

SAVING DINNER
by Leanne Fly

COLLAGEN SHOTS

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COLLAGEN SHOTS

Collagen is the stuff that beautiful skin, hair, and nails are made of--and we're all deficient in this protein--like 97% of the population is!

The reason is we don't eat the skin, cartilage, and suck on the bone marrow as our ancestors did--instead we eat skinless boneless chicken breasts and stay away from fat.

The benefits of collagen are bountiful--you can read much more about them [here](#) if you're unfamiliar with what collagen is and why it's so important.

Unlike the Target Trifecta Smoothie (with the trifecta being fat, fiber, and protein), collagen shots are collagen and fiber only--no added fat.

The purpose of the shots is to microdose the collagen and the fiber just aids in the benefit by providing satiating fiber.

Collagen shots are especially helpful if you determine you want to collagen load (highly recommended) and/or dirty fast for the day.

Collagen loading helps with the construction of new tissues. Not only that but the collagen helps to fill in those fine lines on your face and helps keep joints supple and gives your muscles what they need and help you lose the fat.

In a dirty fast using collagen loading, you're keeping the calories low and the collagen high. It's a double whammy for creating great skin (and helps with loose skin while losing weight!) and bumping you off a plateau when in fat loss mode.

In my webinar, Keto Done Right, I outline the specifics of a dirty fast and collagen loading--if you've signed up for the [Hot Melt Sprint](#), you'll be invited to attend!

MIDAS MILK COLLAGEN SHOTS

4 SERVINGS

3 scoops Saving Dinner's [Perfect Paleo Protein](#) (vanilla preferred)
3 scoops Saving Dinner's [Hot Melt Mix](#)
3 scoops Saving Dinner's [FiberMender](#)
1 (13.5 ounces) can of full-fat coconut milk
3 teaspoons MCT oil
½ teaspoon vanilla extract
1 1/2 teaspoons turmeric
1/2 teaspoon cinnamon
1/4 teaspoon ground ginger
1/4 teaspoon ground cardamom
A grind of black pepper

Blend all ingredients in a blender until smooth. Then divide into about four 4-ounce containers, cover, and place in the refrigerator for at least 3 hours or until chilled and set.



LEMON GINGER COLLAGEN SHOTS

4 SERVINGS

3 scoops Saving Dinner's [Perfect Paleo Protein](#) (vanilla preferred)
3 scoops Saving Dinner's [Hot Melt Mix](#)
3 scoops Saving Dinner's [FiberMender](#)
1 (13.5 ounces) can of full-fat coconut milk
3 teaspoons MCT oil
1 tablespoon lemon juice
1 tablespoon lemon zest
1 teaspoon freshly grated ginger

Blend all ingredients in a blender until smooth. Then divide into about four 4-ounce containers, cover, and place in the refrigerator for at least 3 hours or until chilled and set.



MATCHA COLLAGEN SHOTS

4 SERVINGS

3 scoops Saving Dinner's [Perfect Paleo Protein](#) (vanilla preferred)
3 scoops Saving Dinner's [Hot Melt Mix](#)
3 scoops Saving Dinner's [FiberMender](#)
1 (13.5 ounces) can of full-fat coconut milk
3 teaspoons MCT oil
2 tablespoons chia seeds
2 teaspoons matcha powder

Mix the first 3 ingredients (protein through FiberMender) together and add 12 ounces of water, mix well till all is dissolved. Stir in remaining ingredients, divide into about four 4-ounce containers, cover, and place in the refrigerator for at least 3 hours or until chilled and set. Stir all containers about every 30 minutes the first hour and a half to distribute chia seeds evenly.



MEXICAN COCOA COLLAGEN SHOTS

4 SERVINGS

3 scoops Saving Dinner's [Perfect Paleo Protein](#) (chocolate preferred)
3 scoops Saving Dinner's [Hot Melt Mix](#)
3 scoops Saving Dinner's [FiberMender](#)
1 (13.5 ounces) can of full-fat coconut milk
3 teaspoons MCT oil
1 tablespoon cacao nibs
1 teaspoon cinnamon
2 teaspoons unsweetened cocoa powder
Small dash of cayenne pepper

Blend all ingredients in a blender until smooth. Then divide into about four 4-ounce containers, cover, and place in the refrigerator for at least 3 hours or until chilled and set.



SPICED PIE COLLAGEN SHOTS

4 SERVINGS

3 scoops Saving Dinner's [Perfect Paleo Protein](#)
3 scoops Saving Dinner's [Hot Melt Mix](#)
3 scoops Saving Dinner's [FiberMender](#)
1 (13.5 ounces) can of full-fat coconut milk
3 teaspoons MCT oil
2 tablespoons chia seeds
1 teaspoon cinnamon
1/2 teaspoon ground ginger
1/2 teaspoon cardamom
1/2 teaspoon nutmeg
1/4 teaspoon ground cloves

Mix the first 3 ingredients (protein through FiberMender) together and add 12 ounces of water, mix well till all is dissolved. Stir in remaining ingredients, divide into about four 4-ounce containers, cover, and place in the refrigerator for at least 3 hours or until chilled and set. Stir all containers about every 30 minutes the first hour and a half to distribute chia seeds evenly.



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