



# Bulletproof<sup>®</sup> Coffee Recipes & Fasting Plan

Low Carbe Diem<sup>™</sup>

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This eBook's recipes, information about healthy eating and nutrition stats are intended for informational purposes only.

We are not doctors, nutritionists, dietitians or medical professionals. The information in this eBook and on LowCarbeDiem.com is not medical advice.

Low Carbe Diem shares strategies and resources for low carb/keto ways of eating.

Before starting any diet, please discuss the changes with your doctor and follow all professional medical advice, seeking help if needed.



If you have medical conditions (such as diabetes), you must consult your doctor and only follow suggestions under medical supervision.

As with any dietary change, medications may need adjusting.

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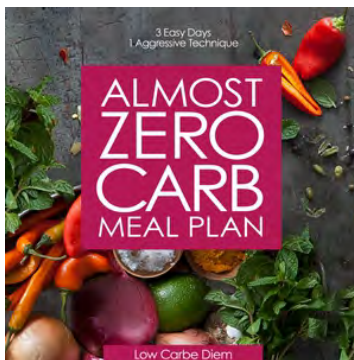
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## Expect Rapid Results

Dr. Atkins' patients lost an average of 1-2 pounds of fat each day of their fat fasting plan. The weight loss was fat loss, specifically. Traditional fat fasting is an aggressive strategy that works!

You'll eat high fat, almost no carb recipes with specific keto macros designed to burn large amounts of stored body fat. Best of all, your weight loss is fat loss.

## If You're Doing Everything, but Nothing's Working...

Ditch the nervous carb counting! Take three days off and start burning fat with your next meal.

Create a personalized plan that **works** with a decadent variety of workhorse recipes you'll keep using long after reaching your goals.



## What is Bulletproof® Coffee?

Bulletproof® Coffee is Dave Asprey's upgrade for your regular cup of Joe. Healthy fats are blended and frothed into freshly brewed coffee. It's satisfying enough to (occasionally) double as a meal – ideal for eating low carb on the go.

Bulletproof® Coffee is almost 100% (healthy) fat and made from three basic ingredients: Grass-fed unsalted butter (or [Bulletproof® Ghee](#)), [Brain Octane® oil](#) and freshly brewed [Bulletproof® Coffee](#).



(Click any image to shop.)

## Why Drink Bulletproof® Coffee?

This new and improved version leaves you full, focused and energized for hours, crash-free – guaranteed.

Bulletproof® Coffee:

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

## Making Perfect Bulletproof® Coffee

Dave Asprey's recipe for Bulletproof® Coffee is carefully designed. Some recipe changes will lower its positive effects.

Here's how to make your perfect cup every time:

### Choose the Right Type of Coffee

Choose only organic coffee to avoid chemicals (like mycotoxins) that zap energy, leaving you lethargic and irritable.

### Use a Specific Type of Butter

Only use grass-fed butter (like Kerrygold or Organic Valley). Don't use low-fat or butter substitutes!

Traditional butters have different fat compositions, don't blend as well and don't taste as rich. Regular butters also lack fat soluble vitamins.

## Add Fat-Burning Ingredients

Butter alone does NOT make your coffee Bulletproof® Coffee.

The Brain Octane® oil in your Bulletproof® Coffee promotes high energy, fat loss and increases brain function. It also gives Bulletproof® Coffee a creamier, full-bodied feel in the mouth.

Brain Octane® oil is metabolized differently than traditional, healthy fats. Brain Octane® oil is used immediately for energy – not stored.

Brain Octane® oil converts into energy faster than other oils, ignites your body's metabolic rate and helps maintain healthy levels of cholesterol.

For maximum weight loss results, enjoy Bulletproof® Coffee on an empty stomach – preferably at the start of your day.

## Know When to Say No

Bulletproof® Coffee is very filling, so it's tempting to use it as a meal replacement. Replacing a meal means you'll be missing out on vital nutrients and protein. Limiting yourself to 1-2 cups per day, or just few times a week until you see how you respond.

## Mixing Method

Blend, blend, blend... or it won't taste the same, and the fats will settle on top. Stirring won't emulsify your Bulletproof® Coffee.

To get a rich, creamy texture you MUST use a blender (standing or hand-held), mini-frother or shaker bottle.

## Sweeten Safely

If you must add a sweetener, use all-natural, zero glycemic impact sweeteners like stevia, xylitol or erythritol.

Use caution when adding sugar-free flavored syrups. Some sweeteners have trace amounts of carbs (these add up quickly), are known to reignite cravings, and may act like sugar for some low carbers.



## Fasting with Bulletproof® Coffee

This plan is an easier version of intermittent fasting. Instead of avoiding calories completely during the fasting hours, you're “fat fasting” by drinking Bulletproof® Coffee.

What Makes Bulletproof® Coffee Fasting Better?

- Healthy fats from grass-fed butter and Brain Octane® oil provide a stable current of fuel, sustaining energy levels through the entire day.
- Bulletproof® Coffee is almost 100% fat, keeping hunger at bay.
- Brain Octane® oil increases ketosis, boosting metabolic rate.
- Brain Octane® oil encourages greater loss of stored fat.
- Coffee raises cell energy while inhibiting muscle-building for a brief period. This causes the muscles to ‘spring back,’ building more muscle as soon as you eat.
- Intermittent fasting extends your life, improves brain function and strengthens your immune system.

# Step-by-Step Fasting Plan

The goal of intermittent fasting with Bulletproof® Coffee recipes is to improve and/or sustain mental and physical performance.

You'll avoid hunger while fasting. Physical weakness and increased appetite are often an issue with traditional intermittent fasting.

## Step 1: Eat dinner by 8:00 pm.

The day you start your fast, eat dinner no later than 8:00 pm. No snacking after dinner! Do not drink beverages with calories.

## Step 2: Drink Bulletproof® Coffee.

Drink as much Bulletproof® Coffee as you like first thing in the morning (think breakfast replacement). Usually, this means 1-2 cups. Stop there to avoid excess calories.

You may drink another (single) cup before 2:00 pm if you are hungry, but NO COFFEE after the eating hours begin (2:00 pm – 8:00 pm).

## Step 3: Work out.

This is not necessary to gain muscle and lose fat, but it helps. Try high intensity interval or 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.

So far, you've only consumed Bulletproof® Coffee for the previous 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 high fat low carb meals or snacks during the next 6 hours (until 8:00 pm). If you're hungry, eat!



# Recipes

# Bulletproof® Coffee

Zero net carbs per cup.



Servings: 1

8 oz [Bulletproof® Coffee](#), freshly brewed using 2½ tbsp of ground Bulletproof® Coffee

2 tbsp unsalted butter, grass-fed (or [Bulletproof® Ghee](#))

1 tsp [Brain Octane® oil](#)

## DIRECTIONS

Start with 8 ounces of filtered water fresh off the boil. Add 2½ tablespoons of ground Bulletproof® Coffee and brew.

Add grass-fed unsalted butter or Bulletproof® Ghee and Brain Octane® oil.

(Dave suggests starting with 1 teaspoon of Brain Octane® oil and gradually increasing the amount to 1-2 tablespoons.)

Blend until frothy and enjoy.

Per Serving: 246 Calories; 28g Fat (99.6% calories from fat); trace Protein; trace Carbohydrate; 0g Dietary Fiber.

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# Bulletproof® Hot/Cold Cocoa

2 net carbs per serving.



Servings: 2

10 oz filtered water

4 tbsp heavy whipping cream (or coconut cream)

1 tbsp unsalted butter, grass-fed (or [Bulletproof® Ghee](#))

1 tbsp [Brain Octane® oil](#)

2 tbsp unsweetened cocoa powder (or cacao powder)

1/4 tsp vanilla extract

dash cinnamon, optional

## DIRECTIONS

Bring the water and heavy cream to a boil in a small saucepan.

Mix boiling liquid with all other ingredients in a small bowl or heat-proof container.

Blend with a blender or hand mixer until frothy.

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

Per Serving: 227 Calories; 23g Fat (91.6% calories from fat); 1g Protein; 4g Carbohydrate; 2g Dietary Fiber.

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# Gingerbread Bulletproof® Coffee

Zero net carbs per serving (without whipped cream).



Servings: 1

2 tbsp [Bulletproof® Coffee](#), freshly brewed using 2½ tbsp of ground Bulletproof® Coffee

1/2 tsp gingerbread spice

1 tbsp unsalted butter, grass-fed (or [Bulletproof® Ghee](#))

1 tbsp [Brain Octane® oil](#)

## DIRECTIONS

Sprinkle the gingerbread spice mix into the coffee grounds. Use 1/2 teaspoon of gingerbread spice for every 2½ tablespoons of ground Bulletproof® Coffee.

Brew the coffee using your preferred method.

Pour hot coffee into a blender. Add butter and Brain Octane® oil, plus any extras like sweetener if preferred.

Blend for 30 to 60 seconds until frothy and creamy.

Sprinkle with extra gingerbread spice or top with whipped heavy cream.

Per Serving: 230 Calories; 25g Fat (99.8% calories from fat); trace Protein; trace Carbohydrate; 0g Dietary Fiber.

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# Bulletproof® Cocoa Mousse

1 net carb per serving.



Servings: 1

2 tsp [Brain Octane® oil](#)

1 tbsp unsalted butter, grass-fed (or [Bulletproof® Ghee](#))

8 oz [Bulletproof® Coffee](#)

1 1/2 tbsp unsweetened cocoa powder

3 tsp unflavored gelatin

stevia (or equivalent), to taste

## DIRECTIONS

Add all ingredients to a blender. Blend until frothy.

Pour into a small bowl, cup or mug, and set in the fridge 3 to 4 hours. This recipe is for a single indulgence. Making several servings at once saves time.

Serve with crushed mint leaves, a few low carb berries, whipped cream or as is.

Per Serving: 206 Calories; 22g Fat (89.0% calories from fat); 2g Protein; 4g Carbohydrate; 3g Dietary Fiber.

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# Bulletproof® Coffee Ice Cream

1.8 net carbs per serving.



Servings: 8

4 eggs

4 egg yolks, whole

2 tsp vanilla extract

10 drops apple cider vinegar (or lime juice)

2 1/2 tbsp [Brain Octane® oil](#)

1 tbsp unsalted butter, grass-fed (or [Bulletproof® Ghee](#))

12 oz [Bulletproof® Coffee](#), brewed using 6 tbsp of ground Bulletproof® Coffee

2 tbsp unsweetened cocoa powder

stevia (or equiv), to taste

3/4 c heavy whipping cream (or coconut cream)

1/2 c water or ice

## DIRECTIONS

Blend everything EXCEPT the water/ice in a blender. Add water or ice and blend some more. Ideally, you want a yogurt-like thickness and texture. Add more water or ice for a firmer, icy texture. Add more heavy cream for a creamier texture.

Pour the mixture into an ice cream maker and churn according to the directions. This makes ice cream with a perfect consistency.

- OR -

Place mixture into a container in the freezer, churning by hand with a fork / spoon / whisk every 30 minutes. This makes ice cream with a chunky-firm, icy consistency.

### Use Cooked Eggs Instead:

Warm the cream to 160 degrees and add eggs. Stir well. Let cool and place in the fridge until completely chilled. Once chilled, add to blender and continue recipe.

Per Serving: 201 Calories; 18g Fat (85.9% calories from fat); 5g Protein; 2g Carbohydrate; 0.2g Dietary Fiber.

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# Strawberry Bulletproof® Coffee Pops

1 net carb per pop.



Servings: 6

1/2 c sliced strawberries

12 oz [Bulletproof® Coffee](#), brewed using 2½ tbsp of ground Bulletproof® Coffee, then cooled

2 tbsp unsweetened cocoa powder

1 egg white

stevia (or equiv), to taste

2 tbsp [Brain Octane® oil](#)

2 tbsp unsalted butter, room temp grass-fed (or [Bulletproof® Ghee](#))

3 tbsp heavy cream

## DIRECTIONS

Blend strawberries in a food processor until smooth. Add brewed, cooled Bulletproof® Coffee and cocoa powder. Set aside.

Prepare a pot of hot water for a double boiler. Place the egg white and stevia in a metal bowl, then place into the pot of hot water - creating a double boiler.

Beat the egg white mixture until stiff, glossy and silky. Remove from double boiler and place egg whites into a new bowl.

Add Brain Octane® oil and small pieces of room-temperature butter, making sure the last piece added is fully integrated into the mix before adding more.

You'll wind up with a creamy, yellowish butter cream. Slowly whisk in the heavy cream.

Add the strawberry-coffee-cocoa mixture and whisk (or use an electric mixer) until well combined. Pour into popsicle molds / containers. Place in the freezer for an hour until set.

Per Serving: 110 Calories; 11g Fat (90.6% calories from fat); 1g Protein; 2g Carbohydrate; 1g Dietary Fiber.

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# Bulletproof® Matcha Green Tea

.4 net carbs per serving.



Servings: 1

2 bags organic green tea, Matcha

1/2 tsp unsalted butter, grass-fed (or [Bulletproof® Ghee](#))

1 tsp [Brain Octane® oil](#)

1 tbsp heavy whipping cream

1 c ice cubes (optional for frappuccino)

## DIRECTIONS

Brew the green Matcha tea (or brew your favorite cup of tea using twice the number of teabags.)

Add butter, Brain Octane® oil and heavy cream, blending well until frothy.

### **Frappuccino:**

Place tea in the fridge to chill 15 to 30 minutes. You may make a larger batch ahead of time.

Add ice cubes and tea to a blender and blend 3 to 5 minutes, until well incorporated.

Per Serving: 144 Calories; 15g Fat (98.7% calories from fat); trace Protein; trace Carbohydrate; 0g Dietary Fiber.

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# Bulletproof® Matcha Ice Cream

2 net carbs per serving.



Servings: 6

4 eggs

4 egg yolks, whole

2 tsp vanilla extract

10 drops apple cider vinegar (or lime juice)

2 1/2 tbsp [Brain Octane® oil](#)

1 tbsp unsalted butter, grass-fed (or [Bulletproof® Ghee](#))

8 oz green tea brewed with 8 tea bags, Matcha or equiv.

stevia (or equiv), to taste

1 c heavy whipping cream (or coconut cream)

1/2 c water or crushed ice (for consistency)

## DIRECTIONS

Blend everything EXCEPT the water/ice in a blender. Add water or ice and blend some more. Ideally, you want a yogurt-like thickness and texture.

Add more water or ice for a firmer, icy texture. Add more heavy cream for a creamier texture.

Pour the mixture into an ice cream maker and churn according to the directions. This makes ice cream with a perfect consistency.

- OR -

Place mixture into a container in the freezer, churning by hand with a fork / spoon / whisk every 30 minutes. This makes ice cream with a chunky-firm, icy consistency.

### **Use Cooked Eggs Instead:**

Warm the cream to 160 degrees and add eggs. Stir well. Let cool and place in the fridge until completely chilled. Once chilled, add to blender and continue recipe.

Per Serving: 297 Calories; 28g Fat (88.6% calories from fat); 6g Protein; 2g Carbohydrate; 0g Dietary Fiber.

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# Bulletproof® Pumpkin Frappuccino

1 net carb per serving.



Servings: 3

24 oz [Bulletproof® Coffee](#), brewed using 2½ tbsp of ground Bulletproof® Coffee, then cooled.

1 tbsp [Brain Octane® oil](#)

2 tbsp unsalted butter, grass-fed (or [Bulletproof® Ghee](#)), softened

6 tbsp heavy whipping cream

1/4 c pumpkin puree (or pumpkin extract)

1/2 tsp ground cinnamon

ground cloves, pinch

ground nutmeg, dash

stevia (or equiv), to taste

## DIRECTIONS

Brew Bulletproof® Coffee, pour into a large mug and refrigerate overnight.

In a small bowl, whisk together: Brain Octane® oil, heavy cream, pumpkin, stevia, cinnamon, cloves and nutmeg until well combined.

Pour into ice-cube trays and freeze.

Before serving, place half the frozen frappuccino cubes into a blender, or blend using a hand mixer. Top with whipped cream.

Per Serving: 217 Calories; 22g Fat (94.8% calories from fat); trace Protein; 2g Carbohydrate; 1g Dietary Fiber.

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# Bulletproof® Pumpkin Latte

2.5 net carbs per serving.



Servings: 2

1/3 c coconut cream

2 c [Bulletproof® Coffee](#), brewed using 2½ tbsp of ground Bulletproof® Coffee, then cooled.

1/3 c pumpkin

pinch of salt

cinnamon, to taste

nutmeg, to taste

1 tbsp unsalted butter, grass-fed (or [Bulletproof® Ghee](#)), softened

2 tsp [Brain Octane® oil](#)

## DIRECTIONS

In a blender, combine coconut cream, cold Bulletproof® Coffee, pumpkin puree, salt, cinnamon and nutmeg.

Blend until smooth. Taste and adjust the seasonings, as needed.

Add softened butter and Brain Octane® oil to the mixture. Blend until well-mixed / frothy.

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.

Per Serving: 231 Calories; 24g Fat (91.7% calories from fat); 2g Protein; 3g Carbohydrate; 1g Dietary Fiber.

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# Bulletproof® Pumpkin Ice Cream

2 net carbs per serving.



Servings: 6

4 eggs

4 egg yolks, whole

2 tsp vanilla extract

10 drops apple cider vinegar (or lime juice)

2 1/2 tbsp [Brain Octane® oil](#)

1 tbsp unsalted butter, grass-fed (or [Bulletproof® Ghee](#))

1/2 c pumpkin puree (or pumpkin extract)

1/2 tsp ground cinnamon

ground cloves & ground nutmeg, to taste

stevia (or equiv), to taste

1/2 c heavy whipping cream (or coconut cream)

1/2 c water or ice

## DIRECTIONS

Blend everything EXCEPT the water/ice in a blender. Add water or ice and blend some more. Ideally, you want a yogurt-like thickness and texture. Add more water or ice for a firmer, icy texture. Add more heavy cream for a creamier texture.

Pour the mixture into an ice cream maker and churn according to the directions. This makes ice cream with a perfect consistency.

- OR -

Place mixture into a container in the freezer, churning by hand with a fork / spoon / whisk every 30 minutes. This makes ice cream with a chunky-firm, icy consistency.

### Use Cooked Eggs Instead:

Warm the cream to 160 degrees and add eggs. Stir well. Let cool and place in the fridge until completely chilled. Once chilled, add to blender and continue recipe.

Per Serving: 237 Calories; 21g Fat (83.5% calories from fat); 6g Protein; 3g Carbohydrate; 1g Dietary Fiber.

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# Bulletproof® Coffee Blocks

Zero net carbs per block. 1 block per cup of coffee.



Servings: 8

4 oz unsalted butter, grass-fed (or [Bulletproof® Ghee](#))

1/4 c [Brain Octane® oil](#)

3/4 c coconut oil, melted

1/2 tsp cinnamon

1/4 tsp sea salt

## DIRECTIONS

Combine butter with Brain Octane® oil, melted coconut oil, sea salt and cinnamon.

Whisk and pour into an ice-cube tray or silicone candy molds.

Freeze and remove and pop the blocks into a glass container and cover.

Store in the fridge until you are ready to use.

## Make Bulletproof® Coffee:

Place one of the blocks and 8 to 10 ounces of freshly brewed [Bulletproof® Coffee](#) in a blender. Blend until well combined and foamy. Drink and enjoy!

Per Serving: 342 Calories; 39g Fat (99.7% calories from fat); trace Protein; 0 Carbohydrate; 0 Dietary Fiber.

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# Bulletproof® Coffee Gummies

.5 net carbs per gummy.



Servings: 8

8 oz [Bulletproof® Coffee](#), freshly brewed using 2½ tbsp of ground Bulletproof® Coffee

2 tbsp unsalted butter, grass-fed (or [Bulletproof® Ghee](#))

1 tbsp [Brain Octane® oil](#)

1 tbsp coconut oil

1 tbsp vanilla extract

5 tbsp unflavored gelatin

stevia (or equiv), to taste

## DIRECTIONS

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're ready, drops the gummy into your Bulletproof® Coffee or eat them whole!

Per Serving: 61 Calories; 6g Fat (96.7% calories from fat); trace Protein; 0.5g Carbohydrate; 0g Dietary Fiber.

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# Bulletproof® Coffee Packs

.5 net carbs per pack.



Servings: 30

16 oz unsalted butter, grass-fed (or [Bulletproof® Ghee](#))

10 tbsp coconut oil

10 tbsp [Brain Octane® oil](#)

1/2 c unsweetened cocoa powder, or to taste

cinnamon (optional)

## DIRECTIONS

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

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

Make your Bulletproof® Coffee. Place a Bulletproof® pack to your empty cup or mug.

Add coffee until the cup is half full. Add any sweetener (or Torani sugar-free syrups.) Mixing half way gives more control inside the mug and prevents spill-overs.

Mix with a hand blender or frother. Add remaining brewed Bulletproof® Coffee and enjoy.

Per Serving: 193 Calories; 22g Fat (97.6% calories from fat); trace Protein; 1g Carbohydrate; 0.5g Dietary Fiber.

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