

# Speed Keto Collagen Shake Recipes

Have one up to 3 times a week but not on OMAD days.



**BY HARLAN KILSTEIN ED.D.**

**1**

# Classic Berry Collagen Shake

1 cup water  
1 scoop Completely Keto collagen  
1/2 cup mixed berries (raspberries, blueberries, strawberries)  
A few drops of stevia, if desired

**2**

# Spinach and Mint Delight

1 cup water  
1 scoop Completely Keto collagen  
1 cup spinach  
5-6 fresh mint leaves  
A few drops of stevia, if desired



**3**

## Blueberry Cinnamon Shake

1 cup water  
1 scoop Completely Keto collagen  
1/2 cup blueberries  
A pinch of cinnamon  
A few drops of stevia, if desired

**4**

## Kale and Lemon Zest

1 cup water  
1 scoop Completely Keto collagen  
1 cup kale (ribs removed)  
Zest of half a lemon



5

## Raspberry Ginger Freshness

1 cup water  
1 scoop Completely Keto collagen  
1/2 cup raspberries  
A small piece of ginger, grated



6

## Coconut Berry Fusion

1 cup water  
1 scoop Completely Keto collagen  
1/2 cup mixed berries  
1 tbsp coconut flakes (unsweetened)



7

## Cucumber Spinach Cooler

1 cup water  
1 scoop Completely Keto collagen  
1 cup spinach  
1/4 cucumber



8

## Blackberry and Chia

1 cup water  
1 scoop Completely Keto collagen  
1/2 cup blackberries  
1 tbsp chia seeds



9

## Zesty Lime and Spinach

1 cup water  
1 scoop Completely Keto collagen  
1 cup spinach  
Juice of 1 lime



10

## Strawberry Basil Bliss

1 cup water  
1 scoop Completely Keto collagen  
1/2 cup strawberries  
3-4 fresh basil leaves



11

## Arugula and Lemon Boost

1 cup water  
1 scoop Completely Keto collagen  
1 cup arugula  
Juice of half a lemon



12

## Blueberry and Rosemary Fusion

1 cup water  
1 scoop Completely Keto collagen  
1/2 cup blueberries  
1 sprig of rosemary



**13**

## Tropical Berry Twist

1 cup water  
1 scoop Completely Keto collagen  
1/2 cup mixed berries (strawberries, blueberries)  
A few drops of coconut extract

**14**

## Celery and Avocado Zing

1 cup water  
1 scoop Completely Keto collagen  
1 stalk of celery  
1/4 avocado





# Procedure

## for all shakes

Combine all ingredients in a blender.  
Blend on high until smooth.  
Adjust sweetness if needed using stevia.  
Serve immediately.

**Enjoy these diverse and  
Completely Keto-compliant collagen shakes!**

