



The *fuel-good*

Collagen peppy

shopping list

healthline

Why eating more collagen helps with aging

Collagen is the most abundant protein in our bodies. It's what's found in our skin, digestive system, bones, blood vessels, muscles, and tendons.

Think of it as the glue that holds these things together. And naturally, as we age, our production of collagen slows (hello, wrinkles and weak muscles!)

How to meet your body's needs

Our bodies and dietary needs change as we age, especially as we reach our 40s. On top of that, people become less active. This slows metabolism and energy levels. It's why you'll notice many older adults consuming smaller meals and opting out of snacking. Consuming foods high in protein will provide your body with the amino acids needed to make more protein.

Making sure you're eating right from the beginning may help ease any age-related transitions.

Nutrients and vitamins to consider eating more of are:

- **Vitamin C.** Found in foods such as citrus fruits, kiwi, and pineapple.
- **Copper.** Found in foods such as organ meats, cocoa powder, and portabella mushrooms.
- **Glycine.** Found in foods such as gelatin, chicken skin, and pork skin.
- **Zinc.** Found in foods such as oysters, beef, and crab.

Luckily, there are plenty more sources of collagen out there too, as well as antioxidant-rich foods to help boost your collagen intake so your body is in tip-top shape. Follow our recipes and guide to jump-start your week and body with anti-aging eats.

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Quinoa bowl with lemon vinaigrette

Salmon is a great source of omega-3 fatty acids, which are great for bone and joint health as well as brain function. Pair that with a scoop of collagen peptides and some collagen-boosting ingredients, such as lemon, sweet potato, kale, and avocado, and you've got yourself a great anti-aging meal!

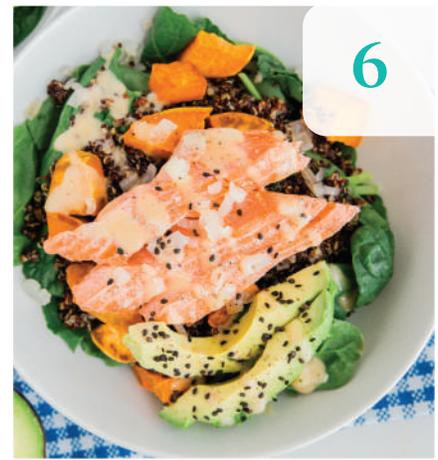
Serves: 2 **Time:** 40 minutes

Ingredients:

1 cup **quinoa**, cooked
1 12-oz. piece of **wild-caught salmon**
2 slices of **lemon**
1 **sweet potato**, chopped
2 cups **kale**
1 **shallot**, chopped
1 **avocado**, pitted and sliced

For the vinaigrette:

1 tbsp. **Dijon mustard**
½ tbsp. **red wine vinegar**
2 **garlic cloves**, chopped
Juice of ½ **lemon**
1 tbsp. **olive oil**
1 scoop **collagen peptides**
Salt and pepper to taste



Directions:

1. Preheat oven to 400°F. (204°C).
2. On a baking sheet lined with parchment paper, add the sweet potatoes and bake for 30 minutes, or until tender.
3. On a separate baking sheet lined with parchment paper, place the salmon skin side down, drizzle with olive oil and shallots, sprinkle with salt and pepper, and add lemon slices. Add to the oven when the sweet potatoes have roughly 12 minutes left.
4. Add all the ingredients for the dressing in a high-speed blender, blending until combined. Place in the fridge until ready to use.
5. Once sweet potatoes and salmon are done cooking, get out two bowls and evenly divide the kale and quinoa. Add the sweet potatoes, salmon, shallots, and avocado, then drizzle with dressing.



Sweet potato tacos with spicy avocado dressing

Chicken is packed full of protein, which is essential for the health of our bodies. With the dressing already containing a scoop of collagen peptides, the sweet potatoes, onion, avocado, and lime will pat down this meal to be truly anti-aging-friendly!

This is also a great meal to prep ahead of time too, especially if you live that on-the-go lifestyle. *Pro-tip:* Nix the tortilla and add some leafy greens to make it a gut-friendly salad.

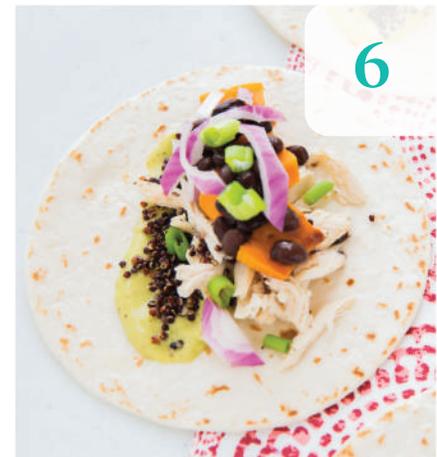
Serves: 2 **Time:** 40 minutes

Ingredients:

½ cup **quinoa**, cooked
2 **chicken breasts**
1 **sweet potato**, peeled, chopped
⅓ **red onion**, chopped
¾ cup **black beans**, cooked
¼ cup **scallions**, chopped
4 **corn or flour tortillas**

For the dressing:

½ **avocado**
¾ cup **plain goat milk yogurt**
½ tbsp. **olive oil**
½ tsp. each of **cumin, chili powder, garlic powder, smoked paprika**
1 tbsp. **collagen peptides**
Juice of ½ **lime**



Directions:

1. Preheat oven to 400°F. (204°C).
2. On a baking sheet lined with parchment paper, add the sweet potato and chicken.
3. Cook for 30 minutes or until chicken reaches internal temperature of 165°F (74°C) and sweet potatoes are tender.
4. Add all the ingredients for the dressing in a high-speed blender, blending until combined. Place in the fridge until ready to use.
5. Shred the chicken using two forks.
6. Divide the tortillas evenly on two plates.
7. Add the dressing, quinoa, shredded chicken, sweet potato, onions, and scallions.



Kale caesar salad with chicken

In most Caesar salads, you'll see romaine as the base. We took a twist and packed our Caesar salad with more nutrient-dense leafy greens, like kale and spinach. We also refined the traditional Caesar dressing, which is usually filled with additives, to keep it as healthy as possible. *Pro-tip:* If you're not feeling bread but still want some crunch, add some nuts or seeds. Or fry up some chickpeas!

Serves: 2 **Time:** 45 minutes

Ingredients:

2 cups **kale**
2 cups **spinach**
4 **chicken tenders**
2 slices of **bread**, cubed
½ tbsp. **avocado oil** (for frying)
Parmesan cheese for topping

For the dressing:

½ cup **plain goat yogurt**
½ tsp. **anchovy paste**
2 cloves **garlic**
1 tsp. **lemon juice**
1 tbsp. **olive oil**
1 tbsp. **Parmesan cheese**
1 tsp. **Dijon mustard**
¼ tsp. **Worcestershire sauce**
1 tbsp. **almond milk**
salt and pepper to taste



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Directions:

1. Preheat oven to 350°F. (177°C).
2. On a baking sheet lined with parchment paper, add the chicken tenders and bake for 30-35 minutes, or until internal temperature of chicken reaches 165°F (74°C).
3. In a small skillet over medium heat, add the avocado oil and the cubes of bread, stirring occasionally until bread is crispy like croutons, about 5-6 minutes. Set aside.
4. Add all the ingredients for the dressing in a high-speed blender, blending until combined. Place in the fridge until ready to use.
5. Shred the chicken using two forks.
6. In a large bowl, add the kale, spinach, shredded chicken, homemade croutons, and dressing, and toss together until combined.
7. Divide into two bowls and top with Parmesan cheese.



Sweet potato nice cream

Craving sweet potato pie but don't have the time to make it? We get it — pie crust alone can be a hassle. Insert sweet potato nice cream: Your craving in ice cream form, sure to satisfy all your needs while also adding (and boosting) collagen dosage.

It serves two but we're sure you'll want to *at least* triple this recipe.

Serves: 2 **Time:** 5 minutes

Ingredients:

1 cup frozen, cubed **sweet potatoes**
2 frozen, sliced **bananas**
1 tsp. **cinnamon**
2 tbsp. **almond butter**
1-1½ tbsp. **cocoa**
1 tsp. **Madagascar vanilla extract**
1 scoop **collagen peptides**
almond milk (as needed)

For the topping (optional):

shredded coconut
sliced almonds
bee pollen
honey



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2



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Directions:

1. Add all the ingredients for the nice cream in a high-speed blender, blending until combined. Add almond milk until desired consistency. You shouldn't really need more than a couple of tablespoons.
2. Top with shredded coconut, sliced almonds, bee pollen, and honey.

What a collagen-friendly basket looks like

Listed below are the ingredients to stock your pantry with, but we recommend doubling up so you can maintain your collagen intake all week!

EGGS AND DAIRY

- almond milk
- Parmesan cheese
- plain goat milk yogurt

SPICES AND OILS

- salt
- pepper
- cumin
- smoked paprika
- chili powder
- cinnamon
- olive oil

PROTEIN

- chicken breasts
- salmon

PANTRY STAPLES

- quinoa
- red wine vinaigrette
- black beans
- almond butter
- cocoa powder
- vanilla extract
- anchovy paste
- Dijon mustard
- Worcestershire sauce
- bread
- tortillas
- collagen peptides

PRODUCE

- sweet potatoes
- kale
- spinach
- shallots
- avocado
- garlic
- lemon
- red onion
- scallions
- lime
- banana

Do you need more collagen?

You may notice these signs and symptoms if your body is low on collagen. Some of the symptoms you may experience are:

SYMPTOMS

- achy joints
- leaky gut
- symptoms of irritable bowel syndrome
- wrinkles and fine lines
- skin dryness
- cellulite
- hair thinning
- blood pressure issues

To combat these symptoms...

...or minimize them, stop with the sugar and refined carbs and start adding more collagen and collagen-boosting foods to your daily diet. This is why we've created this anti-aging shopping guide.

While you definitely don't need to "feel older" in order to try this diet, research shows physical signs of aging (like wrinkles and muscle loss) start appearing when you turn 40. But you don't need to be 40 to start eating more collagen-friendly, antioxidant-rich foods.

