



Bone Broth Diet

Day Five Semi Fasting Day

This is the kind of diet that will get you back on track. It's also referred to as concentrated healing. Bone broth has been used for thousands of years for its nutrition and healing benefits. Bone broth is made by boiling animal bones and the connective tissue. It's an old fashion remedy for the modern world. It is high in protein and low in calories. Gut healing. Bone broth is part of a non inflammatory diet that reduces autoimmune disease, heart attack, stroke, lupus, rheumatoid arthritis, cancer and leaky gut. I recommend drinking one cup of bone broth a day.

Breakfast:
Coffee Black

Lunch: Beef Bone Broth
Prep this in the early morning or the night before

Ingredients:

4-5 pounds of beef bones such as oxtail or short ribs
2 carrots cut into 2 inch pieces
1 medium leek, end cut into 2 inch pieces
1 medium onion quartered
2 cloves garlic chopped
2 celery stalks cut into 2 inch pieces
2 bay leaves
Pepper
Sea salt pinch
¼ c tablespoon apple cider vinegar

Cooking Instructions:

Place all ingredients in a crock pot and cover with 12 cups water. Cook on high for 8 hours.

Dinner: Collagen Peptide Protein Shake

1 c Unsweetened almond milk + 1 tbsp. Almond butter + 1 scoop Collagen + berries

