

HOW TO DO WHOLE30® AND BE BULLETPROOF



The Whole30® and Bulletproof Diets are two of the top options on the market these days. Now you can learn how to do Whole30® and remain Bulletproof-approved too. Below is a list of foods that are Bulletproof friendly, Whole30® friendly, and in the middle, approved foods on both Bulletproof and Whole30®.

BULLETPROOF

GIN*
 DRY RED WINE*
 POTATO VODKA*
 TEQUILA*
 BRAIN OCTANE
 OIL
 WHITE RICE
 ERYTHRITOL
 MITOSWEET
 STEVIA
 SUGAR ALCOHOLS
 XYLITOL

BULLETPROOF & WHOLE30®

BULLETPROOF
 COFFEE
 COFFEE
 COCONUT MILK
 GREEN TEA
 MINERAL WATER
 WATER
 ASPARAGUS
 AVOCADO
 BOK CHOY
 BROCCOLI
 BRUSSELS
 SPROUTS
 CABBAGE
 CAULIFLOWER
 CELERY
 COLLARDS
 CUCUMBER
 FENNEL
 KALE
 LETTUCES
 OLIVES
 RADISH
 SPINACH
 SUMMER SQUASH
 ZUCCHINI
 AVOCADO OIL
 CACAO BUTTER
 COCONUT-DERIVED
 MCT OIL
 COCONUT-DERIVED
 XCT OIL
 COCONUT OIL
 GRASS-FED MARROW
 KRILL OIL
 SUNFLOWER LECITHIN

BUTTERNUT SQUASH
 CARROTS
 COCONUT
 CASSAVA
 PLANTAIN
 PUMPKIN
 SWEET POTATO
 TARO
 YAMS
 ORGANIC GRASS-FED
 BUTTER OR GHEE
 GRASS-FED BEEF
 & LAMB
 LOW-MERCURY WILD-
 CAUGHT FISH
 PASTURED EGGS
 BLACKBERRIES
 BLUEBERRIES
 CRANBERRIES LEMON
 LIME
 PINEAPPLES
 RASPBERRIES
 STRAWBERRIES
 TANGERINES
 APPLE CIDER
 VINEGAR
 CILANTRO
 GINGER
 LAVENDER OREGANO
 PARSLEY ROSEMARY
 SEA SALT
 THYME
 TURMERIC

WHOLE30®

ALMOND MILK
 KOMBUCHA
 ALL VEGGIES
 CANOLA OIL
 OLIVE OIL
 ALL NUTS & SEEDS
 CLARIFIED BUTTER
 ALL MEAT & SEAFOOD
 POTATOES
 NO GRAINS,
 NO EXCEPTIONS**
 ALL FRUIT
 ALL HERBS
 AND SPICES***
 BALSAMIC VINEGAR
 RED WINE VINEGAR
 RICE VINEGAR
 WHITE WINE VINEGAR
 FRUIT JUICE

- BEVERAGES
- VEGETABLES
- OILS & FATS
- NUTS, SEEDS & LEGUMES
- DAIRY
- MEAT
- STARCHES & GRAINS
- FRUIT
- SPICES & FLAVORINGS
- SWEETENERS

*Bulletproof suggests no alcohol for the first two weeks. Thereafter, minimal amounts of clean, unsweetened, highly filtered and distilled spirits.

**That means corn, too. Choose starchy vegetables instead.

***READ YOUR LABELS