



THE BULLETPROOF® DIET: SHOPPING GUIDE



INCREASED MENTAL PERFORMANCE • FIGHTING INFLAMMATION • EFFICIENT ENERGY • QUICK-BURNING FUEL • SCIENTIFIC RESEARCH

QUALITATIVE IMPROVEMENT

MAXIMIZING SUPERFOOD

ENERGY • LOW TOXIN



shopping tips & key points

THIS IS A LIST OF BEST PRACTICE TIPS FOR GROCERY SHOPPING. IT ALSO PROVIDES A LIST OF CRITERIA YOU CAN FOLLOW WHEN SELECTING CERTAIN FOODS.

- 1.** Shop around the perimeter of the store. This is where most of the Bulletproof foods will be. This also eliminates impulsive buying of low quality foods from the center aisles.
- 2.** Buying grass-finished & wild caught fish is your main goal.
- 3.** Don't shop when you're hungry. You're more likely to buy junk food.
- 4.** Shop with a friend if you often make poor decisions. This helps keep you accountable.
- 5.** When in doubt — go without. If you see a food that you're not sure about, it's better to avoid it.
- 6.** Do as much of your shopping through farmers markets and farms as possible. Nothing beats knowing your farmer.
- 7.** Buying food online is often much cheaper and easier to research.

veggies

- Cilantro
- Parsley
- Bok choy
- Brussels sprouts
- Fennel
- Asparagus
- Broccoli
- Cauliflower
- Celery
- Cucumber
- Avocado
- Kale
- Collards
- Spinach
- Cabbage
- Radish
- Summer squash
- Zucchini
- Lettuce
- Artichokes
- Green beans
- Butternut squash
- Carrots
- Leeks
- Green onion

oils & fats

- Ghee
- Eggs (yolks)
- Meat fat (grass-fed beef & lamb)
- Krill oil
- Marrow
- Coconut oil
- MCT oil*
- Chocolate
- Cocoa butter
- Avocado oil
- Butter
- Fish oil
- Palm oil
- Palm kernel oil
- Macadamia oil
- Virgin olive oil
- Bacon fat
- Almond butter
- Hazelnut butter
- Walnut butter
- Cashew butter
- Soy lecithin





proteins

- Grass-fed beef
- Grass-fed lamb
- Pasture-raised eggs
- Collagen
- Whey
- Bovine serum
- Colostrum
- Gelatin
- Wild-caught fish
- Anchovies
- Haddock
- Petrale sole
- Sardines
- Wild-caught sockeye
- Wild-caught salmon
- Summer flounder
- Wild-caught trout
- Pastured-raised pork
- Whey isolate

nuts & legumes

- Coconuts
- Almonds
- Cashews
- Hazelnuts
- Macadamias
- Pecans
- Chestnuts
- Walnuts

dairy

- Ghee
- Grass-fed Butter
- Colostrum
- Cream
- Full-fat raw milk
- Full-fat raw yogurt

sugar & sweeteners

- Xylitol
- Erythritol
- Stevia
- Sorbitol
- Malitol
- Other sugar alcohols
- Dextrose
- Glucose
- Raw honey



fruits

- Blackberries
- Cranberries
- Lemons
- Limes
- Raspberries
- Strawberries
- Avocados
- Coconuts
- Olives
- Pineapples
- Tangerines
- Grapefruits
- Pomegranates
- Blueberries

starches

- Sweet potato
- Yam
- Carrot
- Pumpkin
- Butternut squash
- White rice
- Taro
- Cassava
- Plantain
- Brown rice
- Banana
- Black rice
- Wild rice



spices & flavor

- Apple cider vinegar (ACV)
- Sea salt (fine grain)
- Ginger
- Cilantro
- Parsley
- Chocolate
- VanillaMax™*
- Bulletproof Coffee*
- Oregano
- Turmeric
- Rosemary
- Lavender
- Thyme
- Cinnamon
- Allspice
- Cloves
- Mustard

Note: Best to buy whole spices & then grind them when you need the powder.

* Available on [Bulletproof.com](https://bulletproof.com)

other

available at bulletproof.com

- Bulletproof Coffee
- Bulletproof Upgraded coffee
- Brain Octane Oil
- XCT Oil
- Upgraded Collagen
- Upgraded Whey
- VanillaMax™

