



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

Kellyann Petrucci

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Bone broth heals the gut, reduces inflammation, and promotes natural fat burning. By following Kellyann Petrucci's plan in the *New York Times* bestseller *Dr. Kellyann's Bone Broth Diet*, thousands of people have already lost weight and their wrinkles.

Now *Dr. Kellyann's Bone Broth Cookbook* picks up where the diet left off so that old and new fans can savor even more delicious, health-boosting recipes. Beyond just broth, Dr. Kellyann packs the book with a full range of tasty, filling meals for you to maintain your weight loss and sustain impeccable health, like Zucchini Breakfast Cakes, Orange-Rosemary Chicken Salad, and even some sweet offerings, like a Baked Apple Shake.

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From Reader Review Dr. Kellyann's Bone Broth Cookbook: 125 Recipes to Help You Lose Pounds, Inches, and Wrinkles for online ebook

Laryssa says

Similar to original book

This book was helpful to get ideas for how to implement the diet, but honestly you can get most of the same concepts from the original Bone Broth Diet book.

Robin says

This book attracted me because it indicated that bone broth was good for you, which intrigued me. It also claims that by following the bone broth diet, you will feel better and lose weight.

I was disappointed. The author recommends some foods and discourages eating other foods that don't make sense to me. I believe that Weight Watchers diet is the all-around best diet, at least for me. After finishing the book, I decided that I would at least make 1 batch of bone broth, just to see what it tastes like. A day later, I don't think I will. There's too much to do in life and I don't want to spend time cooking something I don't believe in.

Carolyn V says

bone broth may be a trend these days; but, it is impressive how much nutrition is in these home brewed broth and 125 recipes to use these homemade broths with. If you are into making your own homemade broth; this is a book to add to your cookbook collection

Trudy Dowling says

So happy to find more info and recipes using and making bone broth. It is helping with the life changes that has helped me to become more healthy

Kym says

I picked this book up for the bone broth research and benefits. It turns out that this is a weight-loss program. It is a Whole30/bone broth mash-up. I didn't want to like the recipes after that, but then I did. I hate it when that happens. Instead of boring, bland looking recipes, they look fresh and tasty. Yep. I'll be buying the book

and maybe give the diet a try.
