- 2 T mayo
- sea salt to taste

Directions:

Melt the coconut oil in a large fry pan over medium heat. Add the sweet potatoes and cook until fork tender. Remove from heat. In a bowl, mix the eggs, meat, and chives. Add in the cooked sweet potatoes and mayo, and mix well. Add salt to taste.

Orange Beef Stew

This is another great slow cooker recipe that frees you from cooking. Oranges are on the suspect list, so you may substitute lime if you like. Pick up some 'coconut aminos' because they make a great switch out for soy sauce to get that Asian flair.

Ingredients:

- 1-2 lbs. beef , cubed
- 1/4 c bone broth
- 1 T coconut oil
- 8 shallots
- zest and juice from 1 orange
- 1 tsp. minced garlic (suspect)
- 1 tsp. ground cinnamon
- 2 tsp. coconut aminos
- 2 tsp. fish sauce
- 1 tsp. dried rosemary
- 1 tsp. dried sage
- 2 tsp. fresh thyme
- 3 bay leaves

Directions:

Dice the shallots. Zest and juice the orange. Melt the coconut oil in a pan over medium heat. Add your meat (in batches) and cook until lightly browned. Put the meat into the slow cooker as you finish it. Put your shallots into the same frying pan and cook for about 2 minutes. Pour the orange juice into the fry pan and use it to deglaze, scraping all the little bits off the bottom of the pan. Add in all the remaining ingredients (don't forget the orange zest) except the herbs. Simmer for a couple of minutes, and then put it all into the slow cooker on top of the meat. Cover and cook on high for about 3 hours. Add the herbs and cook for another 1-2 hours.

Greek Lamb Meatballs

The lemon and garlic give these meatballs their distinctive Greek flavor. Double this recipe and pop the extras in the fridge to spice up your lunch salad later in the week.

Ingredients:

- 1 lb. ground lamb
- 1 clove garlic, minced
- zest from one lemon
- 1/2 tsp. dried oregano
- 1/2 teaspoon sea salt
- 1/4 tsp. freshly ground black pepper
- 1 lemon, thinly sliced
- 1-2 T olive oil

Directions:

Preheat oven to 400 degrees F. Combine all ingredients except lemon slices and olive oil in a bowl. Mix well and form into about 10-12 meatballs. Put the meatballs into a baking dish and distribute the lemon slices on top. Bake for 20-25 minutes until meatballs are cooked. Drizzle olive oil over the meatball before serving.

Red Cabbage Side

Traditional German cabbage without the apples, this is a great side with any pork dish. Change it up with the addition of a little spinach or kale, or throw in some black olives or a little clove.

Ingredients:

- 1/4 head red cabbage, finely shredded
- 2-3 leeks (white only)
- 1-2 stalks celery
- 4 T butter
- apple cider vinegar (to taste)
- sea salt (to taste)

Directions:

Put the cabbage into a large bowl. Add a few pinches of salt and squeeze it into the cabbage with your hands. The cabbage will quickly go limp in your hands and juice will come out. Save the juice.

In a large skillet, cook the leeks and celery over low heat. Add the butter, the cabbage, and the cabbage juice. Stir and turn the cabbage, getting it all coated with the butter and cooked through. Add apple cider vinegar and salt to taste.

Tapenade Avocado

This is a quick healthy complement to soup or a light lunch on its own, and you'll find the tapenade as versatile as the avocado in other dishes.

Ingredients:

- 2 c pitted olives, mixed green and black
- 1 T capers
- 4 anchovies
- juice from 1/2 lemon
- 2-3 T coconut oil, MCT oil or olive oil

Directions:

Put everything except the oil into the food processor. Pulse until finely chopped. Slowly drizzle in the oil, pulsing on low, until desired consistency. Put a dollop in the hollow of a half avocado and refrigerate the rest for later.

Brussels Sprouts ‘n’ Eggs

This is a super quick meal that is high in nutrition. If you'll be away from home, roast the sprouts the night before and substitute hard-boiled eggs.

Ingredients:

- Brussels sprouts
- Bacon, chopped
- Eggs
- Sea salt

Directions:

Halve the Brussels sprouts and toss them with the bacon pieces. Spread on a baking sheet, salt lightly, and bake at 325 degrees until tender. Serve in a bowl and topped with a poached egg.

Collard Greens

A southern favorite that can be done in a slow cooker or on the stovetop! Collard greens are high in healthy nutrients and great with chicken.

Ingredients:

- 1 T coconut oil
- 1/2 lb. bacon, diced
- 1 c leeks, thinly sliced
- 3 bunches collard greens, cleaned and cut
- Bone broth
- Apple cider vinegar
- Sea salt

Directions:

Cook the bacon in the coconut oil until crispy and remove from the pan. Put the leeks into the pan and sweat over medium heat for 3-5 minutes. Put the leeks, the bacon fat, the bacon, and the collards into the crock-pot. Top with bone broth, covering the greens about halfway. Season the mix with salt and a splash of vinegar. Cover and cook on low 4-6 hours. If using the stovetop, cover and simmer, adding water if needed and stirring occasionally, until greens are tender.

Final Thoughts on Your Road to Being Bulletproof

In our modern world, it can be hard to distinguish the facts from the hype. With information flying around the world within minutes, it's a sad fact that some of that information is either false or hopelessly mired in outdated facts. Our knowledge of food's effect on us, not just physically but also mentally and emotionally, is growing daily. Agri-business has had a profound effect on all of us, and we need to understand it before we can deal with those effects.

More people than ever are trying to eat and be healthier, yet the incidence of obesity, diabetes, and heart disease continues to rise. You're already on the road to health but you need to move forwards. Every change, no matter how small, will improve not only your appearance but, more importantly, how you feel. Eliminating (or cutting back on) known toxins will give you immediate results; ketogenic eating protocols offer their own nearly immediate benefits; and intermittent fasting is easy and inexpensive, yet it pays you back with health and longevity. Becoming bulletproof combines all of these concepts, for optimal results.

It's time for you to find out where you are on the road to health and well-being. No matter where your personal 'you are here' falls on that map, you can begin to implement small changes and start to move closer to being the best that you can be. I'm really talking *small changes* here...making your salad from a variety of lettuces instead of raw spinach or cabbage, switching to using coconut oil and real butter, using sweet potatoes instead of white potatoes, cutting way back on sugar and artificial sweeteners, and reducing your consumption of soy and corn. These are simple, affordable, and very doable! Every one of those things will make you start to feel better and help you to begin shedding body fat.

There's an old saying that 'nothing succeeds like success'. It's true. The success you experience with small changes in the right direction will inspire you to try more changes. Every journey begins with a single step...take that step now and begin shedding your excess body fat and firmly reclaiming the health and sense of well-being that you are entitled to enjoy!