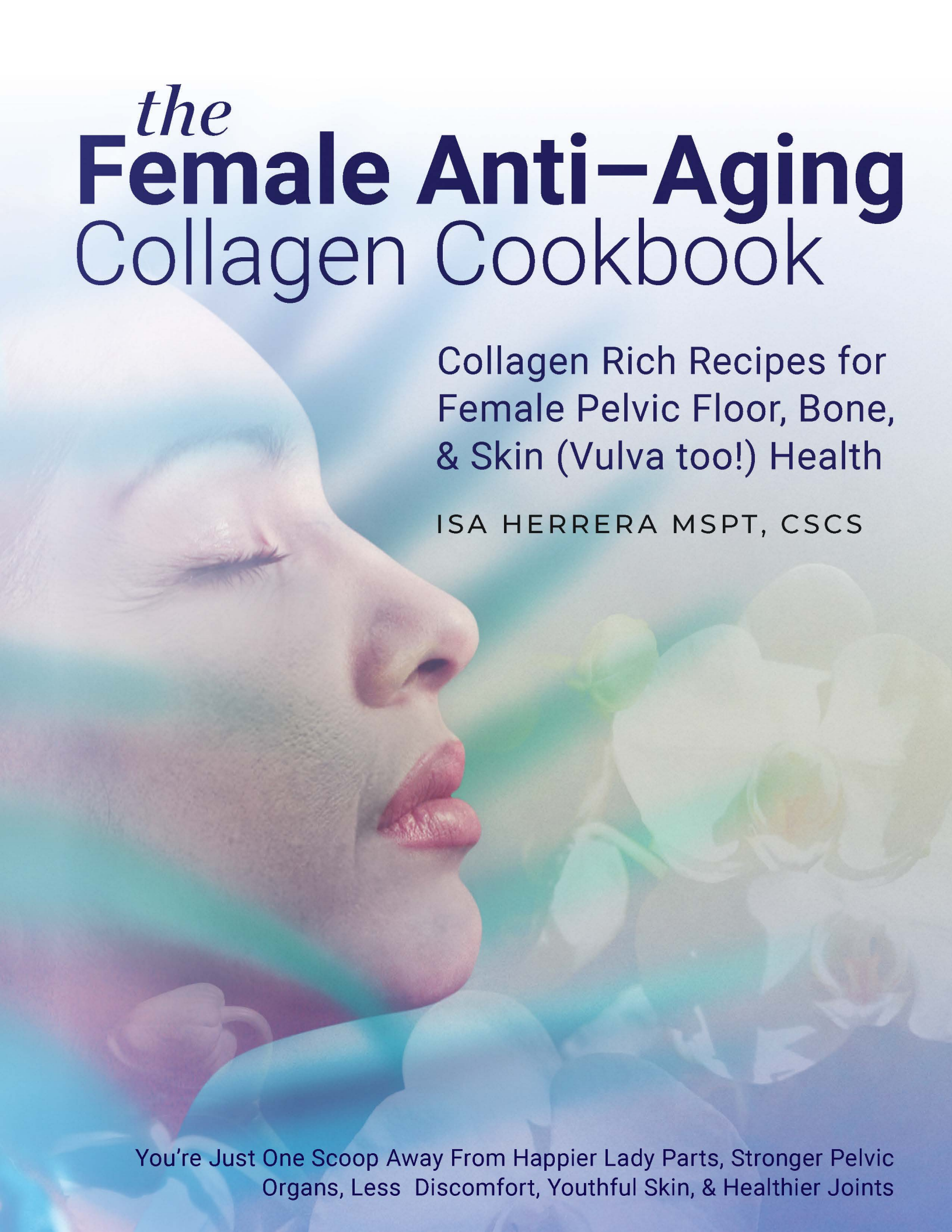




the **Female Anti-Aging** Collagen Cookbook

Collagen Rich Recipes for
Female Pelvic Floor, Bone,
& Skin (Vulva too!) Health

ISA HERRERA MSPT, CSCS

You're Just One Scoop Away From Happier Lady Parts, Stronger Pelvic
Organs, Less Discomfort, Youthful Skin, & Healthier Joints

About Isa Herrera MSPT, CSCS Founder Rootganic Supplements and Creator of Total Fem Collagen

My name is Isa Herrera and I'm a pelvic floor Physical Therapist and an international best-selling author, a mom and wife.

In my practice in New York City, I've treated over 14,000 women with pelvic conditions. Leaking, prolapse, incontinence, vulvar skin issues, and pain during intimacy – were affecting thousands of women's lives and I made it my life's work to help them.

So why in the world would I dive into the supplement market? Good question...

Not so long ago after the birth of my daughter, I ended up with severe pelvic dysfunction. I had leaking, prolapse, and excruciating pelvic pain.

I managed to heal myself from intimacy pain and leaking but once I healed my pelvic floor dysfunction I was left with vaginal laxity, vaginal atrophy, and a stubborn pelvic organ prolapse that kept me from being active and feeling like half a woman.

These pelvic floor two issues hurt my confidence, lifestyle, and my relationship with my husband. I just didn't feel tight enough for intimacy and my muscles

no matter how many Kegels I did were not enough to hold my organs in place especially after menopause. So I went on the search for answers to feel stronger and tighter.

From my research as a personal trainer and pelvic floor physical therapist, I knew about the importance of collagen for skin elasticity, muscle strength, and joint health.



So I immediately started to add collagen into my smoothies every morning and at first, I could feel a slight difference, but ultimately I started to experience bladder and pelvic problems again. I knew from that same research that collagen should be helping with my laxity and prolapse issues... but it simply wasn't.

I felt the constant urge to pee and spent more time in the bathroom than almost anywhere else. It was disheartening. I thought I had healed those issues a long time ago.

So I kept experimenting with brand name collagen supplements to see if I could find one that actually worked.

That's when I finally had my AH-HA moment!

As you read up above, Vitamin C actually helps your body increase native collagen production, and what I realized is that ALL of the collagen supplements I had been taking had added synthetic Vitamin C, usually in the form of ascorbic acid.

And that's a huge problem. High doses of Vitamin C are actually a well-known bladder irritant and I highly recommend to all my clients that they get their Vitamin C ONLY from fresh fruits and veggies high in Vitamin C.

This is what was causing my symptoms to come back! I started looking high and low for a collagen supplement of any kind that didn't have added Vitamin C, and I couldn't find a single one. I also couldn't find a collagen supplement that was tested for heavy metals, non-GMO, and dairy-free!

After trying brand after brand and having little to no results I knew that I needed to design a very specific super high-quality collagen supplement WITHOUT added Vitamin C, so I set to work trying to find a lab and formulator that would work with me to make it happen.

Now you may be reading this thinking “I don't have a pelvic or a bladder condition” and that's fantastic – but I've met thousands of more women who experience other complications especially in their Lady Parts.

A recent study showed that as women age, they experience more “Down There” issues. Especially things like **lack of proper lubrication**, **lack of sensation**, and a **loosening of the vaginal muscles**, and a **drying up of the skin in the vulva**.

The power of collagen can actually help each of these issues even if you don't have an ongoing pelvic floor condition.

I believe that every woman should be supplementing with collagen, not just for pelvic health but for all the other amazing benefits taking a regular collagen supplement can bring... and that's how the company Rootganic and the **Total Fem Body Collagen** were born!

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INTRODUCTION

The Female Anti-Aging Collagen Cookbook

If you're a woman over 40, there's a compound in your body that's been declining since you were in your twenties. It's one of the most prevalent compounds in your body. It's also one of the most beneficial.

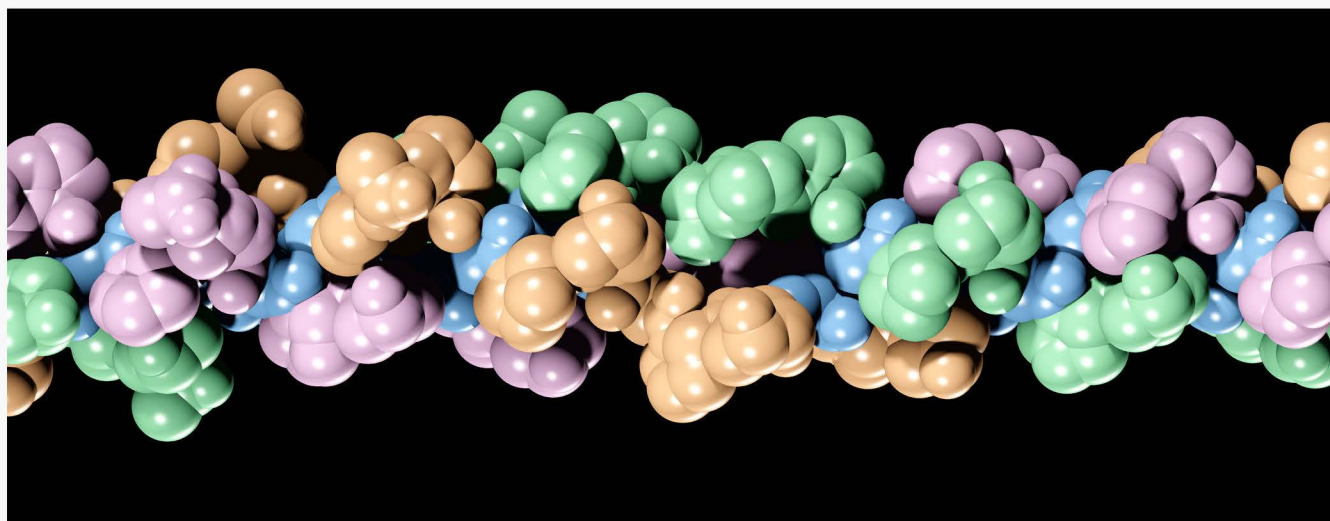
It's often touted as being a "fountain of youth" or an "anti aging miracle" but there's far more to it than that, especially when it comes to your pelvic skin and bone health (more on that in a minute...)

So what is it?

It's collagen.

I'm certain you've heard of all the almost magical things it can do for your hair, nails and skin – and while those benefits are real, it does a whole lot more.

What Exactly IS Collagen and Why Is It So Vital?



We tend to say “collagen” like it’s a single thing, but truth be told collagen is a set of proteins found throughout the human body, not a single thing. In fact there are more than 20 types of collagen in your body!

And it’s one of the most powerful compounds in your entire system, responsible for the elasticity in your skin, the flexibility of your hair, the strength of your nails... but it goes far deeper than that.

Collagen is actually the key component in your joints, your ligaments, your organs, your muscles and your tendons too! It’s very literally “the glue” that holds your body together. (Fun fact, the word collagen itself comes from the Greek word for glue!)

It’s the largest collection of proteins in your entire body making up 25% to 35% of ALL the proteins in your body. But there’s a big problem...

The Problem with Collagen

This is why we have visible signs of aging like:

- » Sagging skin with cellulite
- » Wrinkled skin
- » Painful joints
- » Brittle hair and nails
- » Grey hair and thinning hair
- » Poor eyesight
- » Inflamed bodies
- » Weak muscles
- » Leaky gut and digestive issues
- » Long bone density leading to osteopenia and osteoporosis.

And all the other things we commonly associate with aging.

But there’s one incredibly important aspect of collagen in aging, especially for women that’s often overlooked.



As you might recall, there are over 20 different kinds of collagen protein in the human body, but there are some that are far more important to your health than others.

The ones we're most concerned about right now are Types 1, 2 and 3. These are vital to your overall health, here's how they break down:

Collagen Type 1 – Supports Healthy & Radiant Skin Including Vulva & Vaginal Tissues

This is by far the most prevalent type of collagen protein in the human body. It clocks in at nearly 90% of your entire collagen makeup and is responsible for some very important areas of your body. It helps maintain strong bones, thick

The Benefits of Maintaining Collagen In Your Body As You Age

Maintaining your collagen levels as you age has a host of health benefits and the list is long — including:



- » Decreasing wrinkles and fine lines for youthful radiant skin at any age
- » Helping to reduce joint and ligament pain,
- » Increases elasticity in your “lady parts” improve muscle strength and more.
- » Boost your metabolism to help maintain a healthy weight
- » Maintaining healthy arteries – studies have shown that collagen helps keep your arteries and veins more flexible and healthier
- » Protect your liver function so your body can process toxins more efficiently

- » Increase your mood – Now more than ever having a more positive attitude and mood can have long lasting health benefits in a chaotic time.
- » Improve your sleep – Collagen contains an amino acid called glycine that's been shown to help your body sleep more deeply for better rest and more energy!

And a whole lot more.

But as you already know... the collagen production in your body continues to decline as you get older, so how do you maintain the highest possible levels of collagen in your body?

The last (and potentially best) way to help your body improve, maintain and even increase internal collagen production is with collagen supplementation. And collagen supplementation is an easy way to get more collagen into your body!

Collagen supplements are created using animal connective tissues and have been shown to be effective in maintaining and increasing collagen levels in your body. Studies show that collagen peptides can actually trigger your body's own collagen production especially in the

skin, tendons, ligaments and muscles.

But all collagen supplements are NOT created equally.

Many of the common over the counter collagen supplements contain only one kind of collagen and don't contain collagen types I, II, III. Rarely are these over the counter Collagen supplements independently tested by 3rd Party Labs.

The TRUTH is many added ingredients that hurt women's overall health including the pelvic floor, bladder, and vulva skin.

There are also collagen lotions and ointments that literally only permeate the very top layer of your skin, and while that might slightly help fine lines and wrinkles it does nothing for the rest of your body.



Be Advised Not All Collagen Supplements Are Created Equally



Many if not most collagen supplements on the market right now contain only one and maybe two of the most important collagen proteins. A lot of them contain fillers and junk that's not only unnecessary but are a little questionable to boot.

The one thing I was seeking was a fully "female friendly" collagen supplement. One that addressed the unique challenges that many women face as they grow older.

I wanted a collagen supplement that was designed specifically for the benefits that I wanted in my own life.

Not just "anti-aging" not just "anti-wrinkle" – no I wanted to find a supplement that had total body rejuvenation benefits for the long term.

Especially when it comes to your happy "Lady Parts"

I knew that I needed to take matters into my own hands, use my experience with healing women to guide me.

So I went to work creating the ultimate collagen supplement specifically for women to help decrease the visible signs of aging of course, but more importantly to help INTERNALLY with the most common pelvic conditions that many women like you encounter as they age.

I started putting together exactly what I wanted in a collagen supplement (and very importantly what I did NOT want) I sourced suppliers and laboratories across the country to try and help me formulate the exact supplement that would bring all of the health benefits with NO downside.

I finally found the right lab and the right ingredients, and it's led me to this...

INTRODUCING...

Total Fem Collagen

My name is Isa Herrera and I'm a pelvic floor Physical Therapist and international best selling author of 5 books on the topic of pelvic health

And I'm known for helping women have Happy Vagina's. I'm proud of that. I've treated over 14,000 women in my healing center in NYC and I firmly believe that natural, holistic healing is the route to overall health.

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I managed to heal myself from intimacy pain and leaking but once I healed my pelvic floor dysfunction I was left with vaginal laxity and a stubborn pelvic organ prolapse that kept me from being active.

These pelvic floor two issues hurt my confidence, lifestyle and my relationship with my husband. I just didn't feel tight enough for sex and my muscles no matter how many kegels I did were not enough

to hold my organs in place especially after menopause.

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across the country to try and help me formulate the exact supplement that would bring all of the health benefits with NO downside.

And that's how this cookbook and Total Fem Collagen was born.

Total Fem Collagen Is Made With The Most Bioavailable and Absorbable Collagens on The Planet — Unlike Other Collagens It Doesn't Need Added Vitamin C To Be Completely Effective!

TOTAL FEM COLLAGEN contains a unique blend of five collagen peptides, L-Theanine, and Tryptophan, supported by clinical research, showing their efficacy for supporting collagen production, bone strength, joint health and skin elasticity, mood support, pelvic-floor power, and more.

Total Fem Collagen

✓ Research-Based

✓ Diverse Collagen Peptides

✓ Dissolves Easily

✓ Flavorless

✓ 3rd Party Tested



Your Collagen Supplement Needs I, II, III, V, and X Peptide Types Plus Tryptophan... Anything Less & You Put Overall Health At Risk

As you might recall, there are over 20 different kinds of collagen protein in the human body, but there are some that are far more important to your health than others. The ones we're most concerned about right now are Types 1, 2, 3, 5, and 10. The good news is that Total Fem Collagen has all 5 peptide types here's how they break down:

Collagen Type I: Supports Healthy Skin, Nails, Teeth, Tendons & Ligaments

Collagen Type II: Maintains Healthy Joints

Collagen Type III: Supports Pelvic Organs Including Uterus, Intestines & Arteries

Collagen Type V: Involved in Healthy Hair & Elastic Skin

Collagen Type X: Keeps Bones & Tendons Strong

But alas, even having all 5 of the most powerful collagens in a supplement doesn't make it GREAT. (And I was on a mission to develop the BEST collagen supplement in the world for women over 40 and the specific health and pelvic

health issues they face!)

There are two more compounds that are vitally essential to getting the most out of collagen supplementation...And the missing ingredients are... Tryptophan & L Theanine.

You're most likely familiar with tryptophan from its association with turkey on Thanksgiving and its reputation for making you drowsy (That's actually somewhat of a myth though, the only way tryptophan can make you immediately sleepy is if you take it all by itself without any other amino acids) It's an essential amino acid and the ONLY amino acid missing from collagen peptides.

Collagen contains 8 out of the 9 amino acids that make up what's called a "complete protein" and it has some amazing properties. Taking a collagen supplement that doesn't contain tryptophan can actually deplete your serotonin levels and lead to worry despair and irritability. (And nobody's got time for that!) Tryptophan actually helps maintain and boost those levels to help keep anxiety at bay! And it rounds out collagen making it a complete protein.*



But tryptophan has a sister amino acid that takes feelings of worry or despair and serotonin benefits to the next level and that amino acid is L-Theanine.

L-Theanine is actually a very unique amino acid. It's almost exclusively found in green tea! L-Theanine is the compound that gives green tea the reputation to have relaxing qualities and it's backed up by science. In studies, adults who ingested L-Theanine had an increase in a specific brainwave pattern called "A waves." These brain waves are considered to be an index of relaxation. And when adult humans were given an oral dose of L-Theanine of between 50 to 200 mg, they experienced an increase in A-waves within 40 minutes of taking this amino acid. This increase signifies relaxation without causing drowsiness because L-Theanine also has a significant effect on mental alertness. It has also been shown to modify key neurotransmitters involved with focus, concentration, mood, and memory and enhance the production of dopamine and serotonin.*

It was a MUST add for our proprietary collagen formula.

And after my experience taking collagen that was MISSING these key ingredients, I knew that for women who desperately needed the benefits of collagen for their pelvic floor, it was a TRAGEDY that they were having to suffer with the side effects of the **very thing that they were trying to help!**

That just sounded too crazy to me.

So I created The BEST Collagen Supplement for Women – A COMPLETE Protein With the Top Five Most Important Peptides + L-Theanine + Tryptophan (That won't cause bladder irritation or mood issues like other collagens might!)



As you can see the Total Fem Collagen is research-based, contains the purest ingredients, and made for the special healing needs of women everywhere. A product women can trust to do what it promises.

Total Fem Collagen Is Triple Tested for Purity, Quality, & Safety



How To Use The Total Fem Collagen In Your Recipes

Total Fem Collagen is a convenient way to ensure adequate intake of collagen and for those who may need more, such as athletes, aging women, and those recovering from an injury of the body or pelvis the Total Fem delivers the goods.

Total Fem Collagen powder can be incorporated into shakes & smoothies, coffee or tea, soups, stews, and other foods and beverages. I love using it in my morning tea and smoothies. I even mix it into my mash potatoes, soups, and scrambled eggs. It also mixes instantly into soups and sauces for an additional collagen kick.



GMO FREE



GLUTEN FREE



**KETO & PALEO
FRIENDLY**



DAIRY FREE



SOY FREE



SUGAR FREE

Plus it's easy to use.

It's odorless, tasteless, and has no artificial flavors, meaning you can put it in almost anything. It dissolves instantly, with no clumps, lumps, or residue and no weird aftertaste!

Our GMP Certified Lab also makes sure Total Fem Collagen are egg-free, gluten-free, soy protein-free... with ZERO artificial sweeteners or fillers.

It's also non-GMO, Keto, and Paleo-friendly!

For daily use, just add 1–2 scoops (included) and mix into your favorite hot or cold beverages such as smoothies, juice, tea, coffee, water, soups, or baked goods. Can be taken at any time of day.

For the quickest and best results, we recommend consuming one (1) scoop, 3 times daily for the first month. Then drop back to 1 scoop a day for continued long-term health and results.



Food Rules for Enhancing Female Pelvic, Skin, and Joint Health With Collagen Enhancing Recipes

- » Total Fem Collagen contains the correct dosage for the recipes in this cookbook + it's flavorless and dissolves quickly. Make sure to always have at least two bottles in hand.
- » Wheat-free Gluten free foods only. And WHOLE FOODS ONLY and that means no gluten free products like cookies, pasta and breads.
- » Avoid Sugar, alcohol, dairy, corn or processed foods. Yes I know it's hard but the benefits outweigh the discomfort!
- » For cooking fat we will be using Ghee Butter and Refined Coconut Oil. Organic liquid oils can be used for drizzle on salads and veggies.
- » Avoid nitrates and preservatives in your foods. Read the labels before purchasing.
- » Buy ONLY organic fruits and vegetables.
- » Avoid farm raised meats and fish and only buy wild caught fish, scallops and shrimp.
- » Buy only organic, pasture-raised eggs.
- » Remember to drink pure, filtered water throughout the week. Drinking water keeps digestive processes and helps prevent constipation. The formula for how much water to drink is $\frac{1}{2}$ your bodyweight in ounces. See our water challenge.
- » Buy grass-fed meats (organic if possible) and make sure they are NOT pellet or grain finished
- » Apple cider vinegar for salad dressing.



SHOPPING LIST

**THREE BOTTLES of
Total Fem Collagen**



CONDIMENTS

Ghee butter

Coconut Oil — *refined and organic so food doesn't taste like coconut*

Coconut aminos — *unflavored*

Apple cider vinegar

Olive oil — Organic

8 cans of unsweetened canned coconut milk— high fat

Organic Bone Broth

EGGS

1-2 Dozen Organic Eggs

DRIED SPLIT PEAS — 1 bag

FRESH SPICES — cilantro, parsley, thyme. Oregano and basil (*choose the ones you like to cook with most*).

VEGETABLES

Russet Potatoes

Kale

Avocados

Zucchini

Spinach

Shiitake mushrooms

Cremini mushrooms

Onions

Garlic

Spinach

Onions

Garlic

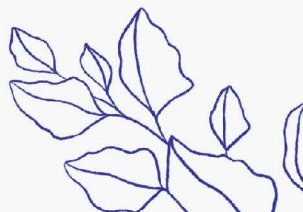
Brussel sprouts

Carrots

Cauliflower

Sweet Potatoes

Cauliflower Rice or make your own



SHOPPING LIST

DRY HERBS

Onion Powder

Garlic Powder

Paprika Powder

FROZEN FRUIT (Cherries, strawberries, blueberries, blackberries or mangos..or fruit of your choice and keep it to low glycemic fruits)

FRESH HERBS (Oregano, parsley, cilantro, basil, thyme, mint, rosemary, dill)

GREENS OF YOUR CHOICE FOR SALADS (baby arugula, mixed greens, romaine)

FRESH FRUIT

Whole Watermelon

Bananas– chop and freeze

Strawberries

Raw walnuts *(sunflower seeds, pumpkins seeds or your favorite seeds — keep raw and organic)*

MEATS

2–4 packs of Organic Chicken Thighs

Bacon — Nitrate FREE *(can buy turkey bacon or veggie ham)*

Prosciutto

Wild caught Shrimp

2 Skirt Steaks *(8–10 ounces each)*

YOGURTS

Coconut yogurt or yogurt of your choice– sugar free



Collagen Enhanced Recipes For Better Pelvic, Skin, Nail, Joint Health

PART 1: Female Healing Smoothies

TROPICAL GREEN DELIGHT

serves 2

- » 1–2 scoops of Total Fem Collagen
- » 1 to 2 cups of mixed frozen or fresh tropical fruit like pineapple, dragon fruit, mango, papaya, banana
- » 1 cup of spinach
- » 1 cup of unsweetened canned coconut milk

Put all ingredients in a blender and mix. Add filtered water if needed to thin out the smoothie.





SELF-LOVE SMOOTHIE

serves 2

- » 1-2 scoops of Total Fem Collagen
- » 1/2 cup of blueberries
- » 1/2 cup cherries
- » 1/2 of a banana
- » 1/2 cup of unsweetened canned coconut milk
- » 1-2 cups filtered water for desired thickness

Put all ingredients in a blender and mix. Add filtered water if needed to thin out the smoothie.

CHERRY DELIGHT SMOOTHIE

serves 1

- » 1-2 Scoops of Total Fem Collagen
- » 1/4 cup unsweetened canned coconut milk
- » 3/4 Filtered water
- » 1 cup of frozen organic cherries
- » 3-6 ice cubes

Put all ingredients in a blender and mix. Add filtered water if needed to thin out the smoothie.





FEMALE BRAIN SMOOTHIE

serves 1–2

- » 1–2 scoops of Total Fem Collagen
- » 1 cup of frozen blueberries
- » 8 whole raw walnuts
- » ½ avocado
- » ½ bananas
- » 1 cup of unsweetened canned coconut milk
- » 1 cup of filtered water

Put all ingredients in a blender and mix. Add filtered water if needed to thin out the smoothie.

FEMALE VIAGRA SMOOTHIE

serves 1

- » 1–2 scoops of Total Fem Collagen
- » 2 cups chopped watermelon
- » 1 cup of frozen strawberries
- » Handful of chopped fresh mint leaves.
- » 1 frozen banana– chopped
- » 3–5 cubes of ice

Put all ingredients in a blender and mix. Add filtered water if needed to thin out the smoothie.





DON'T WORRY BE HAPPY SMOOTHIE

serves 2

- » 1-2 scoops of Total Fem Collagen
- » 1 cup of frozen blueberries
- » 1 cup of frozen blackberries
- » ½ frozen banana
- » 1 cup of filtered water
- » ½ cup of unsweetened canned coconut milk

Put all ingredients in a blender and mix. Add filtered water if needed to thin out the smoothie.

PART 2: Breakfast

ZUCCHINI AND PROSCIUTTO EGG MUFFINS

serves 3–6

- » 1 scoop of Total Fem Collagen
- » 1/4 teaspoon ghee butter or coconut oil
- » 1/4 onion, finely diced
- » 2 garlic cloves, minced
- » 1/2 cup baby spinach, roughly chopped
- » 1/8 cup fresh parsley, roughly chopped
- » 6 large eggs
- » 1/8 cup unsweetened canned coconut milk
- » salt and pepper, to taste
- » 1 small zucchini, thinly sliced or grater
- » 6 slices prosciutto
- » Coconut oil or ghee butter to coat the muffin tin
- » *Preheat the oven to 350 degrees fahrenheit.*
- » *Heat the coconut oil in a pan on medium heat and sauté the onion and garlic for a minute until onions are translucent. Add the spinach and parsley and sauté for another 2 minutes or until the spinach has wilted.*
- » *In a mixing bowl, whisk together the eggs, 1 scoop of Total Fem Collagen, coconut milk and salt and pepper. When the veggies have finished cooking add them to the bowl along with the sliced zucchini and stir together.*
- » *Grease a muffin tin with coconut oil or ghee and line each muffin tin cup with 1 slice of prosciutto.*
- » *Ladle the egg mixture into each muffin cup and bake for 20–30 minutes, or until cooked through.*
- » *Can be frozen and reheated for breakfast or snacks. To make a smaller portion of 6 servings cut all ingredients by 1/2 size.*



VERY BERRY PARFAIT

serves 1

- » 1 scoop of Total Fem Collagen
- » 1 cup unsweetened coconut yogurt or your favorite yogurt
- » $\frac{1}{3}$ cup mixed berries (e.g. cherries, raspberry, blackberry, blueberry or strawberry)
- » $\frac{1}{3}$ tsp vanilla extract
- » $\frac{1}{4}$ cup chopped almonds or sunflowers seeds
- » Wash the fresh berries and place on a paper towel
- » Mix the coconut yogurt with 1 scoop of Total Fem Collagen and vanilla extract
- » *Layer the parfait in a small glass jar, starting with chopped almonds, followed by berries, and then the yogurt. Repeat until the jar is full and make sure the last layer is berries and eat right away.*



GREEN SHAKSHUKA

serves 2

- » 1 scoop of Total Fem Collagen
 - » 2 tbsp of Ghee Butter or coconut oil
 - » 1/2 medium onion, diced
 - » 4 garlic cloves, finely chopped
 - » 9 ounces brussels sprouts, shaved or finely sliced
 - » 1 zucchini, grated
 - » 1 tsp cumin
 - » 1/2 tsp salt
 - » 1/4 tsp pepper
 - » 2 cups packed baby spinach
 - » 4 large eggs
 - » 1/4 cup fresh cilantro, chopped
 - » 1 large avocado, for garnish
 - » 1 lime cut into four pieces
- » Heat olive oil in a saute pan on medium heat. Add the onion and cook for 2–3 minutes, or until the onion becomes translucent. Add the garlic and cook for an additional minute.
 - » Add the shaved brussels sprouts and cook for 4–5 minutes, stirring frequently. When the brussels sprouts have softened, add the zucchini and spices and stir for another minute.
 - » Add the baby spinach and stir until it just starts to wilt, then turn the heat to low add the Total Fem Collagen and mix well.
 - » Flatten the mixture with a spatula and create 5 small wells, then crack the eggs into each well.
 - » Cook until the eggs are done to your liking. You can also add a lid to steam and cook the eggs faster.
 - » Sprinkle the fresh cilantro on top and garnish with sliced avocado and sprinkle with lime juice.



SWEET POTATO EGGS BENEDICT

serves 2

- » 1 scoop of Total Fem Collagen
- » 1 sweet potato, cut into 1/4 inch to 1/2 inch thick slices
- » 4 eggs
- » 4 slices bacon
- » parsley, for garnish, avocado and spinach

HOLLANDAISE SAUCE

- » 3 egg yolk
- » 1 tablespoon lemon juice
- » 1/2 teaspoon dijon
- » 1/4 teaspoon salt
- » pinch of cayenne pepper
- » 1/2 cup hot butter, or ghee

- » Preheat your oven to 400 degrees Fahrenheit.
- » Slice the potato into even round slices, using a sharp knife. Cover slices with coconut oil or ghee and Place the slices on a baking sheet and bake for 30–40 minutes, or until cooked through.
- » When the sweet potato is almost done, prepare the other ingredients.
- » Cook the bacon until crispy. Set aside.
- » Bring a pot of water to a simmer. Create a vortex with a spoon and crack and poach the eggs for 3–4 minutes. Remove the eggs from the pot and place in a bowl.
- » Add the Total Fem Collagen, egg yolks, lemon juice, dijon, salt and cayenne pepper to a high powered blender and blend for about 5 seconds. Then slowly pour in the hot butter with the blender on medium high, until you've fully emulsified the sauce. Pour into a small bowl.
- » Once the potatoes have cooked, add to a plate and top with bacon, a poached egg, and a drizzle of hollandaise sauce. Garnish with chopped parsley, avocado and spinach and serve immediately!



SHIITAKE HERB SCRAMBLED

serves 1–2

- » 1 scoop of Total Fem Collagen
- » 1–2 teaspoons of Ghee or coconut oil
- » 1 cup shiitake mushrooms—chopped
- » ½ onion chopped
- » 2 garlic cloves chopped
- » 2 teaspoons of chopped herbs, basil, cilantro, oregano, thyme, parsley, tarragon, Rosemary— Basically what you have in the house and like
- » 1/2 teaspoon salt
- » 2–4 eggs beaten
- » Clean mushrooms with a wet paper towel.
- » Heat the oil or ghee butter over medium heat in a frying pan.
- » Add chopped onions and chopped garlic and cook for 2–3 minutes until onions are translucent. Add Mushrooms cook for another 2–3 minutes.
- » Combine the herbs, eggs, Total Fem Collagen — pour over the mushrooms and mix together.
- » Remove and serve with bacon, sausage or lime cauliflower rice. This makes a great dinner or lunch as well.



PART 3: Lunch

COCONUT CARROT SOUP

serves 4

- » 1 scoop of Total Fem Collagen
- » 2 tablespoons Ghee butter or coconut oil
- » 1 medium onion, chopped
- » 2 cloves garlic, chopped
- » 1/2 small head cauliflower cut into florets
- » 2 carrots peeled and chopped
- » 1 quart vegetable or chicken broth
- » 2 tablespoon parsley, chopped
- » 1 tablespoon chives, chopped
- » 1 teaspoon rosemary, chopped
- » 1 teaspoon freshly dill, chopped
- » 1 teaspoon celery salt
- » 1/2 teaspoon salt
- » 1 1/2 cup unsweetened canned coconut milk
- » 1/2 avocado– diced for garnish
- » 1 tablespoon of cilantro for garnish
- » Heat the coconut oil or ghee butter in a 2-quart saucepan over medium heat until hot.
- » Add the onions and sauté the onions for 3 minutes, or until translucent.
- » Add the garlic, cauliflower and carrots and sauté for 5 minutes.
- » Add the vegetable or chicken broth, Total Fem Collagen, Herbs and combine by stirring, and bring the soup to a boil. Lower heat to low–medium heat and simmer for 35 minutes.
- » Pour the soup into a blender until the soup is purée and smooth.
- » Optional — Add diced avocado on top and cilantro.
- » Pour into a small bowl.
- » Once the potatoes have cooked, add to a plate and top with bacon, a poached egg, and a drizzle of hollandaise sauce. Garnish with chopped parsley, avocado and spinach and serve immediately!



SWEET POTATO WEDGES WITH FRIED EGG SERVES 1-2

serves 4

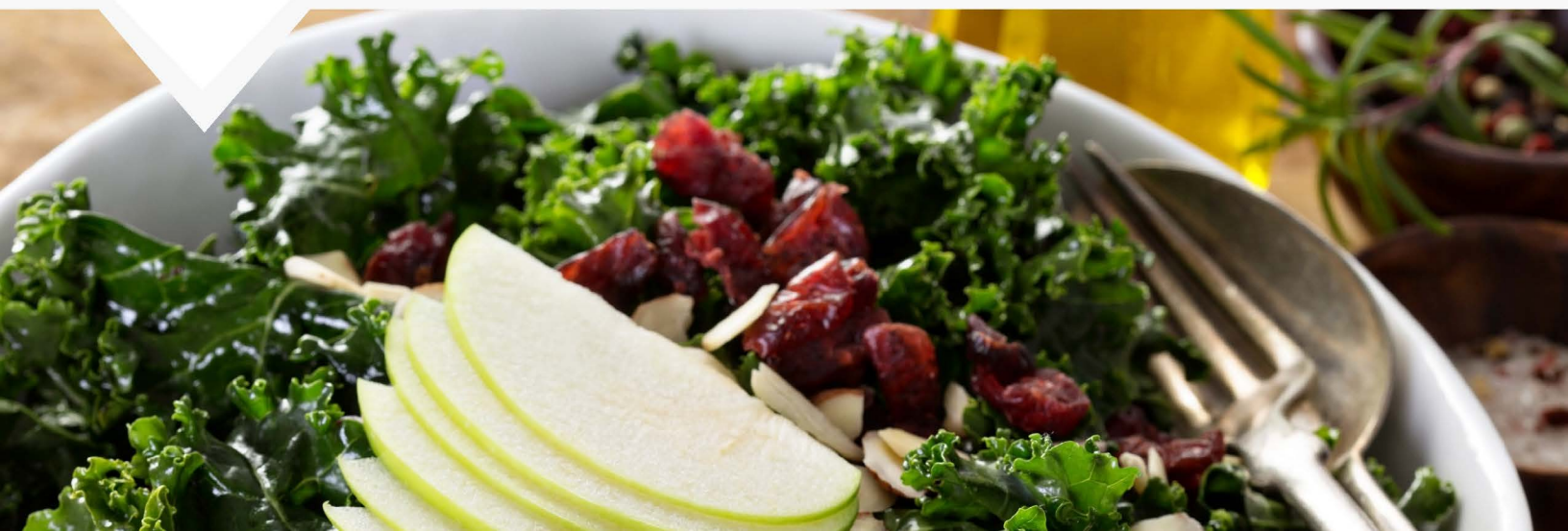
- » 1 scoop of Total Fem Collagen
 - » 1 ½ large sweet potato
 - » 2 tbsp coconut oil
 - » 1 tablespoon of chopped Rosemary
 - » ½ tbsp salt
 - » ½ tbsp black pepper
 - » 1-2 eggs cooked anyway you want
 - » ¼ avocado
 - » 1 tablespoon of cilantro for garnish
- » Preheat your oven to 350 degrees Fahrenheit
 - » Wash the potatoes and cut them into equal-size “coin shapes”
 - » Transfer them to a large mixing bowl and mix together 1 scoop of Total Fem Collagen, coconut oil and fresh chopped rosemary and rub the potatoes with it
 - » Put the potatoes in the oven for about 30 to 45 minutes or until soft, looking slightly golden brown along the edges
 - » Cook up the eggs to your preference and serve with a side of avocado. Sprinkle avocado with salt and lime.



RAW KALE SALAD WITH PUMPKIN & SUNFLOWER SEEDS

serves 2–4

- » 1 – 2 scoops of Total Fem Collagen
- » 2 cups washed, chopped kale (raw)
- » 1/4 cup shiitake mushrooms, thinly sliced
- » 6 cherry tomatoes sliced in half
- » 1/4 large cucumber cubed
- » 1 sliced green apple
- » 5 almonds chopped
- » 2 tbsp sunflower seeds
- » 2 tbsp pumpkin seeds
- » Handful of dried cherries or cranberries
- » 1/4 cup of Organic Olive Oil
- » 1/8 cup Apple cider vinegar
- » Remove the Kale ribs, roll and chop so the kale is stringy and long.
- » Once cut, massage the Kale for 1–3 minutes to soften it up.
- » Cut tomatoes into halves
- » Cut the cucumbers into small cubes
- » Slice the mushrooms and throw them into the salad bowl together with the tomatoes and cucumbers and mix well.
- » Heat up a pan over medium heat. Add the chop the almonds add the seeds to toast — they burn very easily so keep an eye on them and stir often.
- » Put the mixed salad onto a serving plate and garnish with toasted nuts and seeds.
- » Mix the olive oil, Total Fem Collagen and apple cider vinegar together and toss into salad.



CILANTRO LIME CAULIFLOWER RICE

serves 2–4

- » 1 – 2 scoops of Total Fem Collagen
 - » 8 chicken thighs, bone-in and skin-on
 - » 2 tbsp coconut oil or melted Ghee Butter
 - » 2 tsp garlic powder
 - » 2 tsp onion powder
 - » 1 1/2 tsp paprika
 - » 1 tsp dried oregano
 - » 1 tsp dried thyme
 - » 1 tsp salt
 - » 1/2 tsp black pepper
- » Slice the cauliflower head in half and use a knife to remove all the florets. Cut some of the larger florets into smaller pieces so they'll fit within your food processor.
 - » Insert the grater adapter into your food processor and start feeding the cauliflower florets through the top.
 - » Heat the coconut oil or ghee in a large pan and sauté the diced onion and garlic for a few minutes, until onions are translucent.
 - » Add the cauliflower rice to the pan and sauté for another 5–7 minutes. Season with salt and pepper to taste.
 - » Add in the Total Fem Collagen, lime juice, lime zest and chopped cilantro. Toss everything together and serve immediately!
 - » Add a protein or vegetable such as Grilled chicken, grilled shrimp poached egg, guacamole, pico de gallo, pan fried pork, roasted sweet potatoes.



ISA'S CHICKEN LOVE SOUP

serves 2–4

- » 1 – 2 scoops of Total Fem Collagen
 - » 2 tablespoons of coconut oil
 - » 4-8 Chicken thighs
 - » 4 cloves garlic minced
 - » 1 large onion chopped
 - » 5 carrots peeled and chopped
 - » 3 celery stalks chopped
 - » 2 teaspoons basil
 - » 2 teaspoons thyme
 - » 2 teaspoons oregano
 - » 2 teaspoons salt
 - » 1/8 of fresh ginger peeled
 - » 1 teaspoon ground black pepper
 - » 1 quart organic broth chicken low sodium
 - » 4 cups filtered water
 - » Parsley or cilantro for garnish
- » Heat soup pan and add coconut oil.
 - » Sweat the veggies. Add garlic, onions, carrots, celery and cook together until onions are translucent for about 3-5 minutes.
 - » Add the chicken stock and water.
 - » Add thighs (I like to preseason my thighs — use your favorite seasoning)
 - » Cover and simmer on medium low until it boils.
 - » Once the soup is boiling add Total Fem Collagen add the ginger piece and then turn down the temperature to low and simmer for 1 hour or longer until thighs are cooked
 - » Remove the thighs to a pan. Cut the chicken meat into pieces and add back to the soup.
 - » Remove the ginger piece.
 - » Garnish with fresh parsley or cilantro.



PART 4: Dinner

OVEN FRIED CHICKEN

serves 2–6

- » 1 – 2 scoops of Total Fem Collagen
- » 8 chicken thighs (bone-in & skin-on)
- » 2 tbsp avocado oil (or olive oil)
- » 2 tsp garlic powder
- » 2 tsp onion powder
- » 1 1/2 tsp dried paprika
- » 1tsp dried oregano
- » 1 tsp dried thyme
- » 1 tsp salt
- » 1/2 tsp black pepper
- » Preheat your oven to 425F.
- » In a small bowl mix all of the herbs, spices and Total Fem Collagen together.
- » Place the chicken in a large mixing bowl. Add the oil and 2/3 of the spice blend. Use your hands to coat all sides of the chicken and even under the skin.
- » Sprinkle the remaining spice mix on top of the chicken.
- » Place the chicken on a rack on top of a baking sheet. This is important to get it real crispy.
- » Bake the chicken thighs for 35–45 minutes or until the internal temperature reaches 160 degrees fahrenheit.
- » Serve with boil potatoes and your favorite vegetable.



COCONUT FRIED SHRIMP SALAD DELIGHT

serves 4

- » 1 – 2 scoops of Total Fem Collagen
- » 1 pound large shrimp peeled and deveined — wild caught
- » 2 tbsp coconut oil for — refined
- » 1 pinch salt
- » Salad and vegetable- choose the ones you love- snow peas, peppers, carrots, onions, avocado, basically any organic vegetable and green you desire!

COCONUT MIXTURE FOR THE SHRIMP

- » 2 eggs whisked well
- » 1/4 cup coconut flour (can use almond flour)
- » Total Fem Collagen
- » 1 cup unsweetened shredded coconut flakes
- » In a bowl, pour whisked eggs.
- » In another bowl or flat plate combine coconut flakes and coconut flour.
- » Season both sides of shrimp with salt.
- » Dip each shrimp into the egg mixture and then shrimp into the coconut mixture and coat both sides. Press the coconut mixture onto the shrimp so it sticks. Do both sides.
- » If you run out of coconut mixture make more by combining — 1/4 cup coconut mixture + 1 tablespoon coconut flour.
- » Heat enough coconut oil in a large skillet over medium-high heat. Fry the shrimp in batches until golden brown on both sides, about 3–4 minutes total and flip and cook the other side.
- » Drain cooked shrimp on paper towels and serve with your favorite salad.
- » Use apple cider vinegar and organic olive oil for your salad dressing.



SPLIT PEA SOUP

serves 4

- » 1 – 2 scoops of Total Fem Collagen
 - » 1 Tbsp coconut olive oil
 - » 1 1/2 cups chopped yellow onion (1 medium)
 - » 1 1/4 cups chopped celery (about 3 ribs)
 - » 2 tsp minced garlic (2 clove)
 - » 4 cups unsalted organic chicken broth
 - » 4 cups filtered water
 - » 1 (16 oz) bag dried split peas, picked over and rinsed
 - » 2 bay leaves
 - » 1 1/2 tsp chopped fresh thyme, or 1/2 tsp dried thyme
 - » Salt and freshly ground black pepper
 - » 1 1/2 lb meaty ham bone or ham shanks– grass fed and organic
 - » 1 cup chopped carrots
 - » Chopped fresh parsley, for garnish (optional)
- » Heat olive oil in a large pot over medium–high heat. Add onion, carrots and celery and saute 3 minutes. Add garlic and saute 1–2 minute longer.
 - » Pour in chicken broth and water. Add split peas, bay leaves and thyme and Total Fem Collagen. Season lightly with salt and with pepper to taste (I like to wait to add more salt until the end to see how salty the ham has made the soup).
 - » Nestle ham bone into soup mixture. Bring mixture to a boil, then reduce to low. Cover and let simmer, stirring occasionally until peas and ham are tender, about 60–80 minutes.
 - » Remove ham from soup, let rest for 10 minutes then shred or dice the meat portion into pieces, cover. Put half the soup in a blender and puree it.
 - » Stir ham into soup, season with more salt as needed. Serve warm garnished with parsley if desired.



PAN SEARED STEAK WITH RED WINE MUSHROOM SAUCE

serves 2–4

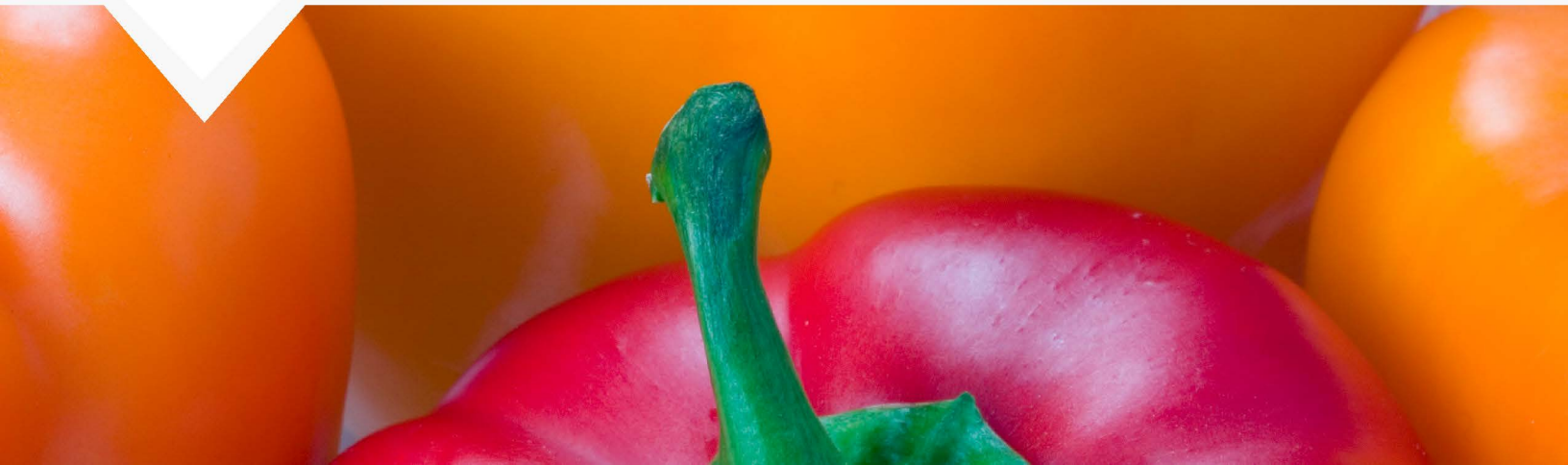
- » 1 Tablespoon Of Total Fem Collagen
- » 2 tablespoons coconut oil
- » 3 tablespoons Ghee Butter
- » salt and pepper for the steaks
- » 2 (8 to 10 ounce) New York strip steaks
- » 8 ounces cremini mushrooms, sliced
- » 1 shallot, finely chopped
- » 2 teaspoons chopped fresh thyme leaves
- » 1 cup dry red wine
- » Add the coconut oil to a large cast-iron skillet over medium–high heat. Heat until the oil is very hot.
- » Season the steaks with salt and pepper. Add the steaks to the skillet and sear the steaks on each side for 4 minutes for medium. Remove the steaks to a plate and cover with foil.
- » Lower the heat to medium. Add a tablespoon of coconut oil.
- » Add the mushrooms, shallot, and thyme to the pan and sauté until the mushrooms begin to brown and soften, about 5 minutes.
- » Add the red wine, Sprinkle The Total Fem Collagen and scrap the bottom of the pan to get the browned bits.
- » Reduce the wine liquid by half, 5 to 8 minutes.
- » Remove from the heat and swirl in 3 tablespoons butter to finish the sauce.
- » Serve the steak with mushroom red wine sauce drizzled over the top.
- » Compliment the dish with cauliflower lime rice.



PEPPERS STUFFED WITH MASH POTATOES

serves 2–3

- » 1–2 scoops of Total Fem Collagen Power
- » 1 Quart of filtered water
- » 2 pounds of organic Russet Potatoes (reserve liquid to mix into potatoes)
- » 2 tablespoons of Ghee Butter
- » 1.5 teaspoon of onion powder
- » 1 teaspoons of garlic powder
- » ½ teaspoon paprika
- » 2 tablespoons of finely chopped parsley and more for garnish
- » 2 tablespoons of finely chopped chives and more for garnish
- » 1 tablespoon of lemon juice
- » 3 yellow, red or orange peppers
- » Preheat Oven to 400 degrees F
- » Bring water to a boil
- » Peel and dice potatoes and add to boiling water and cook until tender
- » (reserve liquid to mix into potatoes)
- » Strain potatoes and place in a large bowl. Add Total fem Collagen powder, onion powder, garlic powder, paprika, parsley, chives, lemon juice and Ghee butter.
- » Mash until smooth using a potato masher. You may need to add the potato water if the potatoes are dry.
- » Slice the peppers in half and remove the seeds and core and place them in an oven safe baking dish. Divide the mash potatoes between the halves of the peppers.
- » Cook in the oven for about 20–25 minutes until brown. Garnish with parsley and chives. Serve with Salad.



Please email me back and let me know how you liked the recipes.

I am always interested in improving them and welcome feedback. There's nothing worse than running out of your Total Fem Collagen.

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