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# **Bulletproof Diet Smoothies Quick And Easy Bulletproof Diet Recipes To Lose Weight Feel Energized And Gain Radiant Health And Optimal Focus**

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*Mark Hyman, M.D. EP7* How Smoothies Can Make You Fat | 11

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*Bulletproof Diet Smoothies: 25 quick and easy bulletproof...*

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

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this smoothie more Bulletproof-friendly. Keto Strawberry Lime  
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from healthy fats such as coconut oil avocado and grass fed and or

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*Bulletproof Diet Smoothies Quick And Easy Bulletproof Diet...*

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



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*Easy Bulletproof Coffee Recipe (Plus a smoothie version!)*

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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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*Bulletproof Diet Cookbook: Quick and Easy Bulletproof Diet ...*

Nov 25, 2019 - Keto Bulletproof Coffee Recipes to keep you in ketosis all day long. These easy fat bombs can be made iced or hot and use mct oil, coconut oil, ghee and grass fed butter. See more ideas about Bulletproof coffee recipe, Coffee recipes, Bulletproof coffee.

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