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Kellyann Petrucci shares how to blast belly fat and slim down in 10 days ~~FREE 10 DAY SLIM DOWN!~~ I LOST 18 POUNDS IN 10

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bundle gives you all the bone broth and collagen protein you ' ll need to be successful on your 10-Day Belly Slimdown. This bundle includes: 1 Box of Collagen Shake in Vanilla Almond; 1 Box of Collagen Shake in Chocolate Almond; 4 Boxes of Collagen Broth; Digital quick start guide for the 10-Day Belly Slimdown plan

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1. Eliminate "Belly Bloater" Foods. For at least ten days, skip "belly floater" foods such as alcohol, artificial... 2. Eat Within a 7-Hour Window. Instead of fasting all day long, Dr. Petrucci recommends mini-fasting, or eating only... 3. Drink Bone Broth ...

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The 10-Day Belly Slimdown Plan | The Dr. Oz Show

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2: Dr. Kellyann's Bone Broth Diet: Lose Up to 15 Pounds, 4 Inches--and Your Wrinkles!--in Just 21 Days.

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10-DAY BELLY SLIMDOWN Day 1 Day 2  
Day 3 Day 4 Day 5 Broth Burning. Up to 48

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ounces bone broth Up to 48 ounces bone  
broth Up to 48 ounces bone broth Up to 48  
ounces bone broth Up to 48 ounces bone  
broth. Slimming Shake. Chocolate Almond  
Shake Chocolate Coconut Shake Berry  
Shake Latte Shake Chocolate Mint Shake.  
OR OR OR OR OR.

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## 10-DAY BELLY SLIMDOWN 10-DAY MEAL PLAN

Part of the 10-Day Belly Slimdown plan is making sure you are eating the right foods that will help you burn fat. While bone broth is a morning staple on this plan, Petrucci says that lunch and dinner should be made up of "slim-gestion" foods -- foods



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that help you slim down because they are good for your body and will heal your digestive system. Below is a grocery list of all the approved "slim-gestion" foods from Petrucci's book.

The 10-Day Belly Slimdown Grocery List |  
The Dr. Oz Show

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Jess and Mike Miller, from Southend-on-Sea, who have been married for seven years, started making steamy videos and sharing them online 18 months ago. Appearing in last night's Channel 5 ...

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down and abs in about 45 minutes a day.

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BELLY SLIMDOWN Day 1 Day 2 Day 3  
Day 4 Day 5 Broth Burning Up to 48 ounces

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bone broth Up to 48 ounces bone broth Up to 48 ounces ... A SLIM Plate

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10 Day Slim Down Guide In The 10-Day Belly Slimdown you ' ll discover it ' s not only what you eat, but when you eat that matters. As you heal your belly from the

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