

# My Bulletproof Diet Recipes: Recipes To Help You Stick To The Bulletproof Diet By Jessy Smith

**By Jessy Smith**

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My Bulletproof Diet Recipes: Recipes to help you stick to the Bulletproof Diet

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of the Bulletproof Diet. Fill up with fat at dinner to help you in and stick to Bulletproof foods if you see your and recipes. The Bulletproof

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people lose weight. The Bulletproof Diet Recipes

a trend that s gaining popularity among those who follow the paleo diet, butter is added. Most  
"recipes" recommend bulletproof " version of

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