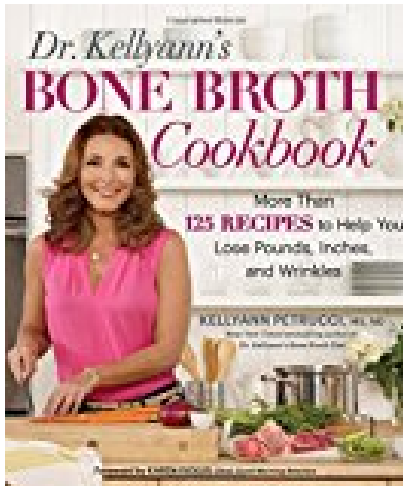


# Dr. Kellyanns Bone Broth Cookbook 125 Recipes to Help You Lose Pounds Inches and Wrinkles

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## BOOK DETAILS

- Author : Dr. Kellyann Petrucci MS ND
- Pages : 256 Pages
- Publisher : Rodale Books
- Language : English
- ISBN : 1623368391

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## **BOOK 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. Kellyanns Bone Broth Diet. Weight loss, firmer skin, and boundless energy are just some of the benefits of sipping bone broth. Its why celebrities like Gwyneth Paltrow, Shailene Woodley, Salma Hayek, and Kobe Bryant are hooked on it. And its why Dr. Kellyann has been recommending a diet rich in bone broth to her patients for years. In Dr. Kellyanns Bone Broth Cookbook, youll 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. Youll enjoy more than just bone broth with fabulous recipes for beef, poultry, fish, lamb, eggs, and more, plus "bonus" recipes for your maintenance phase. Theyre 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. Kellyanns Bone Broth Cookbook is your ticket to slimming down, looking younger, and ending cravings for good.

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