Cleanse & Reset
Quick Start Guide

Detoxify, Nourish, and Restore Your Body For Sustained Weight Loss... In Just 5 Days!
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About Dr. Kellyann
You grab meals on the run, work too hard, stress too much, and sleep too little. You spend hours indoors, surrounded by “electro-smog”—phones, computers, wi-fi—and barely see the trees and the sky. You’re too busy to exercise, meditate, or just have fun. You take care of everybody else, and you ignore your own needs.

Little by little, all of this depletes you. And one day you wake up and say, “How did I get so old and tired? When did I gain all this belly fat? Why don’t I feel HAPPY anymore?” If this sounds like your own story, believe me—you’re not alone! There are millions of people feeling just like you, and as I’ll tell you in my book, I was one of them. In fact, that’s why I created this cleanse: to take back my own life. And now I’m going to do the same thing for you.

On this cleanse, you’re going to fire up your cellular matrix—the fluid that surrounds and nourishes your cells—by saturating your body with energizing nutrients. At the same time, you’re going to scrub your cells free of toxins. That’s the name of the game: Pushing nutrients in and toxins out.

Why it’s Time to Hit Your Reset Button

IT’S A TOUGH WORLD OUT THERE, AND EVERY DAY IT TAKES A TOLL ON YOU.

ARE YOU EAGER TO HIT THAT RESET BUTTON?

This cleanse is going to make you feel like a brand-new you—and you’re going to LOOK like a brand-new you, too, because it’s going to make you beautiful from head to toe. You’re going to be the happiest, healthiest, sexiest YOU that you can be.
Why You’ll Get AMAZING Results on this Cleanse:

WE’RE TALKING COLLAGEN, GELATIN, PHYTOCHEMICALS, HEALTHY FATS AND LOW CARBS.

It’s loaded with collagen to firm up your skin, erase your wrinkles, pull out toxins, and promote rapid weight loss while preserving lean muscle mass.

It’s rich in gelatin from bone broth to heal your gut, putting out the internal “forest fire” of chronic inflammation—and when you put out that fire, you lose weight fast. (Want more? That gelatin will give you beautiful hair, nails, and skin.)

It’s packed with phytochemicals from fruits and veggies that energize and cleanse your body, make your eyes and skin glow, and burn fat fast.

It’s rich in healthy fats that balance your hormones, make your brain happy, and build strong, bouncy skin cells,

It’s low in carbs, so it’ll reduce your levels of insulin—a “fat fertilizer” that packs pounds on your belly. At the same time, it will normalize your levels of leptin—your body’s “hunger trigger.” Translation: you’ll say goodbye to ugly belly fat and in-between-meal cravings!
How My Cleanse and Reset Works

GOOD NEWS, IT’S EASY!

You’ll be happy to hear that this is my simplest plan ever! (Because who needs complicated?) Here’s how it works:

First, do a little prep.
Schedule one trip to the grocery store and a few hours in the kitchen. (I’ll tell you a little later how to shop and do your prep.) When you’re done, you’ll have five days’ worth of meals ready to zap in the blender or heat on the stove.

Next, decide if you want to do the optional "keto push."
If you choose to do this, you’ll add an extra day up-front—think of it as “Day Zero”—doing a bone broth fast. (You can also have water and unsweetened coffee or tea with no creamer or artificial sweeteners.) This will jump-start your cleanse by pushing your body into rapid fat-burning, especially around your belly—but again, it’s TOTALLY up to you.

Do the five-day cleanse.
If you’re skipping the Keto Push, this is where you’ll begin. If not, this is where you’ll begin after your one-day Keto Push.

IMPORTANT TO NOTE:

You can do the ENTIRE cleanse keto if you want—just leave out starchy veggies and minimize or eliminate fruits.
Here’s what you’ll do for five days:

1. **Start your morning with refreshing lemon water.**
   Each morning, drink a glass of hot or cold lemon water, adding a few fresh herbs like basil or mint. This will give you a good dose of vitamin C—a nutrient that’s crucial for building gut-healing, skin-firming collagen—and those herbs are powerhouses of healing nutrients. You can also have coffee or tea in the morning (and at any other time you want it).

2. **Have a green smoothie for breakfast.**
   Your first meal of the day will be a green smoothie loaded with “high-vibe” nutrients from dark leafy greens, vegetables, and sometimes a touch of fruit. Each green smoothie will contain collagen protein and a healthy fat and will be blended with unsweetened almond milk, coconut milk, or water.

3. **Have a collagen shake for lunch.**
   Here you’ll get another hefty dose of collagen along with antioxidant-rich fruits. Each of your collagen shakes will contain unsweetened almond milk, coconut milk, or water and a healthy fat.

4. **Have another green smoothie around midafternoon.**
   Now it’s time to reload your body with those fabulous plant nutrients, along with another serving of collagen to make your cellular matrix sparkle and give you a big blast of energy.

5. **Have a rich, delicious broth loading soup for dinner.**
   At the end of your day, you’ll relax with a warm, satisfying soup loaded with more cleansing, revitalizing veggies. Your soup will contain 1 to 2 cups of broth, 1 serving of a healthy fat, lots of non-starchy veggies, 1 starchy veggie (unless you’re doing the keto modification throughout the entire cleanse), and herbs and spices if desired.

6. **Any time you want, you can have these "freebies"**
   Unsweetened coffee and tea are on the unlimited list. You can also keep your body extra clean with detox water.
## Schedule

<table>
<thead>
<tr>
<th>TIME</th>
<th>MEAL</th>
<th>Menu Options</th>
</tr>
</thead>
<tbody>
<tr>
<td>WAKE UP</td>
<td>Energizers:</td>
<td>Lemon water with muddled herbs, Coffee or tea</td>
</tr>
<tr>
<td>MORNING</td>
<td>Energizers:</td>
<td><strong>Green Smoothie:</strong></td>
</tr>
<tr>
<td></td>
<td>Two scoops of collagen or bone</td>
<td>2 cups of broth</td>
</tr>
<tr>
<td></td>
<td>broth protein powder</td>
<td>1 cup of unsweetened almond milk, coconut milk (not canned), or water</td>
</tr>
<tr>
<td>LUNCH</td>
<td>Shake:</td>
<td>1 serving of healthy fat</td>
</tr>
<tr>
<td></td>
<td>Two scoops of collagen or bone</td>
<td>1 serving of healthy fat</td>
</tr>
<tr>
<td></td>
<td>broth protein powder</td>
<td>2 handfuls of non-starchy veggies</td>
</tr>
<tr>
<td>AFTERNOON</td>
<td>Energizers:</td>
<td>1 cup of unsweetened almond milk, coconut milk (not canned), or water</td>
</tr>
<tr>
<td>DINNER</td>
<td>Energizers:</td>
<td>1 serving of healthy fat</td>
</tr>
<tr>
<td></td>
<td>Broth Loading Soup:</td>
<td>2 handfuls of non-starchy veggies</td>
</tr>
<tr>
<td></td>
<td>Two scoops of collagen or bone</td>
<td>Stevia, monk fruit, herbs, and spices if desired</td>
</tr>
<tr>
<td></td>
<td>broth protein powder</td>
<td>Stevia, monk fruit, herbs, and spices if desired</td>
</tr>
</tbody>
</table>

* Serving of fruit varies depending on which fruit you choose. The goal is to have around 15g of carbs per meal to keep your blood sugar regulated.
“Yes” Foods

On this cleanse, you’ll eat the YES foods listed in this section, and nothing else. So get rid of tempting foods that aren’t on the lists on this page and the following one.

When you do this, I want you to be thorough. Seriously. That old fudge bar that’s stuck to the bottom of your freezer? Toss it. Those stale cookies in the back of your pantry? Throw them out. It’s surprising what can tempt you to cheat, especially if you have a sweet tooth.

Oh, and alcohol needs to disappear during your cleanse, too. (You can have a drink to celebrate after you’re done!) Here are the only foods I want you to eat on your cleanse:
NON-STARCHY VEGETABLES: unlimited

Arugula
Asparagus
Bell peppers
Bok choy
Broccoli
Broccoli rabe
Brussels sprouts
Cauliflower
Celery
Chile peppers
Cilantro
Cucumber
Daikon
Eggplant
Garlic
Green beans
Green cabbage
Green onions
Greens (beet, collard, mustard and turnip greens)
Jalapeño peppers
Kale
Leeks
Lettuce
Mushrooms
Napa cabbage
Onions
Parsley
Radicchio
Radishes
Red cabbage
Seaweed
Spinach
Sprouts
Summer squash
Swiss chard
Tomato
Watercress
Zucchini

If possible, add a daily serving of a probiotic vegetable such as fresh sauerkraut or kimchi (from the refrigerated case at the store), and include prebiotic veggies such as asparagus and onions.
<table>
<thead>
<tr>
<th>Starchy Vegetables</th>
<th>Serving Size</th>
</tr>
</thead>
<tbody>
<tr>
<td>Acorn squash</td>
<td>½ cup</td>
</tr>
<tr>
<td>Beets</td>
<td></td>
</tr>
<tr>
<td>Parsnips</td>
<td></td>
</tr>
<tr>
<td>Sweet potatoes/yams</td>
<td></td>
</tr>
<tr>
<td>Butternut squash</td>
<td>1 cup</td>
</tr>
<tr>
<td>Carrots</td>
<td></td>
</tr>
<tr>
<td>Celery root</td>
<td></td>
</tr>
<tr>
<td>Chili Peppers</td>
<td></td>
</tr>
<tr>
<td>Jicama</td>
<td></td>
</tr>
<tr>
<td>Green beans</td>
<td></td>
</tr>
<tr>
<td>Kohlrabi</td>
<td></td>
</tr>
<tr>
<td>Plantains</td>
<td></td>
</tr>
<tr>
<td>Pumpkin</td>
<td></td>
</tr>
<tr>
<td>Rutabaga</td>
<td></td>
</tr>
<tr>
<td>Spaghetti squash</td>
<td></td>
</tr>
<tr>
<td>Turnips</td>
<td></td>
</tr>
<tr>
<td>0.5 cup serving</td>
<td>1 cup serving</td>
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<tr>
<td>----------------</td>
<td>--------------</td>
</tr>
<tr>
<td>Blueberries</td>
<td>Blackberries</td>
</tr>
<tr>
<td>Cherries</td>
<td>Cantaloupe</td>
</tr>
<tr>
<td>Clementines</td>
<td>Cranberries</td>
</tr>
<tr>
<td>Kiwis</td>
<td>Grapefruit</td>
</tr>
<tr>
<td>Mangos</td>
<td>Guava</td>
</tr>
<tr>
<td>Nectarines</td>
<td>Honeydew</td>
</tr>
<tr>
<td>Oranges</td>
<td>Lemons</td>
</tr>
<tr>
<td>Papayas</td>
<td>Limes</td>
</tr>
<tr>
<td>Peaches</td>
<td>Mulberries</td>
</tr>
<tr>
<td>Pears</td>
<td>Raspberries</td>
</tr>
<tr>
<td>Pineapple</td>
<td>Star fruit</td>
</tr>
<tr>
<td>Plums</td>
<td>Strawberries</td>
</tr>
<tr>
<td>Tangerines</td>
<td>Watermelon</td>
</tr>
</tbody>
</table>
HEALTHY FATS

- **Almond butter**: unsweetened, 1 tablespoon per serving
- **Avocado**: ¼ to ½ avocado
- **Avocado oil**: 1 tablespoon per serving
- **Canned full fat coconut milk**: 1/3 cup
- **Chia seeds**: 4 teaspoons per serving
- **Coconut chips**: unsweetened; 1 closed handful or about 2 tablespoons per serving
- **Coconut oil/MCT oil**: 1 tablespoon per serving
- **Ghee (clarified butter)**: 1 tablespoon per serving
- **Ground flaxseed**: 2 tablespoons per serving
- **Hemp seeds**: 2 tablespoons per serving
- **Nuts**: 1 closed handful per serving, about 2 tablespoons; don’t use peanuts or peanut butter
- **Olive oil**: 1 tablespoon per serving
- **Olives**: 1 closed handful per serving or about 2 tablespoons
- **Walnut oil**: 1 tablespoon per serving
I’m a firm believer in giving you the whole story up front. So I’m not going to kid you: If you have a sweet tooth, you may find going without sugar for five whole days (or six, if you do the Keto Push) a little challenging.

You see, sugar is actually addictive—and that addiction can be tough to break, especially if you’re used to eating sugary treats every day. But right now, I just need you to go cold turkey for a few days. That’s totally doable!
STAY STRONG WHEN THE SUGAR DEMON STRIKES:

Here are three powerful tips for staying strong if the Sugar Demon strikes:

1. **Put your reasons for doing this cleanse down on paper.** Do you want to feel younger, slimmer, happier, healthier, more energetic, and more attractive? Write your goals on sticky notes and post them on your bathroom mirror. I want you to see them EVERY DAY, so you’ll stay strong and focused.

2. **Remember that the average craving only lasts for three minutes.** Distraction yourself by playing a game on your phone, taking a walk, or calling a friend, and that craving will be gone soon.

3. **Spend time EVERY day doing a stress-busting activity.** Meditate, do deep breathing, journal, practice yoga or Tai Chi, take a warm bath, or just sit in a cozy chair and read a book. Stress-proofing yourself will help keep the Sugar Demon at bay.

Dieters who aren’t ready for the Sugar Demon can easily get discouraged. But now you know all about this sneaky villain, and you know exactly how to handle it. As a result, you’ll be able to keep your cleanse right on track!
A Closer Look at Your Smoothies and Shakes

WHAT PROTEIN POWDER SHOULD YOU USE?
On this diet, I want you to choose a high-quality collagen powder or protein powder made from Grass-Fed Beef for your shakes. Dr. Kellyann’s Collagen Shakes are an excellent choice. Also, unless you are doing my vegetarian option (described in the book), avoid using pea protein powder, which isn’t as nutrient-dense. Count one to two scoops of protein powder as one serving.

WHAT VEGGIES AND FRUITS CAN YOU ADD?
You can choose any fruits and vegetables from my list of “Yes” veggies. Remember to limit starchy veggies or fruits to one half-cup total (for fruits and veggies combined) per serving. If you’re not used to adding leafy veggies to your shakes, consider starting with spinach. It has a neutral taste, and you’ll hardly know it’s there.
WHAT INGREDIENTS SHOULD YOU AVOID?
Don’t add milk or other dairy products to your shakes. Also, don’t use sugar or any artificial sweeteners.

CAN YOU TRADE SHAKES FOR SMOOTHIES, OR VICE VERSA?
Yes, you can! In fact, you can swap out any element of this cleanse—smoothie, shake, or soup—for any other element.

CAN YOU SKIP A SHAKE OR SMOOTHIE?
I don’t recommend it. You want to LOAD your body with those healing, fat-burning nutrients, so promise me you won’t skimp!

CAN YOU USE POWDERED GREENS OR POWDERED SUPERFOOD IN YOUR SMOOTHIES AND SHAKES?
Fresh is best because a powder can’t provide all of the fiber that fresh greens give you. However, it’s fine to get your greens in powdered form if the convenience factor is important for you. Just check the label and make sure the powder doesn’t contain sugar, artificial sweeteners, artificial colors or flavors, or emulsifiers.
A Closer Look at Your Broth-Loading Soups

WHY IS BONE BROTH SO IMPORTANT?
Bone broth is very different from the regular broth you’re used to. I call it “liquid gold,” because it’s weight-loss magic! Bone broth simmers for hours and hours, releasing deep nutrition that satisfies your hunger and quells your cravings. It’s rich in collagen building blocks that soothe and heal your gut (a big key to rapid weight loss) and also blast your wrinkles. It’s loaded with glycine, which fights inflammation and helps you burn belly fat faster. It’s packed with glucosamine and chondroitin, which heal your joints. And as a bonus, it makes your hair and nails beautiful. You can use Dr. Kellyann’s Bone Broth or make your own—it’s simple! You’ll find a basic recipe in the recipe section.

CAN YOU USE GROCERY-STORE BROTH?
If you can find organic broth that’s specifically labeled as Bone Broth from pastured animals, that’s a good option. But don’t reach for regular broth, which won’t give you the same fat-burning power.
IS IT HARD TO MAKE BROTH FROM SCRATCH?
Nothing could be easier! You just toss lots of bones, a few veggies, and some herbs and spices of your choice into a pot, cover everything with water, and simmer for hours. (You’ll find simple recipes in the recipe section.) If you’re in a hurry, you can use an Instant Pot—and if you want a “hands-off” cooking method, you can make your broth in a slow cooker.

WHY IS THE BROTH SO “JIGGLY”?
Bone broth jiggles when you chill it because it’s loaded with gelatin, which soothes and heals your gut—and making your gut rock-solid is the most important step you can take to heal your body.

One reassuring note, however: Even if your broth doesn’t jiggle, it’ll contain plenty of gelatin if you cooked it long enough and used collagen-rich bones.

WHICH BONES ARE THE BEST?
For beef, go with knuckle bones, joint bones, or marrow bones if you can get them. For chicken, go with a whole carcass, legs, wings, necks, and backs. If you aren’t sure which bones to get, ask your butcher to help you out. If you have leftover bones from dinners, save them and toss them in as well. (I also like to add some bones with meat on them, to give my broth a richer flavor.) Bones can go into your broth either pre-roasted or raw.
You’ll find dozens of recipes for smoothies, shakes, and soups in my book—but if you’d like to get going right now, here’s a meal plan and shopping list that will get you on your way. You’ll find all of these recipes at the end of this Quick Start Guide.

<table>
<thead>
<tr>
<th>DAY</th>
<th>GREEN SMOOTHIE</th>
<th>SHAKE</th>
<th>GREEN SMOOTHIE</th>
<th>SOUP</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Pineapple Mint Green Smoothie</td>
<td>Chocolate Raspberry</td>
<td>Strawberry Green Smoothie</td>
<td>Chicken and “Rice”</td>
</tr>
<tr>
<td>2</td>
<td>Cucumber Melon Green Smoothie</td>
<td>Piña Colada</td>
<td>Lemon Ginger Green Smoothie</td>
<td>Creamy Asparagus</td>
</tr>
<tr>
<td>3</td>
<td>Papaya Ginger Green Smoothie</td>
<td>Chocolate Raspberry</td>
<td>Pineapple Mint Green Smoothie</td>
<td>Chicken and “Rice”</td>
</tr>
<tr>
<td>4</td>
<td>Strawberry Green Smoothie</td>
<td>Apple Pie</td>
<td>Cucumber Melon Green Smoothie</td>
<td>Creamy Asparagus</td>
</tr>
<tr>
<td>5</td>
<td>Lemon Ginger Green Smoothie</td>
<td>Piña Colada</td>
<td>Papaya Ginger Green Smoothie</td>
<td>Chicken and “Rice”</td>
</tr>
</tbody>
</table>
Follow This Easy Three-Step Plan:

You’ll find planning and preparing will be key to your success!
Below you will find three simple steps that you can follow to ensure you are fully prepared.

First, do your shopping trip. If you’re using my Sample Meal Plan, just grab the shopping list above and you’re good to go!

Next, make your bone broth (unless you’re buying it). You’ll need at least two-and-a-half quarts of bone broth (about 80 ounces) for your five days. You’ll find recipes in the recipe section, and you can make all the broth you need for your cleanse in a single afternoon. Once you’ve made your broth, you can make any of the soup recipes in the recipe section.

Finally, prep your fruits and veggies for your smoothies and shakes. Wash them, chop them, and freeze them in individual servings, so they’ll be ready to grab and toss into your blender. You can also toss in any herbs and spices the recipes call for.

Easy peasy... and you’re good to go!
Shopping List for My Sample Five-Day Meal Plan

Here are all the groceries you'll need to buy to make everything in this meal plan.

**PRODUCE**

- Apple: 1 small
- Asparagus: 1 pound
- Carrots: 1 pound
- Cauliflower: 1 medium head
- Celery: 1 bunch
- Cucumbers: 1, English preferred
- Garlic: 1 head
- Ginger root: 4- to 5-inch knob
- Honeydew melon: 1 medium
- Kale: 1 large bunch, to yield 4 cups chopped
- Leeks: 2
- Lemons: 3
- Mint: 1 bunch, fresh
- Onion: 1 small
- Papaya: 1 large
- Parsley: 1 bunch
- Pineapple: 1 large fresh or 1 bag frozen, to yield 3 cups
- Limes: 2
- Raspberries: 1 small box, to yield 1 cup
- Romaine lettuce: 1 head
- Spinach: 5-ounce box of fresh baby spinach, to yield 4 cups
- Strawberries: 1 basket
- Thyme: 1 small bunch, or dried

**Additional**

- Multivitamin and multimineral supplement (optional)
- 1 cup fresh or frozen strawberries and 1 cup fresh, frozen, or canned pineapple chunks for detox water (optional)
**GROCERY**

- Arrowroot (smallest size)
- Avocado oil or olive oil (smallest bottle)
- Black pepper
- Canned full-fat coconut milk: five 14-ounce cans
- Celtic or pink Himalayan salt
- Chia seeds (small bag)
- Chocolate collagen protein: 5 servings, 15 to 25 grams protein per serving
- Ghee or pastured butter: ¼ pound
- Cinnamon
- Nutmeg
- Stevia or monk fruit sweetener
- Flavorless collagen: 5 servings, 15 to 25 grams protein per serving
- Vanilla collagen protein: 5 servings, 15 to 25 grams protein per serving

**REFRIGERATED**

- Coconut or almond milk: ½ gallon
- Ghee or pastured butter: ¼ pound
Store Bought:
Chicken bone broth: ½ gallon or 8 cups

Homemade:
Chicken thighs, legs, and/or wings: 2 or more pounds

Chicken bones/carcasses:
3 or more pounds raw or cooked

Chicken feet (optional): 6 to 8 chicken feet; will add a great deal of collagen to your broth

Apple cider vinegar

Bay leaf (optional)

Onion: 1 medium

Peppercorns (or substitute black pepper)
Recipes to Get You Started:
Bone Broth
BEEF BONE BROTH

Prep time: 15 min. • Cook time: 3 to 12 hours depending on cooking mode • Yield: 1 gallon of broth

3 or more pounds beef bones
2 or more pounds meaty bones, such as oxtail, short ribs, etc.
¼ cup apple cider vinegar
Purified water
2 ripe tomatoes, cut in wedges
2 to 4 carrots, scrubbed and roughly chopped
3 to 4 celery stalks, including leafy part, roughly chopped
1 medium onion, cut into large wedges
1 to 2 garlic cloves
2 bay leaves
2 teaspoons Celtic or pink Himalayan salt
1 teaspoon peppercorns

Directions:
Place all the bones into a large stockpot, slow cooker, or pressure cooker. Add the vinegar and enough purified water to cover everything by 1 inch. Add all the vegetables, herbs, and spices. Add more water, if necessary. Follow the instructions for the mode of cooking you choose.

On the stovetop on medium heat, bring the water to a simmer and reduce the heat to low. Cover and let simmer for at least 12 hours and up to 24. Add water as needed so the bones are always covered.

In a slow cooker, set to low, cover, and cook for at least 12 hours and up to 24 hours. Add water as needed so the bones are always covered.

In a pressure cooker or Instant Pot, using your cooker’s instructions, bring up to full pressure. Reduce the heat to low, maintaining full pressure, and cook for 3 hours. Allow the pressure to naturally release.

When the broth is done, remove all the bones and meat and pour the broth through a fine mesh strainer into a large bowl. Discard the solids and reserve the meat for another use. Let the broth cool completely before covering and placing in the refrigerator. When chilled the broth should be very gelatinous.

The broth will keep for 5 days in the refrigerator and 3+ months in the freezer.
CHICKEN BONE BROTH

Prep time: 15 min. • Cook time: 2 to 8 hours depending on cooking mode • Yield: 1 gallon of broth

3 or more pounds raw or cooked chicken bones or carcasses
2 or more pounds chicken thighs, legs, and/or wings
6 to 8 chicken feet (optional; they’ll add a great deal of collagen to your broth)
¼ cup apple cider vinegar
Purified water
2 to 4 carrots, scrubbed and roughly chopped

3 to 4 celery stalks, including leafy part, roughly chopped
1 medium onion, cut into large chunks
1 to 2 garlic cloves
1 bay leaf
2 teaspoons Celtic or pink Himalayan salt
1 teaspoon peppercorns

Directions:
Place all the bones into a large stockpot, slow cooker, or pressure cooker. Add the vinegar and enough purified water to cover everything by 1 inch. Add all the vegetables, herbs, and spices. Add more water, if necessary. Follow the instructions for the mode of cooking you choose.

On the stovetop on medium heat, bring the water to a simmer and reduce the heat to low. Cover and let simmer for at least 4 hours and up to 8. Add water as needed so the bones are always covered.

In a slow cooker, set to low, cover, and let simmer for 8 hours.

In a pressure cooker or Instant Pot, using your cooker’s instructions, bring up to full pressure. Reduce the heat to low, maintaining full pressure, and cook for 2 hours. Allow the pressure to naturally release.

When the broth is done, remove all the bones and the meat and pour the broth through a fine mesh strainer into a large bowl. Discard the solids and reserve the meat for another use. (You can also refrigerate or freeze the bones and reuse them to make more broth.)

Let the broth cool completely before covering and placing into the refrigerator. When chilled the broth should be very gelatinous.

The broth will keep for 5 days in the refrigerator and 3+ months in the freezer.
Recipes to Get You Started:

Smoothies
PINEAPPLE MINT GREEN SMOOTHIE

Prep time: 3 min. • Yield: 1 serving

1½ to 1 cup water, coconut milk (not canned), or almond milk, unsweetened and carrageenan-free

Juice of ½ lemon (if using flavorless collagen)

¼ avocado or 1/3 cup canned full-fat coconut milk

1 packet Vanilla Collagen Shake, 1 scoop Dr. Kellyann’s Vanilla Bone Broth Protein, or 1 scoop Dr. Kellyann’s Flavorless Collagen Protein (or 15 to 25 grams of high-quality vanilla or flavorless collagen protein powder)

½ cup fresh, frozen, or canned unsweetened pineapple chunks

5 to 6 fresh mint leaves

½-inch piece fresh ginger, peeled and grated (optional)

2 handfuls (about 1 cup) of baby spinach, chopped

Stevia or monk fruit sweetener to taste (optional if using flavorless collagen)

Ice, add to blender or pour smoothie over ice (optional)

Directions:

In a blender, combine the water, lemon juice (if using), avocado, collagen powder, pineapple, mint, ginger (if using), spinach, stevia (if using), and ice (if using). Blend until smooth and creamy. If the smoothie is too thick, add more liquid to reach the desired consistency.

Note

If you prefer a creamy smoothie, use 1/3 cup coconut or almond milk, vanilla protein powder, and canned coconut milk.

If you prefer more of a slushy consistency, use 1 cup water, lemon juice, avocado, flavorless collagen, and stevia or monk fruit sweetener.
CUCUMBER MELON GREEN SMOOTHIE

Prep time: 3 min. • Yield: 1 serving

½ to 1 cup water
Juice of ½ lime
1 Persian cucumber or 3- to 4-inch piece English cucumber, sliced (about ½ cup after slicing)
1 cup honeydew melon, cubed
1 scoop Dr. Kellyann’s Flavorless Collagen Protein (or 15 to 25 grams of high-quality flavorless collagen protein powder)
½-inch piece fresh ginger, peeled and grated

4 teaspoons chia seeds
5 or 6 fresh mint leaves
2 handfuls of kale, stems removed, and chopped (about 1 cup)
Pinch of Celtic or pink Himalayan salt (optional)
Stevia or monk fruit sweetener to taste (optional)
Ice, add to blender or pour smoothie over ice (optional)

Directions:
In a blender, combine the water, lime juice, cucumber, melon, collagen protein, ginger, chia seeds, mint, kale, salt (if using), stevia (if using), and ice (if using). Blend until smooth and creamy. If the smoothie is too thick, add more water to reach the desired consistency.

Note
Chia seeds will thicken the smoothie as it sits. If you don’t like that consistency, select another fat from the approved list such as ¼ avocado or 1 tablespoon MCT oil.
PAPAYA GINGER GREEN SMOOTHIE

Prep time: 3 min. • Yield: 1 serving

1 cup water, coconut milk (not canned), or almond milk, unsweetened and carrageenan-free
Juice of ½ lemon (if using flavorless collagen)
¼ avocado or 1/3 cup canned full-fat coconut milk
1 packet Vanilla Collagen Shake, 1 scoop Dr. Kellyann’s Vanilla Bone Broth Protein, or 1 scoop Dr. Kellyann’s Flavorless Collagen Protein (or 15 to 25 grams of high-quality vanilla or flavorless collagen protein powder)

Directions:
In a blender, combine the water, lemon juice (if using), avocado, collagen powder, papaya, ginger, nutmeg, allspice (if using), kale, stevia (if using), and ice (if using). Blend until smooth and creamy. If the smoothie is too thick, add more water, coconut milk, or almond milk to reached the desired consistency.

½ cup fresh or frozen papaya, cubed
½-inch piece fresh ginger, peeled and grated
Pinch of ground nutmeg
Pinch of ground allspice (optional)
2 handfuls of kale, stems removed, chopped (about 1 cup)
Stevia or monk fruit sweetener to taste (optional if using flavorless collagen)
Ice, add to blender or pour smoothie over ice (optional)

Note
Papaya will congeal and thicken the smoothie, so it’s best to drink it right after making it.

If you prefer a creamy smoothie, use almond or coconut milk, vanilla protein powder, and canned coconut milk. If you prefer more of a slushy consistency, use water, lemon, flavorless collagen, and stevia or monk fruit sweetener.
STRAWBERRY GREEN SMOOTHIE
Prep time: 3 min. • Yield: 1 serving

½ to 1 cup water, coconut milk (not canned), or almond milk, unsweetened and carrageenan-free
Juice of ¼ lemon (if using flavorless collagen)
1 cup fresh or frozen strawberries
1 packet Vanilla Collagen Shake, 1 scoop Dr. Kellyann’s Vanilla Bone Broth Protein, or 1 scoop Dr. Kellyann’s Flavorless Collagen Protein (or 15 to 25 grams of high-quality vanilla or flavorless collagen protein powder)

¼ avocado or 1/3 cup canned full-fat coconut milk
Stevia or monk fruit sweetener to taste (optional if using flavorless collagen)
3 or 4 romaine leaves, chopped (about 1 cup)
Ice, add to blender or pour smoothie over ice (optional)

Directions:
In a blender, combine the water, lemon juice (if using), strawberries, collagen powder, avocado, stevia (if using), romaine, and ice (if using). Blend until smooth and creamy. If the smoothie is too thick, add more water to reach the desired consistency.

Note
If you prefer a creamy smoothie, use ½ cup coconut or almond milk, vanilla protein powder, and canned coconut milk.

If you prefer more of a slushy consistency, use 1 cup water, lemon juice, avocado, flavorless collagen, and stevia or monk fruit sweetener.
**LEMON GINGER GREEN SMOOTHIE**

Prep time: 3 min. • Yield: 1 serving

1 cup water
1/2-inch piece fresh ginger, peeled and grated
Juice of 1/2 lemon
2 handfuls (about 1 cup) of baby spinach, chopped
1 teaspoon lemon zest
Stevia or monk fruit sweetener to taste (optional)
1 tablespoon avocado or olive oil
Ice, add to blender or pour smoothie over ice (optional)

**Directions:**
In a blender, combine the water, lemon juice, lemon zest, oil, cucumber, collagen protein, ginger, spinach, stevia (if using), and ice (if using). Blend until smooth and creamy. If the smoothie is too thick, add more water to reach the desired consistency.

1 Persian cucumber or 3- to 4-inch piece English cucumber, sliced (about 1/2 cup after slicing)
1 scoop Dr. Kellyann’s Flavorless Collagen Protein (or 15 to 25 grams of high-quality flavorless collagen protein powder)

**CHOCOLATE RASPBERRY SHAKE**

Prep time: 3 min. • Yield: 1 serving

1 cup water, coconut milk (not canned), or almond milk, unsweetened and carrageenan-free
1/3 cup canned full-fat coconut milk
1 packet Chocolate Collagen Shake or 1 scoop Dr. Kellyann’s Chocolate Bone Broth Protein (or 15 to 25 grams of high-quality chocolate or flavorless collagen protein powder)
1/2-inch piece fresh ginger, peeled and grated
2 handfuls (about 1 cup) of baby spinach, chopped
Stevia or monk fruit sweetener to taste (optional)
1 Persian cucumber or 3- to 4-inch piece English cucumber, sliced (about 1/2 cup after slicing)
1 scoop Dr. Kellyann’s Flavorless Collagen Protein (or 15 to 25 grams of high-quality flavorless collagen protein powder)
1 scoop Dr. Kellyann’s Flavorless Collagen Protein (or 15 to 25 grams of high-quality flavorless collagen protein powder)
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1 scoop Dr. Kellyann’s Flavorless Collagen Protein (or 15 to 25 grams of high-quality flavorless collagen protein powder)

**Directions:**
In a blender, combine the water, lemon juice, lemon zest, oil, cucumber, collagen protein, ginger, spinach, stevia (if using), and ice (if using). Blend until smooth and creamy. If the smoothie is too thick, add more water to reach the desired consistency.

1 cup raspberries, plus more for garnish
Ice, add to blender or pour shake over ice (optional)
PIÑA COLADA SHAKE
Prep time: 3 min. • Yield: 1 serving

1 cup water, coconut milk (not canned), or almond milk, unsweetened and carrageenan-free

1/3 cup canned full-fat coconut milk

1/2 cup fresh, frozen, or canned unsweetened pineapple

1 packet Vanilla Collagen Shake, 1 scoop Dr. Kellyann’s Vanilla Bone Broth Protein, or 1 scoop Dr. Kellyann’s Flavorless Collagen Protein (or 15 to 25 grams of high-quality vanilla or flavorless collagen protein powder)

Stevia or monk fruit sweetener (optional if using flavorless collagen)

Ice, add to blender or pour shake over ice (optional)

Directions:
In a blender, combine the water, canned coconut milk, pineapple, collagen powder, stevia (if using), and ice (if using). Blend well.

APPLE PIE SHAKE
Prep time: 5 min. • Yield: 1 serving

1 cup water, coconut milk (not canned), or almond milk, unsweetened and carrageenan-free

1/3 cup canned full-fat coconut milk

1 small apple, cored and sliced

1 teaspoon pure vanilla extract (if using flavorless collagen)

¼ teaspoon ground cinnamon, plus more for garnish

Pinch of ground nutmeg, plus more for garnish

1 packet Vanilla Collagen Shake, 1 scoop Dr. Kellyann’s Vanilla Bone Broth Protein, or 1 scoop Dr. Kellyann’s Flavorless Collagen Protein (or 15 to 25 grams of high-quality vanilla or flavorless collagen protein powder)

Stevia or monk fruit sweetener (optional if using flavorless collagen)

Ice, add to blender or pour shake over ice (optional)

Directions:
In a blender, combine the water, canned coconut milk, apple, vanilla (if using), cinnamon, nutmeg, collagen powder, stevia (if using), and ice (if using). Blend well. Garnish with additional cinnamon or nutmeg, if desired.
Recipes to Get You Started:

Soup
CHICKEN AND "RICE" SOUP

Prep time: 20 min. • Cook time: 25 min. • Yield: 4 servings

2 tablespoons ghee or pasture-raised butter
1 small onion, measured after dicing
1 medium head cauliflower, chopped or pulsed in food processor into rice-size pieces (4 to 5 cups)
2 celery stalks, diced
2 medium carrots, diced
4 cups Chicken Bone Broth or Dr. Kellyann’s Chicken Bone Broth

1 (13½- to 15-ounce) can unsweetened full-fat coconut milk
¼ cup fresh parsley, coarsely chopped
1 teaspoon fresh thyme leaves, or about ½ teaspoon dried thyme
1½ teaspoons Celtic or pink Himalayan salt
½ teaspoon freshly ground black pepper

Directions:

In a large stockpot, melt the ghee over medium-high heat. Add the onion and reduce the heat to medium-low. Sauté for 3 to 5 minutes, until the onions are translucent. Add the cauliflower, celery, and carrots and cook for about 8 minutes, until the vegetables are tender. Add the bone broth, coconut milk, parsley, and thyme and bring to a boil. Immediately reduce the heat to low and simmer for 8 to 10 minutes to warm through. Add the salt and pepper and adjust seasonings to taste. Serve immediately.
CREAMY ASPARAGUS SOUP

Prep time: 15 min. • Cook time: 25 min. • Yield: 4-6 servings

2 tablespoons ghee or pasture-raised butter
1 garlic clove, minced
2 leeks, white and pale green parts only, thinly sliced
1 celery stalk, sliced
4 cups Chicken Bone Broth or Dr. Kellyann’s Chicken Bone Broth
1 pound asparagus, cut into 1-inch pieces

1 (13½- to 15-ounce) can unsweetened full-fat coconut milk
Pinch of ground nutmeg, plus more for serving
1 teaspoon Celtic or pink Himalayan salt
½ teaspoon freshly ground black pepper, plus more for serving
1 teaspoon arrowroot, blended with 1 tablespoon water

Directions:
In a large stockpot, melt the ghee over medium-high heat. Add the garlic, leeks, and celery and reduce the heat to medium-low. Sauté for 6 to 8 minutes to soften. Raise the heat to medium-high and add the bone broth and asparagus. When the soup begins to simmer, reduce the heat to medium-low and simmer for 15 to 20 minutes, until asparagus is tender.

Purée with an immersion blender, blender, or food processor until smooth. Return to the stockpot and stir in the coconut milk, nutmeg, salt, pepper, and arrowroot mixture. Simmer for 3 to 5 minutes, until the soup thickens, adding more arrowroot if a thicker soup is desired. Serve warm and garnish with additional freshly ground black pepper and nutmeg, if desired.
Recipes to Get You Started:

Detox Water
PINEAPPLE AND STRAWBERRY DETOX WATER

Prep time: 15 min. • Cook time: 25 min. • Yield: 4-6 servings

- 1 cup fresh, frozen, or canned unsweetened pineapple chunks
- 1 cup fresh or frozen strawberries
- 3 cups or more of ice, enough to fill a pitcher halfway
- Enough purified water to fill a 2-quart (½ gallon) pitcher

Directions:
Put the pineapple and strawberries in the bottom of a pitcher and top with the ice (this will keep the fruit submerged). Fill the pitcher with the purified water. Refrigerate for at least 2 hours so the flavors can meld. The flavors will continue to develop over time. As you drink the detox water, you can continue to add water to the pitcher until the fruit no longer infuses the water with flavor.
5-DAY CLEANSE & RESET KIT

This is an all-inclusive cleanse kit. No shopping, no prepping, and no cooking required.

Just open the box. It's that simple. And even though it's simple, it's incredibly effective because this is not one of those juice or water only cleanses that are based on depriving yourself of the nutrition your body craves.

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· 1 Bone Broth
· 1 Super Berry Collagen Smoothie
· 1 Lemon Chicken Soup

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**Lemon Sips**
If you loved the detoxifying effects of my Lemon Sips from the Cleanse & Reset Kit, you’ll go ga-ga over my new-and-improved formula — now made with the pioneering new melon extract SOD B®. SOD B has been shown to help smooth out cellulite, restore skin elasticity, and even help you slim down by shrinking fat cells under the skin surface.

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BELLABIOTICS™ is made with Agatri Korean Mint®, Dermaval®, and clinical-grade probiotics, which have been shown to help: reduce wrinkles and crow’s feet, rehydrate and strengthen skin, boost collagen and elastin production, protect skin from UV damage, and rebuild your foundational beauty from its core — all while improving digestive health.

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THANK YOU FOR YOUR ORDER OF DR. KELLYANN'S CLEANSE AND RESET

Here's what's inside the book:

+ More than 65 delicious recipes for smoothies, shakes, soups, spa waters, and post-cleanse meals
+ My in-depth research into the power of this cleanse
+ The story of my own “crash and burn” and how I turned my life around
+ Exclusive tips to help you maintain your cleanse wins FOREVER
After Your Cleanse:

Want to lose more weight? Transition to The Bone Broth Diet or The 10-Day Belly Slimdown!

On my Bone Broth Diet, you’ll intermittent fast with bone broth, two days each week. During your intermittent fasting, you’ll load up on bone broth so you’ll never go hungry. Then, on the other five days, you’ll eat three delicious, filling meals packed with fat-burning superfoods.

You can stay on this plan as long as you like—so no matter how many pounds you need to lose to reach your goal, you’ll get the results you want. I’ve had patients lose 50, 100, and even 250 pounds on this diet—and they LOVE how gentle and easy it is!

In The 10-Day Belly Slimdown, I share my powerful, proven plan for blasting belly fat quickly and safely. Complete with daily meal plans, captivating testimonials, and more than 80 delicious recipes, The 10-Day Belly Slimdown offers a sensible, approachable weight-loss solution that allows you to take control of your health journey.

To purchase The Bone Broth Diet, click here
To purchase The 10-Day Belly Slimdown, click here
Stay Slim, Clean, and Sexy for Life

At your goal weight? Then it’s time for Dr. Kellyann’s Lifestyle Plan!

On this “forever” plan, you’ll indulge in the foods you love while you stay slim, young, and healthy—and if you get off track, you’ll undo the damage fast. As a result, you’ll be able to eat fearlessly for life! This isn’t a quick-fix plan. Instead, it’s the start of a brand-new way of life.

Here’s the deal. The morning after you finish your cleanse—or after you reach your goal weight on my Bone Broth Diet—you’re going to start on my Lifestyle Plan. On this plan, you’re going to keep those pounds off, stay young and strong, and enjoy that sexy glow forever. No more yo-yo dieting. No more starving. No more being afraid of food. You’re going to eat fearlessly from now on. And here’s a surprise: You’re still going to be able to eat the foods you love.

How does it work? It’s simple:

For 80% of your meals, you’re going to eat lean proteins, non-starchy veggies, healthy fats, and small amounts of fruits and starchy veggies.

For the other 20% of your meals, you’re going to sprinkle on a little “fairy dust.” As long as you keep your portions sensible, you can have anything you want. That’s right... anything. So whether you’re at a tailgate party or a wedding buffet, you can live it up!

When you eat this way, you put so many credits in your good food bank that you can cheat a little without paying any price at all. I say that it’s like getting 100% of the results for 80% of the work.

And what if you occasionally go off the rails? No worries! Simply do one or two 24-hour bone broth fasts, and you’ll erase the damage like it never even happened.

That’s it in a nutshell: A plan that will let you enjoy the foods you love and still stay slim, young, and healthy—without pain or sacrifice. How awesome is that?
About Dr. Kellyann

Kellyann Petrucci, M.S., N.D., is the author of Dr. Kellyann’s Cleanse and Reset, as well as the New York Times bestselling book Dr. Kellyann’s Bone Broth Diet, The 10-Day Belly Slimdown, and Dr. Kellyann’s Bone Broth Cookbook. She also is the host of three PBS specials including The 5 Day Rapid Refresh.

Dr. Petrucci has appeared on Dr. Oz, Good Morning America, the Today Show, and many other local and national news programs. She has also authored six best-selling Dummies books for John Wiley & Sons. She has been featured in the Wall Street Journal, Woman’s World, Life & Style, Closer, Harper’s Bazaar, Daily Mail, Cooking Light, Redbook, and more.

She is also the driving force behind the popular website drkellyann.com where she provides educational content as well as innovative beauty and food-based products.