

A BETTER MENU



MAGNESIUM

STAY CALM & GET YOUR MAGNESIUM ON

Life feeling hectic and even stressful? Never fear, magnesium is here. Magnesium is the mineral that switches off your body's stress response to bring on the calm! But are you getting enough? Unlikely as 60-80% (depending on your age, gender) of US diets don't meet the RDA (recommended daily allowance) for magnesium (~400mg). With this Better Magnesium Menu you can (re)discover the Zen that happens when your body gets enough magnesium.

MONDAY

Better Trail Mix

- 1 oz almonds (80 mg)
- 1 oz cashews (82 mg)
- ¼ cup raisins (11 mg)
- 2 tbsp coconut shreds (2 mg)

Total magnesium = 175 mg

Better Ginger - Stir Fry Rice Bowl

- ½ cup brown rice (42 mg) tossed with
- ½ cup shredded carrots (7 mg)
- ½ cup chopped broccoli (9 mg)
- 1 ½ oz chicken breast (9 mg)
- 2 tbsp ginger sesame dressing

Total magnesium = 67 mg

Better Oatmeal Bowl

- 1 packet of oatmeal (40 mg) mixed with
- 2 Tbsp peanut butter. (50 mg)

Total magnesium = 90 mg

Better Quick Pit Stop

- 1 sliced medium apple (9 mg) with
- 1 Tbsp cashew butter (41 mg)

Total magnesium = 50 mg

Total magnesium: 382 mg

TUESDAY

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Better Avocado Toast

- 1 slice of whole wheat bread (23 mg)
- ½ cup smashed avocado (21 mg)
- 2 tbsp hemp seeds sprinkled on top (131 mg)

Total magnesium = 175 mg

Better Grains & Beans Bowl

- ¼ cup black beans (83 mg)
- ¼ cup farro, cooked (60 mg)
- ½ cup of cooked spinach, (78 mg) topped with ½ tsp cumin, & drizzle 1 Tbsp olive oil

Total magnesium = 221 mg

Better Mediterranean Chicken Pocket

- 1 whole wheat pita, halved (44 mg)
(if trying to lose weight only have ½ of the pita but all of the stuffing); stuffed with:
 - 3 oz grilled chicken (18 mg)
 - ⅓ cup roasted red pepper strips
 - 1 tbsp chopped marinated artichoke hearts
 - ½ tomato, chopped (7 mg)
 - 1 tbsp tahini (14 mg)
 - 1 tbsp fresh basil chopped

Total magnesium = 83 mg

Better Loaded Baked Potato

- 1 small baked potato with skin on (20 mg)
(remove half of the potato insides)
Stuffed with:
 - ½ mashed avocado (29 mg)
 - ½ tbsp. lime juice
 - 3 tbsp hemp seeds (196 mg)
 - 2 tbsp diced red onion
 - ½ tsp chopped cilantro
 - ½ teaspoon minced jalapeno

Total magnesium = 245 mg

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Total magnesium: 725 mg

WEDNESDAY

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Better Avo-gg Toast

- 1 slice of toasted whole wheat bread (23 mg)
- topped with
- ½ cup avocado (21 mg)
- 1 soft-boiled egg (5 mg)

Total magnesium = 49 mg

Better Turn Off Stress Trail Mix

- 1 oz almonds (80 mg)
- 1 oz cashews (82 mg)
- 2 Tbsp chocolate chips (27 mg)
- ¾ c whole grain cereal (80 mg)

Total magnesium = 269 mg

Better Hemp

Rice n Beans Bowl

- ½ cup brown rice (42 mg), tossed with
- ½ cup black beans (166 mg)
- 2 Tbsp hemp seeds (131 mg)
- ½ cup avocado (21 mg)

Total magnesium = 360 mg

Better Rabbit's Food

- 1 medium carrot (7 mg), with
- 2 Tbsp hummus (22 mg)

Total magnesium = 29 mg

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Total magnesium = 707 mg

THURSDAY

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Better Breakfast Salad

- 1 cup spinach leaves (24 mg)
- ½ cup blueberries (5 mg)
- ⅔ cup whole grain cereal (66 mg)
- ¼ cup peanuts (61 mg)
- 2 Tbsp coconut shreds (2 mg)
- 2 Tbsp balsamic vinegar (80 mg)

Total magnesium = 158 mg

Better Grains & Beans Salmon Bowl

- Sauté ½ chopped onion (5 mg)
- 1 clove garlic chopped
- pinch of cumin and cayenne
in vegetable broth
- Stir ½ cup black beans (166 mg) into
½ cup cooked quinoa (60 mg)
- Place 3 oz cooked wild salmon on top (23 mg)

Total magnesium = 254 mg

Better Pesto Pasta

- 2 oz whole wheat pasta, cooked (143 mg)
- mixed with
- ¼ cup pesto
- ½ cup sauteed Brussels sprouts (10 mg)

Total magnesium = 153 mg

Nicecream

- 1 frozen banana (32 mg) blended with
- 1 cup organic unsweetened
vanilla soy milk (39 mg) and
- 2 tbsp peanut butter (50 mg)

Total magnesium = 121 mg

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Total magnesium = 575 mg

FRIDAY

Better Pom Yog Blend

8 oz of plain organic low fat yogurt (40 mg)
½ cup pomegranate seeds (10 mg)

Total magnesium = 50 mg

Better Trail Mix

1 oz almonds (80 mg)
1 oz cashews (82 mg)
¼ cup raisins (11 mg)
2 Tbsp coconut shreds (2 mg)

Total magnesium = 175 mg

Better Sweet & Spinach Salad

1 cup spinach (24 mg)
½ cup cucumber slices (7 mg)
¼ cup raisins (2 mg)
1 oz feta cheese (5 mg)
¼ cup chopped walnuts (46 mg)
½ cup diced red bell peppers (9 mg)

Total magnesium = 93 mg

Better Apple Cash'nwich

2 Tbsp cashew butter (82 mg) spread on
1 apple (9 mg) sliced

Total magnesium = 91 mg

Total magnesium = 409 mg

SATURDAY

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Better Oatmeal-Hemp Bowl

packet of oatmeal (40 mg), topped with
3 Tbsp hemp seeds (197 mg)

Total magnesium = 237 mg

Better Not So Devilish Egg

½ avocado (29 mg), filled the whole with
a soft boiled egg (5 mg)

Total magnesium = 34 mg

Better Fish & Rice Fiesta

3 oz halibut (90 mg), served with
½ cup brown rice (42 mg)
½ cup broccoli (9 mg)
½ cup organic salsa (10 mg)

Total magnesium = 151 mg

Better Sautéed Veggie Shroom Blend

½ cup sautéed spinach (78 mg), mixed with
¼ cup cooked mushrooms (3 mg)
¼ cup diced onions (4 mg)

Total magnesium = 85 mg

Better Plant Smoothie

1 cup of organic unsweetened
vanilla soymilk (29 mg)
½ banana (16 mg)
2 Tbsp chia seeds (95 mg)
3 Tbsp hemp seeds (197 mg)
¼ cup frozen cauliflower (4 mg)
¼ cup cacao nibs (64 mg)

Total magnesium = 415 mg

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Total magnesium = 922 mg

SUNDAY

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Better PB&B:

1 slice of whole grain toast (23 mg) with
1 Tbsp peanut butter (25 mg)
½ sliced banana (16 mg)
2 Tbsp chia seeds (95 mg)

Total magnesium = 159 mg

Better Soybean Blend:

½ cup organic edamame (16 mg), tossed in
½ Tbsp extra virgin olive oil with rosemary

Total magnesium = 50 mg

Better Green Smoothie:

1 cup unsweetened almond milk (17 mg)
3 Tbsp hemp seeds (197 mg)
½ banana (16 mg)
½ cup spinach (12 mg)
¼ cup blueberries (3 mg)

Total magnesium = 245 mg

Better Quick Mix:

½ cup raisins (11 mg)
½ cup mixed nuts
(walnuts, cashews) (82 mg)

Total magnesium = 93 mg

Better Brocco Chix Bowl:

3 oz chicken breast (18 mg), shredded
tossed with
½ cup brown rice (42 mg)
½ cup broccoli (9 mg)
1 Tbsp mustard blend with
½ tsp cumin

Total magnesium = 69 mg

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Total magnesium = 616 mg

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NOTES:



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All materials developed and reviewed by Ashley Koff RD at times in conjunction with other leading healthcare practitioners.

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