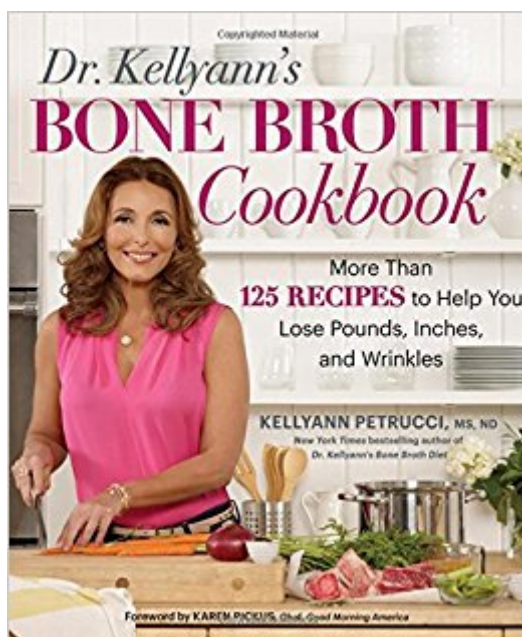


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# Dr. Kellyann's Bone Broth Cookbook: 125 Recipes To Help You Lose Pounds, Inches, And Wrinkles



## Synopsis

Become a slimmer, younger, healthier you with more than 125 recipes centered on the latest health craze: bone broth. Thousands of people have already discovered the powerful promise in the New York Times bestseller Dr. Kellyann's Bone Broth Diet. Weight loss, firmer skin, and boundless energy are just some of the benefits of sipping bone broth. It's why celebrities like Gwyneth Paltrow, Shailene Woodley, Salma Hayek, and Kobe Bryant are hooked on it. And it's why Dr. Kellyann has been recommending a diet rich in bone broth to her patients for years. In Dr. Kellyann's Bone Broth Cookbook, you'll discover even more recipes to help you burn fat, heal your gut, and tighten your skin. Each meal is as mouth-watering as it is packed with essential nutrients for glowing health—cravings and hunger pains not included. You'll enjoy more than just bone broth with fabulous recipes for beef, poultry, fish, lamb, eggs, and more, plus a bonus recipes for your maintenance phase. They're all designed with easy preparation and fast cooking in mind, so you can spend less time in the kitchen and more time enjoying your newfound vibrancy. Dr. Kellyann's Bone Broth Cookbook is your ticket to slimming down, looking younger, and ending cravings for good.

## Book Information

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## Customer Reviews

KELLYANN PETRUCCI, MS, ND, is a board-certified naturopathic physician, certified nutrition consultant, and the New York Times bestselling author of Dr. Kellyann's Bone Broth Diet. She is also a concierge doctor for celebrities in Los Angeles and New York and is featured on the public television special 21 Days to a Slimmer, Younger You. Dr. Petrucci is a regular guest on television

shows including The Doctors, and Dr. Oz, and national news programs. She is one of the few practitioners in the United States certified in biological medicine by the Paracelsus Klinik Lustnühle AG in Switzerland. She lives in Bucks County, PA.

I'm a big fan of bone broth and was so excited when this book arrived. It didn't disappoint. The recipes produce mouth-watering, yummy dishes that are easy to make and nutritious to boot. Who knew there were so many ways to use this healing broth.

We have followed the cookbook and have lost one pound per day amazing

Love the cookbook. Great recipes and ideas. I joined the Bone Broth bandwagon!

I am appreciative of the bone broth plan.

I am so please with this cookbook. Eat clean and enjoy delicious meals.

Just started reading it and I must say so far there are a lot of things in this book that go hand-in-hand with The Prime book about Ayurveda.

Great recipes that are simple to prepare and delicious! I absolutely love every recipe in this book!

Love Kellyanne's book....very informative....you do not need to buy anything else with this diet.....

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Bone Broth : Bone Broth Diet Plan: Lose 15 Pounds, Firm Up Your Skin, Improve Health and Reverse Grey Hair with the Bone Broth Diet (Bone Broth, Bone Broth Diet, Bone Broth Recipes)  
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Process, Diminish Wrinkles And Help You Lose Weight For Good! (Anti-Aging, Anti Aging, ... Superfoods, Aging, Wrinkles, Anti Wrinkle) Bone Health: Treatment for beginners - Basics about Bone Health, Bone density, Osteoporosis and Osteopenia (Osteoporosis and Bone Health - Healthy Bones Tips - Bone Health 101) Mug Recipes Cookbook : 50 Most Delicious of Mug Recipes (Mug Recipes, Mug Recipes Cookbook, Mug Cookbook, Mug Cakes, Mug Cakes Cookbook, Mug Meals, Mug Cookbook) (Easy Recipes Cookbook 1) Detox Diet: 21 Days To Rapid Weight Loss, Cleanse Your Body And Upgrade Overall Health(Lose Up To 21 Pounds, 5 Inches Belly In 3 Weeks With Fast & Delicious Recipes)( Vegetarian, Ketogenic, Low Carb) Dash Diet for Weight Loss: Lose Up to 10 Pounds in 10 Days! + Lower Blood Press w/ Dash Diet Recipes and Cookbook + FREE BONUS: 35 TOP DASH DIET RECIPES ... Dash Diet Cookbook, Dash Diet Recipes) The Bare Bones Broth Cookbook: 125 Gut-Friendly Recipes to Heal, Strengthen, and Nourish the Body Self Help: How To Live In The Present Moment (Self help, Self help books, Self help books for women, Anxiety self help, Self help relationships, Present Moment, Be Happy Book 1) The Fast Metabolism Diet: Lose Up to 20 Pounds in 28 Days: Eat More Food & Lose More Weight: Unleash Your Body's Natural Fat-Burning Power and Lose 20lbs in 4 Weeks by Pomroy. Haylie ( 2013 ) Paperback Shrink Your Female Fat Zones: Lose Pounds and Inches--Fast!--From Your Belly, Hips, Thighs, and More Ninja Blender Recipe Book: Lose Weight And Shred The Pounds Fast With These Delicious And Healthy Ninja Blender Recipe Book Recipes You Can Make ... Recipes, Ninja Blender Cookbook) (Volume 1) Easy Asian Cookbook Box Set: Easy Korean Cookbook, Easy Filipino Cookbook, Easy Thai Cookbook, Easy Indonesian Cookbook, Easy Vietnamese Cookbook (Korean ... Recipes, Asian Recipes, Asian Cookbook 1) Game of Bones: Bone Broth Cookbook of the Seven Kingdoms: Healing Broths and Hearty Feasts to Die For Brodo: A Bone Broth Cookbook Broth and Stock from the Nourished Kitchen: Wholesome Master Recipes for Bone, Vegetable, and Seafood Broths and Meals to Make with Them

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