



# **Dr. Kellyann's Bone Broth Cookbook: 125 Recipes to Help You Lose Pounds, Inches, and Wrinkles**

*Dr. Kellyann Petrucci MS ND*

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*Dr. Kellyann Petrucci MS ND*

## **Dr. Kellyann's Bone Broth Cookbook: 125 Recipes to Help You Lose Pounds, Inches, and Wrinkles**

Dr. Kellyann Petrucci MS ND

**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 "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.

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#### **April Cotton:**

Dr. Kellyann's Bone Broth Cookbook: 125 Recipes to Help You Lose Pounds, Inches, and Wrinkles can be one of your nice books that are good idea. We recommend that straight away because this guide has good vocabulary that could increase your knowledge in terminology, easy to understand, bit entertaining but nonetheless delivering the information. The article writer giving his/her effort to put every word into satisfaction arrangement in writing Dr. Kellyann's Bone Broth Cookbook: 125 Recipes to Help You Lose Pounds, Inches, and Wrinkles nevertheless doesn't forget the main position, giving the reader the hottest and based confirm resource data that maybe you can be certainly one of it. This great information can certainly drawn you into brand-new stage of crucial pondering.

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