



“Bulletproof Everything” Coffee, Recipes, Fasting Plan

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“Bulletproof Everything” Guide: Recipes and Fasting Plan



If you're short on Breakfast time, don't like cooking or want to stay in **ketosis** without chewing on sticks of butter. Bulletproof Coffee may be your answer.

This Bulletproof Guide has everything you need to become a lean, low carb machine:

- How to Make Perfect **Bulletproof Coffee**
- **12 Bulletproof Recipes:** Coffee, Cocoa, Tea, Ice Cream, Popsicles, Mousse, and 'Bulletproof To-Go' Gummies, Mini-Packs, Drops
- Avoiding 6 Big Bulletproof Mistakes *(These really matter!)*
- **Bulletproof Coffee Intermittent Fasting Plan**



What is Bulletproof Coffee?

Bulletproof coffee is an upgrade for your regular cup of Joe. Healthy fats are blended and frothed into richly brewed coffee, resulting in a cup of coffee satisfying enough to double as a morning meal.



A cup of **Bulletproof Coffee** is about 97% fat and made from three basic ingredients:

- Grass-Fed Butter
- MCT Oil (Medium Chain Triglyceride) or Coconut Oil
- Organic Coffee Beans

Why Drink Bulletproof Coffee?

This new-and-improved version leaves you full, focused and energized for hours, crash-free – guaranteed. Low carbers have many reasons besides weight loss for drinking **Bulletproof Coffee**.

Health benefits of **Bulletproof Coffee** include:

- Helps you stay in ketosis
- Accelerates fat loss
- Promotes muscle gain
- Boosts brain power
- Increases mental clarity
- Bumps up energy levels



How To Make Perfect Bulletproof Coffee

Bulletproof Coffee is popular for a reason. This high fat low carb coffee is rich, frothy and tastes awesome. Here's a simple version of how to make basic **Bulletproof Coffee**.

Ingredients

- 2 tbsp unsalted grass-fed butter (like Kerrygold)
- 1-2 tbsp of MCT oil or coconut oil
- 2 cups hot freshly brewed organic coffee
- add-in spices, flavors or sweetener like Splenda (optional)

Instructions

Brew coffee. This can be espresso, drip, french press, etc.

Preheat blender. Pour hot water into your blender while your coffee is brewing.

Blend and froth. Empty the hot water from the (now preheated) blender. Add coffee, butter and MCT or coconut oil.

Blend until there is a thick layer of foam on top like a latte. Yes, you can use a hand held blender.

Add extras: cinnamon, vanilla, dark chocolate, flavored sugar-free syrups or sweetener.

6 Big Bulletproof Mistakes



The recipe for **Bulletproof Coffee** is carefully designed. However, some **Bulletproof Coffee recipe** modifications will lower it's positive effects.

Don't make these **Bulletproof Coffee** mistakes:

1. Not all coffee is created equal. The wrong coffee (those containing mycotoxins) will zap your energy, leaving you lethargic and irritable. Choose organic coffee to avoid chemicals.



2. Only use grass-fed butter like Kerrygold. Butter from grain-fed animals has a different fat composition. It doesn't blend as well, doesn't taste as good, and lacks fat soluble vitamins (which is one of the reasons this coffee is 'bulletproof'). Don't use low-fat or butter substitutes!
3. Butter alone does NOT make your coffee Bulletproof. The MCT oil in your **Bulletproof Coffee** promotes high energy, fat loss and increases brain function. It also makes the coffee have a better feel in your mouth.
4. Don't use **Bulletproof Coffee** as a meal replacement. **Bulletproof Coffee** is very filling, so this will be tempting. A few times a week is acceptable, but replacing a meal means you'll be missing out on vital nutrients and protein.



5. Blend, blend, blend... or it won't taste the same. Stirring won't emulsify your Bulletproof Coffee. To get that rich, creamy texture you MUST use a blender.
6. If you must add a sweetener, use xylitol, erythritol or stevia. Use caution when adding sugar-free flavored syrups. The extra carbs add up quickly and may act like sugar for some low carbers.



What Is Bulletproof Intermittent Fasting?



Bulletproof Coffee Fasting is like intermittent fasting, except you are consuming **Bulletproof Coffee recipes** in the morning.

What makes **Bulletproof Fasting** so much better?

- Healthy fats from grass-fed butter and MCT oil provide a stable current of energy, sustaining you through the entire day.
- The MCT oil also increases **ketosis**, boosting your metabolic rate by up to 12%.
- MCT found in coconut oil has been shown to lead to greater losses of fat tissue.
- Coffee raises cell energy while inhibiting muscle building for a brief period, . This causes the muscles to 'spring back,' building even more muscle as soon as you eat.
- Bulletproof Intermittent Fasting extends your life, improves brain function, and strengthens your immune system.



Step-by-Step Bulletproof Fasting Plan



The goal of intermittent fasting with **Bulletproof Coffee recipes** is to improve and/or sustain mental performance by adding more nutritional benefits than plain intermittent fasting.

Step 1: Eat dinner by 8 pm.

No snacking after dinner! Go to sleep whenever you want – that's your business.

Step 2: Drink Bulletproof Coffee.

Drink as much **Bulletproof Coffee** as you like in the morning. You may drink another cup before 2:00 pm if you are hungry, but NO COFFEE after 2:00 PM!

Step 3: Work out.

This is not necessary to gain muscle and lose fat, but it helps. Try high intensity weight training. Shorter and harder is better than longer exercise. You will need to sleep more if you exercise.

Step 4: Do not eat until 2:00 pm.

This means you've only consumed **Bulletproof Coffee** for the past 18 hours. If 18 hours is too long, begin with a shorter, 10-12 hour fast and increase from there.

Step 5: It's 2:00 pm – Eat!

Eat low carb meals or snacks during the next 6 hours (until 8:00 pm). If you're hungry, eat!



12 Bulletproof Coffee Recipes

Bulletproof Coffee recipes are in demand for several reasons: amazing taste, that 'full-but-lean' feeling, greater focus and added energy.

Here are twelve to try.

Basic Bulletproof Coffee Recipe



Ingredients

- 1 cup hot freshly brewed organic coffee
- 1 tbsp grass-fed butter
- 2 tbsp coconut oil or MCT oil

Instructions

Combine all ingredients in a blender.

Mix for one full minute to completely emulsify.

Enjoy on an empty stomach, before your breakfast.



Gingerbread Spiced Bulletproof Coffee



Ingredients

- 1 tsp gingerbread spice per 2 tbsp of coffee grounds
- 1 tbsp of grass-fed butter
- 1 tbsp of coconut oil or MCT oil

Instructions

Sprinkle the gingerbread spice mix into the coffee grounds. Brew the coffee using your preferred method.

Pour hot coffee into a blender. Add grass-fed butter and coconut oil, plus any extras like sweetener if preferred.

Blend for 30-60 seconds until frothy and creamy.

Sprinkle with extra gingerbread spice, or use Chai tea instead of coffee.



Pumpkin Spice Bulletproof Latte



Ingredients

- 2 tbsp grass-fed unsalted butter
- 2 tbsp coconut oil or MCT oil
- 1 cup unsweetened coconut milk
- 1 cup strong, brewed coffee, cooled
- 1/3 cup organic pumpkin puree
- pinch of salt
- cinnamon, to taste
- nutmeg, to taste
- whipped coconut cream (optional)

Instructions

For the unsweetened coconut milk, scoop the solids off of the top of the can before measuring out a cup of the remaining liquid. Whip the solids for a topping, if desired.

In a blender, combine the coconut milk with the coffee, pumpkin puree, salt, cinnamon and nutmeg. Blend until smooth. Taste and adjust the seasonings, as needed.

Fill two tall glasses about 2/3 of the way with ice cubes. Pour half of the mixture into each glass. Garnish with whipped coconut cream and a sprinkle of cinnamon. Serve immediately.



Bulletproof Coffee Drops

Bulletproof to go! Easy drops make any hot beverage instantly Bulletproof.

(Recipe from Stalkerville.)



Ingredients

- 1/2 stick grass-fed unsalted butter
- 1 cup coconut oil or MCT oil
- 1/2 tsp cinnamon
- 1/4 tsp sea salt

Instructions

Combine butter with the melted coconut oil, sea salt and cinnamon.

Whisk and pour into an ice cube tray.

Freeze and remove and pop the drops into a glass container and cover. Store in the fridge until you are ready to use.

To make **Bulletproof Coffee**, place one of the cubes and 10 oz of hot coffee of your choice in a blender and blend until well combined and foamy. Drink and enjoy!



Bulletproof Hot Cocoa



Ingredients

- 1/2 cup filtered water
- 1/2 cup full-fat coconut milk
- 2 tbsp grass-fed unsalted butter
- 1 tbsp coconut oil or MCT oil
- 2 tbsp raw cacao powder (or regular cocoa powder)
- 1/4 tsp vanilla extract
- dash cinnamon

Instructions

Bring the water and coconut milk to a boil a small saucepan.

Mix boiling liquid with all other ingredients in a small mixing bowl.

Blend with a blender or hand mixer until frothy.

Transfer the Bulletproof hot cacao to your favorite mug and drink up!



Bulletproof Green Tea



Ingredients

- 2-3 teabags organic green tea
- 2 tbsp grass-fed unsalted butter
- 2 tbsp coconut oil or MCT oil
- 1 tbsp heavy cream
- 3 cups ice cubes

Instructions

Brew your favorite cup of tea using twice the number of teabags.

Add coconut oil and butter, blending well until frothy.

Chill the tea in the freezer for a few hours.

In a blender, add ice cubes and tea.

Blend for 3-5 minutes, until well incorporated.



Bulletproof Coffee Gummies

Bulletproof to go! Portable energy shots with the added benefit of grass-fed gelatin.



Ingredients

- 1 cup hot fresh brewed organic coffee
- 1 tbsp grass-fed butter
- 1 tbsp coconut oil or MCT oil
- 1 tbsp organic vanilla extract
- 5 tbsp grass-fed gelatin
- sweeten to taste with stevia or Splenda

Instructions

Blend all in your blender until mixed well and frothy.

Pour into candy molds and put in the fridge until set (20 minutes to 2 hours).

Pop out of molds and store in a container. When you are ready, drop them into your coffee or eat them whole!



Bulletproof Ice Cream



Ingredients

- 4 whole eggs plus 4 yolks (pastured of course)
- 2 tsp pure vanilla
- 10 drops apple cider vinegar or lime juice
- 1 tbsp coconut oil or MCT oil
- 1 tbsp grass-fed unsalted butter
- 1 cup brewed organic coffee
- 1 tbsp cocoa powder
- 1 packet Splenda
- 1/2 cup water or ice

Instructions

Blend everything but the water/ice in blender.

Add water or ice and blend some more. Ideally, you want a yogurt-like consistency for a creamy ice cream. 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.



Bulletproof Cocoa Mousse



Ingredients

- 1 tbsp coconut oil or MCT oil
- 1 tbsp grass-fed unsalted butter
- 1 cup brewed organic coffee
- 1-2 tbsp cocoa powder
- 3 tbsp unflavored gelatin
- 1 packet Splenda

Instructions

Add all ingredients to a blender.

Blend until frothy.

Pour into a bowl and set in the fridge for 3-4hours.

Serve with whipped cream or as is.



Bulletproof Coffee Strawberry Cream Pops



Ingredients

- 1 tbsp coconut oil or MCT oil
- 1 tbsp grass-fed unsalted butter
- 1/2 cup fresh strawberries
- 1 egg white
- 1 cup brewed cooled coffee
- 1 tbsp cocoa powder
- 1 packet Splenda

Instructions

Blend fresh strawberries in the food processor until smooth. Add brewed, *cooled* coffee and cocoa powder. Set aside.

Prepare a pot of hot water for a double boiler. Place the egg white and sweetener in to a metal bowl in the double boiler. Beat the egg white mixture until the mass is stiff, glossy and silky.

Remove from double boiler and place egg whites into a new bowl. Add small pieces of room-temperature butter, making sure the last piece added is fully integrated into the mix before adding more.

You will finish with a creamy, yellowish butter cream. Add the strawberry-coffee-cocoa mixture and whisk (or use an electric mixer) until well combined.

Pour into popsicle molds. Place in the freezer for an hour until set.



Bulletproof Coffee Packs to Go

Bulletproof to go! Bulletproof mocha coffee in bulk for travel and fast morning coffees.

(Recipe found on Imgur.)



Ingredients

- 1 pound grass-fed unsalted butter
- 20 tbsp coconut oil
- 1/2 cup – 1 cup cocoa, to taste
- cinnamon (optional)

Instructions

Add all ingredients to a mixing bowl and whisk until smooth. No lumps!

Pour into 20 small cups to make the fat packs. Add lids and refrigerate.

Make your coffee. Place a fat pack to your empty cup or mug.

Add coffee until the cup is half full. Add any sweetener or Torani sugar free syrups.

Mix with a blender or frother. Add remaining coffee and enjoy.



Bulletproof Pumpkin Frappuccino



Ingredients

- 1 1/2 cups cold coffee
- 1 1/4 cups unsweetened vanilla almond milk
- 1/4 cup pumpkin puree
- 4 packets Splenda or other sweetener
- 1 tsp ground cinnamon
- 1/4 tsp ground cloves, 1/4 tsp ground nutmeg

Instructions

Brew the coffee, pour into a large mug and refrigerate overnight. Your coffee *must* be very cold.

Whisk milk, pumpkin, sweetener, cinnamon, cloves and nutmeg until well combined. Pour into ice cube trays and freeze. Once frozen, blend on high until smooth and icy.



Add more cream to reach desired texture. Top with more whipped cream and serve immediately.



Still Hungry? (Or Thirsty?)

Transform your **Bulletproof Coffee** into an artistic masterpiece with this [how-to coffee foam design video](#).

Learn about more health benefits and why [adding coffee to your diet helps you lose more weight](#).