APPENDIX

BULLETPROOF RECIPES

Now that you know all the details of how the Bulletproof Diet is going to help you start looking great and kicking ass in all areas of life, it's time to start cooking some delicious kick-ass food. Here are some of my easiest, most impressive performance-boosting recipes. Of course, the quality of the results is somewhat dependent on the quality of ingredients you use. These recipes work better when you use the highest quality ingredients you can find, including organic, grass-fed animal products and organic produce. Do your best and enjoy!

BULLETPROOF COFFEE

Get ready to enjoy a high-performance buzz from your creamy mug of Bulletproof Coffee as you watch your chubby, tired coworkers eat low-fat yogurt and twigs for breakfast. It's almost unfair.

THE OFFICIAL BULLETPROOF COFFEE RECIPE

- 2 cups piping-hot brewed coffee made with Upgraded Coffee beans
- Up to 2 tablespoons grass-fed unsalted butter (use your hunger as a guide)
- Up to 2 tablespoons Brain Octane C8 MCT oil (use your hunger as a guide)

BASIC BUTTER COFFEE RECIPE

- 2 cups piping-hot brewed coffee made with low-toxin beans
- Up to 2 tablespoons grass-fed unsalted butter (use your hunger as a guide)
- Up to 2 tablespoons coconut oil (use your hunger as a guide)
SMOKED SALMON AND AVOCADO “NOT-SUSHI”

This Bulletproof version of fast food takes only moments to prepare and provides plenty of healthy fats and proteins to keep you going for hours at warp speed. It’s my go-to lunch when I’m in a rush and need something to sustain me.

1 Hass avocado
Cold smoked wild sockeye salmon
Sea salt

Cut the avocado into 1/2-inch slices and the smoked salmon into strips. Wrap each slice of avocado in a piece of salmon and sprinkle with salt.

SMOKED SALMON BUTTER BITES

This is another Bulletproof fast food you can grab in a hurry. Try making this for lunch in your office kitchen and watch the look of confusion on your coworkers’ faces as you start losing weight and looking great after eating butter for lunch!

Compound butter of your choice (see compound butter recipes on page 284)
Cold smoked wild salmon (look for Alaskan or sockeye salmon)
1 cucumber, cut into slices
Sea salt

Cut your compound butter into teaspoon-size pieces, roll a piece of salmon around each piece, and place the salmon-wrapped butter on top of a cucumber slice. Sprinkle with salt to taste and enjoy! This is like those cream cheese–salmon appetizer rolls, but without the inflammatory ingredients.

OPTIONAL ADD-INS:
Cinnamon (only the highest quality)
Vanilla powder
Chocolate powder
Stevia, erythritol, or hardwood xylitol to taste

Brew coffee as you normally would, but use a metal mesh filter if possible. A French press works well. As the coffee brews, pour hot tap water into your blender to preheat the blender. Empty the hot water from the blender when the coffee is ready. Add the brewed coffee, butter, and MCT or coconut oil into the blender. Close and cover the blender lid with a cloth in case the lid leaks. (You don’t want hot coffee on the ceiling!) Blend until there’s a thick layer of foam on top like a latte. Add cinnamon, vanilla, dark chocolate, or sweetener if desired.

TIP: If you don’t have a real blender, a hand blender (immersion blender) works okay but doesn’t create as much foam as a high-powered blender.

NO-COFFEE VANILLA LATTE

This creamy hot beverage is the perfect replacement for coffee if you’re pregnant or don’t drink it for some other reason. Vanilla was originally used as a healing herb and has more antioxidants than almost any other food.

2 cups hot water
Up to 2 tablespoons grass-fed unsalted butter (use your hunger as a guide)
1 teaspoon vanilla powder
1 to 2 tablespoons coconut oil, MCT oil, or C8 MCT (use your hunger as a guide)
Stevia or hardwood xylitol to taste

Add all ingredients to a blender and blend until you have a creamy drink with a nice layer of foam on top. As with Bulletproof Coffee, an immersion blender works fine if you don’t have a high-powered blender handy.

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BULLETPROOF POACHED EGGS WITH SAUTÉED GREENS

Poaching is a great Bulletproof method of cooking eggs to retain their nutrients and avoid damaging the proteins. This is a great weekend lunch meal that could easily be substituted for dinner. Try buying an assortment of fresh organic greens and prewash them when you get home so they're ready when you need them for easy cooking.

- 2 to 3 cups greens of your choice (kale, collards, chard, etc.)
- 2 tablespoons grass-fed unsalted butter or ghee
- Sea salt
- 2 tablespoons sliced raw cashews or almonds
- 2 poached eggs

Fill a pan with an inch or two of water and add the greens to cook. Once the greens are tender, drain the water and add the butter or ghee. Toss the greens in the butter or ghee until covered. Remove the greens from the heat and sprinkle with salt and nuts. You should poach your eggs so your yolks are runny and the nutrition from the yolks is intact. The restaurant tricks to poaching eggs are to add 2 tablespoons of apple cider vinegar to the water and then swirl the water around before cracking the eggs so they stay in the center of the whirlpool. Top your poached eggs with the greens.

BULLETPROOF TACO SALAD

When I make this, I like to prepare extra meat and save it for another meal or even eat it by itself for a quick lunch the next day. This satisfying meal can easily be eaten for dinner, too.

TACO MIX

- 1 pound grass-fed, organic fatty ground beef
- 2 tablespoons grass-fed unsalted butter or ghee
- ½ fresh lime, squeezed
- 1 to 2 tablespoons cayenne powder (warning: Suspect, don't use if you're sensitive!)
- 1 teaspoon dried oregano
- Sea salt to taste

SALAD

- 1 cup spring lettuce
- ¼ cup shredded red cabbage
- 2 shredded carrots
- 1 cucumber, cut into slices
- ½ avocado, sliced
- “Creamy” Avocado Dressing (page 272)

To make the taco mix: In a medium pan, sauté the beef on medium-low until cooked gently but thoroughly. Your goal is not to brown the meat but to heat it enough that it’s cooked through. Burned, caramelized meat tastes good, but it causes food cravings. Drain the excess liquid. Add the butter or ghee, lime juice, cayenne powder, oregano, and salt. Add more seasoning if you wish and play around with flavors!

To make the salad: Lay a bed with all of the salad ingredients, starting with the lettuce. Add a suitable portion of beef on top and then drizzle with dressing.
BULLETPROOF MEATBALLS
These meaty mouthfuls are great by themselves for lunch or for dinner with a vegetable side dish of your choice. Play around by adding chopped fresh herbs (basil, parsley, mint, oregano, sage, or rosemary) to see which you like best.

1 pastured whole egg
1/4 cup ground almonds or almond butter
Sea salt
1 tablespoon C8 MCT oil
1 teaspoon ground turmeric
1 teaspoon chili powder
1 pound grass-fed, organic ground beef, bison, or lamb

Preheat the oven to 320°F.
Combine the egg, nuts, 1/2 teaspoon salt, oil, turmeric, and chili powder and mix into the meat by hand to thoroughly combine. Form the meat into small balls the size of a Ping-Pong ball and place them on a rimmed baking sheet lined with foil. Sprinkle salt on the meatballs before placing them in the oven. Bake for 20 to 25 minutes, depending on the size of the meatball.

BULLETPROOF ONE-POT SOUP
This is a great way to use whatever veggies are in season at your local farmers’ market or the ones that are sitting in your fridge. Make a big pot and bring it to work for lunch.

4 cups washed and loosely chopped Bulletproof vegetables of your choice (celery, fennel, cauliflower, broccoli, spinach, etc.)
8 cups filtered water or Upgraded Bone Broth (page 279)
1 cube (1 inch) fresh ginger, peeled and chopped
Sea salt to taste
Bouquet garni of fresh oregano and/or thyme
1 pound grass-fed, organic ground meat

Wash and chop your assortment of vegetables and boil it in the water or broth with the ginger, 1/4 teaspoon salt, oregano, and thyme. Once the water comes to a boil, add the ground meat directly to the water. When the vegetables are tender and the meat is cooked thoroughly, remove from the heat, season with salt, and serve.

BULLETPROOF UN-OMELET
This is an amazing meal any time of day, but I like to eat it as a quick lunch. Once you’re in maintenance mode, this is a great breakfast on days when you don’t do Bulletproof Intermittent Fasting.

1 large head broccoli broken up into florets or 2 heads chopped fennel or 3 cups green beans (or any combination of these)
1 or 2 raw pastured egg yolks (duck if available)
1 tablespoon C8 MCT oil
1 tablespoon lemon juice or apple cider vinegar
Fresh rosemary, oregano, or thyme
Sea salt

Steam the vegetables and drain well. In the meantime, pour hot tap water into your blender to preheat it. Empty the hot water from the blender when the vegetables are ready. Add 2/3 of the vegetables, still piping hot, into the preheated blender along with the oil and vinegar. Immediately add the eggs. Allow the hot veggies to gently “cook” the eggs as you blend them on a low setting into a creamy sauce. Add the sauce back to the remaining vegetables. Sprinkle with herbs and salt to taste.
**UPGRADED KALE SHAKE/SOUP**

For this upgraded kale recipe, there is no need to add sugar, fruit, or any carbs for it to taste great and make you feel even better than a fruit/kale smoothie. Remember not to include the collagen or any other protein when eating this hot “shake” on protein fast days!

- 1 bunch dinosaur kale
- 500 milligrams calcium carbonate
- Sea salt to taste
- Herbs of choice (oregano rocks!)
- 1 to 4 teaspoons apple cider vinegar to taste
- 2 to 4 tablespoons grass-fed unsalted butter
- 1 to 2 tablespoons C8 MCT oil
- 2 tablespoons high-quality, heat-stable protein (I recommend Upgraded Collagen)

Steam the kale with a cup or so of water until cooked (about 5 to 7 minutes). Drain the water. Add more fresh hot water if you want a thinner consistency. In a blender, combine the drained kale with the calcium carbonate, salt, herbs, vinegar, butter, and oil until super creamy. Last, for extra protein, add Upgraded Collagen or another heat-stable protein to the mixture and lightly blend until the protein is mixed in. Or just add pastured raw eggs!

**Note:** Don’t use this on your protein fast days and be sure to add the protein last and blend only slightly—you don’t want to mechanically damage that expensive protein. You’ll ruin it!

**BULLETPROOF BENEDICT**

Your favorite brunch is now Bulletproof.

- 2 or 3 handfuls spinach, washed
- 1 tablespoon grass-fed unsalted butter
- Sea salt to taste
- 2 softly poached pastured eggs
- Bulletproof Hollandaise (recipe below)
- 1 ripe avocado

In a pan, add the spinach with a tablespoon or two of water and sauté until just wilted. Drain the water and add the butter and a pinch of salt. Stir until the butter is melted and place the sautéed spinach on a plate. Place the poached eggs on the spinach and drizzle with hollandaise sauce. Halve and slice the avocado and place on a plate. Enjoy.

**BULLETPROOF HOLLANDAISE**

This delicious, creamy sauce is perfect on eggs but also satisfying on any protein or veggie of your choice.

- 2 pastured egg yolks
- 1 tablespoon lemon juice
- Pinch sea salt
- Dash cayenne powder (optional) (warning: Suspect, don’t use if you’re sensitive!)
- ¼ cup melted grass-fed unsalted butter or ghee
- Bunch fresh parsley (optional)

Place the egg yolks, lemon juice, salt, and cayenne pepper (if using) in a high-powered blender. Start the blender on low and run it for about 30 seconds. Slowly drizzle the melted butter or ghee into the blender. You must pour slowly to aid the emulsion. Once all the butter or ghee is added and the hollandaise has thickened, it’s done. Top with parsley if you choose.
ROASTED PORK BELLY WITH VEGETABLES

This recipe takes a little more time, but it's well worth it! Try making this for dinner on Sunday and eating the leftovers throughout the week. Make sure to use the highest-quality pork you can find, preferably from a local farmers’ market. If you can’t find good-quality pork, this recipe is great with any fatty grass-fed beef roast.

1 piece (1 to 2 pounds) pastured pork belly
2 tablespoons room-temperature grass-fed ghee, divided
3 or 4 carrots, peeled and cut into 2-inch pieces
3 celery stalks, cut into 2-inch pieces
1 fennel bulb, cut into ¼-inch slices
1 tablespoon chopped fresh thyme
1 tablespoon chopped fresh sage
1 tablespoon ground turmeric (optional)
sea salt
3 ¼ cup water
1 tablespoon apple cider vinegar
2 tablespoons C8 MCT oil

Preheat the oven to 320°F.

Score the pork skin and fat without cutting the meat. Rub 1 tablespoon of the ghee on the outside of the skin. In a roasting pan, lightly toss the carrots, celery, and fennel with the remaining ghee (it will melt anyway), thyme, sage, and turmeric (if using) and sprinkle with salt. Lay the pork belly meat side down in the pan on top of the vegetables and sprinkle the meat with salt.

Place the pork belly in the oven and roast for 1½ hours. Combine the water and vinegar and pour the liquid into the pan. Roast for 1 more hour or until the meat pulls apart. After it’s cooked, add the MCT oil to the vegetables.

OPTIONAL: Turn the oven to low broil for the last 10 minutes to create a crackling effect on the skin, but be careful not to char the meat.

BULLETPROOF HASH

This quick hash is great for lunch or dinner on higher-carb days. For an extra boost, add cooked chopped spinach and/or half an avocado, diced, on top.

1 to 3 tablespoons pastured lard, bacon grease, or similar
1 small sweet potato, diced
1 teaspoon ground turmeric or grated turmeric root
 ½ teaspoon sea salt
 ½ teaspoon ground ginger or grated fresh ginger
1 to 2 tablespoons grass-fed unsalted butter or ghee
2 or 3 free-range eggs

In a skillet, heat the lard over medium heat and add the sweet potato, turmeric, salt, and ginger. Continue to cook until the sweet potato is soft. Melt the butter in another skillet over medium heat. In the second skillet, fry the eggs over easy or sunny side up. Serve the eggs on top of the hash and let the yolk drain into the hash.
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.

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 C8 MCT oil
- 3 tablespoons grass-fed unsalted butter
- 1 1/2 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

To make the meat: Coat the meat with the salt, turmeric, and oregano. Place the seasoned meat in the slow cooker and pour the MCT 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 300°F. Place the sprouts in a baking pan with the butter. Sprinkle on the salt and turmeric. Bake for 30 to 45 minutes.

BULLETPROOF STEW

This Bulletproof take on a classic, hearty dish will satisfy your body, mind, and soul.

Sea salt

- 1 to 2 pounds grass-fed, organic stewing beef (beef chuck), cut in 1-inch cubes
- 3 tablespoons ghee, divided
- 1 cube (1/2 inch) fresh ginger, peeled and thinly sliced
- 1 tablespoon ground turmeric
- 3 cups Upgraded Bone Broth (page 279) or 3 cups water + 3 tablespoons Upgraded Collagen
- 1/2 pound carrots, peeled and cut in 1-inch pieces
- 1/2 pound peeled and cubed sweet potatoes
- 1 large zucchini, cut in half moons
- 2 cups unsweetened coconut milk
- 1 tablespoon high-quality olive oil
- Fresh cilantro, chopped

Lightly sprinkle salt on the meat cubes. Heat 1 to 2 tablespoons of the ghee in a pan on medium-high heat. When it starts to bubble slightly, brown all sides of the meat cubes in single-layer batches. Be careful not to burn the meat! The idea here is to seal in the juices but not cook the meat. Add the remaining ghee and the ginger and stir often until fragrant, about 2 minutes. Add the turmeric and stir frequently for 1 minute. Add the broth or water with collagen and the beef and bring to a boil, stirring the sides and bottom of the pan to ensure nothing is stuck to the bottom. Reduce the heat to medium-low, cover, and simmer, stirring occasionally, for 45 minutes to 1 hour or until the meat is tender. Add the carrots and sweet potatoes and simmer for 15 minutes. Add the zucchini and simmer for 5 to 10 more minutes. Stir in the coconut milk and olive oil. Garnish with cilantro and serve.
ROASTED LAMB RACK WITH VEGETABLES

Grass-fed lamb is one of the most Bulletproof proteins on the planet, and it shines here in this simple, classic preparation.

1 tablespoon ghee
1 American rack of grass-fed, organic lamb (8 chops)
or 2 New Zealand racks of grass-fed, organic lamb (16 chops total), about 1 1/2 pounds
1 tablespoon each fresh chopped sage, thyme, oregano, rosemary, and ground turmeric, to taste
Sea salt
2 cups sliced fennel
2 cups sliced celery
2 cups sliced cauliflower

Preheat the oven to 350°F.
Rub the ghee into the rack. Score the fat on the top diagonally. Add the chopped herbs and the salt. Place the vegetables in the pan and lay the lamb fat side up in a roasting pan on top of the bed of vegetables. Bake until a thermometer inserted into the lamb registers 125° to 130°F, about 45 minutes. Turn the oven to low broil for a few minutes at the end to crisp the skin. Avoid overbrowning or charring.

BP PULLED SOMETHING!

This is another recipe that requires a slow cooker—and once you taste it, you’ll be so glad you have one! Use pastured pork shoulder if you can find it from a good source or grass-fed beef roast.

6 strips uncooked, high-quality pastured bacon
4 pounds pastured pork shoulder or grass-fed, organic beef roast
Sea salt to taste
2 tablespoons dried oregano
1 tablespoon ground turmeric

Place the bacon strips at the base of the slow cooker. Salt the roast, rub in the oregano and turmeric, and add it to the slow cooker. Cook on low for 14 to 16 hours, depending on desired crispiness. Shred the meat with a fork. You can eat this plain, but if you want to add an amazing, tangy sweet-and-sour barbecue flavor, combine the juice from the meat with about 1/2 cup each of xylitol and apple cider vinegar and use it as a sauce.

OVEN BURGERS

Meat on meat—need I say more?

2 pounds grass-fed, organic beef or lamb
2 tablespoons dried oregano
1 tablespoon dried rosemary
2 teaspoons ground turmeric
Sea salt
4 large slices pastured, preservative-free bacon

Preheat the oven to 325°F.
Form the meat into 8 burgers. Rub the herbs and salt on the meat directly. Place 1/2 strip of bacon on each burger. Bake for 15 to 20 minutes or until the bacon is golden on the outside and the burger is cooked thoroughly.
**BULLETPROOF BAKED FISH**

This “fish rub” can be used on pork or beef, but I especially like it with a nice piece of wild-caught baked fish.

- ½ cup ground coffee beans
- ⅛ teaspoon vanilla powder
- Hardwood xylitol to taste (about 3 tablespoons)
- 1 tablespoon ground turmeric
- 1 tablespoon dried oregano
- 2 tablespoons sea salt
- 1 pound tilapia, trout, or other Bulletproof protein of your choice

Combine the ingredients for the seasoning and rub generously onto the fish. Bake at 320°F until cooked through.

**CAULIFLOWER-BACON MASH**

You will never miss eating mashed potatoes when you can have this delicious creamy, bacon-flavored mashed cauliflower instead!

- 1 large head cauliflower, cut into florets
- 4 tablespoons grass-fed unsalted butter
- 2 tablespoons C8 MCT oil
- ½ tablespoon apple cider vinegar
- Sea salt to taste
- ½ 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 ¾ 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 to 2 tablespoons of the bacon grease (as long as it didn’t smoke when you were cooking it at a low temperature).

**“CHEESY” BUTTERNUT SQUASH**

This is a great side dish that you can even eat in larger quantities as a main dish on your higher-carb days. The creaminess gives it a cheeselike consistency with no dairy!

- 1 medium butternut squash, seeded and cut into 1-inch cubes
- 3 or 4 medium carrots, peeled and cut into 1-inch pieces
- 4 tablespoons grass-fed unsalted butter
- ½ tablespoon apple cider vinegar
- 1 spring onion, cut into 4 pieces
- 2 to 3 tablespoons C8 MCT oil
- Sea salt to taste

Steam the squash and carrots until tender and then drain thoroughly. Make sure to remove as much water as possible. Add the cooked squash and carrots to the blender along with the remaining ingredients and blend until smooth.

**CREAMED VEGETABLES**

The butter and method used here will give the veggies a creamy consistency without using any cream. Try the same method with any other Bulletproof vegetables of your choice.

- 1 bunch asparagus, broccoli, and/or green beans
- 3 tablespoons grass-fed unsalted butter
- 2 tablespoons C8 MCT oil
- ½ tablespoon apple cider vinegar
- Bunch fresh herbs of your choice (parsley, cilantro, oregano, dill, sage, and/or thyme)
- Sea salt to taste

Steam the veggies until just tender. Remove ⅓ of the vegetables while hot and put them in the blender. Add the rest of the ingredients (except the remaining veggies) and blend until smooth and creamy. Drizzle this mixture over the remaining vegetables.
BAKED BROCCOLI WITH TURMERIC + GINGER

The turmeric and ginger give this side dish an extra anti-inflammatory boost! Try eating a big bowl of this for lunch or dinner after eating some nutritional Kryptonite at your last meal.

1/2 tablespoon grass-fed unsalted butter or ghee
1 stalk lemongrass
1 chunk (1 inch) fresh ginger, peeled and minced
1 tablespoon ground turmeric
2 tablespoons C8 MCT oil
1 head broccoli, cut into florets
Sea salt to taste

Preheat the oven to 320°F.
Add the butter or ghee, lemongrass, and ginger to a medium pot. Turn the heat on low and stir often for 20 to 30 minutes until the flavors have infused. Make sure it does not boil! Once infused, add the turmeric and stir. Rub the oil onto the broccoli florets, sprinkle with salt, and put into the oven. Bake for 30 minutes, stirring every 10 minutes. Strain the contents of the pot and drizzle or toss through the broccoli. Sprinkle with salt to taste.

LIME-CILANTRO CAULIFLOWER “NOT-RICE”

It can be a little tricky to get the right texture here, so play around with a grater and/or a food processor until the cauliflower is roughly the size and shape of rice. This is a great side dish with a surprising amount of flavor that goes nicely with fish or meat.

1 head cauliflower
2 tablespoons grass-fed unsalted butter
Juice from 1 whole lime
2 tablespoons C8 MCT oil
1/2 cup chopped fresh cilantro
Sea salt to taste
1 spring onion, chopped (optional)

Grate the cauliflower or use a food processor to pulse it into the right texture.

Heat a large sauté pan to medium and melt the butter. When the butter is melted, add the riced cauliflower. Don’t be afraid to crowd the pan, as it will aid in the cooking process by creating a steamer effect. Caution: You don’t want to brown the cauliflower. Cook it gently for 5 to 10 minutes, stirring and turning over often. Once the cauliflower is cooked through, turn off the heat and add the lime juice, oil, cilantro, and salt to taste. Mix evenly in the pan and transfer to a dish for serving. Garnish with spring onion (if using).

BULLETPROOF SWEET POTATO–GINGER SOUP

This satisfying soup makes a great lunch or dinner on your protein fast days. While this recipe creates a smooth, silky soup, you can customize it by skipping the final step in the blender if you prefer a chunky texture.

2 tablespoons C8 MCT oil
3 cups (1/2-inch) cubed, peeled sweet potatoes
1 1/2 cups (1/4-inch) sliced, peeled carrots
1 tablespoon freshly grated ginger
3 cups water
1/2 teaspoon sea salt
2 tablespoons grass-fed unsalted butter

Heat the oil in a large saucepan over medium-low heat. Add the sweet potatoes, carrots, and ginger and cook for 2 minutes. Add the water, cover, and simmer for 30 minutes or until the vegetables are tender. Stir in the salt. Pour into a blender or food processor or use a hand mixer to blend until smooth. Add the butter and blend again.
UPGRADED ICEBERG SALAD

While iceberg lettuce is lower in nutrients than other types of lettuce, it's also lower in protein. Since you’ll be eating this on protein fast days, iceberg is the best choice. You can add other vegetables to this salad. Just be careful, because some vegetables have more protein than others. These were chosen specifically because they are low in protein.

1 head iceberg lettuce, chopped
1 small bunch radishes, thinly sliced
½ avocado, sliced
½ cup olives, pitted and chopped
½ cucumber, thinly sliced

Add as many or as few of these ingredients as you like and top with the Bulletproof salad dressing of your choice (see recipes that follow).

BULLETPROOF SALAD DRESSINGS

For all of the dressings below, combine all ingredients in a blender and blend until smooth and creamy. Try them on salads, cooked vegetables, and even baked sweet potatoes.

“CREAMY” AVOCADO DRESSING

½ avocado
1 to 2 tablespoons C8 MCT oil
1 tablespoon apple cider vinegar
1 tablespoon fresh lemon juice
1 cup sliced cucumber
½ cup chopped fresh cilantro
1 spring onion (optional)
Sea salt to taste

BULLETPROOF HONEY-MUSTARD VINAIGRETTE

½ cup apple cider vinegar
½ cup extra virgin olive oil
½ cup C8 MCT oil
1 tablespoon mustard
2 tablespoons raw honey (or hardwood xylitol)

BULLETPROOF CREAMY BASIL VINAIGRETTE

½ avocado
½ cup extra virgin olive oil
2 tablespoons C8 MCT oil
½ cup apple cider vinegar
Small handful fresh basil leaves

BULLETPROOF RANCH DRESSING

1 cup Bulletproof Mayonnaise (page 274)
2 tablespoons chopped fresh dill
1 tablespoon apple cider vinegar
2 cloves garlic, minced together with sea salt
Sea salt to taste

Chill for a few hours after blending.
BAKED CARROT FRIES

These make a great side dish for any meal on protein fast days or with dinner anytime you like.

- 6 to 8 medium carrots, peeled and cut into sticks
- 3 to 4 tablespoons grass-fed unsalted butter or compound butter of your choice
- Sea salt to taste

Preheat the oven to 320°F. Lay the carrot sticks on a baking sheet and bake until they reach the desired tenderness. Remove from the oven, toss with butter, and sprinkle with salt. On days you are not doing Bulletproof Protein Fasting, enjoy these with Bulletproof Mayonnaise (recipe below!)

BULLETPROOF MAYONNAISE

This is delicious with Baked Carrot Fries, on top of sweet potatoes, or along with any protein you like. If your mayo won’t emulsify, try adding a chunk of avocado, another egg yolk, or some soy lecithin. I like to add fresh herbs to flavor my mayo, too! Unfortunately, this has too much protein for protein fast days.

- 1 large egg
- 1/4 cup extra light olive oil
- 1/4 cup C8 MCT oil
- 2 to 3 teaspoons lemon or lime juice (fresh squeezed)
- Pinch sea salt

Add all of the ingredients together in a bowl and let the egg sink to the bottom. Using an immersion blender, combine all of the ingredients until the mayo reaches the desired consistency. This recipe yields about 1 1/2 cups of mayo. If your mayo is not gelling, just add 1/2 avocado and it will be amazing.

BULLETPROOF BEAN-FREE DAHL AND RICE

This is a delicious vegetarian meal option for protein fast days or whenever you can’t get your hands on some grass-fed meat.

- 2 cups basmati white rice
- 4 medium carrots
- 1 beet
- 1 cup (or 5 leaves) rainbow chard
- 2 cups (or 1 large floret) broccoli (without the stems)
- 2 thin slices fresh turmeric root
- 2 thin slices fresh ginger
- 4 tablespoons grass-fed unsalted butter or ghee
- 2 tablespoons C8 MCT oil
- 1/2 teaspoon apple cider vinegar
- Sea salt
- Cayenne powder (warning: Suspect, don’t use if you’re sensitive!)
- Fresh washed cilantro, chopped

Rinse the rice 5 or 6 times. Keep rinsing it in tap water until the frothy white suds and particles are gone. Drain the tap water and then fill the pan back up with the correct amount of filtered water for the amount of rice you are cooking. Put your rice on the stove (or in your rice cooker) on medium and begin cooking.

Wash the carrots, beet, and broccoli thoroughly and cut into 1-inch pieces. If you have a high-powered blender, you can leave the vegetable chunks fairly large, but if you have a smaller blender, it helps to cut them up closer to a dice. Steam the vegetables, turmeric, and ginger with filtered water for 7 to 10 minutes. You want your vegetables to be firm but soft enough to poke with a fork. Overcooking them diminishes the nutrients. Put all the vegetables into a blender and add the butter or ghee, oil, vinegar, and 1/2 teaspoon salt. Blend for 1 to 2 minutes until smooth.

Fill each bowl halfway with rice and top the bowl with a large ladle of your vegetable soup. Add a sprinkle of cayenne powder on top. Add salt to taste. Sprinkle with cilantro to garnish.
BULLETPROOF CARROT-FENNEL SOUP WITH RICE

This is a light, delicious soup that’s perfect for protein fast days. If you like, add white rice to the soup and eat it as a satisfying dinner. Play around with the texture, making this as smooth or as chunky as you like.

- 2 celery stalks
- 2 pounds carrots
- 2 medium fennel bulbs
- 2 tablespoons C8 MCT oil
- 1 chunk (2 inches) fresh ginger, peeled and finely chopped
- 2 tablespoons grass-fed unsalted butter
- 1 cup cooked white rice (optional)

Finely chop the celery and cut the carrots and fennel into 1-inch chunks. Heat the oil in a soup pot over medium heat. Add the celery, carrots, fennel, and ginger and cook until all ingredients are mixed and softened. Add 4 cups of water, mix well, cover, and cook for 40 minutes to 1 hour over medium heat. Blend well using an immersion blender or traditional blender. Add the butter and then blend again. If desired, fill the bowl halfway with cooked white rice before adding the soup.

HERBED LEMON RICE

This simple and delicious version of white rice is the perfect side dish to eat on protein fast days or alongside a nice piece of Bulletproof meat once or twice a week for dinner.

- 4 tablespoons (1/2 stick) grass-fed unsalted butter or ghee, divided
- 2 to 3 cups cooked white rice
- Sea salt to taste
- Freshly squeezed juice of 2 lemons, plus more if needed
- 1 to 2 tablespoons C8 MCT oil
- 1 lemon, quartered

Heat half of the butter or ghee in a saucepot over medium-low heat. Spoon in the cooked rice and stir. Add salt to taste and then add 1/4 of the lemon juice. Cook for 1 to 5 minutes, stirring frequently, until hot. Stir in the remaining butter and cook for 1 more minute. Place the rice on a platter and sprinkle on the rest of the lemon juice and the oil. Use the lemon quarters to make your plates look fancy!

BAKED SWEET POTATOES

Think of this as a palette for you to turn into your masterpiece by playing around with various Bulletproof toppings. Instead of bacon, feel free to add avocado slices, Bulletproof Mayonnaise (page 274), veggies, ground meat, or just more butter!

- 3 or 4 medium sweet potatoes
- 3 to 4 tablespoons grass-fed unsalted butter or Bulletproof compound butter of your choice
- 3 to 4 tablespoons chopped bacon (optional)
- Sea salt to taste

Preheat the oven to 320°F. Wash and dry the sweet potatoes. Line a rimmed baking sheet with foil and use a fork to prick holes on all sides of the potatoes. Bake them for 50 to 60 minutes, depending on size. Test with a fork and remove from the oven when done. Cut a lengthwise slit in the top and pinch the sides. Add your desired amount of butter, bacon (if using), and salt.
UPGRADED GUACAMOLE

This is one of my favorite recipes—delicious, creamy guacamole with an extra brain boost from MCT oil that keeps you fuller longer than regular guacamole. Eat it with cucumber or celery sticks for lunch or on top of a protein of your choice for dinner! I’ve been known to just eat a bowl of it with a spoon.

- 4 large, ripe Hass avocados, peeled
- 2 to 4 tablespoons C8 MCT oil (note: coconut oil is not a good substitute here, since the flavor does not go well with avocados)
- 2 teaspoons or more sea salt (to taste)
- 1 tablespoon dried oregano
- 1 to 3 teaspoons apple cider vinegar or lime (to taste)
- Pinch of ascorbic acid, aka vitamin C powder (optional, prevents browning)

Blend everything with a hand blender until it’s very creamy. Stir in chopped cilantro or other herbs of your choice.

UPGRADE BONE BROTH

This broth is great to use in soup recipes, and those hard-core folks can even try drinking it for a high-performance shot of healthy animal fat!

- 3 medium carrots, peeled and cut into rough chunks
- 3 stalks celery, peeled and cut into rough chunks
- 2½ pounds assorted beef marrow bones
- 1 fresh bouquet garni (your choice of fresh oregano, rosemary, thyme, sage, etc.)
- 1 to 2 tablespoons apple cider vinegar
- 1 cup Upgraded Collagen per liter of broth (optional)
- Sea salt to taste

In a large stockpot, lightly sauté the carrots and celery for a few minutes until translucent. Add the beef bones and bouquet garni and cover with water. Add the apple cider vinegar to the water, as it helps draw out the nutrients from the bones. Simmer on a low heat (do not boil) for anywhere between 8 and 14 hours. After your broth has reached the desired color and flavor, remove the bones and strain the vegetables out. Add the appropriate amount of collagen (if using) for the amount of broth and stir until dissolved. Optional: Add salt to taste at this point and then store in mason jars for future use.

BULLETPROOF CHICKEN BREAST

Chicken is an inferior source of protein and fat compared to lamb, beef, or fish, and most of it is poorly fed with GMO feed, antibiotics, and poorly stored grains that add toxins to the meat. But it’s cheap, and some people actually like it! Try this recipe once you’re in maintenance mode and track your body’s response using the Food Detective app.

- 2 grass-fed, organic bone-in chicken breasts, skin removed
- Juice of 1 lemon
- 1 teaspoon dry mustard powder
- ½ cup each chopped fresh basil, thyme, and oregano
- Sea salt to taste
- 2 tablespoons ghee

Wash and dry the chicken breasts and set aside. Combine the lemon juice, dry mustard, herbs, and salt. In a baking dish, drizzle the lemon juice mixture over the chicken breast and place back in the fridge for 1 hour, rotating after 30 minutes. Place 1 tablespoon ghee on top of each breast. Preheat the oven to 320°F. Bake the chicken for 45 minutes or until cooked through.
SHOCKINGLY RICH CHOCOLATE TRUFFLE PUDDING

When you use the best-quality ingredients, desserts like this are nutrient-rich foods that will help you lose weight instead of Kryptonite that will leave you inflamed and craving more. Tip: Use Grass-Fed Bulletproof CollaGelatin to provide 2 times the protein of normal gelatin.

- 4 cups full-fat coconut milk, BPA-free, divided
- Up to 4 tablespoons hardwood xylitol or stevia (to taste)
- 1 tablespoon grass-fed gelatin (or 2 tablespoons Grass-Fed Bulletproof CollaGelatin)
- 2 teaspoons vanilla powder
- 1/2 cup chocolate powder
- 4 tablespoons grass-fed unsalted butter
- 1 tablespoon coconut oil or MCT oil
- 1/2 cup macadamia nuts plus additional for topping (optional)

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, chocolate powder, butter, and oil. Blend thoroughly. Add the hot coconut milk/gelatin mixture to the blender and pulse until mixed, with or without the macadamia nuts. Pour the entire blender contents into muffin tins or ramekins and place in the fridge for an hour to set. Top with more nuts (if using).

ALMOND TRUFFLE CUPS

This takes the truffle pudding (above) to a whole new level with the addition of almond butter and even more butter!

- 1 recipe Shockingly Rich Chocolate Truffle Pudding
- 1/2 cup raw almond butter
- 2 tablespoons grass-fed unsalted butter
- 2 tablespoons hardwood xylitol or stevia to taste
- Dash sea salt

Prepare the pudding. Before pouring the contents into muffin tins or ramekins, mix the almond butter, butter, xylitol, and salt together. Line the muffin cups with a layer of the almond butter mixture. Pour the pudding on top and let it set in the fridge for an hour.

COCONUT-BLUEBERRY ULTIMATE CREAMY PANNA COTTA

One of the best parts of the Bulletproof Diet is being able to eat delectable desserts like this on a regular basis. Tip: Use Grass-Fed Bulletproof CollaGelatin to provide twice the protein of normal gelatin.

- 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)
- 1 tablespoon grass-fed gelatin (or 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

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!
CREAMY COCONUT “GET SOME” ICE CREAM

This Paleo-friendly ice cream proves once and for all that ice cream doesn’t have to be a “cheat” food. With this recipe, ice cream is now a health food.

- 4 whole pastured eggs
- 4 pastured egg yolks (in addition to the whole eggs above)
- 2 teaspoons vanilla powder
- 1 gram vitamin C (ascorbic acid) or 10 drops apple cider vinegar or lime juice to taste
- 7 tablespoons grass-fed unsalted butter
- 7 tablespoons coconut oil
- 3 tablespoons + 2 teaspoons MCT oil
- 5½ tablespoons hardwood xylitol or erythritol (or more to taste—you can add up to 160 grams if you want)
- ⅛ to ⅛ cup chocolate powder (optional)
- About ½ cup water or ice (use less than you think you need, then increase the amount if necessary)

Blend all ingredients except the water or ice in a blender until soft and creamy. Add water or ice and blend some more until well blended. Ideally, you want a yogurtlike consistency for creamy ice cream, or add more water for a firmer, icier texture. Pour the mixture into an ice cream maker and turn it on. This will make perfect-consistency ice cream. Enjoy!

BULLETPROOF CUPCAKES

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!

- 12 tablespoons erythritol or hardwood xylitol or a 50/50 mix (best)
- 12 ounces 85% or darker chocolate, chopped or chips
- ½ 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.

Line 18 muffin tin cups with paper liners. If you’d like to make a dozen, reduce the recipe by ⅓. If you’d like to make 2 dozen, increase the recipe by ⅓. 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-yolk mixture 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 ⅓ 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 BERRY BOWL**

This simple combination of low-sugar fruits will give you an easy, delicious dessert for any day of the week.

- 1⁄2 cup blueberries
- 1⁄2 cup raspberries
- 1⁄2 cup strawberries, stems removed and chopped
- Juice of 1⁄2 lemon
- 1⁄2 cup chopped fresh basil

Combine the berries, squeeze the lemon juice over the fruit, and stir. Top with chopped basil for an elegant touch.

**BULLETPROOF COMPOUND BUTTERS**

Compound butters are great on meat and vegetables or when used in cooking to add more satisfying healthy fat to any hot dish. You can also use them as an amazing spread on gluten-free Mary's Gone Crackers to create a quick lunch that satisfies for hours. You can make compound butters and freeze them for later, which is a great way to preserve fresh herbs. For each compound butter recipe, allow the butter to reach room temperature and blend all ingredients together. Add salt to taste.

**SAVORY COMPOUND BUTTER**

- 1 cup grass-fed unsalted butter
- 3 to 4 tablespoons chopped fresh herbs of your choice (parsley, cilantro, oregano, dill, sage, rosemary, thyme, etc.)
- Sea salt to taste

**BERRY COMPOUND BUTTER**

- 1 cup grass-fed unsalted butter
- 1⁄2 cup fresh berries (blackberries, strawberries, or blueberries)
- Dash cinnamon (only the highest quality)
- Hardwood xylitol or raw honey to taste for sweetness
- Dash sea salt

**COCOA COMPOUND BUTTER**

- 1 cup grass-fed unsalted butter
- 3 tablespoons raw cocoa
- Dash cinnamon (only the highest quality)
- Hardwood xylitol, stevia, or dash of raw honey to taste for sweetness
- Dash sea salt

**GHEE**

It's actually quite easy to make your own ghee at home. The amount of ghee you get from a pound of butter actually depends on what quality butter you use, because cheap butter contains a lot of water and some chemicals. Good-quality butter is 84 percent fat, so you'll get about 1 1⁄2 cups of ghee from a pound of butter as long as you use the highest-quality grass-fed butter every time!

- 1 pound grass-fed butter

In a pot, melt the butter on low heat and let the milk solids bubble to the surface. Skim those bubbles until there is just a layer of protein at the bottom of the pan. Let it brown slightly but be careful not to let it burn! Strain the contents of the pan over a mesh strainer covered with cheesecloth into a clean jar.