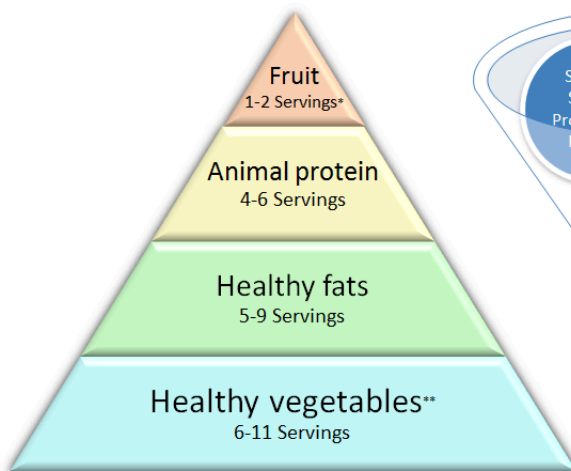




# THE BULLETPROOF DIET

v1.1 (July 12, 2011)

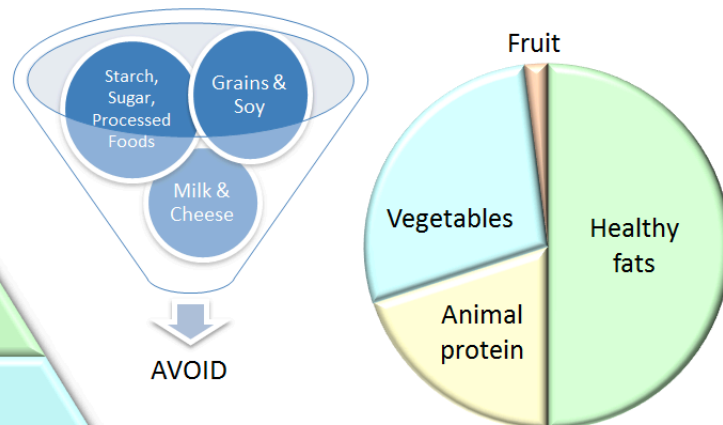
How many servings  
should I eat per day?



\* USDA-defined servings

\*\* Non-starchy: not potatoes, legumes, or roots

How should I allocate  
my calories per day?



*There is no target quantity of calories by design; as long as a diet is made of healthy foods, the body will match calories in and energy consumed until optimal weight is achieved.*

*The Bulletproof Diet is sponsored by The Bulletproof Executive and UpgradedSelf.com*



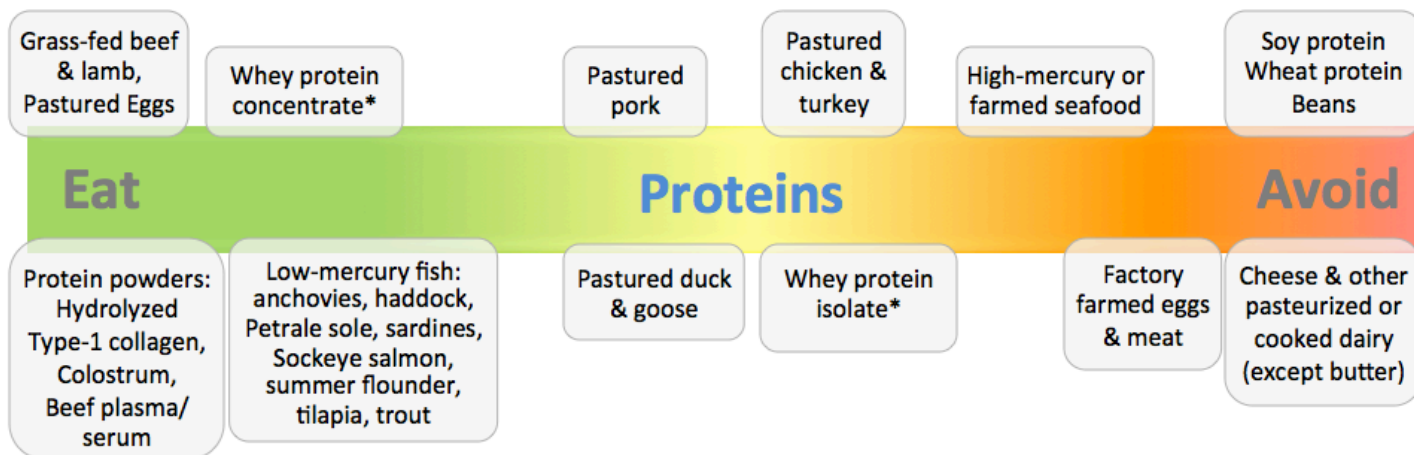
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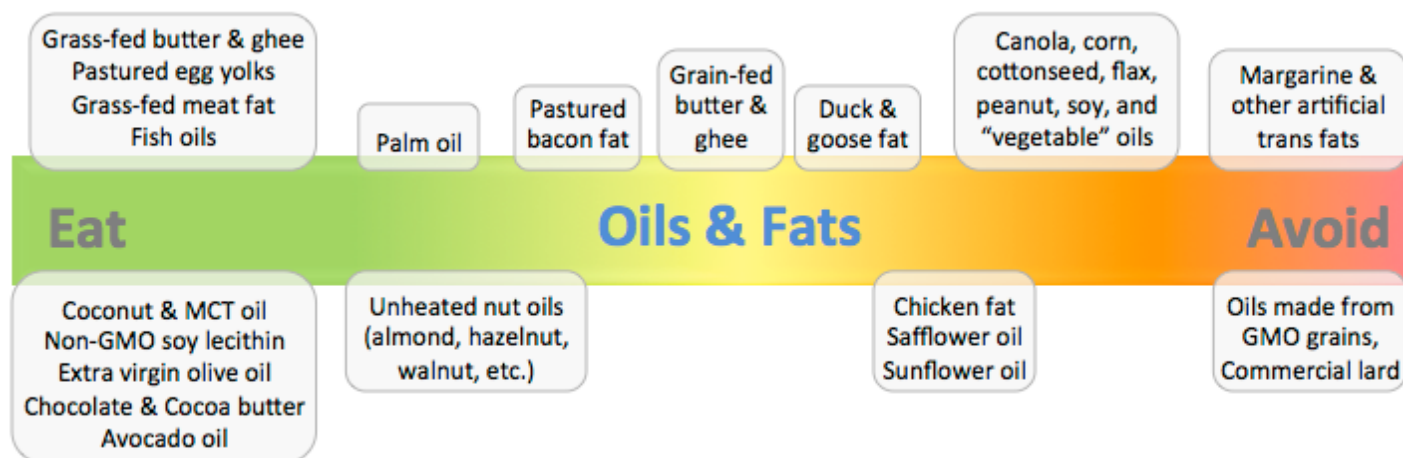
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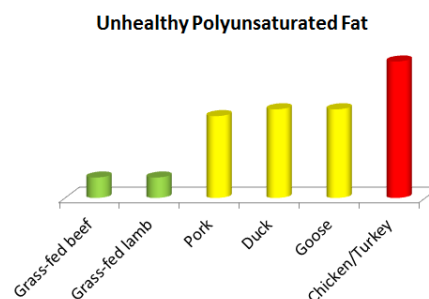
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\*All forms of whey protein must be cold-processed to be healthy. Whey protein isolate should be CFM (cross-flow micro-filtered). People who are sensitive to dairy should use isolate.



Polyunsaturated fats oxidize easily during cooking and promote oxidative stress inside the body. Pork, duck, goose, chicken, and turkey are all relatively high in polyunsaturated fats. These meats must also be cooked to well done. This is why grass-fed beef and lamb are better choices.



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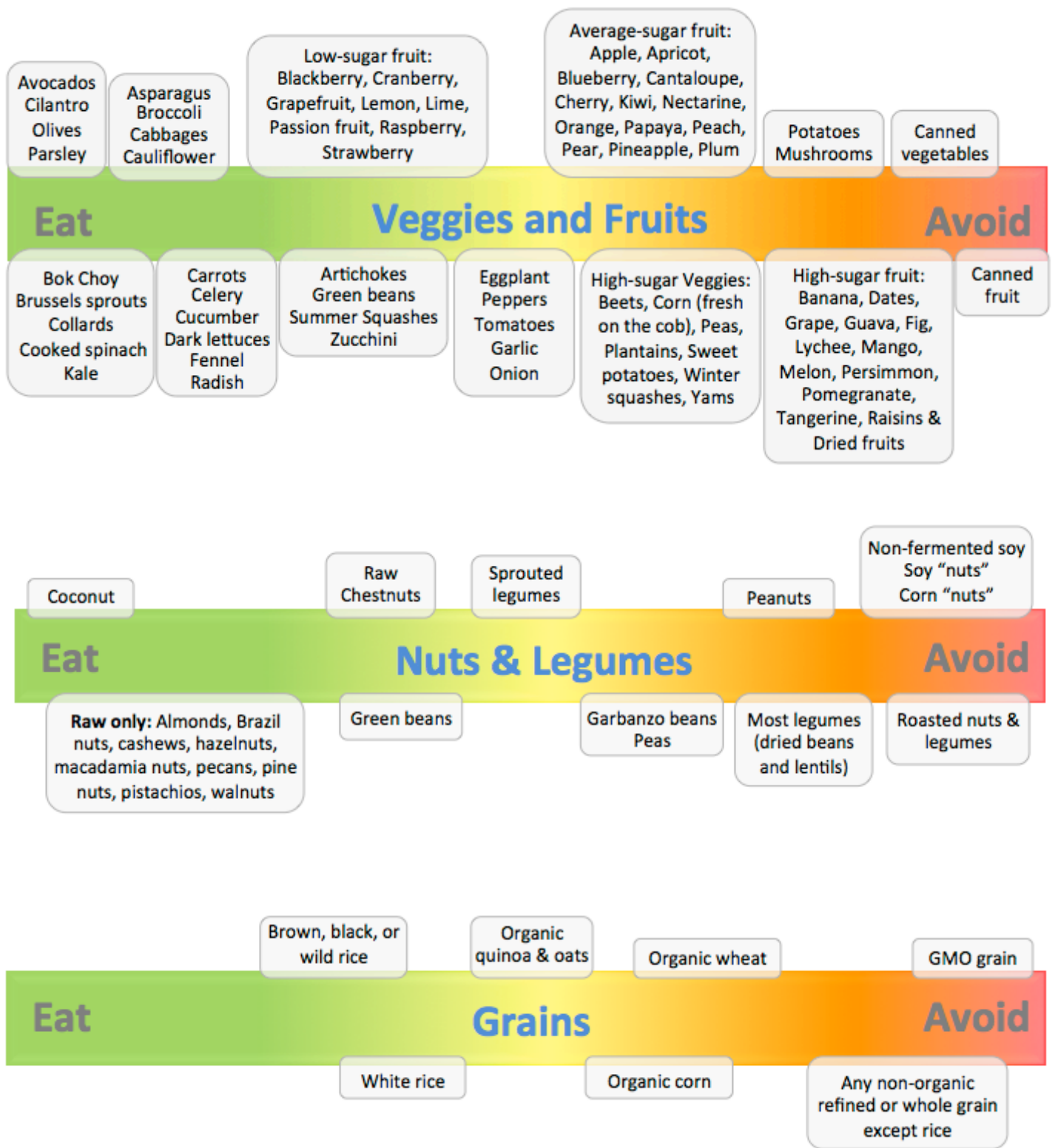
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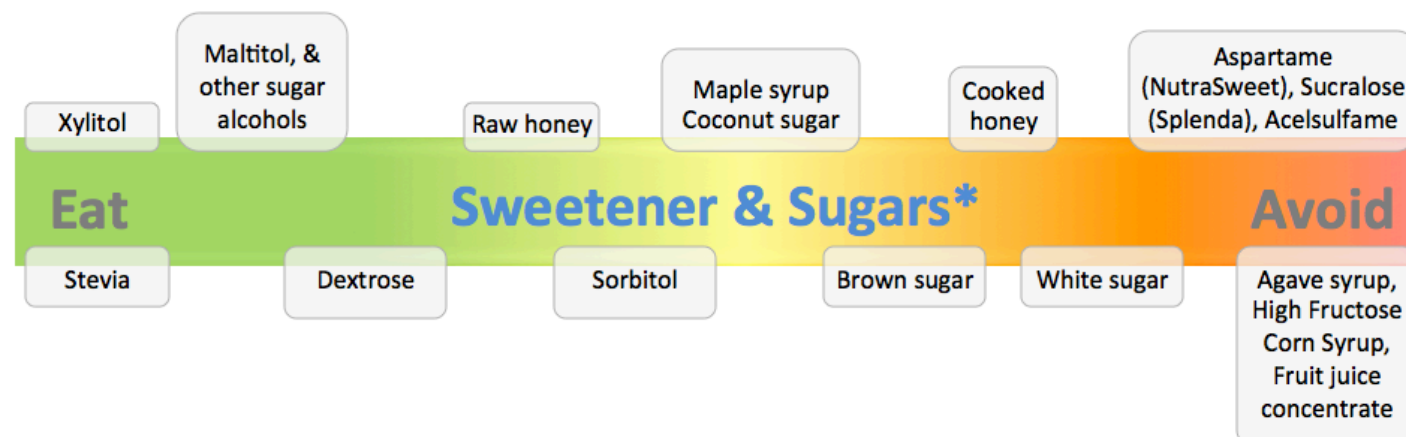
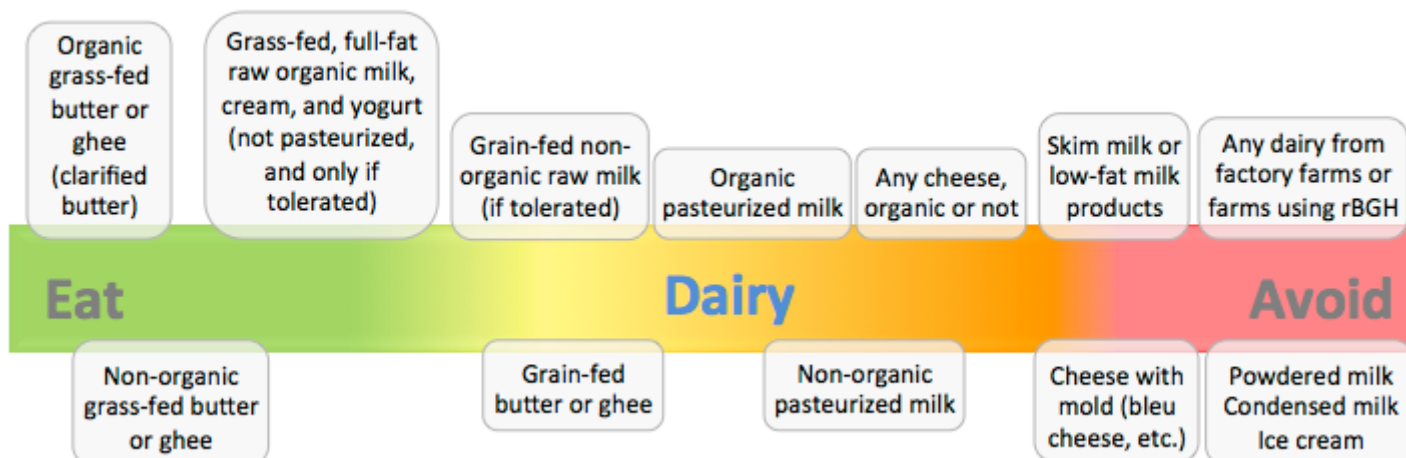
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\*Total grams of sugar should not exceed 15-25 grams per day with fructose being less than 15 grams per day.

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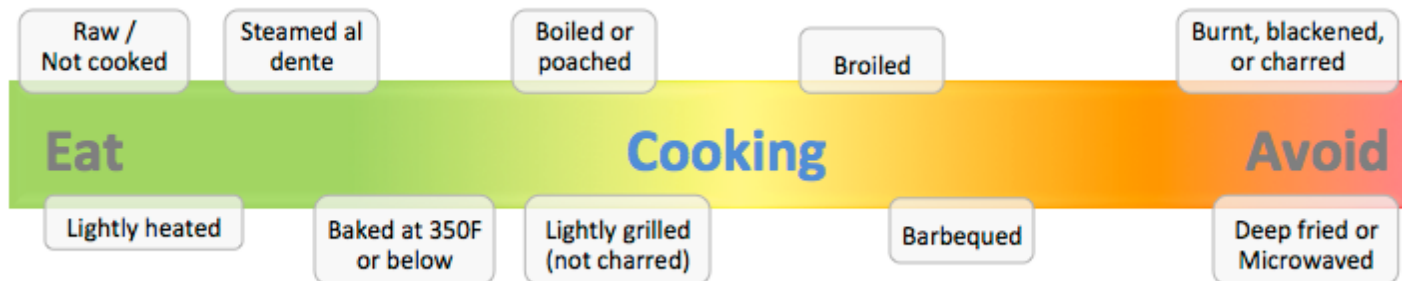
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