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

Kellyann Petrucci

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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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Julia Hale:

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