
THE

10-DAY BELLY SLIMDOWN

QUICK START GUIDE



IT'S TIME TO KISS THAT BELLY GOODBYE!

Are you fed up with that belly fat? Tired of hiding your belly under baggy clothes while your friends wear sexy dresses and skinny jeans? Sick of looking and feeling years older than you are?

Then NOW'S THE TIME to take action! I've helped thousands of people lose that extra belly fat—including the Hollywood and New York celebrities I work with now as a concierge doctor. I've helped thousands more through my books, my PBS special, and my appearances on Dr. Oz and other shows. And now, I'm going to do the same thing for you.

With this **Quick Start Guide**, you can start your journey to a slim belly right now. In these pages, you'll find step-by-step instructions for your 10-Day Belly Slimdown.

But first, let's talk for a minute about WHY you need to lose that belly fat—and lose it fast.

THE REAL REASON WHY THAT BELLY FAT NEEDS TO GO

You know that the roll of fat around your waist is unattractive. But guess what: In reality, the really ugly stuff is going on inside your belly.

Your 10-Day Belly Slimdown is going to blast your subcutaneous fat (that "inch you can pinch") so you'll get the sleek belly you want. But even more importantly, it's going to burn off the visceral fat that lies underneath it.

This visceral fat doesn't just sit there. Like a witch's cauldron, it brews up toxic chemicals that keep making you fatter and sicker. Here's just some of the bad stuff that these chemicals do:

Causes body-wide inflammation

Makes your cells less sensitive to insulin

Raises your blood pressure

Messes with your hormones

As a result, visceral fat makes you old and sick on the inside. It increases your risk for heart disease, stroke, diabetes, and even dementia. And here's more bad news: Visceral fat increases your risk for breast, colorectal, pancreatic, and uterine cancer.

I know this is scary stuff. But relax—there's no need to worry! That's because in just 10 days, we're going to crush that belly fat and get rid of the nasty stuff it's brewing up. As a result, your belly will be beautiful inside and out.

And, of course, that slim belly won't just be healthy... it'll be fabulous, so you can stop hiding it and start flaunting it! You can start taking selfies, toss out that swimsuit cover-up, wear skin-tight yoga pants to the gym, and walk into a party with "look at me" written all over you.

It's going to be AWESOME.

HOW WE'RE GOING TO BLAST THAT BELLY FAT

Why does my 10-Day Belly Slimdown take pounds and inches off your waist so quickly? The secret is my TRIPLE PUNCH!

In this plan, I combine three of the most powerful weight-loss strategies on the planet. Separately, each one melts fat like crazy. Add them together, and you'll burn off that fat so fast you won't believe it.

Here are my three Slimdown Power Plays:

1. A SHORT EATING WINDOW

Amazing new research proves that when it comes to slimming your belly, it's not just **what** you eat—it's also **when** you eat. Scientists are finding that simply shrinking your eating window—that is, the hours during which you eat your daily meals—revs up your metabolism and causes you to burn off fat faster.

That's why on my plan, you're going to eat all your meals during a **seven-hour window**. You can choose any seven-hour window you like—just be sure to eat all of your meals within this time. And if you're panicking about shortening your eating window, don't worry: you won't be hungry, because my next Slimdown Power Play will keep you satisfied all day long!

2. BONE BROTH “BURNING” AND “LOADING.”

In the morning before your first meal, you’re going to drink hearty, delicious bone broth (from one to six cups). This is your BONE BROTH “BURNING” PHASE, and it’s when you’re going to burn off tons of that belly fat!

Bone broth heals your gut inflammation—you’ll learn all about this in my book—and a healthy gut translates into a healthier you. What’s more, bone broth is so delicious that it’ll allow you to coast right through your morning intermittent fast without a single craving.

Then, in between your two daily meals, you’ll enjoy more broth—this time with leafy veggies added. This is your BONE BROTH “LOADING” PHASE, and it’s going to fill you up, keep your “plumbing” working like a charm, and blast your bloat.

3. A POWERFUL DOSE OF COLLAGEN AND OTHER ANTI-INFLAMMATORY FOODS.

Your first meal of the day on your 10-Day Belly Slimdown will be a delicious, collagen-rich shake. The collagen in this shake is going to heal your gut inflammation—the #1 key to losing that belly fat. In addition, it’s going to give you beautiful skin, hair, and fingernails, and make your joints feel years younger.

Then, for your second meal of the day, you’re going to load your plate with anti-inflammatory foods—foods that ramp up your metabolism, taking your fat-burning into the stratosphere. These include beautiful proteins, non-starchy veggies, healthy fats, and two fruits—grapefruit and berries—that will dynamite the fat right off your belly.

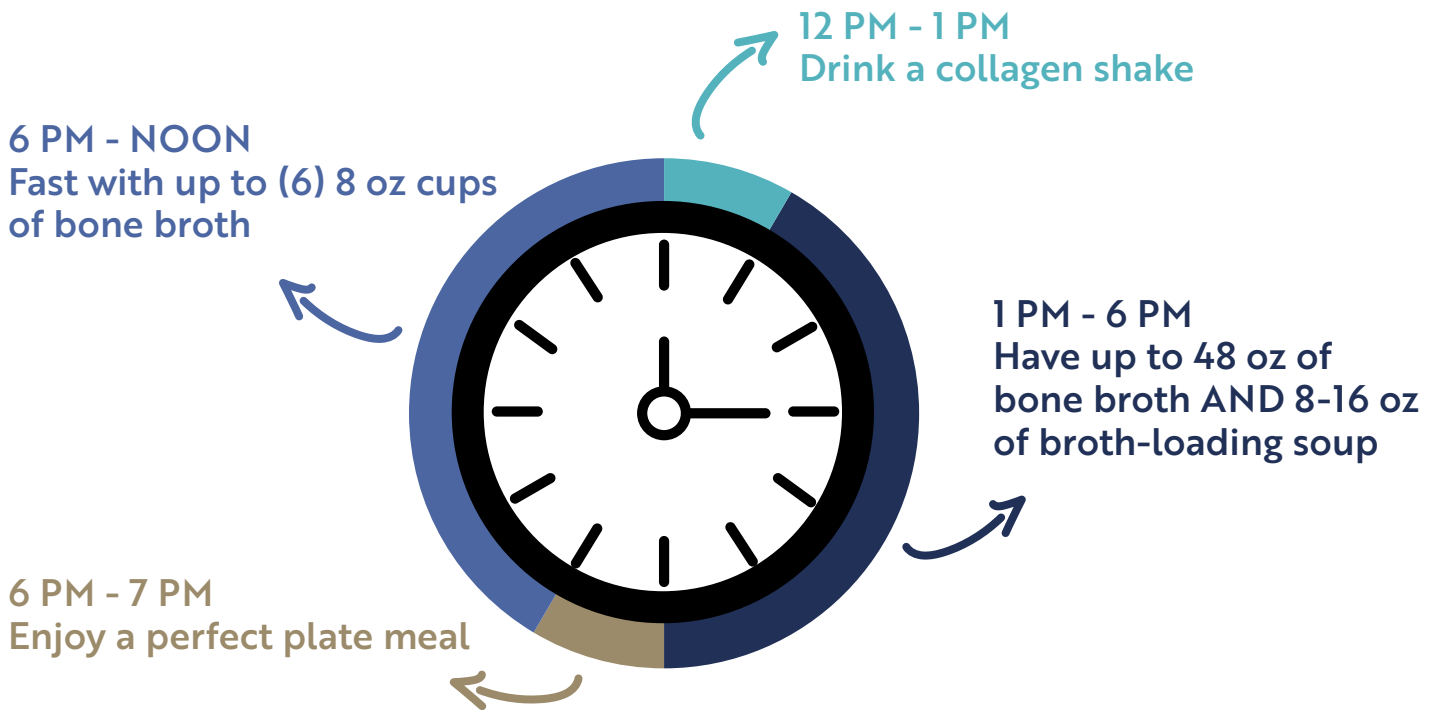


ARE YOU READY TO COMMIT?

I'm not going to kid you here. This is a boot camp diet, and it's hard work to melt off your belly fat this fast. But when you see your results, you'll be blown away.

So... are you game? Are you ready to try the same plan I've used to slim down everyone from New York socialites to Hollywood celebrities? Then let's do this.

THE 10-DAY BELLY SLIMDOWN PLAN



1. "BROTH BURNING" - FROM WAKE-UP TIME 'TILL NOON

This is where you'll really blast that belly fat!

Have NOTHING but [bone broth](#)—as little as a single mug, or up to (6) 8-ounce cups. For extra fat-burning power, add herbs and spices such as cinnamon, cayenne pepper, black pepper, ginger, turmeric, parsley, and rosemary.

You can also drink unsweetened black coffee, my [Collagen Coffee](#), water with a squeeze of lemon juice, or unsweetened white, green, black, or herbal tea. (No dairy or non-dairy creamers or artificial sweeteners!)

2. A SLIMMING SHAKE - BETWEEN NOON AND 1 P.M.

Melt away pounds and wrinkles with a generous serving of collagen! Your shake will include:

- 1-2 scoops of [collagen or protein powder](#)
- Two handfuls of leafy green vegetables—great choices include watercress, spinach, kale, and Swiss chard
- A healthy fat (see my list of “Yes” fats later in this guide)
- A handful of blueberries (optional)
- Stevia or monk fruit sweetener (optional)
- Herbs and spices (optional)

3. “BROTH LOADING” - AFTERNOON AND EVENING UNTIL 6-7 P.M.

Banish those cravings and load up on fiber!

Enjoy more broth and Broth-Loading Soups! Up to 48 ounces of bone broth can be consumed during the broth loading phase, including 8-16 ounces of Broth-Loading Soup.

What is a Broth-Loading Soup? It’s healing bone broth PLUS fiber to keep things moving in your GI tract! You can either follow one of my Broth-Loading Soup recipes (try Beef Bone Broth Infused with Mexican Herbs and Spices or Chicken Bone Broth with Greens), or simply add two handfuls of LEAFY GREEN VEGETABLES or other NON-STARCHY vegetables to an 8-16 ounce mug of plain bone broth.

TIP: If you have digestive problems, puree your veggies first.

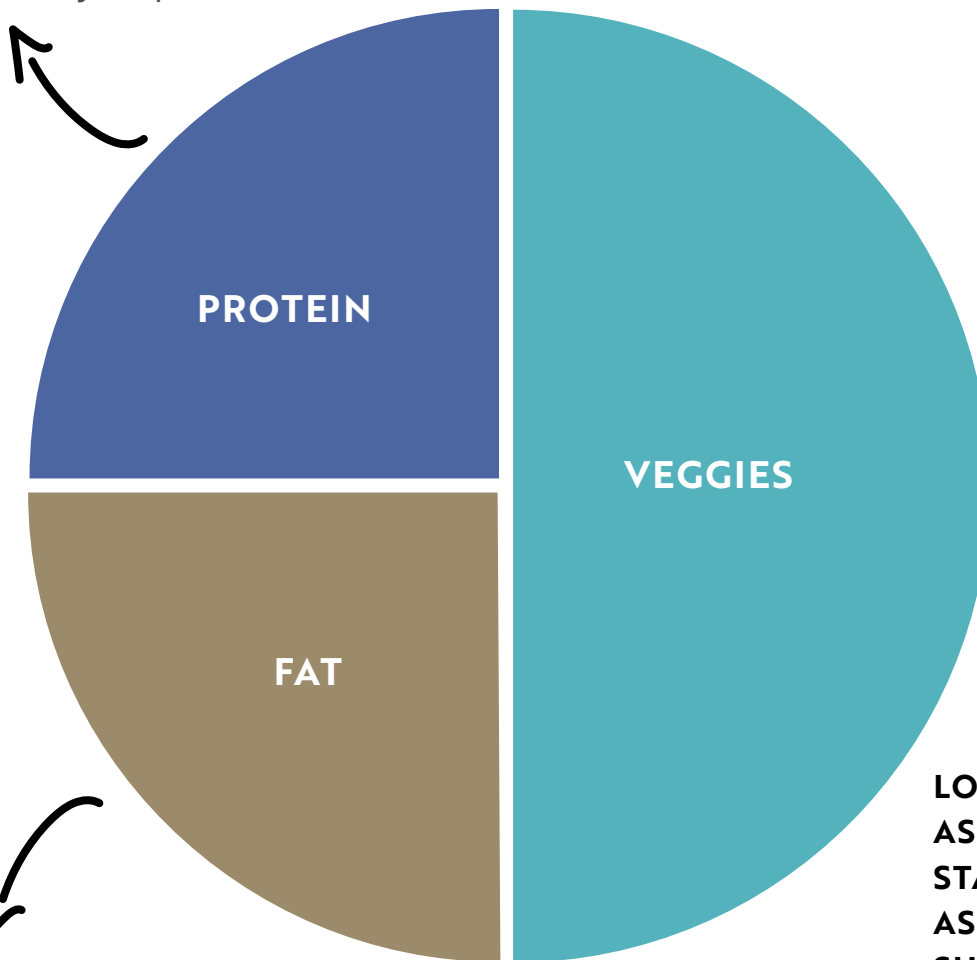
4. A “SLIM PLATE” MEAL - BETWEEN 6 AND 7 P.M.

It’s time for a big dose of those metabolism-revving anti-inflammatory foods! Eat a fat-burning meal featuring one serving of protein, one serving of healthy fat, and as many non-starchy veggies as you want—load up on them! You’ll also add the fat-burning power of grapefruit or berries. Also, reach once more for those herbs and spices.

YOUR PERFECT PLATE MEAL

ONE SERVING HEALTHY PROTEIN

A serving should be about the size and thickness of your palm.



ONE SERVING HEALTHY FAT

A serving of oil, clarified butter, nuts, avocado, or other approved fats.

**LOAD UP ON
AS MANY NON-
STARCHY VEGGIES
AS YOU WANT
SUCH AS:**

A serving of oil, clarified butter, nuts, avocado, or other approved fats.

YOUR PERFECT PLATE PORTION GUIDE

PROTEIN PORTIONS

A serving of meat, fish, or poultry should be about the size and thickness of your palm. A serving of eggs is as many as you can hold in your hand (that's two or three for women, three or four for men). A serving of egg whites alone is double the serving for whole eggs. Each meal should include a serving of protein.

NON-STARCHY VEGETABLE PORTIONS

A serving of vegetables should be at least the size of a softball. Fill your plate with at least two or three softballs' worth.

BERRIES OR GRAPEFRUIT

A serving of fruit is $\frac{1}{2}$ a grapefruit or a closed handful of berries.

FAT PORTIONS

- A serving of oil or clarified butter is 1 tablespoon.
- A serving of nuts, coconut flakes, or olives is about one closed handful.
- A serving of nut butter is 1 tablespoon.
- A serving of avocado is $\frac{1}{4}$ to $\frac{1}{2}$ an avocado.
- A serving of full-fat coconut milk is $\frac{1}{3}$ to $\frac{1}{2}$ the can.
- A serving of almond milk is 8 ounces.
- A serving of chia seeds is 4 teaspoons.
- A serving of flaxseed is 2 tablespoons.
- A serving of hemp seeds is 2 tablespoons.

DR. KELLYANN'S TIP:

Before you start your 10-Day Belly Slimdown, I want you to think hard about what you want to achieve. For instance:

- Do you want to lose weight before a wedding, a cruise, or a class reunion?
- Do you want to wear fun, sexy clothes again?
- Do you want to reduce your risk for diabetes, cancer, and heart disease?

When you decide on your goals, write them on sticky notes and post them on your bathroom mirror. I want you to see them EVERY DAY, so you'll stay strong and focused.



A CLOSER LOOK AT YOUR SHAKES

1. What protein powder should you use?

On this diet, I want you to choose a high-quality collagen powder or protein powder made from **grass fed beef** for your shakes.

([Dr. Kellyann's Bone Broth Protein Powder](#) is an excellent choice.)

It's important to select a beef protein powder. Many people are lactose-intolerant or allergic to whey so I only recommend using it if you can find a protein powder made from whey isolate or whey isolate + collagen only." Also, avoid using pea protein powder, which isn't as nutrient-dense.

Count one to two scoops of protein powder as one serving.

2. What veggies can you add to your shakes?

Stick to **non-starchy** vegetables, and add two handfuls to each shake. You can choose any vegetables from my list of "Yes" veggies.

3. What else can you add to your shakes?

You can add any spices and fresh or dried herbs to your shakes.

You can add a little healthy fat (see my list of approved fats) to your shakes. Remember: A small dose of healthy fat actually helps you to burn fat faster! You can add a closed handful of blueberries for a touch of sweetness.

TIP: If you want to add coconut oil to your shake but don't want the shake to have a coconut flavor, use refined rather than unrefined coconut oil.

4. What ingredients should you avoid?

Avoid starchy vegetables like sweet potatoes, butternut squash, beets, carrots, turnips, parsnips, and rutabagas. These add extra carbs that will slow your weight loss.

- Don't add milk or other dairy products to your shakes.
- Don't add any fruits other than berries.
- Don't use sugar or any artificial sweeteners.

A CLOSER LOOK AT YOUR BROTH

1. Why is bone broth so important?

Bone broth is very different from the regular broth you're used to. I call it "liquid gold," because it's weight-loss magic!

Bone broth simmers for hours and hours, releasing deep nutrition that satisfies your hunger and quells your cravings. It's rich in collagen building blocks that help to soothe and heal your gut (a big key to rapid weight loss). It's loaded with glycine, which fights inflammation and helps you burn belly fat faster. It's packed with glucosamine and chondroitin, which heal your joints. And as a bonus, the collagen in bone broth will make your skin stronger, erasing wrinkles.

You can use [Dr. Kellyann's Bone Broth](#) or make your own—it's simple! You'll find a basic recipe in the recipe section.

2. What's the difference between "broth burning" and "broth loading"?

From the time you go to bed at night until you enjoy your shake the next afternoon, you'll be doing a bone broth intermittent-fast. During these hours, your body will be burning fat like crazy.

In the afternoon, after your shake, you'll be adding leafy greens to each mug of broth. This will fill you up, cleanse your body, and give you the fiber you need to prevent cravings and keep you "regular."

So basically, the morning is for burning fat like mad by doing a bone broth mini-fast—the broth burning stage. The afternoon is for loading your body with nourishing, detoxifying greens along with your broth—the broth loading stage.

4. Can you use grocery-store broth?

If you can find organic broth that's specifically labeled as BONE BROTH, that's a good option. But don't reach for regular broth, which won't give you the same fat-burning power.

5. How can you drink broth at work or when you're traveling?

Easy! If taking a thermos of broth isn't convenient, you can use [Dr. Kellyann's Powdered Bone Broth](#) packets anywhere. Simply mix with hot water, and you're good to go.

A CLOSER LOOK AT YOUR PERFECT PLATE MEAL

1. What should each meal contain?

Your final meal of the day should include one serving of protein, one serving of healthy fat, as many non-starchy veggies as you want, plus half a grapefruit or a handful of berries. Here are some guidelines:

Your protein should be free from nitrates, nitrites, gluten, sugar, and artificial colors and flavors.

Stick to the fats on the approved list. Do not use seed oils, such as canola, corn, or safflower oil, and avoid margarine.

For veggies, stick to my “Yes” list.

For extra gut-healing and fat-burning power, include **probiotic** foods. These help to stock your gut with beneficial microbes that reduce inflammation and make your metabolism hum. Probiotic foods you can have during your Slimdown include:

- Sauerkraut
- Kimchi
- Pickles

Be sure to buy probiotic foods from the refrigerated case at your grocery store. This ensures that they’re rich in live microbes.

After your meal, you can have bone broth, water, unsweetened tea, coffee, or my [Collagen Coffee](#).

DR. KELLYANN’S TIP:

Before you start your diet, do some “batch cooking.”

For instance, make a big pot of bone broth, roast a whole chicken or a turkey breast (freeze it in individual servings), toss a beef roast in the slow cooker, boil a dozen eggs, chop and wash veggies, and mix up a vinegar-and-oil dressing.

That way, when you come home starving, the makings for great meals will be right there waiting for you.

Don’t have time to batch cook? No problem!

You can pick up healthy, ready-to-go foods at the store. Easy protein options include canned tuna or salmon, precooked shrimp, rotisserie chicken, Applegate lunch meats, and hard-boiled eggs.

You can also pick up pre-washed greens and ready-made salad dressings (just make sure your dressings include only approved ingredients).

PUTTING IT ALL TOGETHER

Here's a handy chart that tells you exactly how each phase of your daily diet works. I recommend putting a copy on your fridge.

YOUR DAILY DIET AT A GLANCE			
PHASE 1	PHASE 2	PHASE 3	PHASE 4
MORNING "BROTH BURNING" (from wake-up to noon*)	AFTERNOON SHAKE (noon–1:00 p.m.*)	AFTERNOON "BROTH LOADING" (between your shake and evening meal)	SLIM PLATE MEAL (6:00–7:00 p.m.*)
* You can adjust your shake and evening meal times to suit your schedule; just make sure to eat your meals within a seven-hour window.			
<p>Bone Broth with herbs and spices (up to six 8-ounce cups)</p> <p>Unsweetened coffee, Collagen Coffee, or tea—no dairy or nondairy creamer</p> <p>Lemon water or plain water</p>	<p>1 to 2 scoops protein or collagen powder (15 to 25 grams)</p> <p>2 handfuls of leafy veggies</p> <p>1 serving of fat from list of approved fats</p> <p>Optional: Collagen Coffee for more collagen power!</p> <p>Optional: 1 closed handful of berries</p> <p>Optional: Stevia or monk fruit sweetener</p> <p>Water or ice</p>	<p>Bone Broth with herbs, spices, and 2 handfuls of leafy green veggies in each mug (up to six 8-ounce cups)</p> <p>OR</p> <p>Soups made with Bone Broth (be sure to follow the recipes in the book or Quick Start Guide—these are specifically designed for the diet)</p> <p>OR</p> <p>Plain Bone Broth plus a side salad of greens sprinkled with lemon juice or up to 1 tablespoon vinaigrette</p> <p>Water, lemon water, coffee, Collagen Coffee, tea</p> <p>Optional: Stevia or monk fruit sweetener in your beverages</p>	<p>1 serving of protein</p> <p>1 serving of approved fat</p> <p>Unlimited leafy green vegetables</p> <p>½ grapefruit or 1 handful of berries</p> <p>Tea, coffee, Collagen Coffee, lemon water, or bone broth</p>

APPROVED FOODS FOR YOUR 10-DAY BELLY SLIMDOWN

On my plan, you'll eat the "YES" foods I list in this section—and NOTHING ELSE. So get rid of every food that isn't on this list.

When you do this, make sure you're thorough. I mean it. That old Halloween candy? Toss it. Those Girl Scout cookies in the freezer? Give 'em away. Alcohol needs to disappear for 10 days, too. (You can toast to your success when you're done!)

Here are the only foods I want you to eat during your Slimdown:

APPROVED PROTEINS

- Bacon
- Beef
- Bison
- Chicken
- Duck
- Eggs
- Elk
- Fish (wild-caught and packed in olive oil if canned)
- Goat
- Lamb
- Pork
- Shellfish
- Turkey
- Veal
- Venison
- Pheasant
- Quail
- Wild game
- Deli meats (Nitrite- and Gluten-Free)
- Organ meats from pasture-raised animals (toxins store in organs, so try to get the best-quality meats)

APPROVED VEGETABLES

You can add any veggies from this list to your shakes, afternoon broth, and evening meal.

- Acorn squash*
- Artichokes
- Arugula
- Asparagus
- Bamboo shoots
- Beets*
- Bell peppers
- Bok choy
- Broccoli
- Broccoli rabe
- Brussels sprouts
- Butternut squash*
- Carrots*
- Cauliflower
- Celery
- Celery root*
- Chile peppers
- Cilantro
- Cucumber
- Daikon
- Eggplant
- Fennel
- Garlic
- Ginger
- Green beans
- Green cabbage
- Green onions
- Greens (beet, collard, mustard, and turnip greens)
- Horseradish
- Jalapeños
- Jicama*
- Kale
- Kohlrabi*
- Konjac root (shirataki)
- Leeks
- Lettuce
- Mushrooms
- Napa cabbage
- Okra
- Onions
- Parsnips*
- Plantains*
- Pumpkin
- Radicchio
- Radishes
- Red cabbage
- Rutabaga*
- Seaweed
- Snap peas
- Snow peas
- Spaghetti squash*
- Spinach
- Sprouts
- Summer squash
- Sweet potatoes and yams*
- Swiss chard
- Tomatillos
- Tomatoes (including canned or sundried tomatoes)
- Turnips*
- Watercress
- White Potatoes*
- Yucca*
- Zucchini

APPROVED FATS

Choose one serving of fat from this list for your shake, your afternoon broth loading phase (fat is optional in that phase), and your evening meal.

- Coconut oil / MCT oil (1 tbs)
- Olive oil (1 tbs)
- Avocado oil (1 tbs)
- Walnut oil (1 tbs)
- Ghee (clarified butter, with the milk solids removed; 1 tbs)
- Canned full-fat coconut milk (1/3 to 1/2 [14-ounce] can)
- Coconut chips (unsweetened; 2 tbs)
- Avocado (1/4 to 1/2 avocado)
- Olives (2 tbs)
- Unsweetened almond milk (carrageenan-free; 8 oz)
- Almond butter (unsweetened; 1 tbs)
- Nuts (2 tbs)
- Chia seeds (4 tsp)
- Hemp seeds (2 tbs)
- Ground flax seed (2 tbs)

APPROVED FRUITS

- Grapefruit (1/2 grapefruit)
- Berries (one handful)
- Lemon juice (squeeze in water)

APPROVED "EXTRAS"

Eat these only on an "emergency" basis—if you have an overwhelming sugar craving—and only during your eating window.

- Avocado (a few bites)
- Coconut chips (a closed handful)
- Olives (a closed handful, rinsed)

HERBS AND SPICES

I also want you to add herbs and spices to your shakes, your morning and afternoon broth, and your evening meals. All herbs and spices are on the "Yes" list. In particular, these herbs and spices can ramp up your fat-burning!

- Basil
- Black pepper
- Cardamom
- Cayenne pepper
- Cinnamon
- Cumin
- Garlic
- Ginger
- Ginseng
- Rosemary
- Turmeric



THE CARB FLU & THE SUGAR DEMON

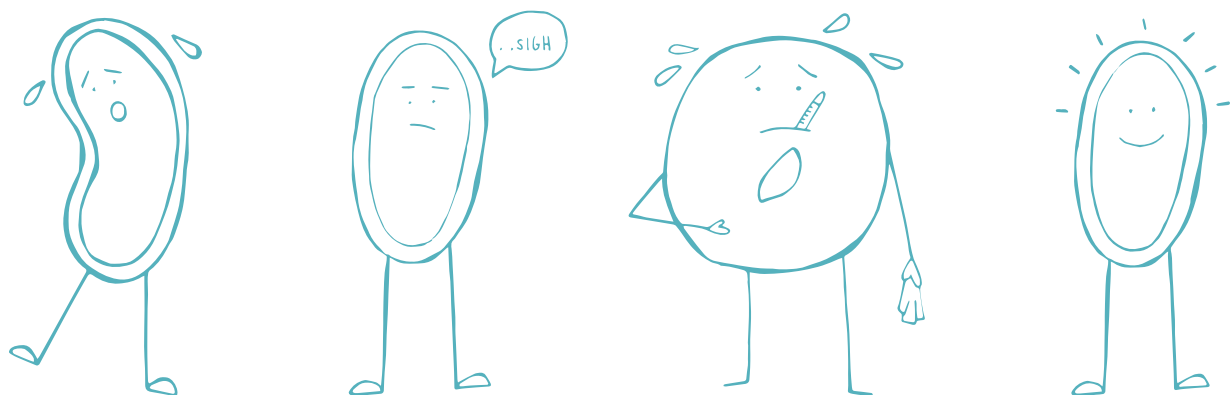
There are two things that may try to trip you up on this diet. I call them the carb flu and the Sugar Demon, and the good news is that when you're prepared for them, they won't slow you down one bit.

First, let's talk about the **carb flu**. When you hit day three or four of your diet, your body is going to switch from burning sugar to burning fat for fuel. That's a good thing, because it means that those belly pounds are going to start falling off fast.

However, your body initially won't think that it's a good thing. That's because your cells are used to burning sugar for energy, which is easy—and now you're making them work harder.

For a few days, those cells may respond by staging a mini-rebellion. As a result, you may feel "tired, wired, cranky, and weird." It might seem like you're coming down with the flu, or you may feel fatigued, moody, or just plain icky.

What's the solution? Realize that this phase is **temporary**—it'll last for two to four days at most—and that it's a sign that you're becoming a fat-burning machine. So hang in there! Take things a little easier if you can, get some extra rest, and skip your exercise routine if you need to. Wait it out, and it'll pass. Better yet, it's usually followed by a big burst of energy once you flip that fat-burning switch.



Now, let's talk about the **Sugar Demon**. If you have a sweet tooth, there's a good chance that you're actually addicted to sugar. And I know this addiction can be tough to break, especially if you're used to eating sugary foods every day. But right now, I just need you to go cold turkey for TEN DAYS—and that's totally doable!

If you do have sugar cravings during your Slimdown, here are three tips that can help:

- Remember that the average craving only lasts for three minutes. Distract yourself by playing a game on your phone, taking a walk, or calling a friend, and that craving will be gone before you know it.
- If you're in your eating window, have some small bites of avocado, a few rinsed olives, or a closed handful of unsweetened coconut chips. The fat in these snacks can shut down a craving fast.
- Any time of the day, you can reach for a cup of bone broth. It's rich, it's filling, and it satisfies you on a cellular level, making cravings vanish.

Dieters who aren't ready for the carb flu and the Sugar Demon can easily get discouraged. But now you know all about them, and you know exactly how to handle them. As a result, you'll be able to keep that diet right on track!

Tip: When you're stressed, you're more likely to give in to the Sugar Demon. So no matter how busy your life is, take some time every day to practice stress-busting strategies. Some of the best ones are mindful meditation, journaling, yoga, Tai Chi, and deep breathing. But even watching a silly cat video or reading a funny book will help to reduce your stress and cut your sugar cravings!

NOW LET'S TALK ABOUT DAY 11!

You've been on diets before, right? And you've lost those pounds, only to gain them back—and even put on more weight than you lost.

This time, however, it's going to be different. That's because on Day 11 I have a plan that will help you continue to lose the weight and get healthier or help you keep the weight off forever.

On Day 11, I want you to PICK ONE OF THESE PATHS:

- If you still have more weight to lose, start right away on my [Bone Broth Diet](#). This is a gentle, easy diet that you can do for as long as you like.
- If you've lost all the weight you need to lose, start on my **Slim Belly Forever Plan a.k.a. the 80/20 Lifestyle Plan!**

As a result, you'll keep those pounds off forever... without starving, sacrificing, or yo-yo dieting.

How does it work? Simple. For 80% of your meals, you'll eat the foods on my 10-Day Belly Slimdown list, along with small amounts of starchy veggies and a little extra fruit. Then, for the other 20% of your meals, you'll "sprinkle a little fairy dust." On those days, no food is taboo; just stick to smart serving sizes, and you can enjoy anything from fried rice to mashed potatoes and gravy.

A few tips, however:

- **Limit grains and dairy.** They're both inflammatory (and terrible for your skin as well), and you can get all the nutrients you need without eating them.
- **Keep the Sugar Demon at bay.** The less sugar you eat, the less sugar you'll crave.
- **Keep drinking bone broth and collagen smoothies.** These make your gut glow—the biggest key to keeping the pounds off.

If you slip up a little and your 80/20 plan turns into a 70/30 or 60/40 plan, you may start putting the pounds back on. If that happens, simply go back on my diet for a few days. (If you spot the problem quickly enough, you can even undo the damage with a few simple 24-hour bone broth fasts, during which you drink nothing but broth.) Then get right back on the 80/20 plan.

That's all there is to it! Simply **follow my Slim Belly Forever Plan**—eat right for 80% of your meals, and sprinkle a little fairy dust on the other 20%. When you stick to this plan, that belly fat will be history. You'll look young, sexy, and beautiful for the rest of your life. And best of all, you'll be able to eat fearlessly!

Eat these types of foods 80% of the time



BERRIES



BONE BROTH



LEAFY GREENS



HEALTHY FATS



LEAN PROTEIN



FERMENTED
FOODS

Eat these types of foods 20% of the time



SWEETS



ALCOHOL



DAIRY



STARCHES

RECIPES

"BACK TO BASICS" BONE BROTH



Ingredients:

- 2 unpeeled carrots, scrubbed and roughly chopped
- 2 stalks celery, including leafy part, roughly chopped
- 1 medium onion, roughly chopped
- 3 cloves garlic, peeled and smashed (optional)
- 3½ pounds grass-fed beef bones (preferably joints and knuckles)
—OR— 2 or more pounds raw chicken bones/carcasses and additional wings, thighs or feet —OR— 1 turkey carcass
- 2 teaspoons Celtic or pink Himalayan salt
- 1 teaspoon peppercorns
- 2 tablespoons apple cider vinegar

Directions:

Place the vegetables, garlic, and bones into a stockpot. Sprinkle on the salt, drizzle with vinegar, and add enough water to cover everything by 1 inch (about 2 quarts). Cover the pot. Cook on low for 8 to 12 hours for beef or about 6 to 8 hours for chicken or turkey, skimming the broth occasionally. Pour the broth through a fine strainer and discard the solids. Taste the broth and add more salt if needed. Chill the broth. It will keep for 3 days in the fridge and 3 months in your freezer.

There are two methods for preparing the recipes in this section:

Method 1 (you have already prepared your basic bone broth): Since you have already prepared your bone broth, you can add these ingredients and heat the broth on the stovetop. Add all the ingredients listed above, and barely simmer for 10 to 15 minutes. Strain in a fine mesh strainer and serve.

Method 2 (you are making this recipe from scratch): Since you are preparing this recipe from scratch, simply add the ingredients listed above and cook according to broth instructions. Adjust amounts based on how much bone broth you are making, i.e. if you are making 2 quarts (8 cups) double the quantities listed above. Strain in a fine mesh strainer and serve.

Note: During your afternoon “broth loading” phase, add two handfuls of chopped or pureed leafy greens to each cup of broth.

NO TIME TO MAKE BONE BROTH?



Powdered Bone Broth

My powdered bone broth is the easiest way to have your bone broth! It's a delicious powdered, on-the-go packet that you can create simply by adding hot water!

1 box of my powdered bone broth comes with 7 single-serve packets for your convenience.

[SHOP NOW](#)

Liquid Bone Broth *Chicken & Beef*

Good bone broth takes time – so I've done all the hard work for you. My liquid bone broth is just like homemade. It comes frozen and shipped in dry ice.

If you're like me, you don't have time to spend a day or more simmering a pot of bone broth. That's why my high-quality, ready-to-use bone broth is perfect for you.

My bone broth ships directly to your door, packed in dry ice to keep it frozen. Just heat and enjoy!

[SHOP NOW](#)



BEEF BONE BROTH INFUSED WITH MEXICAN HERBS & SPICES



PREP TIME
10 MIN



COOK TIME
10-15 MIN



SERVINGS
1 QT

Times based on using bone broth that is already prepared:

Ingredients:

4½ cups beef bone broth (Method 1) -OR- add these ingredients as you make beef bone broth from scratch (Method 2)

1 clove garlic, smashed

1 onion, chopped

2 ripe tomatoes, diced

¼ cup fresh parsley leaves

2 tablespoons fresh cilantro leaves

2 tablespoons fresh basil leaves

¼ teaspoon cumin

¼ teaspoon coriander, whole or ground

1/8 teaspoon oregano, ground or ½ teaspoon fresh leaves

1/8 teaspoon cinnamon

½ teaspoon mustard seeds or dried mustard powder

¼ to ½ teaspoon hot sauce or 1 small jalapeno pepper sliced

Dash cayenne pepper

1 tablespoon instant espresso

Celtic or Pink Himalayan salt and pepper, use after serving

Note: During your afternoon “broth loading” phase, add two handfuls of chopped or pureed leafy greens to each cup of broth.

CHICKEN BONE BROTH WITH GREENS



PREP TIME
10 MIN



COOK TIME
10-15 MIN



SERVINGS
1 QT

Times based on using bone broth that is already prepared:

Ingredients:

4½ cups chicken bone broth (Method 1)

-or- add ingredients below as you make chicken bone broth (Method 2)

1-inch knob fresh ginger, sliced

1 clove garlic, smashed

½ teaspoon ground turmeric, to taste

2 or 3 black peppercorns

Pinch cayenne

Pinch cumin

Pinch ground cardamom, optional

2 cups dark leafy greens, i.e. dandelion greens, spinach, chard, kale

Celtic or Pink Himalayan salt, use after serving

Note: During your afternoon “broth loading” phase, add two handfuls of chopped or pureed leafy greens to each cup of broth.

MEXICAN CHOCOLATE SHAKE



Ingredients:

1 cup or more water

1 scoop [Chocoalate Bone Broth Protein](#)

Pinch or two cinnamon

1/16 teaspoon ancho chili powder
(adjust to your liking)

Dash cayenne

2 handfuls leafy greens, i.e. watercress,
kale, spinach, Swiss chard, etc.

1 healthy fat, select from ½ cup
coconut milk, 2 teaspoons chia seeds,
or 1 tablespoon coconut or MCT oil

Ice, add to blender or pour shake over
ice (optional)

Monk fruit or stevia may be added for
additional sweetness (optional)

CHOCOLATE MOCHA SHAKE



Ingredients:

1 cup or more water

1 scoop [Chocoalate Bone Broth Protein](#)

1 teaspoon instant espresso powder

2 handfuls leafy greens, i.e. watercress,
kale, spinach, Swiss chard, etc.

1 healthy fat, select from ½ cup coconut
milk, 2 teaspoons chia seeds, or 1
tablespoon coconut or MCT oil

Ice, add to blender or pour shake over
ice (optional)

Monk fruit or stevia may be added for
additional sweetness (optional)

Directions:

Pour liquids into blender first; then add all other ingredients. Blend well.

LEMON CREAM SHAKE



Ingredients:

1 cup or more water

1 scoop [Vanilla Bone Broth Protein](#)

½ teaspoon natural lemon extract

1 teaspoon fresh lemon juice

2 handfuls leafy greens, i.e. watercress, kale, spinach, Swiss chard, etc.

1 healthy fat, select from ½ cup coconut milk, 2 teaspoons chia seeds, or 1 tablespoon coconut or MCT oil

Ice, add to blender or pour shake over ice (optional)

Monk fruit or stevia may be added for additional sweetness (optional)

Directions:

Pour liquids into blender first; then add all other ingredients. Blend well. Optionally, top with a little lemon zest.

Note: Grate a ½- to 1-inch piece of fresh ginger and add to your shake for an extra metabolism boost. Lemon and ginger make a great flavor combination.

CHAI MASALA SHAKE



Ingredients:

- | | |
|---|---|
| 1 cup or more water | 1 to 2 cloves |
| 1 tea bag of black tea or equivalent loose black tea | 1 scoop Vanilla Bone Broth Protein |
| 1/8 teaspoon ground green cardamom or two green cardamom pods | 2 handfuls leafy greens, i.e. watercress, kale, spinach, Swiss chard, etc. |
| 2 to 3 whole black peppercorns | 1 healthy fat, select from ½ cup coconut milk, 2 teaspoons chia seeds, or 1 tablespoon coconut or MCT oil |
| ¼ teaspoon fennel seeds | Ice (optional) |
| ¼ teaspoon cinnamon or 1 small cinnamon stick | Monk fruit or stevia may be added for additional sweetness (optional) |
| 2 or 3 slices fresh ginger | |

Directions:

Heat water and all spices in a small saucepan. Bring to a boil and simmer for 3 to 5 minutes to infuse the tea. Strain through a fine mesh sieve. Cool. Pour brewed tea into blender first; then add greens and your healthy fat selection. Blend well. Top with a dash of cinnamon or nutmeg if desired.

BERRY SHAKE



Ingredients:

1 cup water, unsweetened carrageenan-free almond milk, or unsweetened coconut milk (not canned)

1 scoop [Vanilla Bone Broth Protein](#)

1 handful fresh or frozen blueberries

½ teaspoon pure vanilla extract (optional)

2 handfuls leafy greens (watercress, kale, spinach, Swiss chard, etc.)

1 tablespoon coconut oil

Ice, add to blender or pour shake over ice (optional)

Monk fruit sweetener or stevia for additional sweetness (optional, to taste)

DIRECTIONS:

Pour liquids into blender first; then add all other ingredients. Blend well.

Note: Spinach is virtually tasteless in this shake.

BROTH LOADING WATERCRESS SOUP



Ingredients:

2 tablespoons ghee or pasture-raised butter

1 medium onion, diced

2 garlic cloves, minced

4 cups (1 quart) [Chicken Bone Broth](#)

½ cup canned full-fat coconut milk (optional, for a creamier soup)

2 bunches of watercress, approx. 14 ounces, thick stems removed

½ to 1 teaspoon Celtic or Pink Himalayan salt

½ teaspoon freshly ground black or white pepper

DIRECTIONS:

In a large stockpot set over a medium-high flame, heat the ghee. Add the garlic and onion, reduce the heat to medium-low, and sauté for 6 to 8 minutes, until softened.

Raise the heat to medium-high and add the broth, salt, and pepper and bring to a boil. If using the coconut milk, add it now. Reduce heat to medium-low and simmer for 3 minutes. Add the watercress and simmer for about 1 minute, just to wilt the watercress.

Notes: Watercress soup can be served as is or puréed. Purée with a hand-held immersion blender, blender, or food processor until smooth and creamy. Use caution when puréeing soup in a blender or food processor. Work in small batches, and cover the top of the sealed blender with a kitchen towel to avoid getting splashed and burned.

CREAMY TOMATO FLORENTINE SOUP



Ingredients:

- 4 cups (1 quart) [Chicken Bone Broth](#)
- 1 28-ounce can diced tomatoes (San Marzano are excellent)
- 1 garlic clove, smashed
- ½ cup full-fat canned coconut milk
- 2 teaspoons Italian seasoning
- 3 or more cups baby spinach, loosely packed
- 1 cup fresh basil leaves, chiffonade (cut into fine ribbons)
- 1 teaspoon Celtic or Pink Himalayan salt
- ½ teaspoon freshly ground black pepper

DIRECTIONS:

Pour bone broth into a large stockpot over medium-high heat. Put canned tomatoes into a blender and purée until smooth. Add tomatoes and garlic to broth and bring to a simmer. Add coconut milk and Italian seasoning and reduce heat to medium-low to low. Simmer for 15 to 20 minutes. Add basil, spinach, salt and pepper and simmer for another 3 minutes. Serve warm.

UNSTUFFED CABBAGE



Ingredients:

1 tablespoon coconut or avocado oil

1¾ pounds ground beef or ground sirloin

1 medium onion, diced

1 garlic clove, minced

8 to 9 cups roughly chopped cabbage, about 1 medium head

1 28-ounce can diced tomatoes

1 cup [Chicken Bone Broth](#) or [Beef Bone Broth](#)

1 teaspoon Hungarian paprika

1½ teaspoons Celtic or pink Himalayan salt

1 teaspoon freshly ground black pepper

DIRECTIONS:

In large skillet or Dutch oven set over medium-high heat, heat the oil. When the oil is hot, add the beef and cook, stirring often, about 5 to 7 minutes, until browned and cooked through.

Add the remaining ingredients, stir to combine, and reduce the heat to medium-low. Cover and simmer for about 30 minutes, until the cabbage is soft.

LEMON ROSEMARY CHICKEN WITH CAULIFLOWER "RICE"



PREP TIME
15 MIN



COOK TIME
30 MIN



SERVINGS
4

Ingredients:

6 chicken thighs, boneless and skinless
Juice of ½ lemon
Zest of 2 lemons
2 tablespoons chopped fresh rosemary leaves or 2 teaspoons dried rosemary
2 garlic cloves, minced
1 teaspoon Celtic or pink Himalayan salt
½ teaspoon freshly ground black pepper
2 tablespoons coconut or avocado oil
1 cup [Chicken Bone Broth](#)
4 to 6 cups cauliflower "rice" (finely chopped cauliflower)
¼ cup roughly chopped parsley

DIRECTIONS:

Combine chicken with the lemon juice, half the zest, half the rosemary, garlic, salt, and pepper in a medium nonaluminum bowl or a large food storage bag. Refrigerate to marinate for 30 minutes to 1 hour.

In a small bowl, combine the parsley and the remaining zest and rosemary. Set aside. Heat oil in a large skillet or Dutch oven over medium-high heat. Place chicken in hot oil and sauté for about 4 minutes per side, turning only once. Add ½ cup Chicken Bone Broth, cover, and reduce heat to medium. Let simmer for about 10 minutes.

Remove chicken from pan, add cauliflower "rice," and stir to coat. Top with the remaining ½ cup Chicken Bone Broth, and put chicken on top of the cauliflower. Cover and simmer on medium to medium-low for about 15 minutes until chicken is fully cooked and cauliflower is tender. To serve, sprinkle the reserved lemon-and-herb mixture over the chicken. Optionally, serve with lemon wedges.

Notes: Riced cauliflower is a fabulous substitute for brown or white rice and very quick and easy to make. Simply remove florets from the stem, place in a food processor, and pulse until it looks like rice. You may need to do two batches if it is a large cauliflower. Many grocers now sell cauliflower rice bagged in the produce section.

ONE-SKILLET ZUCCHINI PASTA WITH SAUSAGE



Ingredients:

2 tablespoons coconut oil, ghee or pasture-raised butter, divided

½ medium onion, finely chopped

6–8 Roma tomatoes, seeded and finely chopped

2 cloves garlic, minced

2 pounds ground turkey or chicken

2 to 3 teaspoons dried Italian seasoning

1 teaspoon Celtic or pink Himalayan salt

¼ teaspoon ground black pepper

1/8 teaspoon red-pepper flakes (optional)

Zucchini Wide-Cut Pasta (see recipe on next page)

4–6 leaves fresh basil, cut into chiffonade ribbons (see note) or coarsely chopped

DIRECTIONS:

In a large skillet, melt 1 tablespoon oil over medium-high heat. Cook the onion and tomatoes for about 8 minutes, or until softened. Add 1 tablespoon oil to the skillet and add garlic, turkey, Italian seasoning, salt, black pepper, and red-pepper flakes (if using) and cook for about 10 minutes, or until the meat is no longer pink. Serve over the prepared pasta and top with basil.

ZUCCHINI WIDE-CUT PASTA



Ingredients:

4–6 medium zucchini

Coconut oil spray or a smidge of coconut oil

Celtic or pink Himalayan salt

Ground black pepper

DIRECTIONS:

Heat a nonstick skillet over medium-high heat, then brush or spray with coconut oil. Using a vegetable peeler, peel long, wide, thin ribbons of zucchini. To do this, cut off the top stem and the very bottom, and slice vertically, from top to bottom. You want thin zucchini “noodles,” so don’t press hard on the slicer. Use just as much pressure as you would to peel a carrot.

When the pan is hot, add the zucchini and toss for 2 to 3 minutes, or until warmed through and just tender. Depending on the size of your skillet, this could take a minute or two longer, but it’s best not to crowd the zucchini. You want the zucchini to cook very quickly so it doesn’t get soggy.

Use tongs to remove the zucchini from the skillet so you don’t pick up any liquid from the bottom of the skillet. Sprinkle with the salt and pepper.

Note: Chiffonade simply means “cut into very thin ribbons.” To do this, pile basil leaves on top of one another. Roll them together the long way, and slice through the roll at a perpendicular angle to create very fine strips.

TUNA-STUFFED TOMATOES



Ingredients:

4 cans (4–5 ounces each) water-packed chunk white or albacore tuna, drained

1/3 cup chopped celery

¼ cup chopped red onion

1/3 cup Creamy Avocado Sauce or Salad Dressing (see next page)

4 large tomatoes

4–8 cups lettuce of your choice, such as arugula, green leaf lettuce, or spring mix

Celtic or pink Himalayan salt

Ground black pepper

DIRECTIONS:

Place the well-drained tuna in a medium bowl. Break apart with a fork and add the celery, onion, and dressing. Mix well.

Cut each tomato into 8 wedges, but do not cut all the way through. Place each tomato on a plate of greens and gently spread the tomato wedges open. Fill the middle of each tomato with the tuna mixture. Season with the salt and pepper.

Variation: Add 3/4 cup finely chopped roasted red peppers.

CREAMY AVOCADO SAUCE OR SALAD DRESSING



Ingredients:

2 whole medium avocados (6–7 ounces each)

1 small clove garlic

1-½ to 2 tablespoons fresh lime or lemon juice

½ to 1 teaspoon Celtic or pink Himalayan salt

Pinch of ground black pepper

1/3 to ¾ cup water

DIRECTIONS:

Slice each avocado in half, remove the pit, and scoop out the flesh with a spoon. Place the avocado flesh, garlic, lime juice, salt, and pepper in a blender or food processor. Combine until smooth, stopping a few times to scrape down the sides. Thin as desired with the water, adding little by little until you reach the desired consistency. Store in an airtight container in the refrigerator for up to 7 days.

Note: One-fourth of the salad dressing recipe equals 1 serving of fat, approximately 1/3 cup. However, avocado size varies, as will the amount of water you add. Measure the sauce or dressing when you make it so you'll know the exact portion size.

Note: You can add any additional non-starchy vegetables you like to this meal.

BRAISED CHICKEN WITH LEEKS AND MUSHROOMS



PREP TIME
15 MIN



COOK TIME
25 MIN



SERVINGS
4

Ingredients:

2 tablespoons ghee or pasture-raised butter, divided (ghee/clarified butter—see note)

4 boneless, skinless chicken thighs, trimmed of fat

1 teaspoon Celtic or pink Himalayan salt, divided

1/8-1/4 teaspoon ground black pepper

4 leeks, white part only, cut into rounds

1 or 2 packages (8–10 ounces per package) mushrooms, sliced

1–2 cloves garlic, minced

1/2 cup chicken bone broth, more as needed

DIRECTIONS:

Add 1 tablespoon ghee/pasture-raised butter to a skillet and heat on medium-high heat. Sprinkle the chicken with 1/2 teaspoon of the salt and the pepper and cook over medium-high heat for 3 to 4 minutes per side, until browned. Remove from the pan and set aside. To the hot skillet add the 1 tablespoon ghee/pasture-raised butter, leeks, and mushrooms and cook for about 5 minutes, until the vegetables are lightly browned. Season with the remaining 1/2 teaspoon salt.

Stir in the garlic and place the chicken on top of the vegetables. Add the broth, cover, and reduce the heat to medium or medium-low. Simmer for about 25 minutes, or until a thermometer inserted in the thickest portion of a thigh registers 165°F.

Note: When you remove the milk solids from butter, the remaining butterfat is clarified butter or ghee. Clarified butter stays golden yellow and doesn't separate. It also stands up better to high heat than unclarified butter. (You can see why chefs love it!) On this diet, it's important to clarify your butter so that it will be nondairy. However, you can also use pasture-raised butter because it is rich in conjugated linoleic acid (CLA).

To make clarified butter, heat the butter gently, wait until the fat and dairy solids separate, and spoon off the solids. Clarified butter will keep for 3 to 6 months in the refrigerator. You can also buy ghee in most supermarkets.

ROAST CHICKEN WITH HERBS & LEMON



Ingredients:

3- to 4-pound whole roasting chicken

½ to 1 teaspoon garlic powder

1 teaspoon Celtic or Pink Himalayan salt (or to taste)

½ teaspoon freshly ground black pepper (or to taste)

Fresh herbs (rosemary and thyme are a great combination)

1 lemon, cut into wedges

DIRECTIONS:

Preheat the oven to 450°F and place the rack in the center of the oven.

Remove giblets and rinse the cavity and outside of the chicken. Blot the chicken dry inside and out with paper towels and place it in a roasting pan. Generously sprinkle the inside and outside of the chicken with garlic powder, salt, and pepper. Insert the fresh herbs and lemon wedges into the chicken cavity.

Transfer the chicken to the oven and immediately reduce the heat to 400°F. Roast for 50 minutes, checking for doneness by inserting a meat thermometer into the thickest part of the thigh. When done, it should read at least 165°F. If it isn't done, continue roasting and check every 10 to 15 minutes. Depending on the size of the chicken and your oven, it could take up to 1½ hours.

Let chicken cool on the counter. Remove the skin and bones, reserving the bones for bone broth. Optionally, package the meat in palm-sized portions (approximately 4 to 6 ounces for women, 5 to 8 ounces for men) and refrigerate or freeze. The chicken can be refrigerated for up to 4 days or frozen for up to 3 months.

Notes: When you roast a whole chicken, you are left with about 60% or a bit more meat calculated by the total raw weight. So if you roasted a 4-pound chicken, your yield will be about 2½ pounds of meat.

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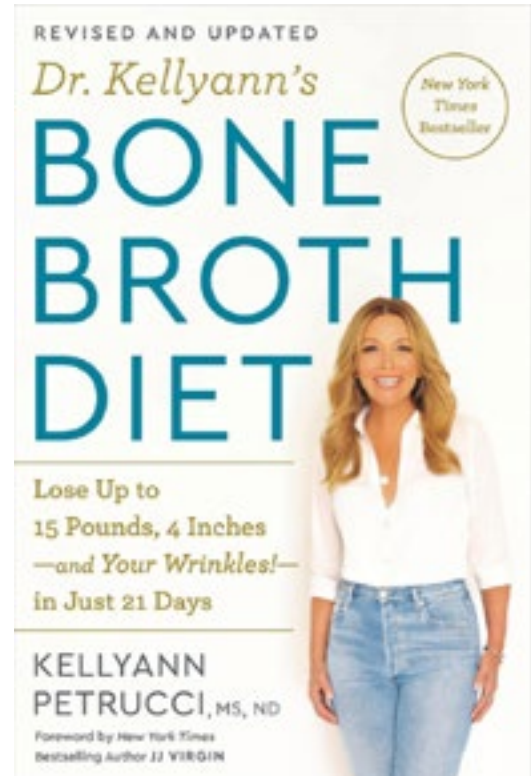
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ABOUT DR. KELLYANN

Dr. Kellyann is the author of the New York Times bestselling book *Dr. Kellyann's Bone Broth Diet*, *Dr. Kellyann's Bone Broth Cookbook*, *The 10-Day Belly Slimdown*, and *Cleanse and Reset*. She also is the host of the highly successful PBS specials, *21 Days to a Slimmer*, *Younger You*, *10-Day Belly Slimdown*, and *Rapid Reset*.

A weight-loss and natural anti-aging expert, Dr. Petrucci is a concierge doctor for celebrities in New York City and Los Angeles. She is a board-certified naturopathic physician and a certified nutrition consultant.

Dr. Petrucci did postgraduate work in Europe, studying naturopathic medicine in England and Switzerland. She is one of the few practitioners in the United States certified in biological medicine by the esteemed Dr. Thomas Rau of the Paracelsus Klinik Lustmuhle in Switzerland.

Dr. Petrucci has appeared on *Dr. Oz*, *Good Morning America*, the *Today Show*, and many other local and national news programs. She has also authored six best-selling *Dummies* books for John Wiley & Sons. She has been featured in the *Wall Street Journal*, *Woman's World*, *Life & Style*, *Closer*, *Harper's Bazaar*, *Daily Mail*, *Cooking Light*, *Redbook*, and more.

She is also the driving force behind the popular website drkellyann.com where she provides educational content as well as innovative beauty and food-based products.

dr. kellyann

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