



The Bone Broth Diet

Day Two Semi Fasting

Set your intention in the morning to semi fast. I recommend semi fasting once a week. The benefits of Bone Broth are well documented:

- Rich in:
- Vitamins like calcium, magnesium and phosphorus, A & K, selenium, zinc
- Iron
- Joint protection
- Excellent for sealing and healing the gut which is helpful in IBS and stomach ulcers and leaky gut
- Collagen in bone broth turns to gelatin which contains amino acids which are the building blocks of protein.
- Supports immune function
- Supports weight loss

Breakfast: Coffee Black

Lunch: Bone Broth Soup from Day One (Chicken Bone Broth Recipe refer to Day One)

Dinner: Collagen Peptide Protein Shake

1 scoop Ancient Nutrition Collagen Peptides Vanilla Protein Powder + 1 Tbsp. Almond or peanut butter + berries + 1 tsp flax/chia seeds + Ice + 1 c almond milk or coconut milk. Optional ½ avocado + spinach.

Snack: Bone Broth Soup