The Bulletproof® Diet Roadmap is your daily foundation for reaching a state of high performance, resilience, and vibrant health. This research-based diet is designed to reduce toxic health-harming foods, and replace them with Bulletproof foods that fuel your body and feed your brain, keep you satisfied, and allow you to perform your best and live your best life. This diet is easy to follow and allows for experimentation and variation in carb counting, no counting the foods. The foods are arranged in a spectrum so you can choose how bulletproof you want to become. The more you eat on the green side of the spectrum, the more fuel you get for your brain, body, and hormones to wake as you efficiently lose fat, enhance cognitive function, and help prevent disease.

**HOW MUCH TO EAT**

**WHEN TO EAT**

**BULLETPROOF®® FOR THE STATE OF HIGH PERFORMANCE**

**WHY?**

The Bulletproof® Diet is designed to reduce body fat, enhance mental performance, and prevent disease while leaving you satisfied and energized.

**WHEN TO EAT**

Eat when you’re hungry, stop when you’re satisfied, and do not count calories. The Bulletproof® Diet is designed to force you to eat the foods you like and also force you to eat the foods you don’t like but are good for you. The key to success is to enjoy the foods you like and also to eat the foods you don’t like but are good for you.

**WHAT TO EAT**

The Bulletproof® Diet is a low-carb, high-fat diet. It consists of whole-food, plant-based meals and is rich in healthy fats, proteins, and vitamins. It is a balanced and sustainable approach to weight loss and overall health.

**WHAT NOT TO EAT**

The Bulletproof® Diet avoids processed foods, added sugars, and high-glycemic index foods. It includes whole foods, healthy fats, and lean proteins.

**THE SIMPLE BULLETPROOF® DIET**

1. **Bulletproof® Coffee**: Drink Bulletproof® Coffee in the morning. It is made from Bulletproof® Coffee, which is Bulletproof® Coffee with Bulletproof® Coffee and Bulletproof® Coffee. It is Bulletproof® Coffee with Bulletproof® Coffee and Bulletproof® Coffee.

2. **Bulletproof® Coffee**: Drink Bulletproof® Coffee in the morning and Bulletproof® Coffee in the evening.

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