



BULLETPROOF™
POWER MIND AND BODY

BULLETPROOF CHEF

DAVE ASPREY

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THE BULLETPROOF DIET



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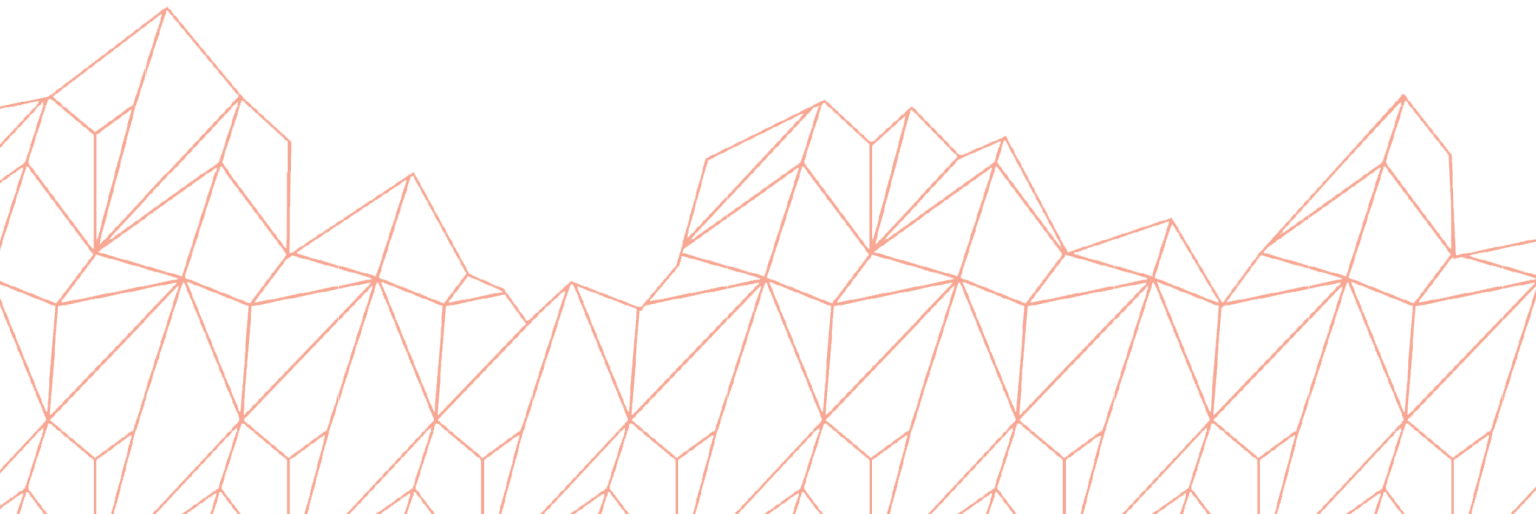
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BULLETPROOF KITCHEN



BULLETPROOF COOKING TECHNIQUES

Make your food do more for you

One of the primary goals of the Bulletproof Diet is to reduce as much inflammation from all sources as possible, to make you feel and look amazing all the time. You already know it's important to feed your body high quality foods, yet many people first going Bulletproof don't realize this major step that differentiates it from other diets out there:

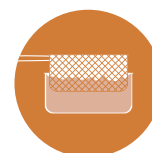
It's not just about WHAT you eat – it's about HOW you eat (and cook and prepare) it. Bulletproof cooking principles are a critical piece of following the Bulletproof Diet Roadmap (download it here free). If you buy the right foods but then you char them to death, you aren't doing anybody much good.

During my time as a raw vegan, it became clear that quite a lot of toxins are formed in food during certain cooking methods. Putting it all together, the way you process and cook your food (particularly proteins and fats) played a large role in your body's level of inflammation. Upon researching modernist cuisine, the science revealed quite clearly which cooking methods reduce inflammation and which ones caused it.

This is why how you cook your food is just as important as what you eat on the Bulletproof Diet – an often overlooked, but critical, aspect of going Bulletproof.

KRYPTONITE COOKING METHODS

DEEP FRIED



BLACKENED/CHARRED



MICROWAVED



BARBEQUE



4 HEALTHY FATS FOR HIGH HEAT COOKING



If you want to make a meal more satisfying, a surefire way is to add fat. Bulletproof fats are nutrient-dense, great for you, and – perhaps most importantly – tasty.

That said, not all Bulletproof fats are suitable for all types of cooking. For example, Brain Octane and XCT Oil are excellent for baking below 320° F and in coffee, salad dressings, and Bulletproof Ice Cream, but they don't tolerate high heat. What if you want to sear some salmon or sauté some veggies? Ideally you'll use a tasty, nutrient-rich fat with a higher smoke point.

It's best to cook all your food below 320° F to avoid carcinogen formation. If you do cook at a higher heat, though, it pays off to choose an oil that won't burn or oxidize on you. This article outlines some of the best fats for higher-heat cooking based on four criteria: vitamin content, smoke point, fatty acid composition, and...well... deliciousness.

SMOKE POINTS

**GRASSFED
BUTTER
OR GHEE**

**350° F BUTTER
485° F GHEE**

**NON-EXTRA
VIRGIN OLIVE OIL**
325° F - 375° F

BEEF TALLOW
420° F

COCONUT OIL
350° F

7 ANTI-INFLAMMATORY HERBS & SPICE

Most herbs and spices are good for you and antioxidant function. It's also common for them to improve your gut flora, but which are the best?

The arrangement of herbs, spices, and other flavorings in The Bulletproof Diet Roadmap (download the roadmap free here) is designed to help you maximize the performance benefits of spices, minimize antinutrient exposure, and keep you firmly in charge of your own biology.

The Bulletproof Diet helps you to heal your gut by eating anti-inflammatory foods that also are delicious and satisfying. Many chronic diseases result from inflammation on the cellular level or in one or more (or all) body systems. Reducing inflammation to ideal levels is key to achieving optimal functioning, enhanced immunity, vibrant energy, mental clarity, and all the other things that give you the kind of energy you want to have all day.

Chinese and Ayurvedic medical practitioners have used herbs and spices to treat all manner of ailments, thanks in large part to their anti-inflammatory and antioxidant properties, and probably due to changes they cause in the gut biome.

Inflammation and oxidation are closely related:

antioxidants quell free radicals that damage cells and lead to inflammation.

Nutrients can also prevent inflammation through other pathways, notably by turning off genes that trigger inflammatory proteins or processes, by boosting the concentration of proteins that counter inflammation, or modulating the gut biome. This power is highly concentrated in herbs and spices; just half a teaspoon of ground cinnamon has as many antioxidants as half a cup of blueberries, and half a teaspoon of dried oregano has the antioxidant power of three cups of raw spinach.



SAGE



GINGER



CAYENNE



TUMERIC



CINNAMON

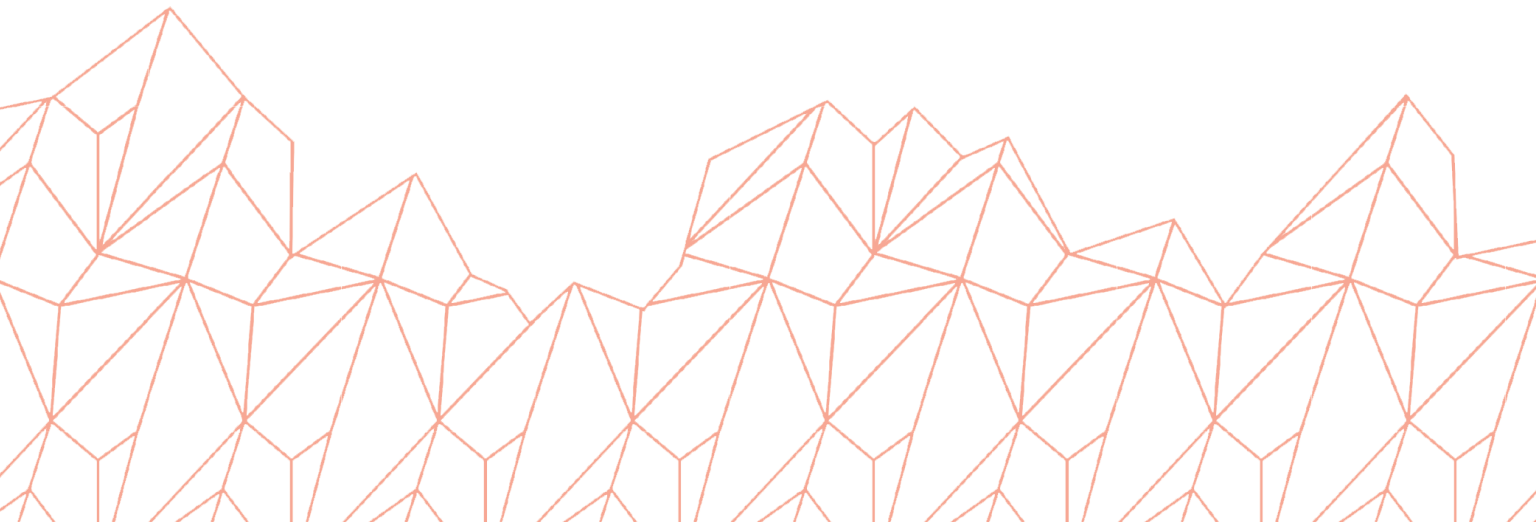


CLOVES



ROSEMARY

UPGRADED RECIPES



BULLETPROOF PUMPKIN SPICE UN-LATTE

Serves: 2-4 people

INGREDIENTS

1 1/4 Cup Full Fat, Unsweetened Coconut Milk (canned is fine)

3 tablespoons Brain Octane oil (or XCT oil)

3 tablespoons Organic Pumpkin Puree

2 tablespoons Stevia/Erythritol blend (you may prefer raw honey or maple syrup)

1 tablespoon Grassfed Unsalted Butter

1 teaspoon Pumpkin Pie Spice

1/2 teaspoon Bulletproof VanillaPSL2

Optional: **1** tablespoon raw organic maple syrup

Optional: **2** tablespoons raw whipped cream on top

HOW TO

+ Combine all ingredients in saucepan. Over medium heat, simmer for approximately five minutes. Stir well to evenly blend spices and oils.

+ In blender, add 2 1/2 cups Bulletproof coffee (brewed strong), add pumpkin spice mixture from saucepan – blend on high for 30 seconds until creamy and frothy.

Option: if you don't have blender, add premade coffee to pumpkin mixture and use hand blender in saucepan – blend till smooth and frothy.)

Optional: if you would like a sweeter (but less Bulletproof) version, add 1 tablespoon Raw Organic Maple Syrup to the blend.

Optional: add raw cream/whipped cream on top for a special treat, if you can find it!

BULLETPROOF ROAST WITH BRUSSELS SPROUTS

For this recipe you'll need a slow cooker, which is on the Suspect list because people tend to use it to overcook things. As long as you don't do that, it's a great tool that I recommend getting to make lots of Bulletproof dishes with minimal effort.

Serves: 2-4 people

INGREDIENTS

MEAT:

- 1 pound grass-fed, organic bottom sirloin or skirt steak
- 2 tablespoons sea salt
- 1 tablespoon ground turmeric
- 1 teaspoon dried oregano
- 2 tablespoons Upgraded XCT oil
- 3 tablespoons grass-fed unsalted butter
- 1.5 tablespoons apple cider vinegar

BRUSSELS SPROUTS:

- 1 pound Brussels sprouts (halved)
- 2 tablespoons grass-fed unsalted butter
- 2 teaspoons sea salt
- 2 teaspoons ground turmeric

HOW TO

To make the meat:

- + Coat the meat with the salt, turmeric, and oregano.
- + Place the seasoned meat in the slow cooker and pour the
- + Upgraded XCT Oil over the meat.
- + Add the butter and slow cook on low for 6 to 8 hours or until the meat is shreddable.
- + After the meat is cooked, add the vinegar.

To make the Brussels sprouts:

- + Preheat the oven to 300F.
- + Place the sprouts in a baking pan with the butter.
- + Sprinkle on the salt and turmeric.
- + Bake for 30 to 45 minutes. Serve and enjoy.

CAULIFLOWER-BACON MASH

You will never miss eating mashed potatoes again now that you can have this deliciously creamy, bacon-flavored mashed cauliflower instead!

Serves: 2-4 people

INGREDIENTS

- 1** large head cauliflower, cut into florets
- 4** tablespoons grass-fed unsalted butter
- 2** tablespoons Upgraded XCT oil
- 1/2** tablespoon apple cider vinegar
- Sea salt to taste

HOW TO

- + 1/2 pound pastured, preservative-free bacon lightly cooked at medium-low (not crispy—keep those fats intact), diced
- + Steam the cauliflower until tender, drain, and blend $\frac{3}{4}$ of the cauliflower with all other ingredients except the bacon in a high-powered blender.
- + Stir in the bacon. Pulse until chunky. For amazing flavor, add 1-2 tablespoons of the bacon grease (as long as it didn't smoke when you were cooking the bacon at a low temperature).
- + Serve and enjoy.

BULLETPROOF GUACAMOLE

Guacamole made this way keeps you full for longer and is amazing on top of grass fed meat, sushi, or salads. I have been known to eat a bowl of it by itself for lunch.

INGREDIENTS

- 4 large ripe Haas avocados, peeled
- 2-4 T Brain Octane or Upgraded XCT Oil 2 teaspoons or more
- 1 T dried organic oregano
- 1-3 tsp of apple cider vinegar (to taste)
- Himalayan salt (to taste)

HOW TO

- + Blend everything with a hand blender until it is very creamy.
- + Stir in chopped cilantro and jalapenos (if you tolerate night-shades) or other herbs of your choice.

NOTE: The end result is like guacamole on steroids. The flavor is much more intense because of the effect of the esters from the Brain Octane on your taste buds. You won't miss the onions and garlic common in most recipes. (These medical herbs taste good but have negative effects on your performance, unless you're sick.)

LOW CARB RICE

INGREDIENTS

- 1** cup organic sushi rice
- 1** ½ cups water
- Pinch of Himalayan pink salt
- 2** tbsp. grass-fed butter
- 1** tsp. raw honey
- 3** tbsp. coconut oil

HOW TO

- + Bring water to a boil.
- + Rinse rice well in cold water and drain.
- + Add rice and coconut oil, reduce heat to low, cover, and cook for 20 minutes.
- + Remove rice from heat and immediately transfer it to the fridge. Let rice cool in the fridge for 1 hour, or longer. You can portion out the rice before putting it in the fridge so that it cools more quickly. (think chunks shaped like your thumb, like you'd use for nigiri sushi)
- + When rice is cool, set oven to warm.
- + Remove rice from fridge and put in oven until warm.
- + Drizzle butter, raw honey, and salt.

BULLETPROOF SATISFYING SALAD DRESSING

INGREDIENTS

- 1/2** Avocado (or 2 egg yolks)
- 2** tbsp Coconut Oil (optional)
- 3** tbsp Brain Octane
- 2** tbsp Apple Cider Vinegar
- 1/3** medium cucumber
- Sea salt to taste
- Pinch of xylitol or stevia
- Fresh cilantro, oregano, or sweet or spicy pepper

HOW TO

- + Blend all ingredients to create a thick, creamy dressing.

2 MORE BULLETPROOF DRESSINGS

BULLETPROOF RANCH

- 1** cup Bulletproof Mayo
- 2** tbsp Fresh Dill – chopped
- 1** tbsp Apple Cider Vinegar
- 2** cloves garlic, minced together with sea salt and pepper

Chill for a few hours after blending.

BULLETPROOF HONEY MUSTARD VINAIGRETTE

- 3/4** cup Apple Cider Vinegar
- 1/8** cup Extra Virgin Olive Oil
- 1/8** cup Brain Octane
- 3** tbsp organic mustard
- 2** tbsp raw honey (or xylitol)

COCONUT - BLUEBERRY CREAMY PANNA COTTA

INGREDIENTS

- 1 cup fresh or frozen blueberries
- 4 cups full-fat coconut milk, BPA-free, divided
- Up to 4 tablespoons hardwood xylitol or stevia (to taste)
- 2 tablespoons Grass-Fed Bulletproof CollaGelatin
- 2 teaspoons vanilla powder
- 4 tablespoons grass-fed unsalted butter
- 1 tablespoon coconut oil or MCT oil
- 1/2 cup shredded coconut

HOW TO

- + Place the berries in a deep-sided dish.
- + Heat 1 cup of the coconut milk, the xylitol, and the gelatin in a saucepan over medium heat until dissolved.
- + Place the remaining 3 cups of coconut milk in a blender with the vanilla, butter, and oil. Blend thoroughly and then add the hot coconut milk/gelatin mixture and shredded coconut. Pulse the blender until mixed.
- + Pour the entire blender contents over the blueberries and place the dish in the fridge for an hour to set.
- + Add more berries to the top!

BULLETPROOF CUPCAKES

NOTE: It took me many years, but I finally figured out how to make baked goods Bulletproof. This will soon be one of your favorite foods on the Bulletproof Diet! (either chocolate or coffee flavored!)

Servings: makes 18 cupcakes

INGREDIENTS

12 tablespoons erythritol or hardwood xylitol or a 50/50 mix (best)

12 ounces 85% or darker chocolate, chopped or chips

3/4 cup grass-fed unsalted butter, at room temperature

Tiny pinch sea salt

6 eggs at room temperature, separated

2+ teaspoons vanilla extract or 1 teaspoon ground vanilla

1 teaspoon cocoa powder (or very finely ground coffee beans)

1 tablespoon sweet rice flour (omit if you can't find it and do not use normal rice flour, which is gritty)

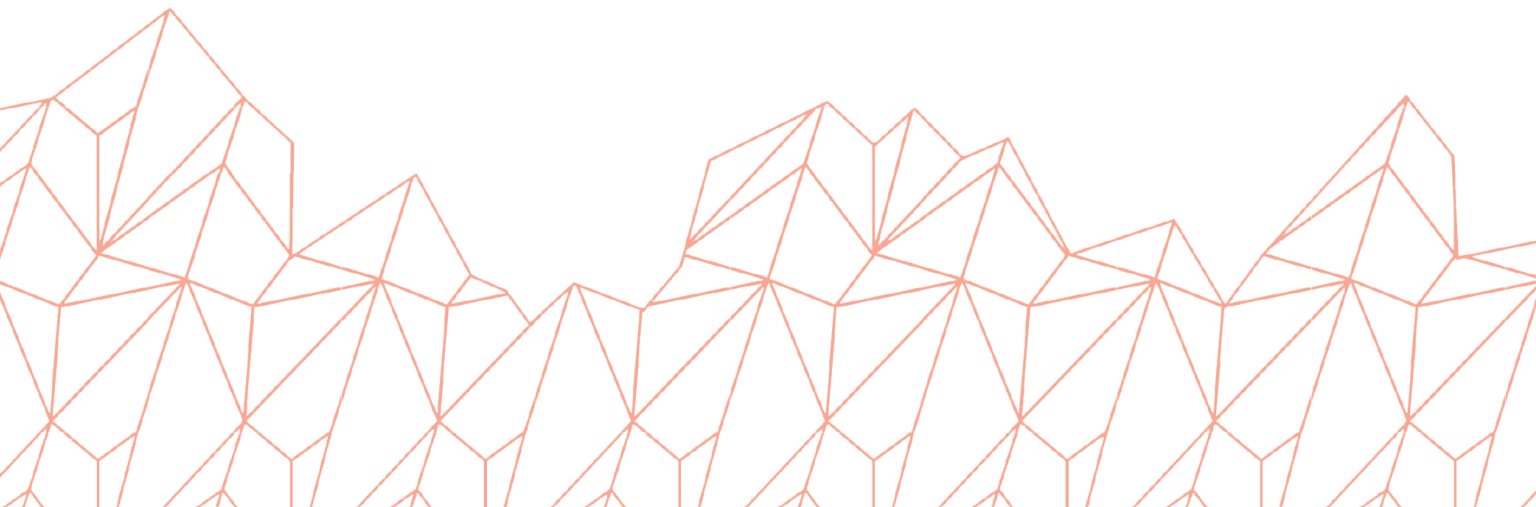
Preheat the oven to 350°F.

BULLETPROOF CUPCAKES CONTINUED

HOW TO

- + Line 18 muffin tin cups with paper liners. If you'd like to make a dozen, reduce the recipe by 1/3. If you'd like to make 2 dozen, increase the recipe by 1/3.
- + Powder the erythritol and/or xylitol in a blender. Make sure to pulse it so friction doesn't melt the xylitol into a sticky mess! Set aside.
- + Melt the chocolate and butter in a heavy, medium saucepan over low heat, stirring constantly, until smooth. Remove from the heat and stir often as it cools a little. Set aside.
- + Mix 6 tablespoons of the powdered xylitol/erythritol, salt, and all 6 egg yolks and beat on medium to high speed for about 3 minutes until you get something very thick and pale.
- + Using a spatula, fold the egg-xylitol blend into the still-warm chocolate and add the vanilla, cocoa powder or coffee, and flour.
- + Use a separate bowl to beat the egg whites on high speed until soft peaks form. Then slowly add the remaining 6 tablespoons of xylitol/erythritol and beat until medium-firm peaks form.
- + Fold the egg whites into the chocolate-egg yolk mixture little by little, in 3 or 4 batches.
- + Fill the cupcake liners 3/4 full and bake for 11 minutes. Rotate the pan and bake for 11 more minutes. + Use a wire rack to let them cool completely.
- + If you want to make a frosting, use the sweetener of your choice mixed with grass-fed butter, cocoa powder, and vanilla.

BULLETPROOF BIOHACKS



BIOHACKING WITH KALE

Kale shakes are popular for breakfast these days, even though they sound gross. Kale has nutrients that make people feel healthier, lose weight, and just kick more ass. It's a huge upgrade over toxic sugar-filled cereal, muffins, and yogurt commonly known as "breakfast."

People turn to raw kale shakes because they want to start their day with a massive dose of nutrients and a revved up digestive system. But what if kale had a dark side, and knowing about it could make your kale shake even better, with more health and performance benefits?

Believe it or not, there are some long-term problems that come with daily raw kale shakes. I learned about them when I was a raw vegan with a daily blender full of kale, before I discovered the Bulletproof® Diet.

The good news is that you can totally upgrade your kale shake by removing kale's natural self-defense mechanisms and increasing your vitamin absorption from it. Biohacking your kale shake will blow up the nutritional benefits and send your energy level through the roof.

A raw kale shake is easy to make – just blend together some raw kale and whatever other raw fruits (aka high fructose wet candy) or other vegetables you like. This common formula raises a few biohackers red flags in terms of optimizing health and human performance. As nutritious as kale is, it has a much darker side. That's why I hacked the recipe to overcome the problems and upgrade your kale make your body and mind Bulletproof!

LITTLE THINGS COUNT

- + Choose the right species (dino kale, not curly kale) Dino kale is much lower oxalate than curly kale.
- + Cook it – Cooking it and throwing out the water reduces kale's oxalate levels by 2/3.2
Add fat – Grass-fed butter is a great source of fat to optimize the absorption of vitamins in kale while also boosting cognitive function and gut health. Upgraded™ XCT oil is also another premium sources of fat to add to your kale because it improves the body's absorption and use of Vitamin E, calcium, and magnesium. It also works directly in cells to give you an extra boost to maximize your performance.
- + Calcium load – Add about a gram of calcium carbonate and 500mg-1000mg of magnesium oxide to your blender to reduce your absorption of oxalates. Or at least swallow a capsule as you are eating it.

THE DARK SIDE OF RAW KALE

What Oxalates in Raw Kale Do to You

- + **Kale's oxalic acid can cause muscle weakness**
- + **Raw kale can cause painful sex**
- + **Kidney stone risk**
- + **Gout risk**
- + **Lowered thyroid function (goitrogenic)**

LIGHT SIDE OF RAW KALE

- + **180% RDA of vitamin A**
- + **1000% RDA of vitamin K**
- + **High concentration of antioxidants**
- + **Sulphur-based nutrients**
- + **Carotenoids and flavonoids**
- + **Lutein and zeaxanthin for your eyes**

TOP 15 COFFEE HACKS

1. L-Theanine

L-Theanine (100 mg) is a popular supplement that works synergistically with caffeine. It's an amino acid naturally found in tea that increases alpha brain waves. It has been shown to mitigate negative effects from caffeine, including damaged sleep quality and anxiety, while boosting the positive effects. You can also take it in a capsule in the morning along with your coffee.[i] But why not blend it in? It won't change the taste, but it changes how you feel.

2. Turmeric

Turmeric is the popular yellow spice used mainly in Indian cuisine. Turmeric contains a powerful compound called curcumin, which has profound anti-inflammatory effects and is a strong antioxidant. Adding it to your coffee will boost the total amount of antioxidants, but will diminish the coffee flavor.[ii] If you don't like coffee, but want to drink it for the antioxidant polyphenols, turmeric erases the coffee taste. Turmeric doesn't absorb well without fat anyway.



3. Ginger

Ginger is rich in gingerols, and has been used for its antioxidant, anti-inflammatory, and anti-nausea effects. Like turmeric, ginger will diminish some of the coffee flavor.[iii] Mix this stuff with turmeric, and you'll taste NO coffee (but what kind of masochist would do that???), and get a powerful anti-inflammatory herbal blend.



4. Grape Seed Extract

Grape Seed Extract has an astringent, tannin flavor that's not bitter (depending on the brand). It also has positive effects with blood cholesterol and inflammation.[iv] A pure grape seed extract can add amazing flavor notes to coffee.



5. Upgraded Collagen

Upgraded Collagen is a great addition to Bulletproof Coffee as less inflammatory protein source high in the amino acid glycine. It aids healthy tissue repair while maintaining healthy levels of inflammation and revitalizing your skin.[v] It also stands up well to the heat of coffee, which is not true of quality whey protein.



6. Upgraded Vanilla

Upgraded Vanilla adds a great flavor and has historically been used as a cognitive enhancer. Real vanilla (only about 5% of the “vanilla” people consume) has a super high ORAC score of 122,400. You can mix the Upgraded Vanilla in with your coffee grounds or add them after brewing.[vi]



7. Cayenne

Cayenne is well known for its health impacts, especially since it works synergistically with MCTs for thermogenesis. However, cayenne has a high risk of mold toxin contamination, so opt for a high quality source.[vii] It is also a nightshade, so it’s a suspect food on the Bulletproof Diet Roadmap. Be sure it’s helping you. And get ready to sweat!



8. Blueberry Powder

Blueberry Powder has a high amount of polyphenols as well as a high ORAC score. It also raises BDNF, which helps brain function. Remember to watch out for high amounts of fructose![viii] I use blueberry extract in the morning, or real powder in my second cup when I have one.

9. Eggs and/or Egg Yolks

Eggs, and especially egg yolks, are a good alternative as a source of healthy fats in the absence of butter. They are great sources of micronutrients like omega-3s and vitamin K2 (see below). Check out also Mark Sisson’s Primal Egg Coffee recipe!



10. Bilberry Powder

Bilberry Powder is made from bilberries, a close relative of cranberries. It can improve vision, reduce eyestrain, and support overall eye health.[ix] It's expensive – so increase it's bioavailability.

11. Upgraded Cacao Butter

Upgraded Cacao Butter provides a subtle chocolate finish to your coffee. It's also a great source of healthy saturated fats![x] It's not a replacement for real grass-fed butter. Just add a little!



12. Upgraded Chocolate Powder

Upgraded Chocolate Powder can make your Bulletproof® Coffee into a mocha, and adds lots of polyphenols to your morning blend.



13. Vitamin K2

Vitamin K2 is found in your grass-fed butter, but it is also a powerful addition to your coffee. It's heat stable and doesn't change the coffee flavor. For the lowdown on how crucial K2 is to your biology, check out the Bulletproof podcast with Dr. Kate Rhéaume-Bleue.

14. Maca

Maca, also known as Peruvian Ginseng, is an endocrine adaptogen that can help balance hormones and reverse hypothyroidism. It's also high in vitamins and minerals like magnesium, potassium, and zinc. I like this one. But watch out: when I was looking to create a maca supplement, I put a high end supplier's brand through the exhaustive Bulletproof Process for testing, and it failed with high aflatoxin levels of 13 ppm. Also, natives use gelatinized maca, NOT raw maca, because raw maca has anti-nutrients in it.

15. Ceylon Cinnamon

Ceylon Cinnamon can help you regulate your blood sugar and reduce insulin resistance, along with helping guard against irritable bowel syndrome and stomach flu, while increasing memory and response times.[xi] Ceylon is in contrast to the kind of cinnamon you usually find in generic grocery stores, which is called Cassia – it isn't actually made from the real cinnamon plant. It's worth upgrading to Ceylon, especially since a lot of people have a small reaction to Cassia they often aren't aware of.

Bonus Tip: Add Nothing At All!

Black coffee is great too, when you're not hungry. So I often enjoy a cup of black Upgraded Coffee straight up. Or I make a shot of espresso made with Upgraded Beans in my La Marzocco GS3 (at 198.7 degrees Fahrenheit to be exact).

Next up in the coffee series, stay tuned for the top 10 most common Bulletproof Coffee mistakes you want to NOT to make in your own morning brew. And don't forget: Bulletproof Coffee now comes as Bulletproof Ground Coffee, in addition to whole beans – available for purchase in the Bulletproof Store starting today.

How else have you successfully hacked your morning (or early afternoon) Bulletproof Coffee?



How to Make Classic Iced Bulletproof Coffee

- + Blend up a hot Bulletproof Coffee (official recipe here) just like you normally would, but use *ghee* instead of butter – it will not separate out when iced.
- + Pour over ice.
- + Enjoy!

How to Make Blended Iced Bulletproof Coffee with Whey Protein

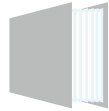
- + Blend your coffee, grass fed butter, and Brain Octane or XCT oil until a layer of froth forms at the top.
 - + Add ice to the mixture and blend until smooth.
 - + Lastly, Add 10 – 40 grams of Whey Protein AFTER completely blended, then LIGHTLY blend the whey in just until it's mixed in.
- OPTIONAL:** For an ultimate Bulletproof ice cream like consistency, blend in one or two raw egg yolks BEFORE the whey!

How To Make Upgraded Coffee Ice Cubes

- + Just brew coffee like you normally would, pour into an ice cube tray, then freeze.
 - + I like my ice cubes extra strong so that they taste delicious after they melt, so I make espresso strength coffee for these.
- NOTE:** they may stain your ice cube trays a bit brown if your trays are plastic not glass – go glass! Otherwise, they're still worth it when it's really hot outside, and you will not have to worry about watered down iced coffee, yuck!

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IN THE FLOCK OF RADICALS



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