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Fwd: Collagen vs. Whey | Dairy-Free Keto | Salted Caramel Ice Cream — Mark's Daily Apple

1 message

Jen Lyria <lyria1300@gmail.com>
To: Jennifer Wannan <jennifer.wannen@gmail.com>

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From: **Mark's Daily Apple** <mark@marksdailyapple.com>
Date: Wed, Jul 17, 2019 at 2:40 PM
Subject: Collagen vs. Whey | Dairy-Free Keto | Salted Caramel Ice Cream — Mark's Daily Apple
To: Jen <lyria1300@gmail.com>

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Whey vs. Collagen: Which Is Best For Your Needs?

Collagen and whey are two completely different foods with varying performance and preventative health benefits. Whether you take one or the other depends on a number of factors. Let's see what the research says about each protein source.

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Keto Salted Caramel Ice Cream

Sea salt caramel may be one of the most nuanced and decadent ice cream varieties out there. And with this recipe, it's an indulgence you can still revel in—even while keto...thanks to the magic of Swerve. Pro tip: pour [Mark's cold-brew coffee](#) over a scoop for the ultimate cool taste combo.

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How To Do the Keto Diet Dairy-Free

I have no problem with dairy, and (for those who can tolerate it) I recommend certain dairy products for keto eating. Still, there are many people out there interested in keto who either cannot or don't want to consume dairy. They need tips for doing it dairy-free. And today, I'm offering several.

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Cool Off With a Collagen-Infused Margarita

Want an easy, cool way to get your collagen this summer? This margarita is the ticket.

Want more collagen recipes? Check out our [collagen recipe collection](#) for 13 more delicious Primal and keto collagen ideas, including other cocktails, smoothies, treats, and a dairy-free creamer.

[Get Recipe](#)



Why Protein Variety Matters

Protein is composed of up to 20 different amino acids. Every protein source contains some or all of those amino acids in different proportions. Eating a variety of protein sources ensures you're getting all the amino acids you need to perform basic physiological processes.

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Is 50 the New 70?

People more than ever before are hitting middle age with a head-start on the degenerative changes to body composition and function that used to only hit older folks. What are the trends showing, and how can we make sure to buck them?

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Mark's Big Ass Omelette

Omelettes are a regular go-to for me. There's no faster or easier way to whip up a healthy and filling meal than this. I like that it's one of those Primal-keto staples I can make a couple dozen ways. Here's one of my favorites.

[Watch Video](#)



Fighting For the Rights Of Health Coaches

Jonathan Posey is the founder of the Council for Holistic Educators, the only not-for-profit advocacy group that fights for health coaches' right to practice. Jonathan travels all over the country, in boardrooms and in courtrooms, to ensure that there is a voice advocating for holistic health practitioners.

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