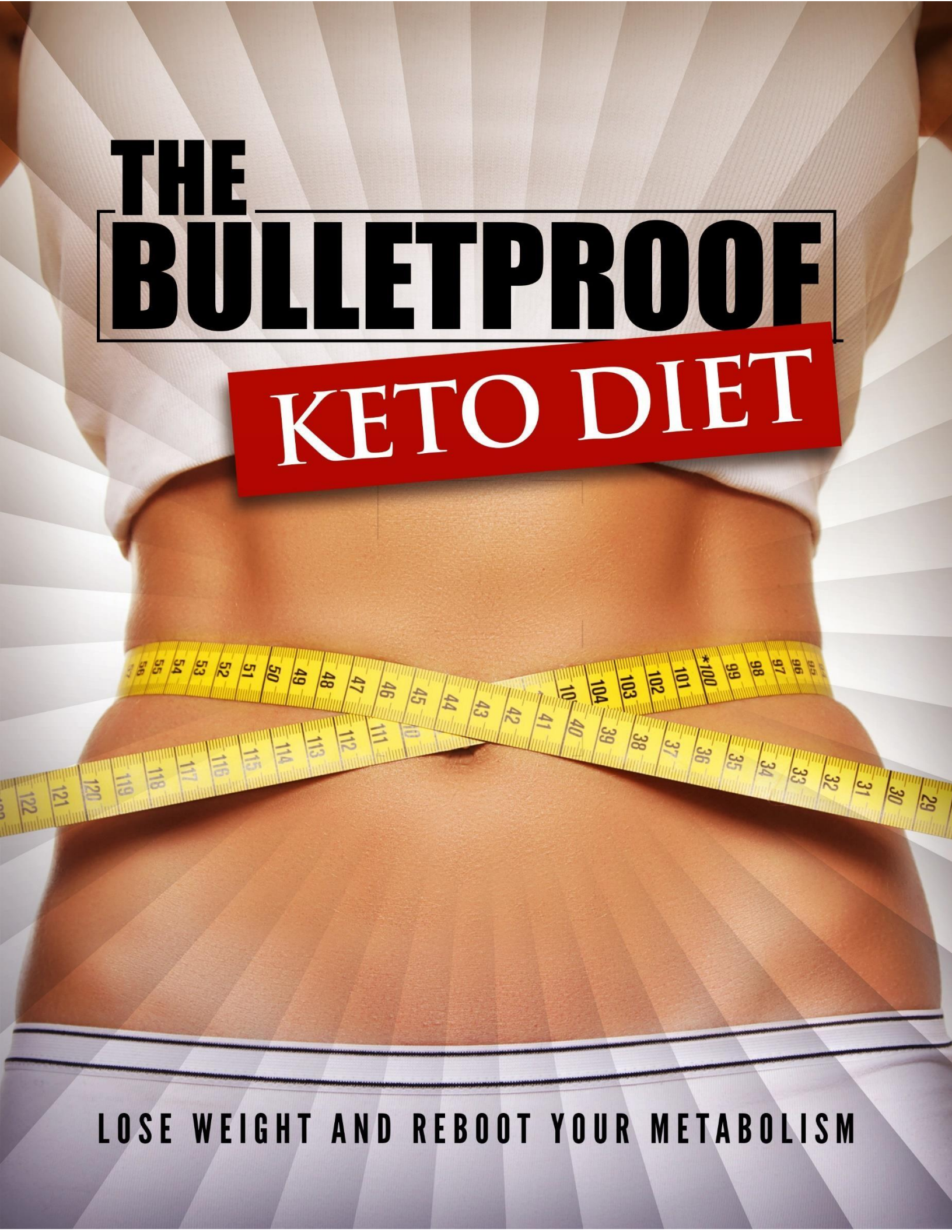
THE
BULLETPROOF
KETO DIET
LOSE WEIGHT AND REBOOT YOUR METABOLISM

The Bulletproof Keto Diet Cheat Sheet

Your Goal: Burn More Fat Passively By Eating FAT

How? Use FAT as your body's fuel instead of SUGAR

The OBJECTIVE: KETOSIS = Burning fat instead of sugar

Step 1: Resolve to Change your lifestyle instead of going on another diet

- Think long term
- Believe that the keto lifestyle works
- Believe that you can do it
- If other people can do it, you can do it too

Step 2: Displace, Do Not Replace

- Add keto items to your diet
- Focus more on ketogenic meals

Step 3: Make the following Meal Plan Choices

- Focus on fatty food that fits your taste
- Shoot to feel fuller for a longer period of time
- Eventually cut out soda
- Eventually cut out grain-based snacks

- Slowly cut out milk-based snacks

Step 4: Wind Down Carbs

- By this point, you have gotten used to eating keto foods
- Start to scale down your carb intake dramatically
- Eat more eggs
- Eat more avocado

Step 5: Step up Keto Weight Loss with the Following New Habits

- Eat only when you're hungry
- Drink first when you get hunger pangs
- Eat slowly
- Look at each of your meals as some sort of event
- Eat more mindfully

Step 6: Finetune your Keto Diet

- Start to regularize your meal times
- Eliminate or greatly reduce snacking
- Eventually scale down to one or two meals a day
- Scale down to one meal a day: intermittent fasting
- If you can, adopt a day-to-day fasting technique