dr. kellyann

BONE BROTH DIET

EASY
RECIPES & SHOPPING
LIST

3
WEEK
MEAL PLAN

MOUTH WATERING
BROTHS YOU CAN MAKE AT HOME

29
Custom Dishes & Broths

*LOSE **15 POUNDS** & **4 INCHES** IN JUST **21 DAYS***

dka

04
THE BONE BROTH DIET
Your step-by-step guide to your first 21 days.

06
SHOPPING LIST
The list of exactly what to buy at the grocery store to make shopping and succeeding easy.

09
21 DAY SAMPLE MENU
Including over 25 gut friendly, delicious, recipes.



21 DAY
MEAL PLAN & RECIPES

Your gut is home to more than **90% of your body's serotonin** (the "happy chemical") and about **50% of its dopamine** (the "feel-good hormone"). So it's safe to say that a healthy, happy gut plays a BIG part in becoming — and staying! — a healthy, happy YOU!

FROM DR. KELLYANN

SIMPLE SOLUTIONS FOR HEALTHY LIVING

"As a weight loss transformation expert, I need to have a success rate close to 100 percent. Otherwise I'd be out of a job. And worse yet, the people who come to me would still be overweight and miserable. So I won't offer a plan that's never worked and never will. Instead, I'll show you how to incorporate real foods with fat burning properties. I'm talking about natural foods that your body is meant to eat."



THE BONE BROTH DIET

On The Bone Broth Diet, you can choose to spend 2 days a week intermittent fasting. Then spend the other 5 days eating an amazing variety of gut boosting power foods.

On the diet plan, you'll have five to six meals of bone broth on your mini fast days. On non-fasting days, you'll have three full meals plus snacks.

You can pick any days you want for your mini-fast, and they don't need to fall on the same days each week. Just separate your 2 mini fast days with at least 1 or 2 non-fasting days.

Quick Start Guide



Limit Dairy

Coffee is OK! With
Non Dairy Milks
or Creamers

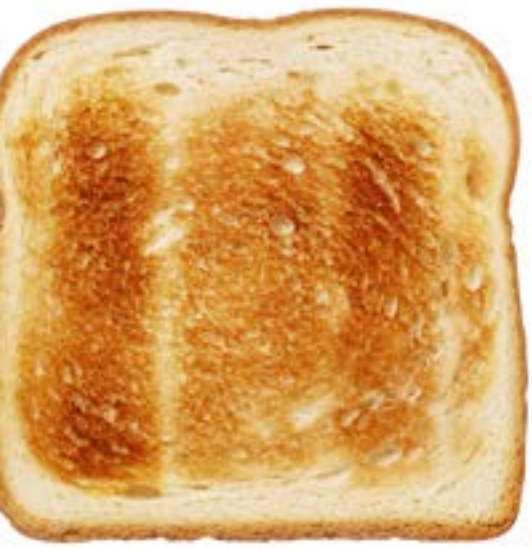


Fruits

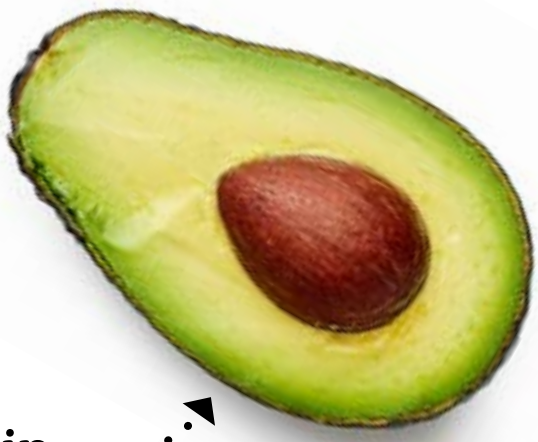


High in
Lean Protien





Limit Gluten



High In
Vegetables



High in
Healthy Fats

2 Cups of
Bone Broth

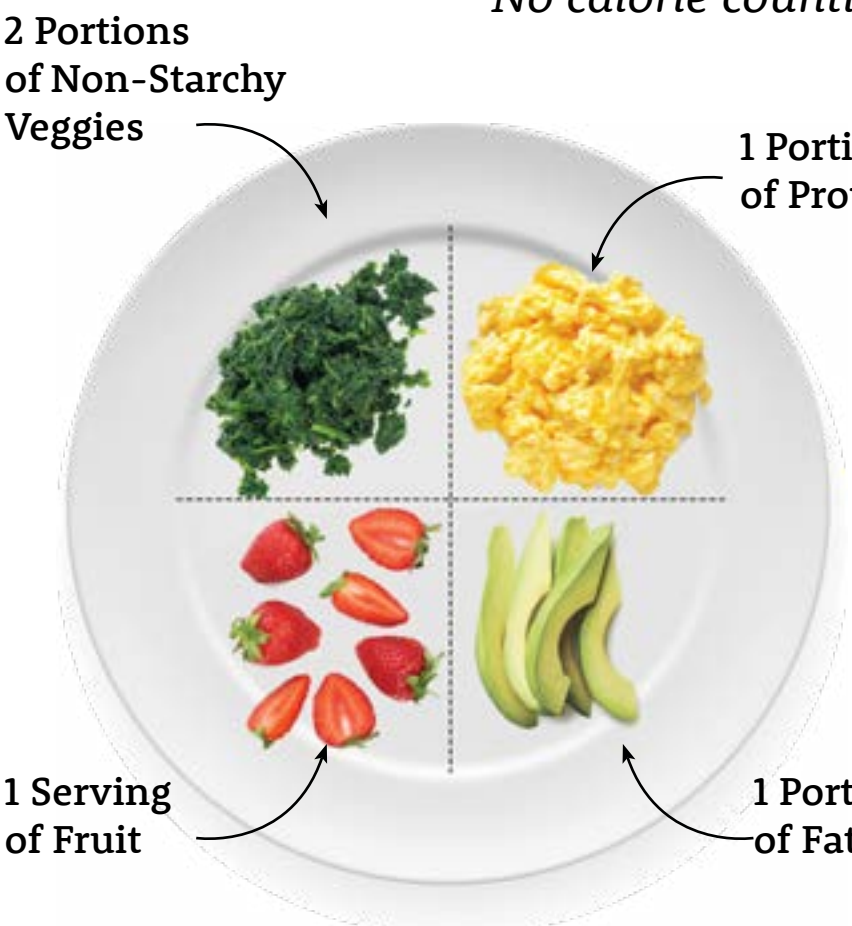


Limit Alcohol

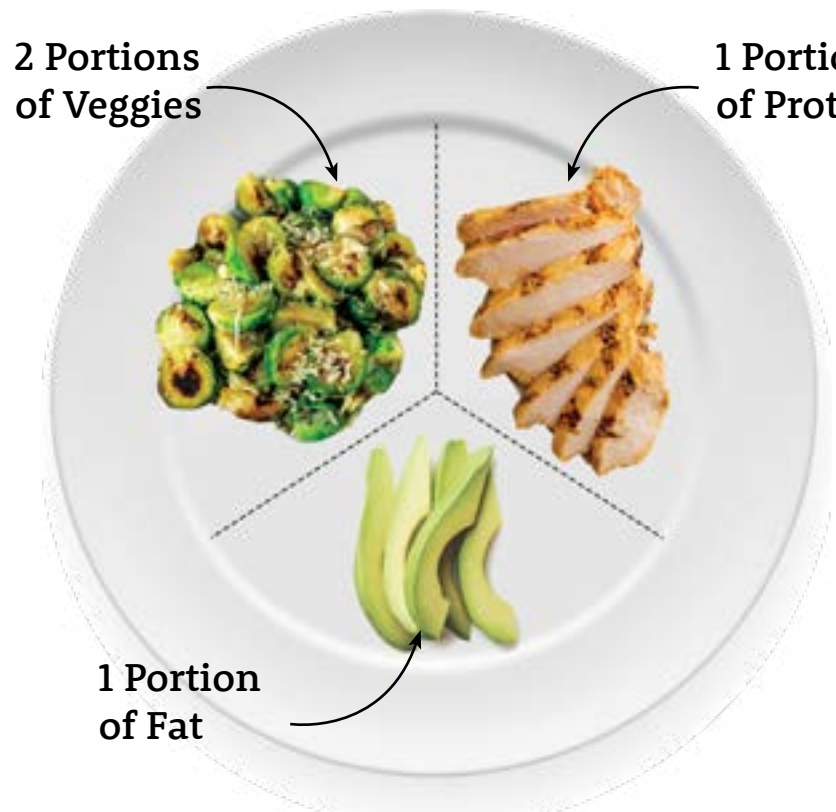


How to Build Your Meals

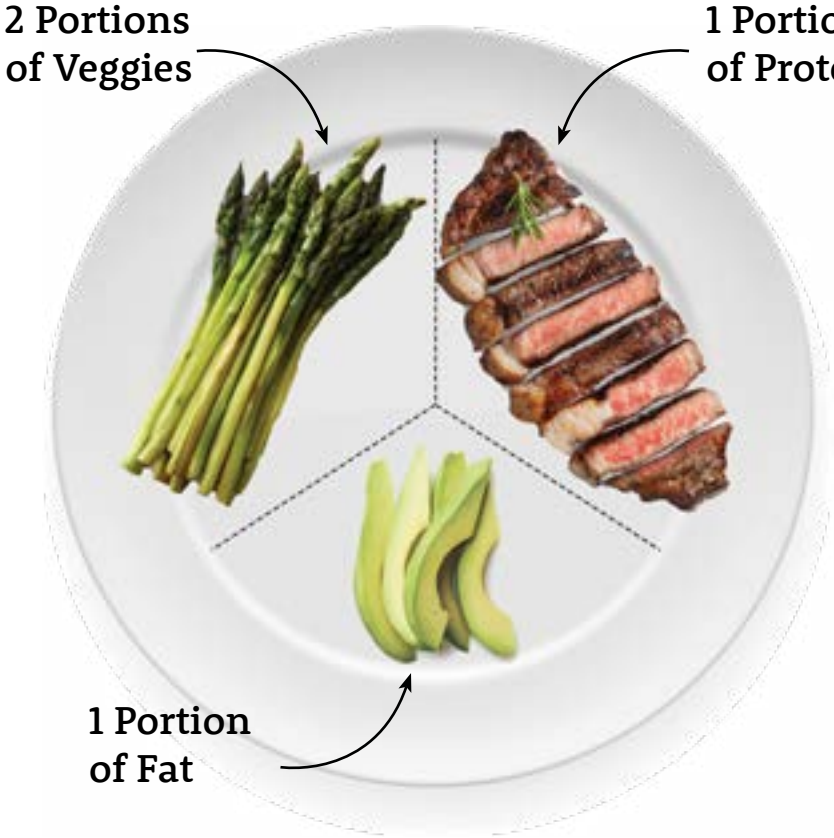
No calorie counting! Instead use this guide



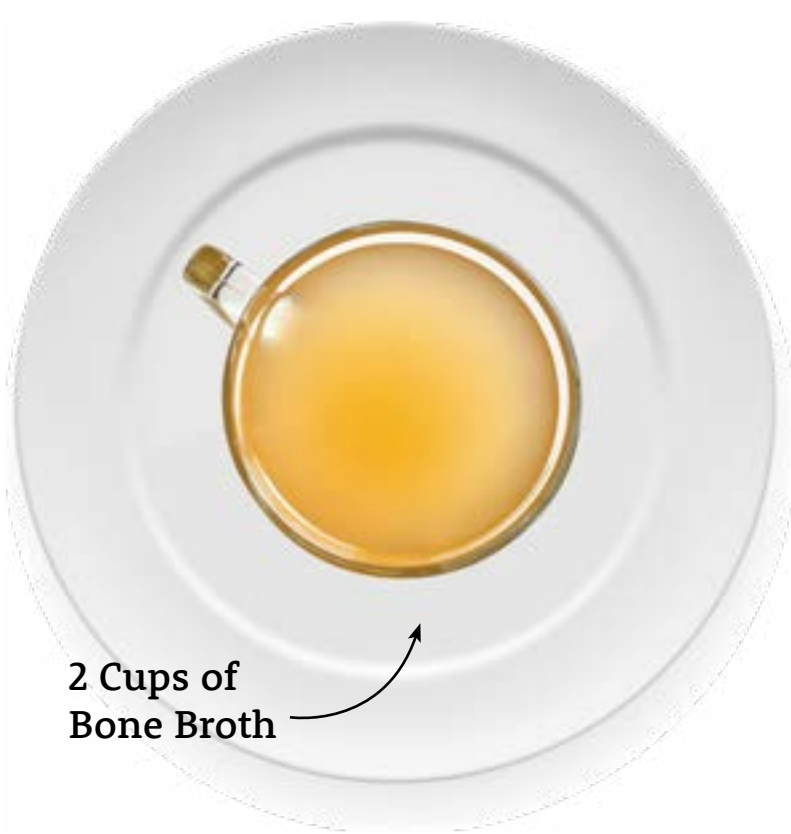
BREAKFAST



LUNCH



DINNER



SNACK

PORTIONS GUIDE

Protein= *palm of hand or 3 oz*

Non-Starchy Vegetables = *1 cup*

Starchy Vegetables = *½ Cup*

Fat= *1 tbsp. oil/ghee or 1/4 avocado, or 1 ounce of nuts*

Fruit= *1 piece or 1/2 cup*

The Bone Broth Diet Shopper's Guide!

These are all approved Yes Foods. Remember to take this list with you to the grocery store.

Healthy Fats

avocados, avocado oil, avocado mayonnaise, coconut/coconut chips, Coconut butter, Coconut flour, Coconut milk, coconut oil, ghee or clarified butter, MCT oil, nut butters (unsweetened), nuts, olive oil, olives, seeds (pumpkin, sesame, chia and flax), sesame oil, tallow



Fruit

Apples, Unsweetened Applesauce, Apricots, Bananas, Bitter melon, Blackberries, Blueberries, Cantaloupe, Cherries, Cranberries, Dragonfruit, Durian, Elderberries, Figs, Grapefruit, Grapes, Guava, Honeydew melon, Kiwi, Kumquat, Lemons, Limes, Lingonberries, Loquat, Lychee, Oranges, Papayas, Peaches, Pears, Persimmons, Pineapple, Plums, Pomegranates, Raspberries, Rhubarb, Strawberries, Tangerines, Watermelon

Natural Sweetners & Flours

monk fruit, stevia, almond flour, arrowroot flour, coconut flour

Condiments

Cocoa powder, coconut aminos, fish sauce herbs, hot sauce, gluten-free, mustard, gluten-free, nutritional yeast, pepper, salsa, spices, vinegar (except rice vinegar)



Vegetables

Corn Squash, Artichokes, Arugula, Asparagus, Bamboo shoots, Beets, Bell peppers, Bok choy, Broccoli, Broccoli rabe, Brussels sprouts, Butternut squash, Carrots, Cauliflower, Celery, Chile peppers, Cilantro, Cucumber, Daikon, Eggplant, Fennel, Garlic, Ginger, Green Beans, Green cabbage, Green onions, Leafy greens, Horseradish, Jalapenos, Jicama, Kale, Konjac Root (Shirataki Noodles), 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, Spinach, Sprouts, Sweet potatoes, Swiss chard, Tomatillos, Turnips, Watercress, White Potatoes, Yucca, Zucchini



Protein

Beef, Bison, Chicken, Lamb, Pork, Turkey , Wild game, Organic/ free range eggs, Fresh or canned, wild caught fish if possible and make sure canned fish is packed in water or oil

Healthy meal replacement shakes:

Collagen protein, egg protein, hydro beef protein, whey protein isolate, pea protein

Time OVER Money



Time Saving Tips

1. Always pick 3 protein staples per week.

2. Shakes don't just have to be for breakfast. Swap them in for a quick and easy lunch or dinner.

3. Start curating a list of go-to grab-and-go meals that you can make in under 5 minutes that keep you on track and satisfied.

4. Automation is a key component of staying on track.

Money Saving Tip:

Add 3-4 "refrigerator purge meals" towards the end of each diet week. This is simply a meal where you cook up any leftover veggies or proteins sitting in your fridge into soups, omelets, stir-fry dishes or salads.

Dr. Kellyann's Smoothie Formula

1 cup of Unsweetened Almond Milk or Water

1 Cup of Greens (ie: spinach or kale)

1 Fiber Fruit Boost (ie: ½ C berries or ½ apple)

1 Serving of fat (ie: 1 tbsp. Flaxseeds or ¼ avocado)

1 scoop of Dr.Kellyanns Collagen Protien Powder

dr. kellyann

21 DAY

Eat Right & Fast Calendar

KEY: Normal Eating Days Fasting Days

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21

One extra tip from my stock pot to yours:

To amp up the flavor of your broth, add any of these tasty, metabolism-boosting spices to any pot: 2 teaspoons sliced ginger, handful of parsley or cilantro, teaspoon of ground turmeric, pinch of cayenne, or 1-2 teaspoons of ground cumin.

Your Anti-Aging

A-C-E

In addition to bone broth, there are many foods that benefit your skin while also helping to keep you thin! That's why when people change their diet and lose weight they also look younger.

Vitamin A

Excellent sources include sweet potatoes, carrots, spinach, collard greens, cantaloupe, red pepper, broccoli, watermelon, mango, and tomato.

Vitamin C:

Excellent sources include cantaloupe, tomato juice, mango, cauliflower, broccoli, spinach, pineapple, watermelon, sweet potato, mustard greens, romaine lettuce, cabbage, collard greens, swiss chard, blueberries, bananas, peaches, asparagus. Note that some foods are on both of these lists—don't you love it when you find a dietary twofer?

Vitamin E:

Sunflower seeds, almonds, hazelnuts, peanuts.

Freeze!

Many of these recipes make 4+ servings. Make sure you freeze whatever you don't use and save for coming weeks for quick and easy meals!



Southwest Breakfast Scramble

Prep Time: 10 min · **Cook Time:** 15 min · **Serves:** 4

- 2 tablespoons ghee or coconut oil
- 2 small or 1 large bell pepper, any color, finely chopped
- ½ onion, finely chopped
- 2 Roma tomatoes, seeded and finely chopped
- 8 eggs
- 2 tablespoons cilantro, coarsely chopped
- 1 teaspoon Celtic of pink Himalayan salt
- ⅛ teaspoon ground black pepper
- Pinch of cayenne
- ⅛ teaspoon ground cumin (optional)
- Pinch of garlic powder (optional)

1. Melt the ghee or oil in a skillet over medium-high heat.

2. Add bell peppers and onion and cook for 4-5 minutes or until vegetables are softened.

3. Add the tomatoes and heat through, about 2 minutes.

4. In a medium bowl, whisk the eggs, cilantro, salt, black pepper, cayenne, and cumin and garlic powder (if using).

6. Pour over the vegetables in a skillet.

7. Mix with spatula until eggs are done to your liking.

BREAKFAST



Baked Egg Cups with Spinach

Prep Time: 5 min · **Cook Time:** 20-25 min · **Serves:** 4

- 2 tablespoons coconut oil, melted
- 2 scallions, white and green parts, chopped
- 2 handfuls baby spinach, chopped (about 2 cups)
- 8 eggs
- ½ teaspoon Celtic or pink Himalayan salt
- ⅛ teaspoon ground black pepper
- ⅛ teaspoon ground nutmeg (optional)

1. Preheat the oven to 350 degrees.

2. Brush 8 cups in a muffin pan with oil.

3. Divide scallions and spinach among the cups. The spinach will likely pop up over the top of the cups until you add the eggs.

4. Crack 1 egg into each cup. Sprinkle with salt and pepper and dash of nutmeg (if using).

5. Alternatively, if you want scrambled eggs, whisk the eggs together in a bowl along with the salt and pepper and nutmeg (if using) before pouring in cups.

6. Bake for about 20 minutes for scrambled eggs or for 23-25 minus for eggs with soft yolks. Remove from the pan and serve.



Smoked Salmon and Eggs

Prep Time: 5 min · **Cook Time:** 5 min · **Serves:** 4

- 12 ounces smoked salmon (sugar-,dextrose-, nitrate-,and gluten free)
- 4 hard cookies eggs- sliced
- 2 large tomatoes, sliced
- ½ English cucumber, sliced
- 1 red onion, sliced
- 1 lemon, sliced (optional)

1. Slice salmon into thin pieces.

2. Arrange the eggs, tomatoes and cucumbers, and onions on a plate and serve with lemon if using.

BREAKFAST



Italian Frittata with Sausage, Roasted Red Peppers, and Mushrooms

Prep Time: 15 min · **Cook Time:** 30 min · **Serves:** 4-5

- 3 tablespoons ghee or avocado oil, divided
- ½ pound button or cremini mushrooms, sliced,
- 1 small onion, about ½ cup, diced
- 1 pound natural Italian turkey sausage, nitrate-, gluten-, and sugar-free, sliced or removed from casing
- ¾ cup jarred roasted red peppers, well-drained and dried, diced or cut into strips
- 8 eggs
- 1½ teaspoons Italian seasoning
- ½ teaspoon Celtic or pink Himalayan salt
- ¼ teaspoon black pepper
- ¼ teaspoon crushed red pepper flakes
- Dash garlic powder

1. Preheat the oven to 350 degrees F and move the rack to the center of the oven.

2. Melt 2 tablespoons of oil/ghee in an oven-proof skillet, such as cast iron, over medium-high heat.

3. Add mushrooms and sauté for about 7 - 8 minutes until they start to turn golden. If there is liquid in the pan, continue to cook until the liquid has evaporated.

4. Add the onions and sauté for 4 to 5 minutes. Remove mushroom mixture from pan, add remaining 1 tablespoon ghee/oil and sausage, and sauté for 5 or more minutes until done.

5. When sausage is done, add the mushroom mixture and roasted red peppers to the pan.

6. Whisk eggs in a large bowl with all seasonings. Pour egg mixture into the same skillet and use a fork to distribute ingredients evenly in the egg mixture. Leave on the heat for 1 to 2 minutes so eggs begin to firm.

7. Transfer pan into oven and bake uncovered for about 20 minutes until the center has puffed up and the frittata is set. Test by inserting a knife in the center.



ZUCCHINI BREAKFAST CAKES

Prep Time: 10 min · **Cook Time:** 6 min · **Serves:** 4

- 2 tablespoons coconut oil or ghee
- 8 eggs
- 1 zucchini, grated and strained well
- 2 large carrots, shredded
- ½ onion, shredded
- 1 clove garlic, minced, or a dash or garlic powder
- 1 teaspoon dried thyme
- 1 teaspoon Celtic or pink Himalayan salt
- ⅛ teaspoon ground black pepper to taste
- ⅛ teaspoon ground nutmeg (optional)

1. Melt oil or ghee in a nonstick skillet over medium-high heat. Whisk the eggs in a large bowl.

2. Add the zucchini, carrots, onions, garlic, thyme, salt, pepper and nutmeg (if using).

3. When the skillet is hot, ladle batter into the pan to form 4 inch pancakes.

4. Flatten slightly with the back of the spatula. Reduce the heat to medium and cook for 2-3 minutes. Turn the pancakes and cook for 2 to 3 minutes.

5. Remove the cakes from the heat and blot on paper towels. Serve hot or cold.



Pork & Eggs

Prep Time: 10 min · **Cook Time:** 10 min · **Serves:** 4

1 onion finely chopped
1 red bell pepper, finely chopped
2 small apples, finely chopped
Leftover Balsamic Roast Pork Loin
Dash garlic powder
½ teaspoon Celtic or Pink Himalayan salt
⅛ teaspoon ground cinnamon (optional)
4 eggs

1. Spray or brush a skillet with coconut oil.

2. Cook the onion, pepper, and apples over medium-high heat for about 5 minutes, or until softened.

3. Add the pork, garlic powder, salt, and cinnamon (if using) and heat through, about 5 minutes.

4. Meanwhile, poach or fry the eggs. Plate the pork and top each serving with an egg.



Egg and Tomato Skillet

Prep Time: 10 min · **Cook Time:** 5 min · **Serves:** 4

2 tablespoons coconut oil or ghee
1 onion, finely chopped
1 green or red pepper, finely chopped
1 can (28 ounces) diced tomatoes
2 tablespoons tomato paste
¼ teaspoon balsamic vinegar
1 teaspoon dried Italian seasoning
Dash of garlic powder
¾ teaspoon Celtic or pink himalayan salt
⅛- ¼ teaspoon ground black pepper
8 eggs

1. Warm the oil or ghee in a 10 inch(no bigger) skillet over medium heat. When the oil is hot, add in the onion and bell pepper. Cook for about 5 minutes, or until the vegetables soften.

2. Add the tomatoes, tomato paste, vinegar, Italian seasoning, garlic powder and salt and pepper and cook until the mixture is bubbling. It must be hot enough to poach the eggs.

3. Crack the eggs into the mixture, leaving some of the yellow yolk exposed. Partially cover the skillet with a lid. Let the mixture bubble for about 5 minutes, or until the whites are set and the yolks are still runny. If you don't like soft yolk, continue to cook.

4. Serve immediately.



Green Goddess Shake

Prep Time: 2min · **Serves:** 1

- 1 Scoop Dr. Kellyann Protein Powder (or approved protein powder)
- 1 C Unsweetened Vanilla Almond Milk
- 1 C Fresh Spinach
- ½ avocado
- ¼ teaspoon Vanilla Extract
- 1 tablespoon ground Flaxseeds (optional)
- 1 tablespoon Chia Seeds (optional)
- Handful of ice (optional)

1. In a blender, combine protein powder, almond milk, spinach, avocado and vanilla.
2. If desired add the flaxseeds, chia seeds, and ice.
3. Blend until smooth and creamy.



Strawberry Shake

Prep Time: 3 min · **Serves:** 1

- 1 Scoop Dr. Kellyann Protein Powder (or approved protein powder)
- 1 C Unsweetened Vanilla Almond Milk
- ½ Cup Handful of fresh or frozen strawberries
- ½ - 1 teaspoon Vanilla Extract
- 1 tablespoon ground Flaxseeds (optional)
- 1 tablespoon Chia Seeds (optional)
- Handful of ice (optional)

1. In a blender, combine protein powder, almond milk, strawberries and vanilla.
2. If desired add the flaxseeds, chia seeds, and ice.
3. Blend until smooth and creamy.



Chopped Balsamic Chicken Salad

Prep Time: 10 min · **Serves:** 4

- 4 cooked boneless skinless chicken halves (3-4 ounces each), cut into cubes (use leftover chicken or turkey)
- ½ C shredded carrots (about 2 medium)
- ⅛ C shredded beet (about 1 medium)
- 4 cups finely shredded purple or green cabbage (¼ large-½ small cabbage or 11/2-2 bags prepared shredded cabbage)
- ¼ cup balsamic vinaigrette (homemade recipe below if using)

Balsamic Vinaigrette:

- ½ C extra virgin olive oil
- ½ C balsamic vinegar
- 1 teaspoon mustard powder
- ½ teaspoon finely chopped fresh thyme
- 1 clove garlic, smashed
- ⅛ teaspoon Celtic or pink Himalayan salt

1. In a large bowl, toss together the chicken, carrots, beets, cabbage, and dressing. (Alternatively, put the cut chicken into the dressing and let it marinade for at least 15 minutes before tossing with the vegetables.)

2. Season to taste with salt and pepper. Serve chilled.

Balsamic Vinaigrette:

1. In a bowl or a jar with a tight fitting lid, whisk or shake together the oil, vinegar, mustard, thyme, garlic and salt. Refrigerate. Remove the garlic from the dressing before serving.



Orange-Rosemary Chicken Salad

Prep Time: 10 min · **Serves:** 4

4 cooked boneless skinless chicken breast halves (About 3-4 ounces each) sliced in ½ strips
1 cup snap peas
½ English cucumber, sliced
½ small red onion, sliced
¼ C orange vinaigrette
8 cups lettuce of choice

Orange Vinaigrette:
½ C extra-virgin olive oil
½ C fresh orange juice
1 tablespoon red or white wine vinegar
½ teaspoon orange zest
½ teaspoon finely chopped fresh tarragon or rosemary or ⅛ -¼ teaspoon dried
1 clove garlic, smashed
⅛ teaspoon Celtic or pink Himalayan salt
(To make creamy add ½ C full fat coconut milk- optional)

1. In a medium bowl, toss the chicken, peas, cucumber, onion with the dressing. Serve on a bed of lettuce.

Orange Vinaigrette:
1. In a bowl or a jar with a tight fitting lid, whisk or shake together the oil, orange juice, vinegar, orange zest, tarragon or rosemary, garlic and salt.

2. Refrigerate. Remove garlic before serving.

3. To make creamy whisk together vinaigrette with coconut milk or blend in a blender.



Arugula Salad with Pomegranate Vinaigrette

Prep Time: 10 min · **Serves:** 4

For the Pomegranate Vinaigrette:
½ cup pomegranate juice
½ small shallot, minced, about 1½ -2 tablespoons
1 - 2 cloves garlic, smashed
½ cup extra virgin olive oil
2 teaspoons balsamic vinegar
2 – 3 teaspoons honey or maple syrup
1 teaspoon Dijon mustard
Pinch Celtic or pink Himalayan salt

For the salad:
1 5-ounce box baby arugula
1 apple, sliced or diced
1 medium beet, grated or spiralized then coarsely chopped
1 avocado, sliced or diced
1/3 English cucumber, cut into half moons
¼ cup walnuts or pistachios, toasted and very coarsely chopped, divided
2 tablespoons pomegranate arils, optional
4 – 6 ounces sheep or goat milk feta or shaved Manchego cheese, optional if you allow dairy

1. Pour pomegranate juice, shallots, and garlic into a small saucepan over low heat and very gently simmer for 10 – 15 minutes until it is reduced by half.

2. Keep the heat low and do not boil.

3. When done, remove from heat, and set aside to cool for about 30 minutes on the countertop.



Pot of Gold: Broccoli "Cheese" Soup

Prep time: 15 min, excluding 4 hours to soak cashews
Cook Time: 30 min • **Serves:** 6-7

- 2 tablespoons avocado oil or ghee
- 1 small onion, diced, about ½ cup
- 2 ribs celery, diced
- 2 carrots, diced
- 1 – 2 cloves garlic, minced
- 1 quart (4 cups) chicken bone broth
- 1 medium Yukon gold potato, peeled and diced into 1-inch cubes
- 4 cups broccoli, about ¾ pound, cut into small florets
- 1 cup full fat coconut milk
- 1 cup raw cashews, soaked for 4 or more hours, drained, and rinsed
- ½ cup nutritional yeast
- 1 teaspoon turmeric
- 1 teaspoon Celtic or pink Himalayan salt
- ½ teaspoon ground black pepper

1. Add oil/ghee to a large stockpot on medium high heat. Add onions, celery, and carrots and sauté for 7 – 8 minutes.

2. Add garlic and sauté for another minute.

3. Add bone broth, raise heat to high, and bring to a high simmer. Add potato and broccoli and simmer for about 15 minutes until the potato is soft.

4. Add coconut milk, cashews, nutritional yeast, turmeric, salt, and pepper.

5. Stir and simmer until soup is hot, then use an immersion blender or blend in batches in a food processor or heavy duty blender until smooth.



Thai Sweet Potato Soup

Prep Time: 15 min • **Cook Time:** 40min **Serves:** 5-6

- 3 tablespoons ghee or coconut oil
- 1 small onion, diced, about ½ cup
- 2 pounds sweet potatoes, peeled and cut into 1-inch cubes, about 5 cups
- 2 cloves garlic, minced
- 1 inch piece of ginger, peeled grated
- 1 – 2 tablespoons Thai red curry paste (see notes)
- 1 quart (4 cups) chicken bone broth
- 1 stalk lemon grass, cut into 1-inch pieces
- 14 ounce full fat can coconut milk
- 1 teaspoon Celtic or pink Himalayan salt
- ½ teaspoon black pepper
- ¼ cup cilantro, stems removed, coarsely chopped, divided
- 1 small - medium jalapeno pepper, thinly sliced, for garnish, optional

1. In a stockpot over medium high heat, add ghee/ coconut oil and sauté the onions for about 4 minutes.

2. Add the sweet potatoes and sauté for another 5 minutes. Add the garlic and ginger and sauté for another 2 minutes. Stir in 1 tablespoon Thai red curry paste, bone broth, and lemongrass, and bring to a simmer.

3. Reduce heat to medium low and simmer for about 30 minutes until the sweet potatoes are soft.

4. Remove lemongrass and puree with an immersion blender or in batches in a blender or food processor until smooth. Return to stock pot if blender or food processor was used, stir in coconut milk, season with salt and pepper, and warm through.

5. Add half of the cilantro and save the rest for garnish. Taste to determine if you want to add more red curry.

6. Add by the teaspoonful until you get the desired spiciness.



Chicken Stir-Fry

Prep Time: 20 min · **Cook Time:** 15 min · **Serves:** 4

Stir-Fry:

1 tablespoon coconut oil, melted, or coconut oil spray
4 boneless skinless chicken breast halves (About 4-5 ounces each) cut into ½ inch strips
1 head broccoli, broken or cut into florets (don't use the stems unless you peel them)
1 small head bok choy or 3-4 baby bok choy
1 red bell pepper, cut into strips
½ pound snow peas (about 2 cups)
6 scallions, white and green parts, cut into ½ inch pieces
1 packages (8-10 mushrooms) (11/2-2 cups)
1 can (8 ounces water chestnuts, drained)
½ C fresh basil
½ C fresh cilantro

Marinade:

1 tablespoon coconut oil, melted
3 tablespoons fresh lime juice
¼ C + 2 tablespoons coconut aminos,divided
2 tablespoons finely chopped fresh ginger
2-3 cloves garlic, minced
1 teaspoon cumin
½ jalapeno, seeded and finely chopped (reminder to wear gloves when chopping)
¼ C cilantro, finely chopped
¼ teaspoon paprika
¼ teaspoon ground white pepper

1. To make marinade: In a medium bowl, mix together oil, lime juice, ¼ C coconut aminos, ginger, garlic, cumin, jalapenos, cilantro, paprika and white pepper. Divide this marinade in half, there should be about ¼ in each half. Set aside half for chicken.

2. Add the remaining 2 tablespoons of coconut aminos to the other half of the marinade and refrigerate. (You can use this portion just before serving)

3. Place the chicken in a nonmetallic bowl or in a large resealable plastic bag. Pour in the reserved marinade. Mix well, cover the bowl or seal the bag, and marinate in the refrigerator for 1-2 hours.

4. To make stir fry- Heat in a large skillet or a wok over high heat. Brush or spray with the oil. Repeat brushing or spraying with oil before cooking each batch of chicken or vegetables.



Rich and Hearty Turkey Chili

Prep Time: 15 min · **Cook Time:** 60 min · **Serves:** 8 1/2

- 2 tablespoons coconut oil
- 1 red bell pepper
- 1 green bell pepper
- 1 small jalapeno
- 3 cloves garlic
- 1 large sweet onion
- 2¼ lbs ground turkey
- 2-3 tbsp chili powder
- 1 tbsp smoked paprika
- 2 tsp ground cumin
- 1 can (28 ounces) diced tomatoes
- 1 can (6 ounces) tomato paste
- 1 cup Chicken or Beef Bone Broth
- 1½ tsp Celtic Salt
- ¼ tsp ground black pepper

1. Warm the oil in a large pot over medium- high heat. Add the bell peppers, jalapeno (if using) garlic and onion.

2. Reduce heat to medium-low and cook for about 10 Minutes, or until tender.

3. Add the turkey, chili powder, paprika, cumin and gently stir, trying not to break up the meat. Cover and cook for about 10 minutes, or until the meat is no longer pink. Add the tomatoes, tomato paste, broth, salt and pepper. Stir to combine.

4. Cover and bring to a simmer. Reduce heat to low and simmer, partially covered, for at least 1 hour, stirring occasionally.

NOTE:

This can be prepared ahead and refrigerated or frozen. The recipe is doubled to save cooking time. You can also make this ahead of time in a slow cooker. Put everything together and cook for about 4 hours on high or 6 hours on low.



Asian Turkey Burger

Prep Time: 10 min · **Cook Time:** 12 min · **Serves:** 8

- 2 pounds lean ground turkey
- 4 scallions, white and green parts, thinly sliced
- 2 teaspoons fresh ginger, grated
- 1 small jalapeno, seeded and finely chopped (wear plastic gloves when handling)
- 1 ½ teaspoons Celtic or pink Himalayan salt
- ⅛- ¼ teaspoons ground black pepper
- Pinch of cayenne
- Toasted sesame oil (optional)

1. Spray or brush a skillet with coconut oil. In a large bowl, mix together the turkey, scallions, ginger, jalapenos, salt and pepper and cayenne. Heat the skillet over medium-high heat.

2. Cook the burgers for 5-6 minutes per side (depending on how thick you make them), or until an instant read thermometer inserted into the center registers 165 degrees F and the meat is no longer pink.

3. Brush the burgers with a few drops of toasted sesame oil (if using).

NOTES:

Burgers will be soft until fully cooked, so turn only once and do so carefully. These are also great grilled. Clean the grill and brush the burgers with coconut oil before grilling. These can be made ahead and refrigerated.



Roasted Salmon Gremolata

Prep Time: 5 min · **Cook Time:** 20 min · **Serves:** 4

- 1 pound salmon filet
- 2 tablespoons coconut oil or ghee, melted
- Celtic or pink Himalayan salt
- Ground black pepper
- ⅛ - ½ cup fresh lemon juice
- ½ C chopped flat-leaf parsley

1. Preheat the oven to 425. Line a baking sheet with parchment paper.

2. Rub both sides of the salmon with oil or ghee and place on the prepared baking sheet. (If the salmon has skin, place the skin inside down)

3. Lightly salt and pepper the filet, drizzle with the lemon juice, and sprinkle with the parsley.

4. Bake for 20 to 25 minutes, or until the fish is opaque.

NOTES:

Perfectly done fish flakes easily, and the cooked inner flesh is opaque. Undercooked fish resists flaking, and the inside is translucent. To test fish for doneness, poke the tines of a fork into the thickest portion of the fish at a 45 degree angle. Then gently pull up some of the fish. If it easily flakes and the inside is opaque, it's done. If it does not flake when you insert the fork and/or the inside is translucent, it is not done. If your fish is underdone just continue cooking until done. Keep in mind that fish cooks fast so 1-3 minutes can make a big difference.



Brussels sprouts Salad with Sweet and Tangy Vinaigrette

Prep Time: 10 min · **Cook Time:** 12 min · **Serves:** 8

SALAD:

- 1 pound Brussels sprouts, shaved and thinly sliced
- 1 tart apple, julienned
- ¼ C red onion, very thinly sliced
- ¼ C pecans or walnuts, toasted and coarsely chopped
- 4 strips bacon, well done so they are crispy and diced

VINAIGRETTE:

- ¼ C extra virgin olive oil
- 1-2 tablespoons apple cider vinegar or red wine vinegar
- ½ tablespoon dry ground mustard or Dijon mustard
- Stevia or Monk Fruit sweetener equal to 1 teaspoon sugar
- ¼ teaspoon Celtic or Pink himalayan salt
- ⅛ teaspoon ground black pepper

1. Toss all the salad ingredients together in a large bowl.

2. Put all the vinaigrette ingredients in a bowl or glass jar with a tight fitting lig and whisk or shake to fully blend.

3. Pour the vinaigrette over the salad and toss.



Balsamic Roast Pork Loin

Prep Time: 10 min · **Cook Time:** 45-60 min · **Serves:** 4

- 2 ½ - 3 pounds pork loin
- 4-6 cloves garlic, minced
- ¼ C Balsamic vinegar
- 1 tablespoon Dijon mustard
- ½ teaspoon Celtic or Pink Himalayan salt
- ½ teaspoon black pepper
- 2 tablespoons fresh rosemary, thyme, or tarragon (remove leaves from stem and finely chop) or 2 teaspoons dried

1. Pat the pork dry with paper towels.

2. In a small bowl or a food processor, mix or pulse the garlic, vinegar, mustard, salt, pepper, and herbs. Rub all over the loin. Or place loin and garlic mixture in a resealable plastic bag and shake to thoroughly coat.

3. Let the coated pork sit at room temperature for 15-20 minutes, or cover and refrigerate for several hours or overnight.

4. Preheat oven to 350 degrees F

5. Generously spray or brush a large skillet with coconut oil and heat on medium-high heat. When the pan is hot, sear the pork for 3-4 minutes per side on all sides, or until browned.

6. Place in a roasting pan and roast for 45-60 minutes, or until an instant-read thermometer inserted in the center reaches 145 degrees F and the juices run clear.

7. Let stand for 5 minutes before slicing.



Buttery Salmon & Asparagus

Prep Time: 15 min · **Cook Time:** 15-20 min · **Serves:** 2

- ¼ pound fresh asparagus, tough ends removed
- 2 (4-6 ounce) filets
- 2 tablespoons or more fresh dill
- 1 tablespoon capers, rinsed
- 2 tablespoons ghee or grass fed butter
- 1 lemon + zest from ½ lemon
- ¼ teaspoon Celtic or pink Himalayan salt
- ⅛ teaspoon black pepper

1. Preheat the oven to 325 degrees F. Cut two 8 to 9 inch squares of parchment and cut two pieces of foil a little larger. Place foil on the sheet pan. Top each piece of foil with parchment, asparagus, salmon, dill, capers, and ghee. Squeeze juice of half of the lemon over each and sprinkle with lemon zest. Season with salt and pepper.

2. Tightly wrap the parchment and foil over the salmon and create a sealed packet and set them on the rimmed baking sheet. Bake for 15-20 minutes, depending on the thickness of the salmon.

3. Remove from the oven and let the parcels steam for 2 minutes before serving.

NOTES:

Great served with cauliflower rice! You can also make this dish with any fish but you'll have to adjust the cooking time. You might want to omit or reduce the capers if you are using a more delicate white fish such as cod or halibut. Fish should be cooked to an internal temperature of 145 degrees F. Test with an instant read thermometer. You can also test fish for doneness with a fork. Insert the fork into the thickest part of the fish and gently twist the fork so you can see the internal flesh. The fish will flake easily when it's done. The flesh will lose its translucence or raw appearance and appear opaque.



Greek Style Beef or Bison Burgers

Prep Time: 15 min · **Cook Time:** 10 min · **Serves:** 8

- 2 pounds ground sirloin, lean ground beef or ground bison, pasture raised/grass-fed
- 2-3 cloves garlic minced
- ½ onion, finely chopped
- 1 teaspoon dried oregano
- 1 teaspoon dried marjoram
- ¼ cup chopped fresh flat-leaf parsley
- ½ cup kalamata olives, pitted and chopped
- 1 jar (10 ounces) roasted red peppers, drained well, blotted with paper towels and chopped
- 1 egg
- 1 teaspoon Celtic or pink Himalayan salt
- ½ teaspoon ground black pepper

1. In a large mixing bowl, combine meat, garlic, onion, marjoram, oregano, parsley, olives, red peppers, egg, salt and pepper. Form into 8 patties, making them thicker around the outside edge. (Burgers puff up in the center when cooked; forming them with a thinner center makes them cook evenly)

2. Spray or brush a grill pan or grill rack with coconut oil and heat to high. When the pan or rack is hot, add the burgers.

3. Turn the burgers once to cook on both sides, grill 4 to 5 minutes per side, or until an instant read thermometer inserted in the center registers 160 F and the meat is no longer pink.

NOTES:

You can also cook these in a skillet or broil them in the oven. Timing should be the same. Serve on either a roasted Portobello Burger Bun or wrapped in lettuce.



Roasted Portobello Burger Bun

Prep Time: 5 min · **Cook Time:** 14 min · **Serves:** 2

Portobello Mushrooms

1. Preheat the oven to 350 degrees F. Line a sheet pan with parchment paper.

2. Gently wipe mushroom caps clean. Break off the stems and reserve for another use.

3. Using a spoon, carefully scoop out all the gills on the underside of the mushroom caps.

4. Place the caps on a prepared pan. Bake for 5-7 minutes on each side, or until the caps soften.



Chocolate Bark with Pistachios and Oranges

Prep Time: 30 min · **Serves:** 1 1/4 pound

- 1 medium navel orange
- 3 tablespoons coconut sugar
- ½ - 1 teaspoon pure orange extract or 1 tablespoon orange liqueur, optional
- 1 cup roasted, salted pistachios very roughly chopped
- 16 ounces dark/bittersweet stevia-sweetened chocolate, minimally 72% dark

1. Line a baking sheet with parchment and draw a square about 10- x 10-inches. Flip paper over onto the pan to create a template for spreading the chocolate.

2. Using a mandolin or a very sharp knife, slice orange into very thin rounds, then cut in half. Place 1 cup of water in a saucepan on medium high heat and add coconut sugar. Optionally add orange extract or liqueur. Bring to a boil and stir to dissolve the sugar.

3. Add orange slices and reduce heat to medium low. Gently simmer for 15-20 minutes until most of the liquid has evaporated and oranges are in a thick syrup. Remove oranges from pan and individually place them on waxed paper or parchment to cool.

4. Melt chocolate in a double boiler or a heatproof bowl set over a saucepan of simmering water. The water shouldn't touch the bottom of the bowl. Be careful not to get any water in the chocolate because it will seize.

5. Pour chocolate onto parchment in the area you measured out. Place orange slices randomly on chocolate then sprinkle with nuts. Set aside for several hours until firm, but don't refrigerate.

6. When fully cooled, break or slice into pieces and serve at room temperature. Store in a cool, dry place, in a sealed container, between layers of waxed paper or parchment.



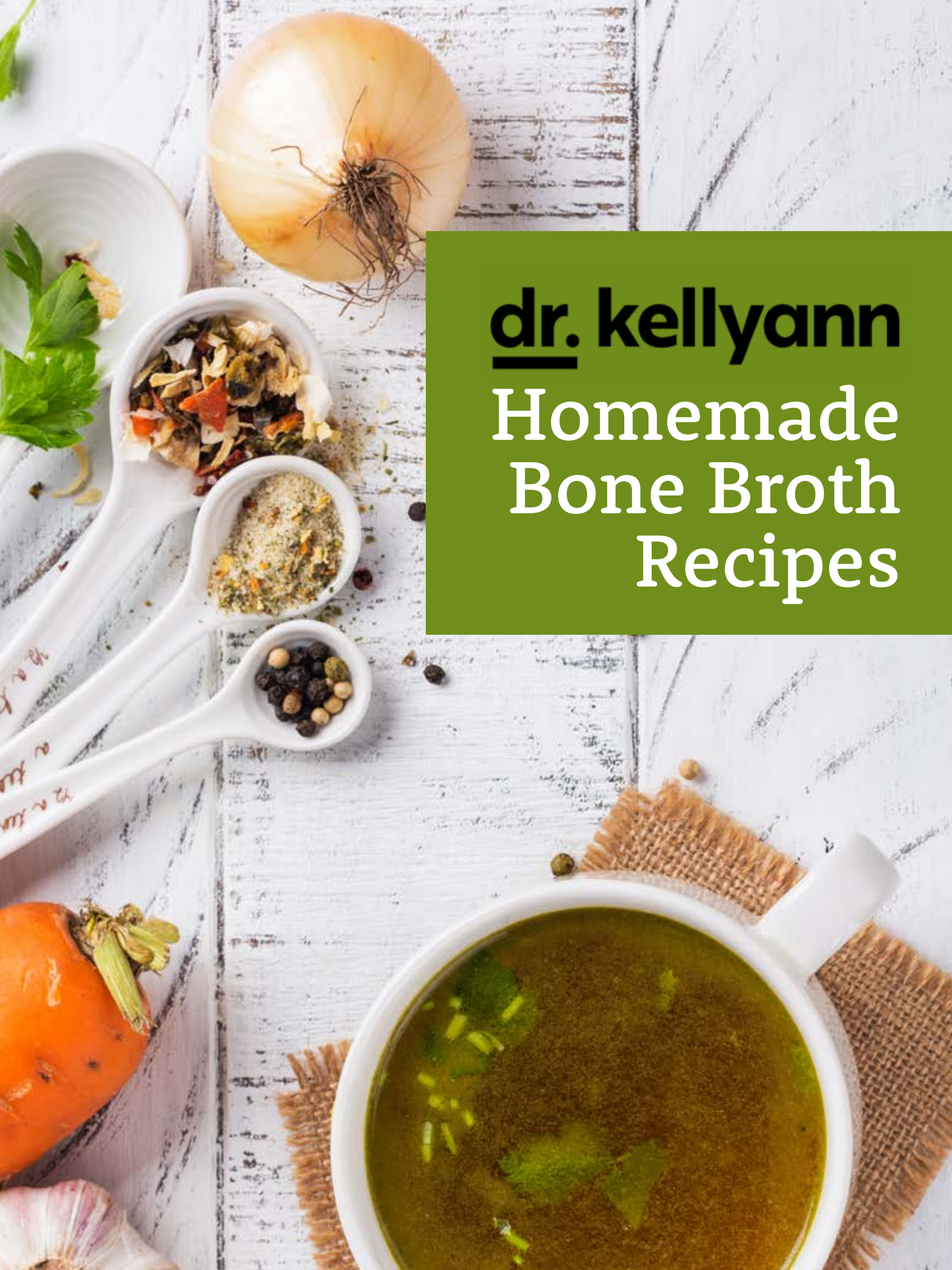
Berry Chia Parfait

Prep Time: 10 min · **Chill Time:** 30 min · **Serves:** 4

- 1 quart (4 cups) almond, coconut, cashew, or other unsweetened nut milk
- 1 teaspoon vanilla
- Stevia or monk fruit sweetener equal to 3 tablespoons sugar
- 8 -12 tablespoons chia seeds, see notes
- ¼ - ½ teaspoon cinnamon, optional
- 2 cups sliced strawberries, blueberries, raspberries, blackberries, or any combination

1. In a mixing bowl, combine milk, vanilla, sweetener, chia seeds, and cinnamon. Mix well and refrigerate for at least 30 minutes. It's even better if you can chill it overnight.

2. To assemble the parfaits, spoon ½ cup chia pudding into 4 short canning jars or glasses, top with ¼ cup berries, ½ cup chia pudding, and top with the remaining berries. Refrigerate.



dr. kellyann

Homemade Bone Broth Recipes



Chicken Bone Broth

Prep Time: 15 min · **Cook Time:** 6-8 hours · **Serves:** 1 gallon of broth

3 pounds raw chicken bones/carcasses
1 whole chicken and 4–6 additional legs, thighs, or wings if available
1/4 –1/2 cup apple cider vinegar, depending on the size of the pot
Purified water to just cover the bones and meat in the pot
2–4 carrots, scrubbed and roughly chopped
3–4 ribs organic celery, including leafy part, roughly chopped
1 onion, cut into large chunks
1 tomato, cut into wedges (optional)
1–2 garlic cloves
2 teaspoons peppercorns
1 bunch parsley

1. Place all the bones and meat in a large stockpot or slow cooker. Add the vinegar and enough purified water to cover everything by an inch. Cover the pot.

2. Bring the water to a simmer over medium heat. Use a shallow spoon to carefully skim the film off the top of the broth. If you're cooking in a slow cooker, wait for about 2 hours until the water gets warm before skimming, but continue with the next step.

3. Add the carrots, celery, onion, tomato (if using), garlic, and peppercorns and reduce the heat to low. You want the broth to barely simmer. Skim occasionally during the first 2 hours. Cook for at least 6 hours or up to 8, adding water as needed to ensure the bones are always covered with water and adding the parsley in the last hour. (You will have to add water during the cooking process.)

4. When the broth is done, remove the pot from the heat or turn off the cooker. Using tongs and/or a large slotted spoon, remove all the bones and meat. Save the chicken for another recipe. Pour the broth through a fine-mesh strainer and discard the solids.

5. Let cool on the counter and refrigerate within 1 hour. You can skim off the fat easily after the broth is chilled, if desired. When chilled, the broth should be very gelatinous—that collagen-based gelatin is a magic potion—do not discard! The broth will keep for 5 days in the refrigerator and 3 or more months in your freezer.



Beef Bone Broth

Prep Time: 15 min · **Cook Time:** 12-24 hours · **Serves:** 1 gallon of broth

4–5 pounds grass-fed beef bones, preferably marrow, joints, and knuckle bones
3 pounds meaty bones such as oxtail, shank, or short ribs
1/4–1/2 cup apple cider vinegar, depending on the size of the pot
Purified water to just cover the bones and meat in the pot
2–4 carrots, scrubbed and roughly chopped
2 ribs organic celery, including leafy part, roughly chopped
1 onion, cut into large chunks
2 dried bay leaves
1–2 garlic cloves
1 tablespoon peppercorns

1. Place all the bones in a large stockpot or slow cooker. Add the vinegar and enough purified water to cover everything by an inch. Cover the pot.

2. Bring the water to a simmer over medium heat. Use a shallow spoon to carefully skim the film off the top of the broth. If you are cooking in a slow cooker, wait for about 2 hours until the water gets warm before skimming, but continue with the next step.

3. Add the carrots, celery, onion, bay leaves, garlic, and peppercorns and reduce the heat to low and cover the pot. You want the broth to barely simmer. Skim occasionally during the first 2 hours. Cook for at least 12 hours or up to 24, adding water as needed to ensure the bones are always covered with water. (You will likely have to add water during the cooking process.)

4. When the broth is done, remove the pot from the heat or turn off the cooker. Using tongs and/or a large slotted spoon, remove all the bones and meat. Save the beef for another recipe. Pour the broth through a fine-mesh strainer and discard the solids.

5. Let cool on the counter and refrigerate within 1 hour. You can skim off the fat easily after the broth is chilled, if desired. When chilled, the broth should be very gelatinous. The broth will keep for 5 days in the refrigerator and 3 or more months in your freezer.



Fish Bone Broth

Prep Time: 15 min · **Cook Time:** 1 hours 15 minutes · **Serves:** 1 gallon of broth

5–7 pounds fish carcasses or heads from large non-oily fish such as halibut, cod, sole, rockfish, turbot, or tilapia
tablespoons ghee
1–2 carrots, scrubbed and coarsely chopped
2 ribs organic celery, including leafy part, coarsely chopped
2 onions, coarsely chopped
Purified water to just cover the bones in the pot
1 bay leaf
1–2 garlic cloves
2 teaspoons peppercorns
1 tablespoon bouquet garni or a small handful of fresh parsley
4–5 stems fresh thyme

1. Wash the fish and cut off the gills if present.

2. In a large stockpot, melt the ghee over medium-low to low heat. Add the carrots, celery, and onions and cook, stirring occasionally, for about 20 minutes.

3. Add the fish and enough water to cover everything by an inch. Increase the heat to medium and bring the water to a bare simmer. Use a shallow spoon to carefully skim the film off the top of the broth. Add the bay leaf, garlic, peppercorns, and bouquet garni or parsley and thyme and reduce the heat to low. Cook at a bare simmer for about 50 minutes, uncovered or with the lid askew. Continue to skim the surface as needed.

4. When the broth is done, remove the pot from the heat. Using tongs and/or a large slotted spoon, remove all the bones. Pour the broth through a fine mesh strainer and discard the solids.

5. Let cool on the counter before refrigerating. You can skim off the fat easily after the broth is chilled, if desired. When chilled, the broth should be very gelatinous. The broth will keep for 5 days in the refrigerator and 3 or more months in your freezer.

21 DAY

Meal Plan Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Southwest Breakfast Scramble		Smoked Salmon & Eggs	Green Goddess Smoothie		Rich and Hearty Turkey Chili with eggs	Southwest Breakfast Scramble
Lunch	Chopped Balsamic Chicken Salad	Fasting Day 5-6 Cups Bone Broth	Rich and Hearty Turkey Chili	Chicken Stir Fry	Fasting Day 5-6 Cups Bone Broth	Chicken Stir Fry	Chopped Balsamic Chicken Salad
Dinner	Rich and Hearty Turkey Chili		Chicken Stir-Fry	Chopped Balsamic Chicken Salad		Green Goddess Smoothie	Rich and Hearty Turkey Chili

21 DAY

Meal Plan Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast		Strawberry Shake	Zucchini Breakfast cakes	Salmon Gremolata & Eggs		Asian Turkey Burger	Strawberry Shake
Lunch	Fasting Day 5-6 Cups Bone Broth	Asian Turkey Burger	Salmon Gremolata with Brussels sprouts Salad with Sweet and Tangy Vinaigrette	Green Goddess Shake	Fasting Day 5-6 Cups Bone Broth	Refrigerator purge meal	Orange-Rosemary Chicken Salad
Dinner		Salmon Gremolata with Brussels sprouts Salad with Sweet and Tangy Vinaigrette	Orange-Rosemary Chicken Salad	Asian Turkey Burger		Green Goddess Smoothie	Thai Sweet Potato Soup

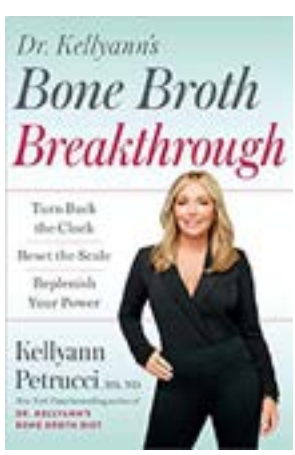
21 DAY
Meal Plan Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Egg and Tomato Skillet		Balsamic Roast Pork Loin with eggs		Balsamic Roast Pork Loin with eggs	Egg and Tomato Skillet	Green Goddess Shake
Lunch	Balsamic Roast Pork Loin	Fasting Day 5-6 Cups Bone Broth	Thai Sweet Potato Soup	Fasting Day 5-6 Cups Bone Broth	Thai Sweet Potato Soup	Greek Style Beef or Bison Burgers	Greek Style Beef or Bison Burgers
Dinner	Broccoli Salad with Creamy Poppyseed Dressing		Greek Style Beef or Bison Burgers		Broccoli Salad with Creamy Poppyseed Dressing	Thai Sweet Potato Soup	Refrigerator Purge Meal

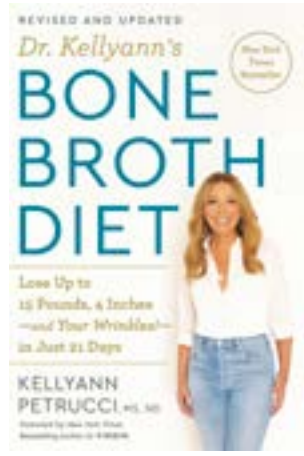


Dr. Kellyann's Books

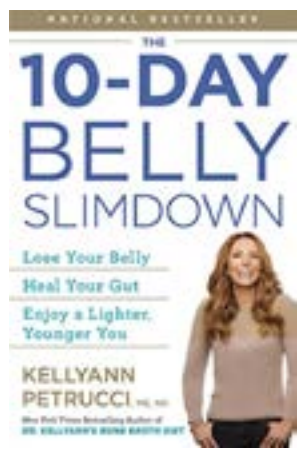
Each of Dr. Kellyann's books provides a plan for proven and lasting transformative results. Her plans jumpstart healing at the cellular level and focus on anti-inflammatory foods with targeted support from bone broth and collagen.



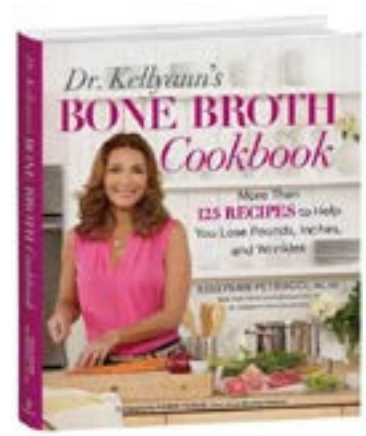
Bone Broth Breakthrough
Learn More



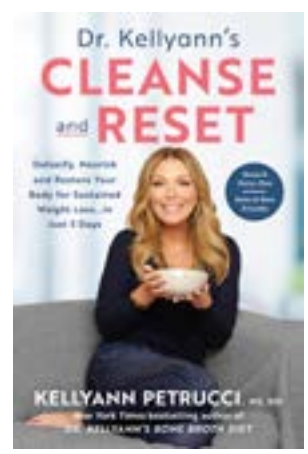
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