Dr. Kellyann’s
10-DAY BELLY SLIMDOWN
Guide
LOSE YOUR BELLY,
HEAL YOUR GUT
and ENJOY A LIGHTER,
YOUNGER YOU
10DAYBELLYSLIMDOWN.COM
Are you fed up with that belly fat? Tired of hiding your belly under baggy clothes while your friends wear sexy dresses and skinny jeans? Sick of looking and feeling years older than you are?

Then **now’s the time** to take action! I’ve helped thousands of people lose that extra belly fat—including the Hollywood and New York celebrities I work with now as a concierge doctor. I’ve helped thousands more through my books, my PBS special, and my appearances on Dr. Oz and other shows. And now, I’m going to do the same thing for you.

With this **Guide**, you can start your journey to a slim belly right now. In these pages, you’ll find step-by-step instructions for your 10-Day Belly Slimdown.

But first, let’s talk for a minute about WHY you need to lose that belly fat—and lose it fast.

**THE REAL REASON WHY THAT BELLY FAT NEEDS TO GO**

You know that the roll of fat around your waist is unattractive. But guess what: In reality, the really ugly stuff is going on inside your belly. Your 10-Day Belly Slimdown is going to blast your subcutaneous fat (that “inch you can pinch”) so you’ll get the sleek belly you want. But even more importantly, it’s going to burn off the visceral fat that lies underneath it.

This visceral fat doesn’t just sit there. Like a witch’s cauldron, it brews up toxic chemicals that keep making you fatter and sicker. Here’s just some of the bad stuff that these chemicals do:

- They cause body-wide inflammation.
- They raise your blood pressure.
- They make your cells less sensitive to insulin.
- They mess with your hormones.

As a result, visceral fat makes you old and sick on the inside. It increases your risk for heart disease, stroke, diabetes, and even dementia. And here’s more bad news: Visceral fat increases your risk for breast, colorectal, pancreatic, and uterine cancer.

I know this is scary stuff. But relax—there’s no need to worry! That’s because in just 10 days, we’re going to crush that belly fat and get rid of the nasty stuff it’s brewing up. As a result, your belly will be beautiful inside and out.

And, of course, that slim belly won’t just be healthy… it’ll be fabulous, so you can stop hiding it and start flaunting it! You can start taking selfies, toss out that swimsuit cover-up, wear skin-tight yoga pants to the gym, and walk into a party with “look at me” written all over you.

It’s going to be **awesome**.
How We’re Going to **Blast** that Belly Fat

**Why does my 10-Day Belly Slimdown take pounds and inches off your waist so quickly?** The secret is my **triple punch**!

In this plan, I combine three of the most powerful weight-loss strategies on the planet. Separately, each one melts fat like crazy. Add them together, and you'll burn off that fat so fast you won’t believe it.

Here are my three Slimdown Power Plays:

**A SHORT EATING WINDOW.**

Amazing new research proves that when it comes to slimming your belly, it’s not just WHAT you eat—it’s also WHEN you eat. Scientists are finding that simply shrinking your eating window—that is, the hours during which you eat your daily meals—revs up your metabolism and causes you to burn off fat faster.

That’s why on my plan, you’re going to eat all your meals during a **SEVEN-HOUR WINDOW**. You can choose any seven-hour window you like—just be sure to eat all of your meals within this time. And if you’re panicking about shortening your eating window, don’t worry: you won’t be hungry, because my next Slimdown Power Play will keep you satisfied all day long!

**BONE BROTH “BURNING” AND “LOADING.”**

In the morning before your first meal, you’re going to drink hearty, delicious bone broth (from one to six cups). This is your **BONE BROTH “BURNING” PHASE**, and it’s when you’re going to burn off tons of that belly fat!

Bone broth heals your gut inflammation—you’ll learn all about this in my book—and a healthy gut translates into a slimmer you. What’s more, bone broth is so delicious that it’ll allow you to coast right through your morning mini-fast without a single craving.

Then, in between your two daily meals, you’ll enjoy more broth—this time with leafy veggies added. This is your **BONE BROTH “LOADING” PHASE**, and it’s going to fill you up, keep your “plumbing” working like a charm, and blast your bloat.

**A POWERFUL DOSE OF COLLAGEN AND OTHER SLIM-GESTION FOODS.**

Your first meal of the day on your 10-Day Belly Slimdown will be a delicious, collagen-rich shake. The collagen in this shake is going to **HEAL YOUR GUT INFLAMMATION**—the #1 key to losing that belly fat. In addition, it’s going to give you beautiful skin, hair, and fingernails, and make your joints feel years younger.

Then, for your second meal of the day, you’re going to load your plate with **SLIM-GESTION FOODS**—foods that ramp up your metabolism, taking your fat-burning into the stratosphere. These include beautiful proteins, non-starchy veggies, healthy fats, and two fruits—grapefruit and berries—that will dynamite the fat right off your belly.
As a result of this powerful TRIPLE PUNCH—a shortened eating window, luscious bone broth, and gut-healing, wrinkle-blasting collagen and other SLIM-Gestion foods—you’re going to lose up to 13 pounds and up to 5 inches around your waist in JUST TEN DAYS!

ARE YOU READY TO COMMIT?

I’m not going to kid you here. This is a boot camp diet, and it’s hard work to melt off your belly fat this fast. But when you see your results, you’ll be blown away.

So… are you game? Are you ready to try the same plan I’ve used to slim down everyone from New York socialites to Hollywood celebrities? Then let’s do this.

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The 10-Day Belly Slimdown Plan

1

“BROTH BURNING”
From wake-up time ‘till noon

This is where you’ll really blast that belly fat!

Have NOTHING but broth—as little as a single mug, or up to 6 8-ounce cups. For extra fat-burning power, add herbs and spices such as cinnamon, cayenne pepper, black pepper, ginger, turmeric, parsley, and rosemary.

You can also drink unsweetened black coffee, my Collagen Coffee, water with a squeeze of lemon juice, or unsweetened white, green, black, or herbal tea. (No dairy or non-dairy creamers or artificial sweeteners!)

2

A SLIMMING SHAKE
Between noon and 1 P.M.

Melt away pounds and wrinkles with a generous serving of collagen!

• Your shake will include:
  • One to two scoops of collagen or protein powder
  • Two handfuls of LEAFY GREEN VEGETABLES—great choices include watercress, spinach, kale, and Swiss chard
  • A healthy fat (see my list of “Yes” fats later in this guide)
  • A handful of blueberries (optional)
  • Stevia or monk fruit sweetener (optional)
  • Herbs and spices (optional)
3

“BROTH LOADING”
Afternoon and evening until 6–7 P.M.
Banish those cravings and load up on fiber!

Enjoy more broth and Broth-Loading Soups! Up to 48 ounces of bone broth can be consumed during the broth loading phase, including 8–16 ounces of Broth-Loading Soup.

What is a Broth-Loading Soup? It’s healing bone broth PLUS fiber to keep things moving in your GI tract! You can either follow one of my Broth-Loading Soup recipes (try Beef Bone Broth Infused with Mexican Herbs and Spices or Chicken Bone Broth with Greens), or simply add two handfuls of LEAFY GREEN VEGETABLES or other NON-STARCHY vegetables to an 8-16 ounce mug of plain bone broth. TIP: If you have digestive problems, puree your veggies first.

4

A “SLIM PLATE” MEAL
Between 6–7 P.M.

It’s time for a big dose of those metabolism-revving SLIM-gestion foods!

Eat a fat-burning meal featuring one serving of protein, one serving of healthy fat, and as many non-starchy veggies as you want—load up on them! You’ll also add the fat-burning power of grapefruit or berries. Also, reach once more for those herbs and spices. (Think of them as diet “power-ups.”) To build a perfect plate, follow this SLIM Plate Guide:

**SLIM Plate Meal Guide**

- **1 SERVING HEALTHY PROTEIN**
- **1 SERVING HEALTHY FAT**
- **HALF A GRAPEFRUIT OR HANDFUL OF BLUEBERRIES**
- **LOAD UP ON AS MANY NON-STARCHY VEGGIES AS YOU WANT**
Putting it All Together

Here's a handy chart that tells you exactly how each phase of your daily diet works. I recommend putting a copy on your fridge.

<table>
<thead>
<tr>
<th>YOUR DAILY DIET AT A GLANCE</th>
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<tbody>
<tr>
<td><strong>PHASE 1</strong></td>
</tr>
<tr>
<td>MORNING “BROTH BURNING”</td>
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<tr>
<td>(from wake-up to noon*)</td>
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* You can adjust your shake and evening meal times to suit your schedule; just make sure to eat your meals within a seven-hour window.

Broth with herbs and spices (up to six 8-ounce cups)
Unsweetened coffee, Collagen Coffee, or tea—no dairy or nondairy creamer
Lemon water or plain water

<table>
<thead>
<tr>
<th>PHASE 2</th>
<th>PHASE 3</th>
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</thead>
<tbody>
<tr>
<td>1 to 2 scoops protein or collagen powder (15 to 25 grams)</td>
<td>Bone broth with herbs, spices, and 2 handfuls of leafy green veggies in each mug (up to six 8-ounce cups)</td>
</tr>
<tr>
<td>2 handfuls of leafy veggies</td>
<td>OR</td>
</tr>
<tr>
<td>1 serving of fat from list of approved fats</td>
<td>Soups made with bone broth (be sure to follow the recipes in the book or Quick Start Guide—these are specifically designed for the diet)</td>
</tr>
<tr>
<td>Optional: Collagen Coffee for more collagen power!</td>
<td>OR</td>
</tr>
<tr>
<td>Optional: 1 closed handful of blueberries</td>
<td>Plain bone broth plus a side salad of greens sprinkled with lemon juice or up to 1 tablespoon vinaigrette</td>
</tr>
<tr>
<td>Optional: Stevia or monk fruit sweetener</td>
<td>Water, lemon water, coffee, Collagen Coffee, tea</td>
</tr>
<tr>
<td>Water or ice</td>
<td>Optional: Stevia or monk fruit sweetener in your beverages</td>
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</tbody>
</table>

1 serving of protein
1 serving of approved fat
Unlimited leafy green vegetables
½ grapefruit or 1 handful of berries
Tea, coffee, Collagen Coffee, lemon water, or bone broth
MAKE YOUR OWN BONE BROTH

2 unpeeled carrots, scrubbed and roughly chopped
2 stalks celery, including leafy part, roughly chopped
1 medium onion, roughly chopped
3 cloves garlic, peeled and smashed (optional)
3½ pounds grass-fed beef bones (preferably joints and knuckles)
OR
2 or more pounds raw chicken bones /carcasses and additional wings, thighs or feet
OR
1 turkey carcass
2 teaspoons kosher salt
2 tablespoons apple cider vinegar

Place the vegetables, garlic, bones, and bay leaves into a stock pot or slow cooker. Sprinkle on the salt, drizzle with vinegar, and add enough water to cover everything by 1 inch. Cover the pot.

Cook on low for 8 to 12 hours for beef or about 6 to 8 hours for chicken or turkey, skimming the broth occasionally.

Pour the broth through a fine strainer and discard the solids. Taste the broth and add more salt if needed.

Chill the broth. It will keep for 3 to 4 days in the fridge and 3 months in your freezer.
**Your Slimming Shake**

I want you to choose a high-quality collagen powder or protein powder made from GRASS FED BEEF for your shakes. I have excellent choices at store.drkellyann.com.

It's important to select a beef protein powder. Avoid using whey protein powder, because many people are lactose-intolerant or allergic to whey. Also, avoid using pea protein powder, which isn't as nutrient-dense and is generally higher in sugars and carbohydrates.

**MAKING YOUR SLIMMING SHAKE**

Aim to get 15 to 25 grams of protein per shake.

Along with your protein powder add…

- 8 ounces of unsweetened almond milk, unsweetened coconut milk, or water
- 2 handfuls of leafy greens
- 1 portion of healthy fat
- 1 closed handful of berries
- Spices or fresh or dried herbs *(optional)*
- A little stevia or monk fruit for sweetness
  *(DO NOT add any sugar or artificial sweeteners)*
- Ice, add to blender or pour shake over ice

Pour liquid into blender first then add all other ingredients. Blend well.
Approved Foods For Your 10-Day Belly Slimdown

On my plan, you'll eat the “YES” foods I list in this section—and NOTHING ELSE. So get rid of every food that isn’t on this list.

When you do this, make sure you’re thorough. I mean it. That old Halloween candy? Toss it. Those Girl Scout cookies in the freezer? Give ‘em away. Alcohol needs to disappear for 10 days, too. (You can toast to your success when you’re done!)

Here are the only foods I want you to eat during your Slimdown:

**APPROVED PROTEINS**

- Collagen or protein powder
- Beef
- Chicken
- Lamb
- Turkey
- Wild Boar
- Pork (pastured only)
- Fish and seafood (be sure canned fish is packed in olive oil or water)
- Eggs
- Organ Meats
- Nitrite-, nitrate-, sugar-, and gluten-free deli meats (read labels carefully)

If you can afford it, buy pastured or grass fed meat, chicken, and eggs. However, if your budget is tight, regular meat is fine—simply cut the fat off meat and take the skin off chicken, because that’s where most of the toxins are. Avoid pork unless you can find pastured pork.

**HERBS AND SPICES**

- Basil
- Black pepper
- Cardamom
- Cayenne pepper
- Cinnamon
- Cumin
- Garlic
- Ginger
- Ginseng
- Rosemary
- Turmeric

I also want you to add herbs and spices to your shakes, your morning and afternoon broth, and your evening meals. All herbs and spices are on the “Yes” list. In particular, these herbs and spices can ramp up your fat-burning!

Spices blends are also on the “Yes” list; just make sure they don’t contain any sugar or artificial chemicals.
APPROVED VEGETABLES

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

You can add any veggies from this list to your shakes, afternoon broth, and evening meal.

APPROVED FRUITS

- Grapefruit
- Berries
- Lemon juice (a squeeze in your water)

While I do love berries, my personal choice for the SLIM Plate Meal is grapefruit. Grapefruit contains a compound called nootkatone, which can stimulate your metabolism and ramp up weight loss. In fact, research reveals that merely smelling grapefruit may help you burn off more fat! How cool is that? In addition, grapefruit is high in fiber which keeps you feeling full, so it’s easier to fight cravings—and all that fiber helps you banish bloat. Grapefruit is also rich in Vitamin C, which plays a key role in forming wrinkle-blasting collagen. The limonoids in grapefruit help your body get rid of toxins.

PORTION CONTROL: VEGETABLES

A SERVING OF VEGETABLES SHOULD BE AT LEAST THE SIZE OF A SOFTBALL. FILL YOUR PLATE WITH AT LEAST TWO OR THREE SOFTBALLS’ WORTH.

PORTION CONTROL: FRUITS

A SERVING OF FRUIT IS A CLOSED HANDFUL OF BERRIES OR 1/2 A GRAPEFRUIT.
APPROVED FATS

- Coconut oil / MCT oil
- Olive oil
- Avocado oil
- Walnut oil
- Ghee (clarified butter, with the milk solids removed)
- Canned full-fat coconut milk
- Coconut chips
- Avocado
- Olives
- Nuts

- Unsweetened almond milk (if it does not contain carrageenan)
- Almond butter (unsweetened)
- Chia seeds
- Hemp seeds
- Ground flax seed

Choose one serving of fat from this list for your shake, your afternoon broth loading phase (fat is optional in that phase), and your evening meal.

APPROVED “EXTRAS”

- Avocado (a few bites)
- Coconut chips (a closed handful)
- Olives (a closed handful, rinsed)

Eat these only on an “emergency” basis—if you have an over-whelming sugar craving—and only during your eating window.

PORTION CONTROL:

FATS

A SERVING OF OIL OR CLARIFIED BUTTER IS 1 TABLESPOON.

A SERVING OF FULL-FAT COCONUT MILK IS 1/3 TO 1/2 THE CAN.

A SERVING OF NUTS, COCONUT FLAKES, OR OLIVES IS ABOUT ONE CLOSED HANDFUL.

A SERVING OF AVOCADO IS 1/4 TO 1/2 AN AVOCADO.

A SERVING OF ALMOND MILK IS 8 OUNCES.

A SERVING OF NUT BUTTER IS 1 TABLESPOON.

A SERVING OF CHIA SEEDS IS 4 TEASPOONS.

A SERVING OF HEMP SEEDS IS 2 TABLESPOONS.

A SERVING OF FLAXSEED IS 2 TABLESPOONS.
**Helpful Tips and FAQs for Your 10-Day Belly Slimdown**

**Q:**
**HOW MUCH BONE BROTH WILL I NEED?**

While I say you can have up to 48 ounces of bone broth during your Broth Burning and Broth Loading phases, I find that most people never need, or want, this much. In fact, what I see a lot, and what I personally do most days, is completely fast until noon or have a cup or two (8 to 16 ounces total) of collagen coffee or bone broth during my morning fast (a.k.a. Broth burning phase).

And then, between the Slimming Shake and SLIM Plate Meal most people have 8 to 16 ounces of broth-loading soup. So between 16 and 32 ounces of bone broth per day.

**My 10-Day Belly Slimdown Collagen Product Pack** will give all the collagen protein you need for your Slimming Shakes and one 8-ounce cup of bone broth a day.

If you think you will need more bone broth, I would suggest ordering a **10-Day Belly Slimdown Collagen Product Pack AND a 3-box set of SLIM Collagen Broth.**

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All available at drkellyann.com
Q:
DO YOU HAVE RECIPES FOR THE SLIMMING SHAKES?

The full version of The 10-Day Belly Slimdown contains lots of great shakes recipes but making your Slimming Shake is really simple and easily customizable to your tastes when you follow the general guidelines in this guide. If you need some inspiration check out the shakes recipes on my website, drkellyann.com.

Q:
WHAT DO I DO AFTER THE 10 DAYS TO STAY ON TRACK?

I firmly believe the benefits of bone broth and collagen are so incredible that supplementing your diet with these nutrients is very important especially as we get older. The studies on collagen and skin are so powerful (major improvements in just 8 weeks) that if you do nothing else you should consider getting a daily dose of collagen in your diet.

Mini-fasting (a.k.a. Intermittent fasting) is another key to better health and a more youthful appearance and the science proves it. Do some form of mini-fasting every week and you’ll find the incredible results you get on the 10-Day Slimdown will be easier to maintain.

I have multiple options for getting an indulgent, yet healthy, daily dose of collagen in my online store.

GET A DAILY DOSE OF COLLAGEN IN YOUR DIET TO STAY ON TRACK AFTER YOU COMPLETE THE 10-DAY BELLY SLIM DOWN DIET. HERE ARE THREE DELICIOUS COLLAGEN DRINK OPTIONS!
If you purchase the hardcover book, here are the additional things you can look forward to:

- 80+ delicious, slimming recipes to help you slim your belly fast, plus full meal plans!
- All of Dr. Kellyann’s deep research and science behind why this plan works so well for so many people.
- Exclusive tips to help you on your journey from other weight loss, gut health, fitness, and nutrition experts.
- Plus so much more!

MEET DR. KELLYANN

Kellyann Petrucci, M.S., N.D., is the author of The 10-Day Belly Slimdown, the New York Times bestselling book Dr. Kellyann’s Bone Broth Diet (Rodale, 2015) and Dr. Kellyann’s Bone Broth Cookbook (Rodale, 2016). She also is the host of two PBS specials, 21 Days to a Slimmer, Younger You, and the 10-Day Belly Slimdown.

A weight-loss and natural anti-aging transformation expert, Dr. Petrucci has a private practice in the Birmingham, Michigan area and is a concierge doctor for celebrities in New York City and Los Angeles. She is a board-certified naturopathic physician and a certified nutrition consultant.

You can learn more about Dr. Kellyann and her work at drkellyann.com.