GROCERY LIST



30 DAYS TO A BULLETPROOF BODY

Here's what you'll need to buy, week-by-week, for the **Bulletproof Body Meal Plan**. Customize this list based on your needs and what's available. Buy *grass-fed, pastured, organic food* whenever possible. Some foods listed here are suspect on the Bulletproof Diet, and should be eaten in moderation. *Refer to the Bulletproof Diet Roadmap for more info.*

PANTRY ESSENTIALS

Bulletproof Coffee Beans Ground Ceylon cinnamon Grass-fed ghee Ground ginger Brain Octane Oil Garlic powder Himalayan sea salt Onion powder Apple cider vinegar Curry powder Grass-fed ghee Paprika Coconut oil Chipotle powder Collagen protein Pepper Paleo all-purpose flour Raw honev Baking powder MitoSweet **Turmeric** Raw cacao powder Dried parsley Dried oregano Ground coriander

WEEK 1			
PROTEIN Steak Eggs Chicken thighs Bacon Bone broth	FATS Unsalted butter Avocados Coconut milk Raw pecans		
VEGETABLES Bok choy Asparagus stalks Nori sheets Carrots Sweet potato Zucchinis Cauliflower Mixed salad greens Sweet potatoes Red cabbage	SPICES AND GARNISHES Cilantro Fresh thyme or rosemary Fresh basil Fresh mint Green onion Coconut aminos Lemongrass Ginger Lemon or lime		

WEEK 2 **PROTEIN VEGETABLES AND FRUITS FATS** Bone broth Coconut milk Broccoli Eggs Cauliflower Unsalted butter Bacon Avocado Zucchini Salmon fillets Leeks Avocado oil Ground beef Onion Steak Green beans **SPICES AND GARNISHES** Spinach or collard greens Fresh rosemary Butternut squash Fresh basil Kale or bok choy Fresh parsley Cherry tomatoes (optional) Chives Tomato passata in a glass jar, Scallion or chopped peeled tomatoes Cilantro Sweet potato Spaghetti squash Carrots Radish Cucumber Arugula

WEEK 3

	WLLK 5	
PROTEIN	VEGETABLES AND FRUITS	FATS
Eggs	Cauliflower	Avocado
Sausage	Cucumber	Unsalted butter
Pork	Mixed greens	
Bacon	Zucchini	SPICES AND GARNISHES
Beef ribs	Red bell pepper	Green onions
Ground beef	Sweet potatoes	Cilantro
Chicken stock	Carrots	Fresh basil
Steak	Onion	Fresh parsley
	Broccoli slaw	Fresh thyme
	Green beans	Lemongrass
	Brussels sprouts	Ginger
	Cabbage	Garlic
	Butternut squash	Thai or serrano chile
	Bok choy	Coconut aminos
	Pineapple	Dijon mustard
		Whole grain mustard
		Lemon and lime

WEEK 4

PROTEIN	VEGETABLES AND FRUITS	FATS
Eggs	Cauliflower	Coconut milk
Whole chicken	Pumpkin	Coconut cream
Beef short ribs or	Zucchini	Avocado
beef shank	Mixed greens	Unsalted butter
Salmon fillets	Kale	
Chicken bone broth	Sweet potatoes	SPICES AND GARNISHES
Trout fillets	Carrots	Lime
Bacon Steak	Zucchini	Ginger
	Cabbage	Parsley
	Grape tomatoes (optional)	Cilantro
	Cucumber	Chives and/or dill
	Radish	Lemon
	Bok choy	Fresh basil
	Asparagus stalks	Green onions
		Dijon or yellow mustard