THE TRUVANI

2-Day Bone Broth Reset

PLUS, MORE WAYS TO MAKE HEALING BONE BROTH A STAPLE IN YOUR HOME KITCHEN

Vani Hari

FOUNDER - TRUVANI

Here's Exactly What To Expect Inside This Guide

Hi, I'm Vani Hari, the co-founder of Truvani, but you may know me as the Food Babe.

I put together this guide to help you experience all of the amazing benefits of bone broth.

I'll reveal what we call "The 2-Day Bone Broth Reset," and how it's designed to give your digestive system a break - whenever you need it.

Plus, a lot more. The following pages are packed with **14 mouth-watering recipes**. I'll share my favorite Bone Broth product. You'll discover a **time-saving way to add Bone Broth to your daily life**, and more.

But first...

Why is Bone Broth soooo good for you? There are 12 ways Bone Broth benefits your body and health. Let's take a look at them...

12 Core Benefits of Bone Broth*

#1 **SUPPORTS THE IMMUNE SYSTEM**
The amino acids (building blocks of protein) found in bone broth can support a healthy immune system.

#2 **PROMOTES GUT HEALTH**
Gelatin can maintain healthy inflammation responses and help maintain healthy intestinal flora.

#3 **SUPPORTS WEIGHT LOSS**
Bone broth is a nutrient-dense food that can help to reduce caloric intake and may reduce gut bacteria related to being overweight.

#4 **PROMOTES HEALTHY (AND YOUTHFUL) SKIN**
Collagen supports skin elasticity and fights signs of aging by maintaining skin's youthful tone, texture, and appearance.

#5 **BOOSTS MUSCLE RECOVERY**
Glutathione and other components found in bone broth help to maintain muscle mass and boost muscle recovery following exercise.

#6 **SUPPORTS HEALTHY DIGESTIVE FUNCTIONS**
Collagen may help to soothe digestive issues like occasional diarrhea or constipation.

#7 **IMPROVES SLEEP QUALITY**
Thanks to its high glycine content, bone broth can improve the quality of sleep.

#8 **SUPPORTS HEALTHY JOINTS**
Bone broth contains the building blocks beneficial in promoting overall joint health and mobility.

#9 **BOOSTS DETOXIFICATION**
Bone broth contains nutrients, which can help the body manage toxin accumulation in the body.

#10 **PROMOTES HEART HEALTH**
Studies indicate that the nutrients found in bone broth can help maintain cardiovascular function and a healthy circulatory system.

#11 **STRONG BONES AND TEETH**
Bone broth with vegetables and meat provides a good source of vitamins and minerals necessary for strong bones and teeth.

#12 **HELPS TO RELIEVE STRESS AND SUPPORT MOOD**
Glycine supports mental health, and bone broth, thanks to its high glycine content, may help to reduce feelings of frustration.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease. As with any dietary supplement, you should discuss with your healthcare professional prior to use. If you are breastfeeding, pregnant, or considering pregnancy, you should consult your healthcare professional prior to taking any supplements. Discontinue use and contact your healthcare professional if you experience any side effects or an allergic reaction. Keep out of reach of children.

Don’t Play Catch Up With Your Health!

It’s weird.

We all know that our health should be our #1 priority. But when you’re busy with work, kids, and everything else life throws at you, making healthy food choices all the time can feel like an uphill battle.

I know this first hand. Straight out of college, I got a stressful job. I was working really hard because I wanted to get ahead fast. It was work first. Vani second (or third or fourth...). And it went on like this for quite a while. Until...

I ended up in the hospital.

Suddenly, I was in a situation where I had to play catch-up with my own health...

For years, I’d been making bad food choices most of the time. And then a healthy choice some of the time. But if I was going to PREVENT another breakdown, I needed to flip this around.

So, I educated myself and started to include the most nourishing, nutrient-dense foods – like Bone Broth – into my diet.

Don’t get me wrong, I still eat all the foods I like. But now I make sure to use organic and whole food ingredients whenever possible. Most importantly, I listen to my body, and make sure I get all the nutrients I need.

And this is one of the reasons why I love bone broth. It's one of those foods that is just PACKED with nutrients that keep us healthy, including minerals, collagen, and protein. Unfortunately, many of us are severely deprived of these important nutrients. And I don't blame you...

The food industry has been serving us up foods that lack vital nutrients. Instead, their products are full of additives and sugar. It's good for Big Food's bottom line, but terrible for our health.

When you add Bone Broth to your diet, you can make up for some of those missing nutrients, so you don't have to play catch up with your health later on.

I drink Bone Broth every month. And I even let my baby Harley drink it too. Bone Broth gives me an energy boost, strengthens my digestive tract, and I personally like the hearty flavor.

But you don't have to drink Bone Broth to get the benefits. There are countless ways you can make this a staple in your kitchen.

So, now that you know WHY I use Bone Broth, let me share **5 ways you can add Bone Broth to your daily life...**

5 Ways to Use Bone Broth

Personally, I love the hearty flavor of bone broth, so I drink it by the cup.

But what if you want the healing properties of bone broth and you don't want to drink it by the cup every day?

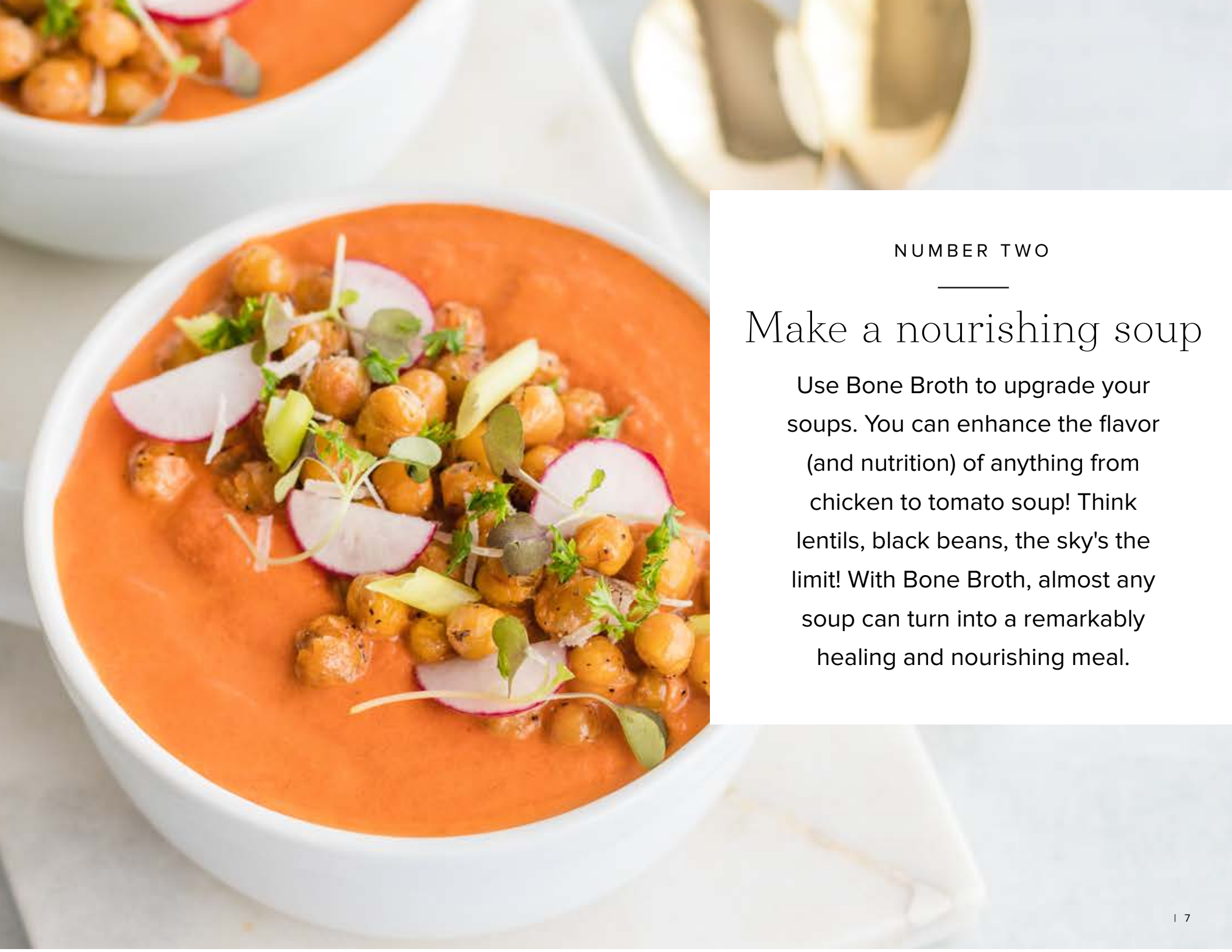
The good news is: You don't have to! Bone Broth can be used in many different ways besides drinking it... Including, of course, for our Truvani 2-Day Bone Broth Reset (see page 11).

But first, let me share some other ways you can use bone broth...

NUMBER ONE

Sip it!

Yes, you can drink Bone Broth straight up! With Truvani's Organic Chicken Bone Broth Powder all you have to do is add hot water, and 30 seconds later... enjoy! You can also add additional ingredients like garlic puree, shiitake mushrooms, or lemon.



NUMBER TWO

Make a nourishing soup

Use Bone Broth to upgrade your soups. You can enhance the flavor (and nutrition) of anything from chicken to tomato soup! Think lentils, black beans, the sky's the limit! With Bone Broth, almost any soup can turn into a remarkably healing and nourishing meal.

NUMBER THREE

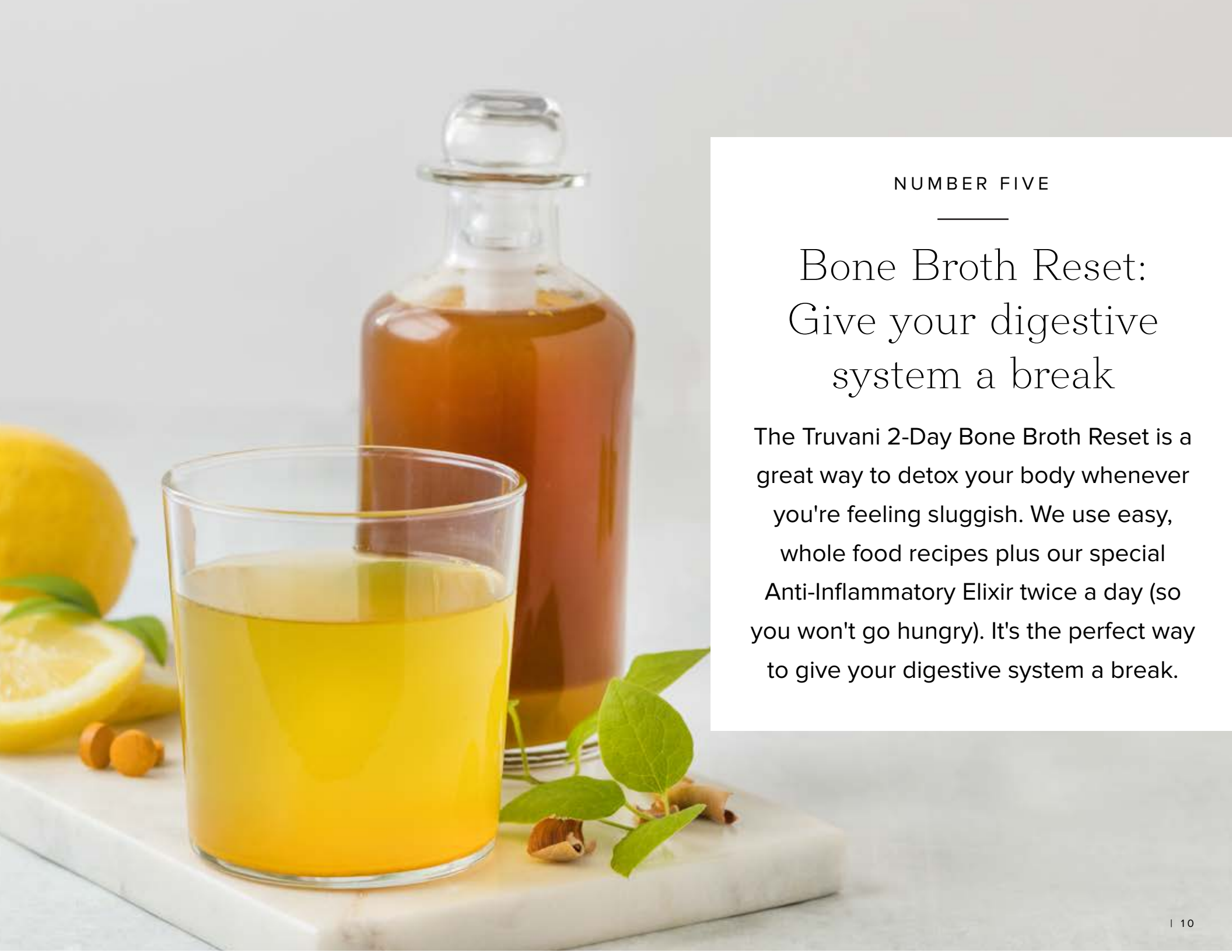
Make a gut healing smoothie

Bone Broth in a smoothie? Really? Yes! And if you don't believe it, try our Gut Healing Green Smoothie recipe (see page 16): The combination of healthy fats from avocado, vitamin-rich spinach, and the amino acids found in Bone Broth makes for a seriously detoxifying smoothie.

NUMBER FOUR

Upgrade everyday foods

Now, here is where it gets exciting. Because of the subtle, yet savory, flavor of Truvani's Organic Chicken Bone Broth powder, you can add the benefits of bone broth to any meal: Mix it into an egg scramble in the morning, sprinkle it into vegetable sautés, or toss it into burgers or meatballs (see our recipe on page 24).



NUMBER FIVE

Bone Broth Reset: Give your digestive system a break

The Truvani 2-Day Bone Broth Reset is a great way to detox your body whenever you're feeling sluggish. We use easy, whole food recipes plus our special Anti-Inflammatory Elixir twice a day (so you won't go hungry). It's the perfect way to give your digestive system a break.

The Truvani 2-Day Bone Broth Reset: How It Works

Don’t worry – you won’t be drinking only bone broth for 2 days straight!

You may have seen other bone broth detoxes. But the Truvani 2-Day Reset is different in one important way:

We’ve incorporated Truvani Bone Broth in easy, whole food recipes. So, not only will you experience the proven benefits of bone broth, you’re also getting additional nutrients with powerful anti-inflammatory and detox properties.

We’ve created a low-maintenance reset with a combination of light meals that are designed to give your digestive system a break.

And for those times during the day when your body needs an extra energy boost… We’ve included two 6-ounce servings of our Anti-Inflammatory Elixir (one mid-morning and one late-afternoon).

I’ll share the exact plan and recipes in a sec. But first…

The Truvani 2-Day Bone Broth Reset: Here's the Best Way to Get Started...

You can easily complete the Truvani Bone Broth Reset on a weekend. Or any time you are feeling heavy, sluggish or just stuck in a spiral of bad food choices.

Now, if you want to enhance this reset even further, try this:

To allow your body to fully absorb all the key nutrients, try fasting for 12 hours on Day 1. This is easier than it sounds:

Simply eat your dinner before 7 PM on Day 1 and do not consume food again until breakfast at 7 AM the next day – et voila!

Oh, and don't forget...

I love hearing from you and seeing your photos. So, don't forget to post pictures as you go through this reset. You can post on any social media platform using the hashtag #Truvani and tag me @thefoodbabe.

When you use the #Truvani hashtag you're also likely to get inspired and connect with other like-minded people who share our mission. And a challenge like this is always more fun and rewarding when you do it with others.

Good luck – you got this!

2-Day Bone Broth Reset: Day 1

BREAKFAST
Gut Healing Green Smoothie
(SEE PAGE 16 FOR RECIPE)

MID MORNING
6 ounces of Anti-Inflammatory Elixir
(SEE PAGE 17 FOR RECIPE)

LUNCH
Creamy Tomato Herb Soup
(SEE PAGE 18 FOR RECIPE)

MID AFTERNOON
6 ounces of Anti-Inflammatory Elixir
(SEE PAGE 17 FOR RECIPE)

DINNER
Immune Boosting Vegetable Curry
(SEE PAGE 19 FOR RECIPE)

BEFORE BED
Sweet Dreams Sleep Tonic
(SEE PAGE 20 FOR RECIPE)

2-Day Bone Broth Reset: Day 2

BREAKFAST
Gut Healing Green Smoothie
(SEE PAGE 16 FOR RECIPE)

MID MORNING
6 ounces of Anti-Inflammatory Elixir
(SEE PAGE 17 FOR RECIPE)

LUNCH
Divine Detox Cauliflower Risotto
(SEE PAGE 21 FOR RECIPE)

MID AFTERNOON
6 ounces of Anti-Inflammatory Elixir
(SEE PAGE 17 FOR RECIPE)

DINNER
Healthy Chicken Tortilla Soup
(SEE PAGE 22 FOR RECIPE)

BEFORE BED
Sweet Dreams Sleep Tonic
(SEE PAGE 20 FOR RECIPE)

Use #Truvani for a Chance to Win $100 in Store Credit

Share your progress and inspire others!

Use the hashtag

#truvani

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Gut Healing Green Smoothie

SERVES: 1 - PREP TIME: 5 MINUTES

INGREDIENTS:

½ avocado, peeled and pitted

½ frozen banana, peeled

½ mango, peeled, pitted and chopped

1 cup baby spinach

1 tablespoon Truvani Chicken Bone Broth Powder

½ lime, juiced

½ cup filtered water

DIRECTIONS:

1. Place all of the ingredients in a blender and blend until smooth. Enjoy!

Anti-Inflammatory Elixir

SERVES: 1 - PREP TIME: 5 MINUTES

INGREDIENTS:

12 ounces filtered water

½ scoop Truvani Chicken Bone Broth Powder

½ teaspoon grated ginger root

1 teaspoon lemongrass (optional)

¼ teaspoon turmeric (or 1 Truvani Daily Turmeric Tablet)

1 teaspoon lemon juice

DIRECTIONS:

1. Heat the water in a pot over medium heat.
2. Add the remaining ingredients except the lemon juice and simmer for 3-5 minutes.
3. Take off the heat, strain and stir in the lemon juice. Let cool slightly. Enjoy!

BONUS TIP FOR THE 2-DAY RESET:
Make the full serving, then drink half of it mid-morning and reheat the rest mid-afternoon!

Creamy Tomato Herb Soup

SERVES: 2 - PREP TIME: 10 MINUTES
COOK TIME: 25 MINUTES

INGREDIENTS:

- 2 tablespoons olive oil
- ½ yellow onion, diced
- 2 carrots, diced
- 1 celery stalk, diced
- 2 cloves garlic, minced
- 28 ounce jar whole tomatoes (or 1 pound ripe tomatoes)
- 1 scoop Truvani Chicken Bone Broth Powder
- ¼ teaspoon fennel seeds
- ½ teaspoon chopped basil
- 1 tablespoon coconut sugar
- ¼ teaspoon sea salt
- ¼ cup sour cream or plain yogurt

DIRECTIONS:

1. Heat the oil in a soup pot over medium heat. Add the onion, carrots, celery and garlic and cook for 2-3 minutes.
2. Add 1 cup filtered water, tomatoes, Truvani Chicken Bone Broth Powder, coconut sugar, and spices. Cover and turn the heat down to a simmer. Cook for 20-25 minutes.
3. Take off the heat and add the sour cream or yogurt. Mix to combine. Serve warm with desired toppings. Enjoy!

Immune-Boosting Vegetable Curry

SERVES: 2 - PREP TIME: 10 MINUTES
COOK TIME: 15 MINUTES

INGREDIENTS:

- 1 tablespoon olive oil
- ½ yellow onion, sliced
- 1 zucchini, chopped
- 1 red bell pepper, sliced
- 1 clove garlic, minced
- 1 cup chopped cauliflower florets
- 1½ cups coconut milk
- 2 tablespoons red curry paste
- 1 scoop Truvani Chicken Bone Broth Powder
- Sea salt and ground pepper, to taste

DIRECTIONS:

1. Heat the oil in a skillet over medium heat. Add the onion, zucchini, bell pepper, garlic, and cauliflower. Cook for 4-5 minutes.
2. Add the coconut milk, curry paste, and Truvani Chicken Bone Broth Powder. Cover and simmer for 7-9 minutes. Season with salt and pepper and serve. Enjoy!

Sweet Dreams Sleep Tonic

SERVES: 1 - PREP TIME: 5 MINUTES
COOK TIME: 2 MINUTES

INGREDIENTS:

¾ cup almond or coconut milk

½ teaspoon raw honey

¼ cup cherry juice

1 tablespoon Truvani Chicken Bone Broth Powder

DIRECTIONS:

1. Place all of the ingredients in a small pot over medium-low heat. Heat until warm.
2. To serve, place 8 ounces of the tonic in a mug. Enjoy!

Divine Detox Cauliflower Risotto

SERVES: 2 - PREP TIME: 10 MINUTES
COOK TIME: 12 MINUTES

INGREDIENTS:

½ head cauliflower, chopped

1 tablespoon coconut oil

½ yellow onion, diced

8 spears asparagus, chopped

½ scoop Truvani Chicken Bone Broth Powder

½ lemon, juiced and zested

DIRECTIONS:

1. Place the cauliflower in a food processor and pulse until a "rice-like" consistency has formed.
2. Heat the oil in a skillet over medium heat. Add the onion and asparagus and cook for 2-3 minutes.
3. Add the cauliflower rice, Truvani Chicken Bone Broth Powder, 1 cup filtered water, lemon juice and zest. Cook until liquid has evaporated. Enjoy!

Healthy Chicken Tortilla Soup

SERVES: 2 - PREP TIME: 15 MINUTES
COOK TIME: 25 MINUTES

INGREDIENTS:

- 1 tablespoon olive oil
- ½ yellow onion, diced
- 1 celery stalk, diced
- 1 carrot, diced
- 1 clove garlic, minced
- 2 cups filtered water
- 1 scoop Truvani Chicken Bone Broth Powder
- 1 cup crushed tomatoes
- 2 boneless, skinless chicken breasts, chopped
- ½ jalapeno pepper, seeded and diced
- ½ teaspoon ground cumin
- ½ teaspoon ground coriander
- ¼ teaspoon sea salt
- ⅛ teaspoon ground pepper
- 2 sprouted corn tortillas, chopped
- ¼ cup chopped fresh cilantro

DIRECTIONS:

1. In a large pot, heat the oil over medium heat. Add the onion, celery and carrot and cook until tender, 4-5 minutes.
2. Add the garlic and cook 1 minute. Add the remaining ingredients except the cilantro. Bring to a boil and turn down the heat to a simmer. Cook for 15-20 minutes.
3. To serve, place the soup in a bowl and top with cilantro and desired toppings. Enjoy!

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But Wait! We Have Even More Recipes for You...

Remember, you can do the Bone Broth 2-Day Reset whenever you're feeling sluggish. But of course, you can use the recipes whenever you like!

And I have good news!

We have even more recipes for you...

They're all delicious and quick to make. Most of these recipes take only 5 to 15 minutes to prepare.

My personal favorite? The Sunrise Savory Waffles. These could quickly become a breakfast go-to in your kitchen... Try it!

You'll find all the recipes on the following pages of this guide...

Bone Broth Scramble

SERVES: 2 - PREP TIME: 5 MINUTES
COOK TIME: 5 MINUTES

INGREDIENTS:

4 eggs
¼ teaspoon sea salt
2 tablespoons Truvani Chicken Bone Broth Powder
Pinch red pepper flakes
1 teaspoon butter
1 cup arugula
½ cup cherry tomatoes, sliced in half
¼ cup chopped basil
¼ cup goat feta cheese (optional)

DIRECTIONS:

1. In a bowl, beat the eggs, salt, Truvani Chicken Bone Broth Powder and red pepper flakes until well combined.

2. Heat the butter in a skillet over medium heat. Add the egg mix, arugula, tomatoes, basil and feta, if using. Cook until desired doneness. Enjoy!

Superfood Kale Chips

SERVES: 2 - PREP TIME: 5 MINUTES
COOK TIME: 15 MINUTES

INGREDIENTS:

4 cups chopped curly kale
3 tablespoons olive oil
1 scoop Truvani Chicken Bone Broth Powder
2 tablespoons nutritional yeast
½ teaspoon garlic powder

DIRECTIONS:

1. Preheat the oven to 400 degrees.
2. Line a baking sheet with parchment paper. Place the kale on the baking sheet and massage with the olive oil.
3. In a bowl mix together the Truvani Chicken Bone Broth Powder, nutritional yeast and garlic powder. Sprinkle over the kale. Bake for 12-15 minutes or until crispy. Enjoy!

Ultimate Bone Broth Queso Dip

SERVES: 4 - PREP TIME: 10 MINUTES
COOK TIME: 20 MINUTES

INGREDIENTS:

- 1 tablespoon coconut oil
- ½ cup red onion, diced
- 1 clove garlic, minced
- ½ jalapeno pepper, seeded and diced
- 1 cup shredded goat cheddar cheese
- 1 cup shredded monterey jack cheese
- ¼ cup coconut milk
- 1 tomato, diced
- ¼ cup chopped cilantro
- ½ scoop Truvani Chicken Bone Broth Powder
- ½ teaspoon ground cumin

DIRECTIONS:

1. Heat the oil in a saute pan over medium-low heat. Add the onion, garlic and pepper and cook for 2-3 minutes to soften. Set aside.
2. Heat 1 cup of water in a small pot over medium-low heat. Place a glass bowl over the pot, creating a double boiler. Make sure the bottom of the bowl does not touch the water.
3. Add the onion mix and remaining ingredients to the bowl. Continue to stir until the cheese has melted. Serve warm. Enjoy!

Baked Bone Broth Meatballs

SERVES: 4 - PREP TIME: 10 MINUTES
COOK TIME: 20 MINUTES

INGREDIENTS:

1 pound ground turkey
1 scoop Truvani Chicken Bone Broth Powder
1 egg
½ cup breadcrumbs
1 teaspoon ground sage
¾ teaspoon dried basil
¼ teaspoon sea salt
⅛ teaspoon ground pepper
1 tablespoon olive oil
1 zucchini, spiralized
1 yellow squash, spiralized
Pinch red pepper flakes

DIRECTIONS:

1. Heat the oven to 400 degrees.
2. In a bowl, add all of the ingredients except the oil, zucchini, squash and red pepper flakes. Mix gently until just combined.
3. Form into meatballs and place on a baking sheet. Bake for 20 minutes.
4. While the meatballs are cooking, heat 1 tablespoon of olive oil in a saute pan. Add the zucchini, squash and red pepper flakes and cook for 4-5 minutes. Season with salt and pepper.
5. To serve, place some of the zucchini and squash noodles on your plate and top with 2-3 meatballs. Enjoy!

No-Butter Butter Chicken

SERVES: 2 - PREP TIME: 10 MINUTES
COOK TIME: 15 MINUTES

INGREDIENTS:

- 1 tablespoon olive oil
- ½ red onion, diced
- 1 clove garlic, minced
- 1 teaspoon grated ginger root
- 4 ounces crushed tomatoes
- 2 boneless, skinless chicken breasts, chopped
- 1 scoop Truvani Chicken Bone Broth Powder
- 1 teaspoon coconut sugar
- ½ teaspoon ground cumin
- ¼ teaspoon allspice
- ¼ teaspoon red pepper flakes
- ¼ teaspoon ground turmeric (or 1 Truvani Daily Turmeric Tablet)
- Sea salt and ground pepper, to taste
- 2 tablespoons plain yogurt

DIRECTIONS:

1. Heat the oil in a skillet over medium heat. Add the onion, garlic and ginger and cook for 2-3 minutes.
2. Add the tomatoes, ½ cup filtered water and remaining ingredients except the yogurt. Turn down the heat and cook for 12-15 minutes or until chicken is cooked through.
3. Take off the stove and stir in the yogurt. Serve with basmati rice or naan. Enjoy!

Savory Red Rice

SERVES: 2 - PREP TIME: 5 MINUTES
COOK TIME: 15 MINUTES

INGREDIENTS:

½ cup basmati rice
½ scoop Truvani Chicken Bone Broth Powder
½ small yellow onion, diced
1 clove garlic, minced
½ teaspoon turmeric (or 2 Truvani Daily Turmeric Tablets)
½ teaspoon paprika
1 teaspoon butter or coconut oil
Pinch sea salt and ground pepper

DIRECTIONS:

1. Heat 1 cup of filtered water in a pot over medium heat.
2. Add the rice and remaining ingredients. Cover and turn the heat down to a simmer. Cook until liquid has evaporated.
3. Serve warm with desired toppings. Enjoy!

Sunrise Savory Waffles

SERVES: 2 - PREP TIME: 10 MINUTES
COOK TIME: 10 MINUTES

INGREDIENTS:

- ½ cup + 2 tablespoons spelt or sprouted wheat flour
- 2 tablespoons coconut sugar
- ½ scoop Truvani Chicken Bone Broth Powder
- 2 teaspoons baking powder
- ¼ teaspoon sea salt
- 1 egg
- ¼ cup butter, melted
- ½ cup + 2 tablespoons almond or coconut milk
- 2 tablespoons chopped chives
- ¼ cup shredded goat cheddar cheese

DIRECTIONS:

1. Grease and preheat a waffle iron.
2. In a bowl, mix together the dry ingredients.
3. Separate the egg, adding the yolk to the dry ingredients and the white to a small bowl. Beat the egg white until stiff peaks form. Set aside.
4. Add the butter and milk to the dry ingredients and mix to combine. Gently fold the chives and goat cheese into the batter.
5. Add the egg white and gently fold into the batter.
6. Pour batter into waffle iron and cook until golden brown. Serve with desired toppings. Enjoy!

Want to Learn More About Our Organic Chicken Bone Broth?

What's the biggest challenge when incorporating Bone Broth into your health regimen?

Time.

To make bone broth, you need to buy all the ingredients. Prep and chop everything up. Blanch the bones. And simmer for up to 48 hours (!) to release the wide range of healing compounds.

So, as much as I'd love make it from scratch... I'm a working mom. I just don't have the time for that all the time.

That's why I created the Truvani Organic Chicken Bone Broth Powder. I wanted it to make it easy. Especially for working moms who are always on the go.

It is a savory bone broth that you can mix with hot water and drink, and it has the same benefits of bone broth.

You can also put it in your soup, eggs, or mashed potatoes. It's packed with 10 grams of protein, great nutrition, and we test every ingredient to ensure it lives up to The Truvani Standard.

The big advantage?

You get all of the amazing health benefits of bone broth, and it's ready in 30 seconds or less!

CLICK TO LEARN MORE

And Remember This…

I never set out to make my own product line. For years I've demanded transparency and change from big food. But they're moving TOO SLOW!

I realized, the only way to force them to change is to compete with them head-on. That's how the idea for Truvani was born.

When I started Truvani, I wanted to focus on 3 core principles:

Real Food Without Added Chemicals.

Products Without Toxins.

Labels Without Lies.

And we're doing it.

We are a new company and we are making the change we want to see in the world.

Thanks for being part of our food revolution!

Xo,
Vani