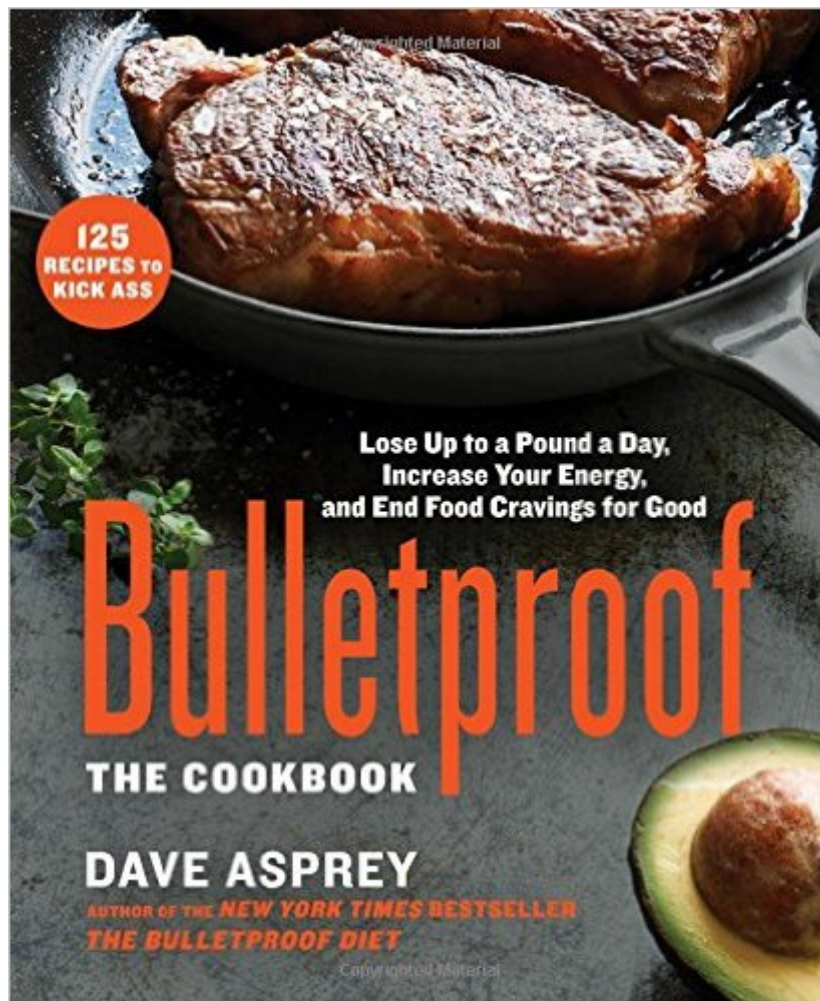


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# Bulletproof: The Cookbook: Lose Up To A Pound A Day, Increase Your Energy, And End Food Cravings For Good



## Synopsis

In *The Bulletproof Diet*, Dave Asprey turned conventional diet wisdom on its head, outlining the plan responsible for his 100-pound weight loss, which he came to by "biohacking" his body and optimizing every aspect of his health. The unconventional plan urges you to skip breakfast, stop counting calories, eat high levels of healthy saturated fat, work out less, sleep better, and add smart supplements. In doing so, Dave says you'll gain energy, build lean muscle, and watch the pounds melt off—just as he and so many others 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. Famous for his butter-laden Bulletproof Coffee, Dave packs the book with the delicious, filling meals he uses to maintain his weight loss and sustain his boundless energy. Once you get your hands on these mouthwatering recipes, you'll be hungry for more—and this book is just what you'll reach for. The Bulletproof lifestyle is your blueprint to a supercharged life.

## Book Information

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Average Customer Review: 4.1 out of 5 stars— See all reviews— (113 customer reviews)

Best Sellers Rank: #5,266 in Books (See Top 100 in Books) #32 in Books > Cookbooks, Food & Wine > Special Diet > Weight Loss #139 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Other Diets

## Customer Reviews

I am a fan of the Bulletproof lifestyle- BP coffee daily and BP intermittent fasting 5x a week. Still, this book is MEH. I would say this book is more of an attempt to have a new book out there than it is to offer new information. I would call this more of an "assembly book" than a "cookbook." Asparagus and Soft Boiled Eggs is an assembly, not a "recipe", and definitely something I don't need a cookbook to come up with. Salmon with capers and lemon juice? Wow. Groundbreaking... Compound butter with herbs isn't a recipe I paid money to discover. Save your money or buy his other book, "The Bulletproof Diet" for a better bang for your buck. The chapters are titled as

such:MainsSides/SaladsSoups/BrothLattes/SmoothieDessertsSalt/Butter/CondimentsHe repeats a lot of information from his podcasts and previous book. He basically takes the ingredients he has been talking about forever and tries to pass them off as "new recipes". He promotes a lot of his branded products, which doesn't bother me, but it might some people. I was slightly disappointed with the book overall. You would be better off looking for recipes on the internet and making them BP with your own modifications, per your palate. This book isn't going to help that much.

I've been somewhat keeping my weight under control with Atkins and Paleo, but I would get so hungry. It seemed to me the more I ate the more I wanted to eat. So I would start food deprivation to get it back under control. 2 meals a day, a period of fasting, butter coffee in the morning is a perfect plan. Eat until satiated, don't count any calories, stick to the good fats and enjoy your food while shedding unwanted pounds. The recipes are easy, you just need to gather the ingredients and do it. I feel so good I don't even want to eat out. I do what is suggested when I'm hungry and it works, no need to eat!

It's an okay book with some very good recipes I just didn't like the fact that quite a bit of the ingredients were sold by the author and not available at the market.

This is an okay cookbook with a strong push for the "Bulletproof" lifestyle. If you're into all things bulletproof, then this is for you. If you aren't familiar with the Bulletproof Diet, there are plenty of reviews out there to check out and decide for yourself if it's something you want to sign up for. Outside of that, this is an okay cookbook with low carb/high fat recipes, liberally sprinkled with hyperbole, buzzwords, and product placement.

Wow! I've been eagerly awaiting the publication of this book, and it actually exceeded my expectations! As another commenter said, "The intro alone is worth five stars." You get way more than a book of recipes here. You get a new approach to eating that I haven't seen anywhere else. I read Dave's other book on the Bulletproof Diet, and I'm very happy to be the beneficiary of his 20 years of research into how our bodies really metabolize food and how to avoid all the hidden dangers in our food supply - who knew there are mold toxins in most coffee produced around the world?? Thanks, Dave, for sharing your knowledge, tips, recipes, and enthusiasm with the world. I'll report back after I've made my first batch of Bulletproof Bone Broth and when I've reached my goal weight. (One and a half pounds down already and I just started!!) : )

I am a retired food service professional and have created thousands of recipes, written menus, and dabbled in food styling as a sideline hobby. This cookbook is one of the best I've ever read. There are menu plans and clearly written instructions for the recipes. And the pictures are beautiful.

Possibly controversial, but definitely one of the year's best cookbooks. Dave Asprey debunked some seriously outdated nutrition myths with his Bulletproof Diet. Skip breakfast? Lots of saturated fat? Butter and other fats in your coffee? It sounded crazy | and it worked. Whether you're a Bulletproof newbie or you've whipped up this delicious coffee for years, you're going to love this new cookbook, which provides 125 delicious, easy-to-make recipes to crush hunger and cravings, burn fat, and look and feel your best. Before you jump to conclusions that this is a meat-heavy (or whatever) cookbook, let me just say BULLETPROOF CUPCAKES. This might be one of the year's most controversial cookbooks, but I'm certain it's one of the most fabulous. Don't miss it.

This is a beautiful and unique cookbook. I'm all about Paleo, Pegan, Bulletproof and whatever else way of eating that does not include wheat. The cookbook contains beautiful photos and the recipes are simple.

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