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Constructing recipes which fit the very specific criteria of the bulletproof diet can be a time consuming and frustrating process. The bulletproof diet smoothies book solves this problem by having 25 quick and easy smoothie recipes which are especially designed to make sure they meet all the requirements of the bulletproof diet, as well as being satisfying and delicious.

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With a simple blend of coconut milk, blueberries, vanilla, MCT oil, and whey protein, this keto smoothie is quick and easy to prep — and just 3 net carbs. Use organic blueberries and grass-fed whey protein, and make your swirl with coconut cream instead of yogurt to make this smoothie more Bulletproof-friendly. Keto Strawberry Lime Smoothie

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quick and easy bulletproof diet smoothie recipes for the main idea behind the bulletproof diet is to get 50 to 60 of your daily calories from healthy fats such as coconut oil avocado and grass fed and or

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Bulletproof Diet: eat Delicious Food Recipes and Smoothies ...

To cut down on prep time for your berry smoothie, get your cauliflower ready beforehand. Chop, steam and freeze in a

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lined glass container. It will be ready to toss in a blender in no time. Cauliflower Berry Smoothie. Start to Finish: 10 minutes. Ingredients: 1 cup cauliflower, pre-cooked and frozen; 1/2 cup organic raspberries; 1/2 cup strawberries

## Cauliflower Berry Smoothie - Bulletproof

Place all of the ingredients in a blender or Nutribullet and blend until frothy (about 30 seconds). I ' ve tried stirring these ingredients together, and it ' s just not the same. Trust me, use a blender or a milk frother. A milk frother is a great way to avoid dirtying an appliance, but it still makes super creamy bulletproof coffee.

Easy Bulletproof Coffee Recipe (Plus a smoothie version!)

Bulletproof Diet Smoothies: 25 quick and easy bulletproof diet smoothie recipes for weight loss, vibrant energy and optimum



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Bulletproof Diet Cookbook For Beginners  
– Quick and Easy ...

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Bulletproof Diet: eat Delicious Food

Recipes and Smoothies to Lose Fat fast and easy, look and feel Younger at your Best, energize Yourself in just 2 weeks

Lucas Curtis 4.4 out of 5 stars 14

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grass fed butter. See more ideas about Bulletproof coffee recipe, Coffee recipes, Bulletproof coffee.

## Recipes To Lose Weight Feel Energized And Gain Radiant Health And Optimal Focus