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A Pound A Day Reclaim
Your Energy And Focus
And Upgrade Your Life

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□ 10 April 2018. by Dave Asprey

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A 21-Day 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 wellness. You will skip breakfast, stop counting calories, eat high levels of healthy saturated fat, work out and sleep less,

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rapid weight loss and peak

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The Bulletproof Diet: Lose up to a
Pound a Day, Reclaim ...

The Bulletproof Diet, written by
entrepreneur Dave Asprey, aims to

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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 contaminants. The diet itself encourages a high consumption of fat, particularly saturated fat from animal

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sources and certain plant sources like
coconut.

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What to Eat and Avoid. Beverages:
Pasteurized milk, soy milk, packaged
juice, soda and sports drinks. Veggies:

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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 peas, ...

The Bulletproof Diet Review: Does It

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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 Bulletproof Diet: Lose up to a Pound a Day, Reclaim Energy and Focus, Upgrade*

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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 Review - Does it Really Work?

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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 fact that he was

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doing what doctors recommended:
eating ...

The Bulletproof Diet: Lose up to a
Pound a Day, Reclaim ...

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

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described as a 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.

The Bulletproof Diet: Lose up to a

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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

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In doing so, he promises, you'll gain energy, build lean 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 Smoothies to Lose Fat and
Increase Energy (Lose Up To A Pound
A Day, Reclaim Energy and Focus,

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End Food Cravings) Tony Robson 3.3
out of 5 stars 42

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