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Bulletproof Diet by
Dave Asprey

Biohacking, Fasting,
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/u0026amp; Sleep Hacks,
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THE BULLETPROOF

DIET Book Review |

Dave Asprey | Lose

Weight with Ketosis

/u0026 Supplements

My 2-week

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Experience Make

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Fuel Your Body and

Brain | GRATEFUL †

~~Tried Bulletproof~~

~~Intermittent Fasting~~

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How to Sleep Less
and Have More
Energy

My easiest diet tip to
get fit! (Bulletproof
Coffee)How To Do
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Reasons Why

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| Fast Company

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REALLY work? The
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Your Life. Paperback
– 10 April 2018. by

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Dave Asprey (Author)

4.2 out of 5 stars

1,495 ratings. Book 1
of 5 in the Bulletproof
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The Bulletproof Diet,
an anti-inflammatory
program for hunger-
free, rapid weight loss

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and peak performance. The Bulletproof Diet will challenge—and change—the way you think about weight loss and wellness. You will skip breakfast, stop counting calories, eat high levels of healthy saturated fat, work out and sleep less, and add smart

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Lose Up to a Pound a
Day, Reclaim Your
Energy and Focus,
and Upgrade Your
Life: Amazon.co.uk:
Asprey, Dave: Books

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and Focus, Upgrade
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The Bulletproof Diet,
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an anti-inflammatory program for hunger-free, rapid weight loss and peak performance. The Bulletproof Diet will challenge--and change--the way you think about weight loss and...

The Bulletproof Diet:
Lose up to a Pound a
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The Bulletproof Diet, written by entrepreneur Dave Asprey, aims to help you lose weight and improve your cognitive and physical performance by reducing or eliminating grains as well as conventional foods that contain traces of fungal toxins and other

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contaminants. The diet itself encourages a high consumption of fat, particularly saturated fat from animal sources and certain plant sources like coconut.

The Bulletproof Diet:
Lose Up to a Pound a
Day, Reclaim ...
What to Eat and
Avoid. Beverages:

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Pasteurized milk, soy milk, packaged juice, soda and sports drinks. Veggies: Raw kale and spinach, beets, mushrooms and canned vegetables. Oils and Fats: Chicken fat, vegetable oils, margarines and commercial lard. Nuts and Legumes: Garbanzo beans, dried

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The Bulletproof Diet
Reclaim Your
Energy And
Focus And
Upgrade Your
Life

The Bulletproof Diet
Review: Does It Work
for Weight Loss?

So, Asprey set out on
a new adventure to
biohack his body, lose
weight and feel
better. He published
the story of his
15-year search for a
weight loss solution
in his book, The

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Bulletproof Diet: Lose up to a Pound a Day, Reclaim Energy and Focus, Upgrade Your Life. On his search for the ideal diet, Asprey traveled around the globe, discovering yak butter tea in Tibet and picking up other key aspects of his diet along the way.

The Bulletproof Diet

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Review - Does it
Really Work?

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Day, Reclaim Energy
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Your Life by. Dave
Asprey. 3.75 · Rating
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ratings · 378
reviews In his
midtwenties, Dave
Asprey was a
successful Silicon
Valley
multimillionaire. He
also weighed 300
pounds, despite the

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fact that he was doing
what doctors
recommended: eating
Reclaim Your
...

Energy And

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In fact, using years of
dieting trial and error,
I came up with my
own diet a few years
ago that could best be
described as a

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flexitarian, lower-fat
Bulletproof Diet
(combined with a
copious amount of
walking). In January
of 2014, I joined
MyFitnessPal. By
December 31st of
2014, I had lost 65
pounds.

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Be Bulletproof. From diet and supplements to productivity hacks and recipes, find out how you can improve performance in every area of your life.

Bulletproof - The
State of High
Performance

In doing so, he
promises, you'll gain
energy, build lean

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muscle, and watch the pounds melt off—just as he and so many of his devoted followers already have. Bulletproof: The Cookbook picks up where the diet plan leaves off, arming you with 125 recipes to stay bulletproof for life and never get bored.

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and Increase Energy
(Lose Up To A Pound
A Day, Reclaim
Energy and Focus,
End Food Cravings)

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Tony Robson 3.3 out
of 5 stars 42

Pound A Day Reclaim Your Energy And

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