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The bulletproof diet is related to the Paleo diet and is based on what our ancestors ate. Just like the Paleo diet, this diet also imposes some restrictions, but the bulletproof diet goes one step further and solves issues that may arise from being on the Paleo diet for an extended period of time.

The bulletproof diet is a diet that does not include calorie counting. Instead you have to eat food, according to the bulletproof diet rules in order to feel your body, brain and hormones re-awaken.

The bulletproof diet is also very tasty, it is not vegan and you do not need to limit calories and therefore it is easy to follow.

A key aim of the bulletproof diet is to gain 50-60% energy from fats, 20% from the protein and rest from veggies and fruit – preferably organic.

This diet helped many people with weight loss, allergy reduction, and hormonal balance and in many other ways. If you want to discover the bulletproof diet health benefits download this book and discover:

- What is the bulletproof diet
- How the bulletproof diet can help YOU
- Bulletproof smoothies that are simple to prepare

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Improve your lifestyle NOW.

By Khai S.

There are a lot of different types of diet plans nowadays and it is really frustrating if a certain type of diet we are practicing is not working on us. This book is very informative because it discusses on detail the possible reasons why some diets might not work and what might also work. The author was able to deeply provide benefits and tips of bulletproof diet before you even start the plan itself. If you are looking for tons of information and recipes that can help you improve your lifestyle, i recommend you should have this book.

1 of 1 people found the following review helpful.

The recipes look so good and delicious

By NAKP

The recipes look so good and delicious! I am not a nutritionist but mine told me that veggies and fruits are a great addition to my diet especially since I am trying to lose a lot of weight and change my current lifestyle. I always used to head to the nearest fast food joint whenever I was hungry but hopefully I can finally kick the habit!

0 of 0 people found the following review helpful.

More than just smoothies!

By Emilia

I thought this would be just one more smoothie book but I was pleased to find out that it was a step further. It's a whole diet concept based on paleo principles while making use of super delicious smoothies! Recommend it!

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