

RECIPES AND VIDEOS

Healthy Blueberry Vanilla Collagen Muffins



INGREDIENTS:

- 4 ripe bananas
- 1/3 cup sweetener
- 2 cups (240g) of oat flour or gluten free flour
- 1/4 tsp sea salt
- 1 tsp baking soda
- 1 tsp baking powder
- 3 eggs
- 1/2 cup unsweetened apple sauce
- 1 tsp vanilla extract
- 44g KINO collagen Vanilla flavor
- 1 cup fresh blueberries
- 1 tsp cinnamon

Directions:

Start by preheating the oven to 350 degrees F.

Next mix all the dry and wet ingredients in a bowl,

Next fold in the blueberries then pour the batter into 8 large muffin moulds

Bake for 20-25 min

Let cool

Macros for 1 muffin (makes 8)

Calories 216

33c / 4f / 12p

KINO PANCAKES (430 calories 44c 10f 42p)

**INGREDIENTS:**

- 60g rolled oats
- 1 scoop vanilla or chocolate KINO collagen
- 1 egg
- 100g egg whites
- 1 tsp baking powder

DIRECTIONS:

Step 1: Blend the oats, collagen, egg, egg whites and baking powder.

Step 2: cook on a skillet using some butter or non-stick cooking spray.

Step 3: Flip after 2 minutes

Serve with fresh Berries and some maple syrup.

(430 calories 44c 10f 42p)

Vanilla chocolate chip peanut butter cookies



INGREDIENTS:

25g oat flour
1 scoop vanilla Kino collagen
1/8 cup monk fruit
1/4 tsp baking soda
Pinch of salt
90g peanut butter
1 egg
1 tsp vanilla extract
30g chocolate chips

Bake in the oven for 10 minutes at 350 degrees - let cool 5 minutes.

153 calories each
9c 9f 9p

PROTEIN WAFFLES



INGREDIENTS:

1 scoop Kino Collagen or vanilla protein powder
1 egg
1 tsp baking powder
40g Rolled oats or oat flour
½ tsp vanilla extract
2 tbsp unsweetened cashew milk

Toppings:

50g blueberries
15g low sugar chocolate chips
16g peanut butter

DIRECTIONS:

Blend the rolled oats into a flour, then add all the ingredients in a bowl and mix well. Pour batter in a waffle maker and cook according to the waffle maker instructions.

Top off with fresh fruit, chocolate chips and low-calorie syrup.

477 calories

47c 21f 34P

Giant Chocolate Collagen Mug cake



INGREDIENTS:

2 eggs
30g coconut flour
15g cocoa powder
1.5 scoops Chocolate Kino Collagen
1/2 cup water
1 tsp baking powder

DIRECTIONS:

step 1: crack and whisk 2 eggs in a medium bowl
step 2: add in all dry ingredients
Step 3: add water
step 4: microwave 2.5 - 3 minutes
add toppings of choice and enjoy

460 calories 40c 16f 49p

Spicy turkey and sweet potato platter



Recipe makes 2 portions

INGREDIENTS:

900g extra lean ground turkey
600g Sweet potato (raw weight)
1 tsp oil
4 tbsp fat free ranch dressing
1-2 tbsp sriracha sauce
1 cup bell pepper and mushrooms
2 cloves of garlic
1 tsp garlic salt
1 tsp sweet paprika

1 tsp onion powder
Salt and black pepper

Directions:

Step 1: Chop the veggies and cook them on a skillet using 1 tsp of oil.

Step 2: Add in the ground turkey and seasonings. Cook until well done.

Step 3: Wash and chop the sweet potato in half, place face down on a microwave safe plate and microwave for 10 minutes.

Step 4: Remove from microwave and scoop out the inside onto a plate. Mash using a fork then top with the ground turkey and veggies.

Step 5: Drizzle some fat free ranch and sriracha sauce.

Macros and calories for one portion are:

1000 calories
71c 39f 91p

HEALTHY BREAKFAST TORTILLA



INGREDIENTS:

- 1 size tortilla (100 calorie)
- 2 eggs
- 5g butter
- 90g extra lean ground beef (cooked weight)
- 30g light mozzarella cheese
- ¼ cup onion and yellow pepper

Directions:

Step 1: add some butter to a small size pan on medium heat

Step 2: crack 2 eggs and whisk, pour in the pan and spread evenly around the inside diameter of the pan

Step 3: before the eggs are fully cooked Place the tortilla directly on the eggs. flip once the bottom is ready

Step 4: Add the cheese, meat and veggies in the center then flip closed until the cheese is melted

500 calories

19c / 27f / 49p

MOVIE STAR CHEF TURKEY MEATLOAF



INGREDIENTS (for meat loaf):

- 908g of extra lean ground turkey meat
- 119g bread crumbs
- 3 cloves of garlic chopped
- 259g of salsa
- 2 large eggs
- pinch of salt, pepper and some Italian seasoning
- ¼ cup Low sugar BBQ sauce

Step 1: preheat oven to 375 degrees F, 190 degrees Celsius

Step 2: Mix in all ingredients in an oven safe 8" x 10" Corning ware except the BBQ sauce

Step 3: put in the oven for 50 – 60 minutes

Step 4: remove and brush some BBQ sauce on the entire surface

Step 5: return to oven for another 10 minutes

Step 6: remove and let cool for 10 minutes

Step 7: Cut into 8 slices, enjoy with some rice or potatoes and veggies.

Yields 8 (1958 calories – 117c / 82f / 195p – 13 fiber 28 sugar)

Macros for 1 slice of Meatloaf:

Calories: 244 Per Slice - 14c / 10f/ 24p

THE HOLYWOOD SMASH BURGER PLATTER



INGREDIENTS:

- 2 - 125g patties of extra lean ground beef
- 1 slice cheddar cheese (fat free)
- 1 brioche bun
- 1 tbsp light mayo
- 1 pickle
- onion, lettuce

- Salt and pepper to taste

MOVIE STAR CHEF FRIES:

- 400g russet potatoes
- 1 tsp peanut oil
- Salt
- Vin

DIRECTIONS:

Step 1: Form 2 patties into balls, season with salt and pepper

Step 2: On a cast iron skillet, spray with non-stick

spray and using a spatula press down to flatten the patties. Repeat both sides. Cook 5-7 minutes each side.

Step 3: Add a slice of cheese on one patty then place the other patty on top and let melt.

Step 4: Spread mayo on the inside of the bun and place on the skillet to brown,

Step 5: build your burger.

(fries)

Step 1: Boil 1L of water then add 15ml of vinegar and a pinch of salt inside.

Step 2: Cut potatoes half inch thick then cook in water for 10 minutes. Drain fries and toss them in a bowl with the oil

Step 3: Place on a baking sheet evenly spread out, bake in the oven at 475 D for 30 minutes. Add more salt and enjoy.

1010 calories

102c 36f 71p

Ranch Chicken Pop-Chips Nachos



INGREDIENTS:

- 250g boneless/skinless chicken thighs
- 120g BBQ Pop chips
- 100g avocado
- 4 tablespoons of salsa
- 90g light Mozzarella cheese
- 2 tablespoons of light Ranch dressing
- Green onion (optional)

DIRECTIONS:

Step 1: Start by seasoning the chicken thighs with salt and pepper

Step 2: Cook them in the oven or air fryer until well done, internal temperature of 165 degrees F or 74 degrees C

Step 3: Add the pop-chips to an oven safe tray, then top off with the cooked chicken. Next add the salsa, cheese and whatever else you like.

Step 4: Pop it in the oven for about 10 minutes until the cheese is nicely melted

Step 5: top off with Ranch dressing and chopped green onion and a side of mashed Avocado

(1300 calories 103c 58f 89p)

VIDEO TUTORIALS

Giant Collagen Mug Cake <https://youtu.be/q3IWOnrChEU>

ANABOLIC BBQ CHICKEN POPCHIP NACHOS VIDEO <https://youtu.be/yqVDBuFrL3Q>

Collagen Waffles <https://youtu.be/YF9VmTERHEo>

Vanilla chocolate chip peanut butter cookies <https://youtu.be/MKlScD3BWLAA>