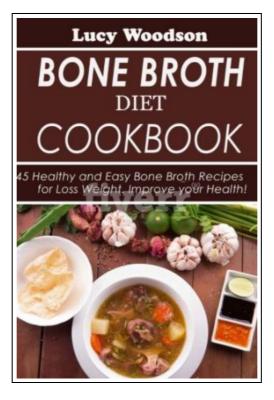
Bone Broth Diet Cookbook: 45 Healthy and Easy Bone Broth Recipes for Loss Weight. Improve Your Health! (Paperback)



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Reviews

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BONE BROTH DIET COOKBOOK: 45 HEALTHY AND EASY BONE BROTH RECIPES FOR LOSS WEIGHT. IMPROVE YOUR HEALTH! (PAPERBACK)



Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English. Brand New Book ***** Print on Demand ******. Are you looking for some new recipes? Not just recipes, but great recipes for Bone Broth Diet! Are you having a hard time finding any? This recipe book has been written with the aim of helping anyone who wants to move from a diet that is unhealthy to one that is. The book starts off by looking at what Bone Broth is. It is especially aimed at someone who wants to take advantage of the benefits of broth. The book is written with an understanding that this kind of diet is often misconstrued as a boring way of eating that requires you to eat the same meals all the time and also soups and instead shows all the interesting dishes you can make with broth In writing the book, the author has attempted to make the recipes as varied as they can possibly be. The recipes in the book are mere suggestions on how different meals can be cooked using bone broth. As a cook, you have every liberty to include certain ingredients and to remove others. Most of the ingredients in this book can actually be replaced. You will, however, need to keep in mind the fact that if you want this eating plan to be effective, you will have to follow the strict regulations that go with this kind of diet. This recipe book starts by discussing some of the benefits that one can get from using bone broth as a base for soups and stews. The book starts by giving a way of creating the broth using bones of different animals. It then goes on to explain who can benefit from foods cooked with bone broth as a base....

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