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### **PDF Download Bulletproof Diet Smoothies: 30 bulletproof**

December 2011 in Bulletproof Diet Thanks to a wisdom tooth extraction that has me limited to liquid foods, today I've been playing around with some of the ingredients Dave has mentioned in the past for smoothies.

### **Bulletproof smoothie recipes â€” Bulletproof Forum**

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### **Bulletproof Diet â€” Bulletproof Forum**

If youâ€™re following the Bulletproof Diet note for note, butter brew is your breakfast. So a smoothie lets you mix things upâ€”and its super nutritious, Asprey says.

### **5 Bulletproof Cookbook recipes that aren't coffee | Well+Good**

The Bulletproof Diet Roadmap is the best place to start if youâ€™re unfamiliar with the diet or if youâ€™re looking for an easy reference to the best foods for your body.

## **The Complete Bulletproof Diet Roadmap - Bulletproof**

The Green Smoothie Challenge is not a diet plan. You won't be required to radically change your normal eating pattern, eat strange things, or go hungry. Please eat nutritious meals and foods you're accustomed to and enjoy (all within moderation, right?). All we ask is that you commit to consuming one green smoothie each day of the 30-Day challenge. By the end of the challenge, you should ...

### **THE 30-DAY GREEN SMOOTHIE**

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