



The Bone Broth Diet Helper Cookbook: Quick and Easy Bone Broth Diet Recipes to Lose Weight, Boost Energy, Feel Younger, Fight Wrinkles and Much More

Madison Miller

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Want to lose weight, feel younger, fight back those nasty wrinkles, and improve drastically your health with an easy to follow diet? It's time to try the bone broth diet!

This book is an easy read straight to the point with quick and easy recipes for anyone looking to follow the bone broth diet. It is meant foremost as a helper cookbook to support your dieting efforts.

In brief, the bone broth diet consist of 2 days of fasting on bone broth and 5 days of diet meals on the paleo diet, meaning wholesome unprocessed food that nourish your body and your mind.

Bone broth has collagen your skin needs to look radiant and young, which is what people tend to lose over the years that results in wrinkly, flabby skin. Bone broth also helps to detoxify your body so you're getting rid of all that gunk that can sit inside you, rotting your insides and in turn aging you inside and out. Bone broth also has anti-inflammatory properties, and recent studies have linked weight gain to inflammation in the body. With all healthy benefit, isn't time to add bone broth to your diet?

Inside you'll find:

- A short introduction to the bone diet
- Two basic bone broth recipes that are easy to prepare and budget friendly
- Lovely breakfast dish like the Bacon Tomato Stuffed Crepes
- Go-to poultry recipes like the Romanesco Chicken
- Wholesome beef recipes like the Orange Short Ribs
- Pork and lamb meals the whole family will enjoy like the Pork Tenderloin Hoagies
- Delightful Fish and seafood dish such as the Garlic Butter Salmon
- Vegetarian options with sides like the Citrus Broccoli with Pine Nuts

Let's get started!

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