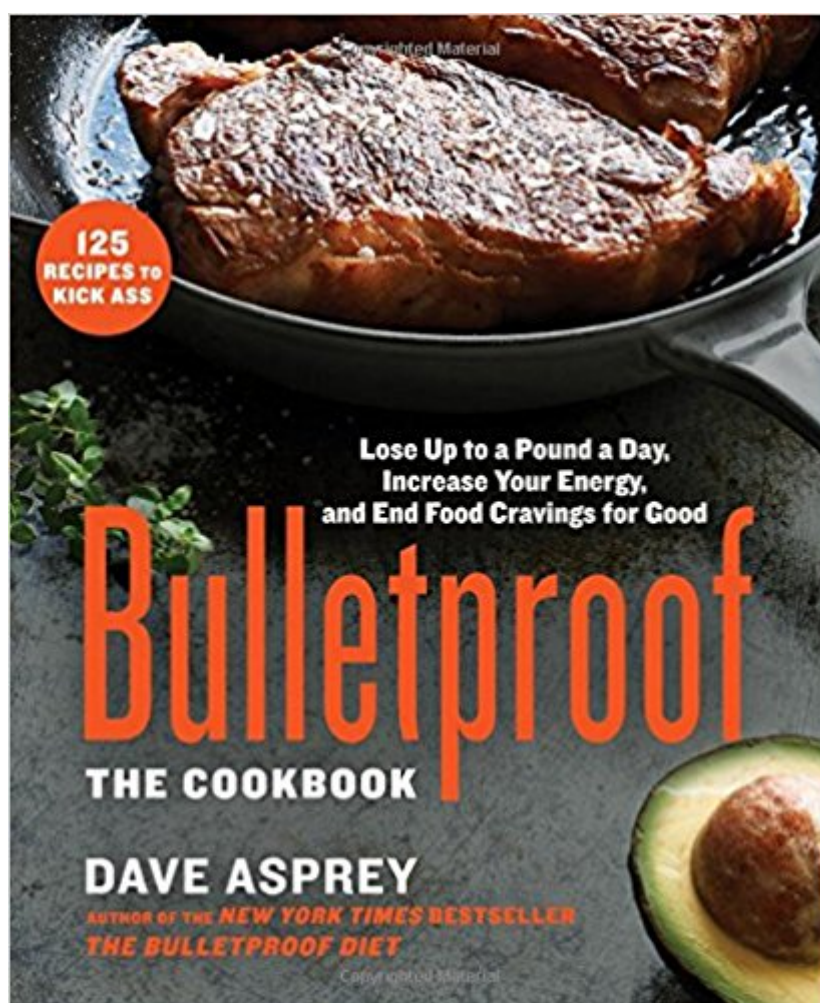


The book was found

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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Customer Reviews

Dave Asprey is the author of the bestselling *The Bulletproof Diet* and creator of Bulletproof Coffee. He is the chairman of the Silicon Valley Health Institute and host of Bulletproof Radio. He has appeared on *Today* and *Nightline* and has been featured in *Rolling Stone*, *Men's Health*, *Vogue*, *Marie Claire*, and *Slate*. He lives in Victoria, BC, and Seattle, WA.

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: Mains/Sides/Salads/Soups/Broth/Lattes/Smoothie/Desserts/Salt/Butter/Condiments. He 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 got some good info and basic recipes. I have a couple other keto cookbooks that are way more in depth, have a lot more variety, complete with shopping lists and meal plans.

Helped tie together the Bulletproof Diet and was able to get my mind around living Bulletproof living. Easy to follow, and lots of excellent recipes

Life changing and eyes opening book. Highly recommend!

Use it all the time

Awesome!

Had some nice recipes

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Up to 20 Pounds in 28 Days: Eat More Food & Lose More Weight: Unleash Your Body's Natural Fat-Burning Power and Lose 20lbs in 4 Weeks by Pomroy. Haylie (2013) Paperback

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