

Dave Asprey

THE BULLETPROOF DIET & FASTING ROADMAP



HOW MUCH TO EAT (% OF TOTAL CALORIES)

50-70% Good Oils and Fats	20% The Right Veggies -no upper limit-	20% Non-inflammatory Protein	5% Fruit/ Starch
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◀ BULLETPROOF	SUSPECT	KRYPTONITE ▶
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BULLETPROOF

Eat as much as you want

BEVERAGES ☕

Danger Coffee™
(Black or with
Brain Octane oil)
Filtered Water
Mineral Water

COOKING 🍲

Lightly Heated
or Cooked

DAIRY 🧀

Colostrum
Organic Grass-fed
Butter

FRUIT 🍎

Avocado
Blackberries
Coconut
Cranberries
Lemon
Lime
Raspberries

NUTS, SEEDS & LEGUMES 🌰

Coconut

OIL & FATS 🫒

Brain Octane Oil
Cacao Butter
Coconut Oil
Dark Chocolate
Fish Oil
Grass-fed Animal Fat
& Marrow
Grass-fed Butter & Ghee
Grass-fed Tallow
Krill Oil
Pastured Egg Yolks

ORGANIC VEGGIES 🌱

Asparagus
Avocado
Bok Choy
Broccoli
Brussel Sprouts
Cauliflower
Celery
Cucumber
Fennel
Olives

PROTEIN 🥩

Grass-fed Beef
& Lamb
Pastured Eggs
& Gelatin
Colostrum
Pastured Collagen
Protein

STARCH 🥕

Organic Acacia
Partially-hydrolyzed
Guar Gum

SWEETENERS 🍯

Xylitol
Erythritol
Stevia
Monk Fruit
D-ribose

BEVERAGES ☕

Green Tea
Water with
Lemon / Lime

COOKING 🍲

Convection Baked
or Baked at 320°F
or Below
Lightly Grilled
Poached
Pressure Cooking
Simmered Boiled
Slow Cooking
Sous Vide
Steamed Al Dente

DAIRY 🧀

Non-organic
Grass-fed Ghee
or Butter
Organic Grass-fed
Cream
Grass-fed Sheep's
Yogurt

FRUIT 🍎

Blueberries
Pineapple
Strawberries
Tangerine

NUTS, SEEDS & LEGUMES 🌰

Cashews
Coconut Flour
Macadamia
Raw Mold-free
Pistachios

ORGANIC VEGGIES 🌱

Artichokes
Butternut Squash
Cabbage
Cilantro
Green Beans
Green Onion
Leeks
Lettuce
Parsley
Radishes
Summer Squash
Zucchini

PROTEIN 🥩

Grass-fed Whey
Haddock
Low-mercury Wild Fish
(Such as Anchovies)
Pastured Pork
Petrale Sole
Sardines
Sockeye Salmon
Summer Flounder
Trout

STARCH 🥕

Arrowroot
Butternut Squash
Carrot
Plantain Flour
Pumpkin
Resistant Starch
Powder
White Rice

SWEETENERS 🍯

Maltitol & other
Sugar Alcohols
Sorbitol

BEVERAGES ☕

Fresh Brewed Iced Tea
(Unsweetened)
Hot Tea
Macadamia or
Cashew Milk
Tap Water with
Lemon / Lime

DAIRY 🧀

Organic Grass-fed
Full-fat Raw A2 Milk
or Yogurt
Sheep Milk Cheese

FRUIT 🍎

Grapefruit
Pomegranate

NUTS, SEEDS & LEGUMES 🌰

Walnuts

OIL & FATS 🫒

Avocado Oil
Extra-virgin Olive Oil
Palm Kernel
Palm Oil
Pastured Bacon Fat
Street-grade MCT Oil
Sunflower Lecithin

ORGANIC VEGGIES 🌱

Carrots
Green Beans
Green Onion
Leeks
Parsley
Winter Squash

PROTEIN 🥩

Clean Whey Isolate
Hemp Protein
Pastured Duck & Goose

STARCH 🥕

Cassava
Tapioca Flour / Starch
Taro
Sweet Potato
Yam

SWEETENERS 🍯

Glucose
Non-GMO
Dextrose
Raw Honey

QUESTIONABLE
Adverse effects are possible

BEVERAGES ☕

Bottled Iced Tea
(No Sugar Added)
Fresh Coconut Water
Kombucha
Nut Milks
Packaged Coconut Water
Raw Grass-fed A2 Milk
Untested Black Coffee

COOKING 🍲

UV Oven
Stir-fried with
Water & Butter

DAIRY 🧀

Grass-fed Ghee or Butter
Organic Grass-fed
Cow Cheese
Raw Sheep / Goat Cheese

FRUIT 🍌

Apple, Apricot, Cherries, Figs,
Kiwifruit, Lychee, Nectarine,
Orange, Peach, Pears, Plums

**NUTS, SEEDS
& LEGUMES** 🌰

Almonds, Chestnuts, Hazelnuts,
Pecans, Cashew Flour

OIL & FATS 🫘

Non-GMO Soy Lecithin
Grain-fed Butter & Ghee

ORGANIC VEGGIES 🌿

Eggplant, Onion, Peas, Peppers,
Shallots, Tomatoes, Mushrooms,
Beets, Cooked Kale,Cooked Collards,
Cooked Spinach

PROTEIN 🥩

Factory-farmed Meat
Heated Whey

SUSPECT
Adverse effects for many

BEVERAGES ☕

Freshly Squeezed Fruit Juice
Raw Grass-fed A1 Milk

COOKING 🍲

Stir-fried

DAIRY 🧀

Grain-fed Butter

FRUIT 🍌

Bananas, Dates, Fruit, Grapes,
Guava, Mango, Melons, Papaya,
Passion, Persimmon, Plantain,
Watermelon

**NUTS, SEEDS
& LEGUMES** 🌰

Almond & Pecan Flour
Pine Nuts
Walnut Meal / Flour Nut Butters
(Except Peanut)
Sunflower Seed Butter
Sunflower Seeds

OIL & FATS 🫘

Duck & Goose Fat

ORGANIC VEGGIES 🌿

Fresh Sprouts

PROTEIN 🥩

Factory-farmed Meat
Heated Whey

STARCH 🥕

Banana, Black Rice, Brown Rice,
Wild Rice

SWEETENERS 🍯

Agave, Brown Sugar, Cooked Honey,
White Sugar

USE CAUTION
Adverse reactions are likely

BEVERAGES ☕

Almond Milk, Oat Milk,
Pasteurized Milk,

COOKING 🍲

Barbecued, Broiled

DAIRY 🧀

Fake Butter, Low-fat or Skim Milk,
Pasteurized Non-organic Milk
or Yogurt

FRUIT 🍌

Cantaloupe, Honeydew

**NUTS, SEEDS
& LEGUMES** 🌰

Brazil Nuts, Chia Seed, Dried Peas,
Flaxseed, Garbanzo Beans, Hummus,
Most Legumes, Peanuts,
Sprouted Legumes,

OIL & FATS 🫘

Canola, Corn & Vegetable Oils,
Factory Chicken Fat, Flaxseed Oil,
Safflower, Peanut, Soy Cottonseed,
Sunflower

ORGANIC VEGGIES 🌿

Raw Collards, Raw Chard, Raw Kale,
Raw Spinach, Corn (Fresh)

PROTEIN 🥩

High-mercury or Farmed Seafood
Rice & Pea Protein

STARCH 🥕

Potatoes (White, Purple, New),
Fresh or Frozen Organic Corn
on the Cob,
Buckwheat, Oats, Quinoa,
Conventional Cheese

SWEETENERS

Agave, Brown Sugar, Cooked Honey,
White Sugar

KRYPTONITE
Avoid these at all costs

BEVERAGES ☕

Aspartame Drinks, Diet Drinks,
Packaged Juice, Soda, Soy Milk
Sport Drinks, Sweetened Drinks

COOKING 🍲

Blackened, Burnt, Charred,
Deep Fried, Microwaved

DAIRY 🧀

Condensed or Evaporated Milk,
Conventional Ice Cream,
Dairy Replacer, Powdered Milk,
Factory Dairy

FRUIT 🍌

Canned Fruit, Fruit Leather, Jam,
Jelly, Raisins

**NUTS, SEEDS
& LEGUMES** 🌰

Corn & Soy Nuts, Soy

OIL & FATS 🫘

Commercial Lard
Margarine & other
Artificial Trans-fats
Oils made from GMO grains

ORGANIC VEGGIES 🌿

All other Corn (Except Fresh),
Canned Veggies, Soy

PROTEIN 🥩

Beans,
Cheese & other Pasteurized or
Cooked Dairy (Except Butter),
Soy Protein, Wheat Protein / Gluten

STARCH 🥕

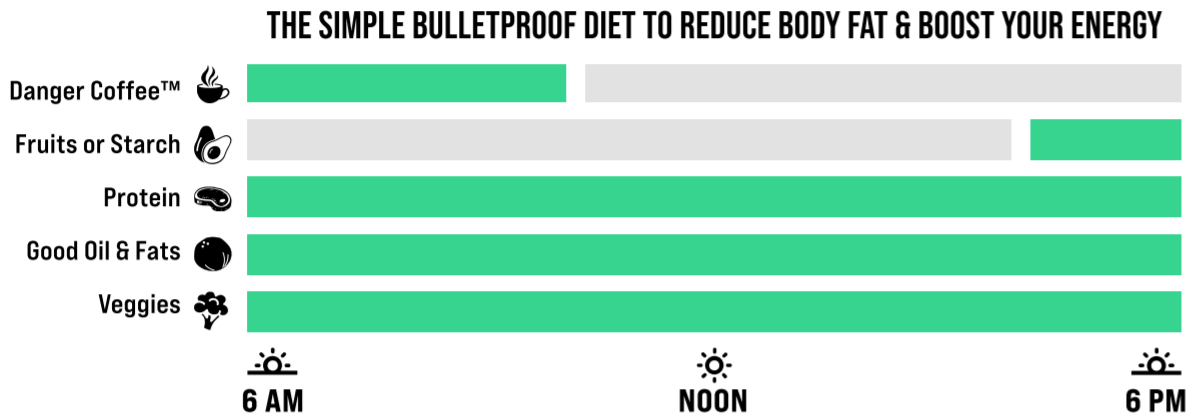
Corn, Corn Starch, Garbanzo Flour,
Gluten-free Powders, Millet,
Other Grains, Potato Starch, Wheat

SWEETENERS

Acesulfame Potassium, Aspartame,
Saccharin, Sucralose

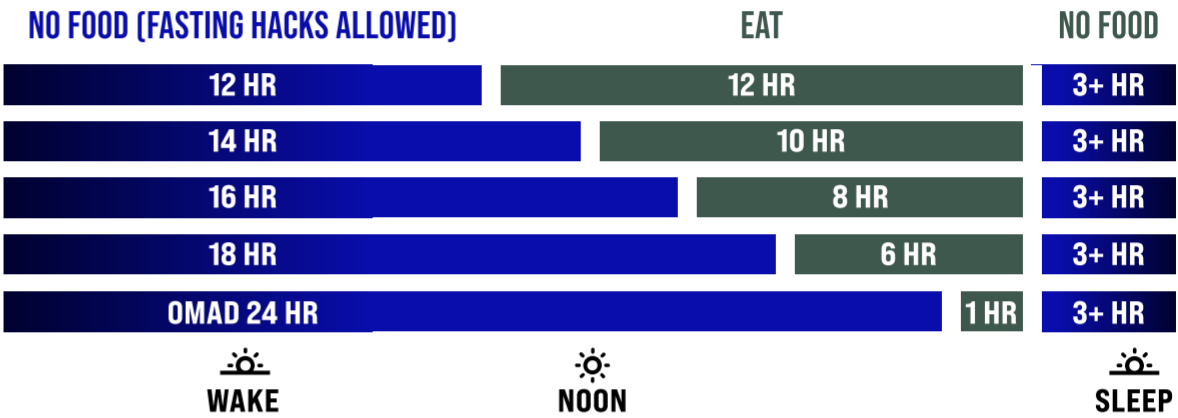
WHAT TO EAT ALL DAY

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.



FASTING SCHEDULES

No need to do the same one everyday.



3 FASTING HACKS TO REDUCE CRAVINGS

1 - BLACK COFFEE	2 - DANGER COFFEE™	3 - PREBIOTIC FIBER
WHAT IT IS:	WHAT IT IS:	WHAT IT IS:
At least two small cups of black coffee	Black mold-free coffee Small amount of grass-fed butter C8 MCT Oil	Soluble fiber that feeds good gut bacteria without raising your insulin.
HOW IT WORKS:	HOW IT WORKS:	HOW IT WORKS:
Caffeine doubles ketone production Coffee and caffeine increase energy and reduce hunger	C8 MCT raises ketones Grass-fed butter changes water chemistry for better metabolism Satiety and energy Fewer cravings	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 your cells and cause inflammation in your brain, gut, and joints.
PHYTATE	Plant defense system that depletes minerals and shreds your gut lining.
OXALATES	Plant defense system that forms crystals in gut, joints, kidney, brain, and vagina.
MOLD TOXINS	Toxins that form on plants as they grow or in storage. It causes brain fog, cravings, cancer, heart disease, and joint pain.
OMEGA-6 OILS	Unstable plant oils make for weak cells especially when they are fried or cooked - minimize to have better cells.
HISTAMINE	Bacterial byproducts are especially found in leftover protein, soy, fish, and pork. Causes strong cravings and brain fog when eaten.

SUPPLEMENTS TO TAKE WHEN YOU ARE FASTING

Fast This Way - The Supplement Checklist (page 161)

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

FOR MORE INFO, CHECK OUT DAVE'S NEW YORK TIMES BEST SELLERS

