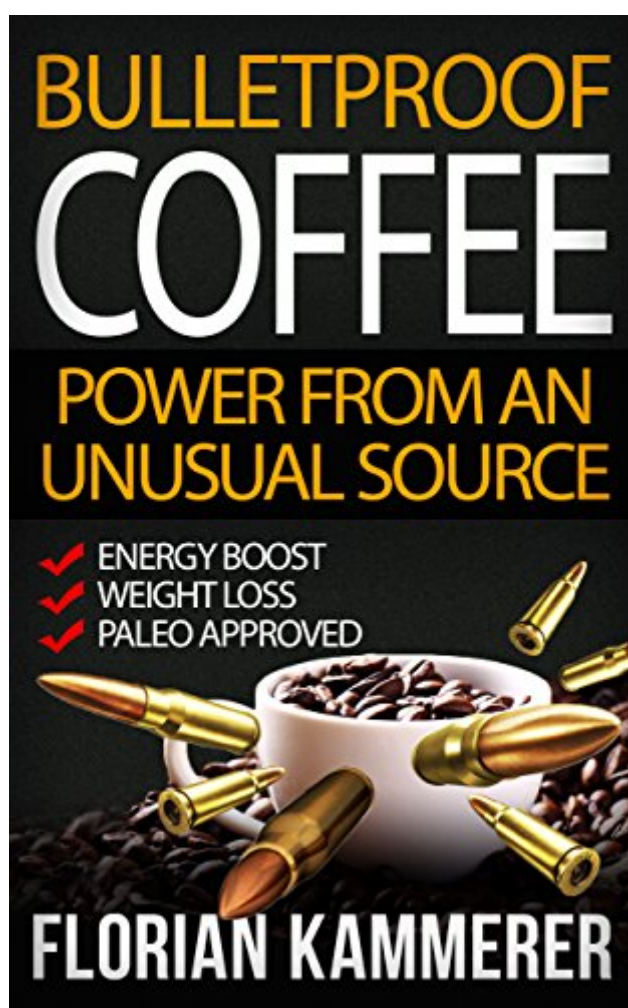


The book was found

Bulletproof Coffee: Power From An Unusual Source (Weight Loss, Energy Boost, Paleo Approved, Bulletproof Diet, Coffee)



Synopsis

Bulletproof Coffee was first introduced to the world by David Asprey in 2009, under the Bulletproof brand. Made using high-quality organic coffee beans, grass-fed unsalted butter and MCT oil, this coffee provides not only your daily boost of caffeine, but also the required amount of healthy fats for your meal serving. Bulletproof coffee is simple to make and has a variety of benefits, ranging from improved cognitive processes to faster burning of adipose tissue. This coffee is also a perfect addition to the Paleo diet, due to its high-fat, low-carb method of preparation. You can either have this coffee first thing in the morning, or turn the blend into energy gummy drop, cakes and smoothies for variety and flavor. What you will learn from this book: * What is Bulletproof Coffee * How to make it * Learn about the ingredients * Several easy recipes * The benefits of Bulletproof Coffee * How it matches with the Paleo Diet * Much more...

Book Information

File Size: 2591 KB

Print Length: 41 pages

Simultaneous Device Usage: Unlimited

Publication Date: October 29, 2014

Sold by: Â Â Digital Services LLC

Language: English

ASIN: B00P0GPAGI

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #338,499 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #85

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Customer Reviews

What an informational and eye-opening book. I never knew that coffee had so many health benefits

and could help you with dieting. The author has done a great job of not only explaining how coffee is so beneficial, but also goes into great detail about why coffee is so good for you. Especially when paired with the fats that he is talking about. The recipes that he provides are also very good. They are so easy to make and they make your coffee delicious. I have tried just about all of them now and I haven't found a bad one yet. I also have noticed that I have lost about 7 to 8 pounds since I started doing this coffee diet. All in all this book is a very good read and I highly recommend it to anyone who drinks a lot of coffee as I do and are also looking for a great way to lose some weight.

The author is clearly a very motivated bulletproof coffee proponent. And this short "book" covers the topic in much detail. I can't wait to put this information to work!

I don't agree on the paleo trend but you do need a small amount of good fats why not try it in a drink

great

Artificial sweeteners are detrimental to your health (they increase your fat gain), do not recommend them. Otherwise good recipes on coffee

A better explanation of why butter coffee works. Thorough without becoming academic and dense. I loved the recipes though there are only a handful. Easy to make Jelly bean coffee drops, and ice cream, yum. Note this is a perfectionists approach using only the best of the best ingredients. Ingredients for Coffee prepared as Dave Asprey suggest are not common outside of major population centers. However Costco in the bay area carries virgin coconut oil and Kerry Gold butter. I can make a good facsimile with my kerig and a sumatran coffee pod from Bed Bath and Beyond. It may not be the breath taking perfection of Daves coffee picked and processed by virgins in deep meditation, but it is still so satisfying and tastey that it powers me well past lunch. You gotta try this once.

Basic book about the history and making of Bulletproof coffee. I am a follower of Dave Asprey and was already familiar with his recipe for basic Bulletproof coffee but there were a few other recipes that sound good. My 4 star rating was only because of a few typos which is a pet peeve of mine.

Aside from a few typos early on that I attribute to faulty translation, this book is a quick crash course

in BulletProof Coffee benefits and methods.

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Bulletproof Coffee: Power from an unusual Source (Weight Loss, Energy Boost, Paleo approved, Bulletproof Diet, Coffee) Paleo Diet: 365 Days of Paleo Diet Recipes (Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, Paleo, Paleo Cookbook, Paleo Slow Cooker, Paleo For Beginner, Paleo Recipes) Paleo Diet: 1001 Best Paleo Diet Recipes of All Time (Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, Paleo, Paleo Cookbook, Paleo Slow Cooker, Paleo Diet Meals) Paleo Diet for Beginners: The Ultimate Paleo Diet Guide for Weight Loss (Paleo Diet Cookbook, Paleo Diet Recipes, Paleo Diet for Beginners, Rapid Weight Loss, Paleo Diet Meal Plan, Burn Fat) Paleo Diet for Beginners: Lose Weight and Start Living the Paleo Lifestyle. Easy Paleo Diet Recipes for Weight Loss(paleo books, Paleo Diet, Paleo Diet ... diet, living paleo for dummies Book 2) PALEO: Paleo Diet For Rapid Weight Loss: Lose Up To 30 lbs. In 30 Days (Paleo diet, Paleo diet for weight loss, Paleo diet for beginners, Diabetes diet, Ketogenic diet, Anti inflammatory diet) Paleo Diet: Paleo Diet For Beginners, Lose Weight And Get Healthy (Paleo Diet Cookbook, Paleo Diet Recipes, Paleo Diet For Weight Loss, Paleo Diet For Beginners) Paleo Diet: Ultimate Guide For Beginners, How To Lose Weight And Get Healthy (Paleo For Beginners, Paleo Diet Cookbook , Paleo Diet Recipes, Paleo Diet For Rapid Weight Loss, Paleo Diet Plan) The Everyday Paleo Slow Cooker: 100+ Quick and Easy Paleo Slow Cooker Recipes for Busy People (paleo diet, paleo, paleo solution, paleo diet cookbook, paleo books, paleo ebooks, paleo diet kindle) Paleo: A Simple Start To The 14-Day Paleo Diet Plan For Beginners(paleo books, Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, ... Slow Cooker) (Cookbook delicious recipes 3) Paleo Diet: 55 Budget-Friendly Recipes to Lose Weight. A Low Carb Cookbook for Beginners. (Paleo recipes, Paleo Cookbook for Weight Loss, Paleo Diet, Paleo Cookbook) (weight loss book) Ketogenic Diet: Ketogenic Diet Mistakes to Avoid for Rapid Weight Loss (Ketogenic Diet for Weight Loss, Ketogenic Diet for Beginners, Diabetes Diet, Paleo Diet, Anti Inflammatory Diet, Low Carb Diet) Paleo For Beginners: Paleo Diet – The Complete Guide To Paleo – Paleo Cookbook, Paleo Recipes, Paleo Weight Loss Paleo For Beginners: Paleo Diet – The Complete Guide To Paleo – Paleo Cookbook, Paleo Recipes, Paleo Weight Loss (Clean Eating) Paleo Instant Pot Cookbook: Amazing Paleo Instant Pot Recipes for Whole Family (Paleo Instant Pot Recipes Cookbook, Paleo Diet Guide Cookbook, Paleo Diet Recipe Book, Paleo Diet for Beginners) Paleo Cookbook: The Ultimate Healthy Paleo Diet Recipes for Your Family (Paleo diet, Paleo Recipes,ancient diet, Paleolithic Diet, Low carb Diet, Ketogenic Diet) Keto Clarity: Rapid Weight Loss with Ketogenic Diet: The Simple Ketogenic Diet Cookbook

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