

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). So while there is no perfect nutrition, there is better nutrition and it includes getting enough magnesium by making better not perfect choices more often. With this Better Magnesium Menu you can (re)discover the Zen that happens when your body gets enough magnesium. Try it for a week and see how you feel.



better not perfect.
more often.

MONDAY

Better Trail Mix

- 1 oz almonds
- 1 oz cashews
- ¼ cup raisins
- ⅓ cup coconut shreds mixed together

Total magnesium = 175 mg

Better Ginger - Stir Fry Rice Bowl

- ½ cup brown rice tossed with
- ½ cup shredded carrots
- ½ cup chopped broccoli
- 1 ½ oz chicken breast
- 2 tbsp Bragg Ginger Sesame dressing

Total magnesium = 105 mg

Better Oatmeal Bowl

- 1 packet of Nature's Path Organic Oatmeal mixed with 2 Tbsp peanut butter.

Total magnesium = 85 mg

Better Quick Pit Stop

- 1 sliced medium apple with
- 1 Tbsp cashew butter

Total magnesium = 50 mg

Total magnesium: 415 mg

TUESDAY

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Better Avocado Toast

- 1 slice of whole wheat bread
- ½ cup smashed avocado
- 2 Tbsp hemp hearts sprinkled on top

Total magnesium = 165 mg

Better Grains & Beans Bowl

- ¼ cup black beans
- ¼ cup farro, cooked
- ½ cup of cooked spinach, topped with
- ½ tsp cumin, & drizzle 1 Tbsp olive oil

Total magnesium = 108 mg

Better Mediterranean Chicken Pocket

- 1 whole wheat pita, halved
- (if trying to lose weight only have ½ of the pita but all of the stuffing); stuffed with:
 - 3 oz grilled chicken
 - ⅛ cup roasted red pepper strips
 - 1 Tbsp chopped marinated artichoke hearts
 - ½ tomato, chopped
 - 1 Tbsp tahini
 - 1 Tbsp fresh basil chopped

Total magnesium = 90 mg

Better Loaded Baked Potato

- 1 small baked potato with skin on (remove half of the potato insides – can be used for Better Mashed Potato later); stuffed with:
 - ½ mashed avocado
 - ½ tbsp. lime juice
 - 3 Tbsp Manitoba Harvest hemp hearts
 - 2 Tbsp diced red onion
 - ½ tsp chopped cilantro
 - ½ teaspoon minced jalapeno

Total magnesium = 246 mg

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Total magnesium: 609 mg

WEDNESDAY

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Better Avo-gg Toast

1 slice of toasted whole wheat bread
topped with
½ cup avocado
1 soft-boiled egg

Total magnesium = 50 mg

Better On My Path Trail Mix

1 oz almonds
1 oz cashews
½ cup Nature's Path Qi'a
Cocoa Coconut Superflakes

Total magnesium = 260 mg

Better I Hemp Hearts

Rice n Beans Bowl

½ cup brown rice cooked mixed with
½ cup black beans
2 Tbsp Manitoba Harvest Hemp Hearts
½ cup avocado

Total magnesium = 340 mg

Better Rabbit's Food

1 medium carrot with
2 Tbsp hummus

Total magnesium = 29 mg

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Total magnesium= 679 mg

THURSDAY

Better Breakfast Salad

- 1 cup spinach leaves
- ½ cup blueberries
- ⅔ cup Mesa Sunrise Cereal
- ¼ cup peanuts
- 2 Tbsp coconut shreds
- 2 Tbsp balsamic vinegar

Total magnesium = 144 mg

Better Grains & Beans Salmon Bowl

- Sautee ½ chopped onion
- 1 clove garlic chopped
- pinch of cumin and cayenne
in vegetable broth.
- Stir in ½ cup black beans into
½ cup cooked quinoa
- Place 3 oz cooked wild salmon on top

Total magnesium = 83 mg

Better Pesto Pasta

- ¾ cup whole wheat pasta, cooked
mixed with
- ⅓ cup homemade almond pesto
(exchanging 1 oz almonds for
pine nuts in any pesto recipe)

Total magnesium = 80mg

Nicecream

- 1 frozen banana blended with
- 1 cup organic unsweetened vanilla
soymilk and
- 2 tbsp peanut butter

Total magnesium = 137 mg

Total magnesium = 444 mg

FRIDAY

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Better Pom Yog Blend

8 oz of plain organic low fat yogurt with a handful of pomegranate seeds blended into the yogurt

Total magnesium = 42 mg

Better Trail Mix

1 oz almonds
1 oz cashews
¼ cup raisins
⅛ cup coconut shreds

Total magnesium = 175 mg

Better Sweet & Spinach Salad

2 oz spinach salad with
½ cup cucumber slices
¼ cup raisins
1 oz feta cheese
¼ cup chopped walnuts
½ cup diced red bell peppers

Total magnesium = 156 mg

Better Apple Cash'wich

1 apple, sliced with a side of
2 Tbsp cashew butter to spread on slices

Total magnesium = 91 mg

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Total magnesium = 464 mg

SATURDAY

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Better Oatmeal-Hemp Bowl

1 packet of Natures Path Organic instant plain oatmeal mixed, topped with 3 Tbsp Manitoba Harvest Hemp Hearts or Hemp Heart Toppers

Total magnesium = 248 mg

Better Not So Devilish Egg

½ avocado filled with a soft boiled egg in the hole

Total magnesium = 44 mg

Better Fish & Rice Fiesta

3 oz halibut served with ½ cup brown rice and ½ cup broccoli topped with ½ cup organic salsa

Total magnesium = 94 mg

Better Sautéed Veggie Shroom Blend

½ cup sautéed spinach mixed with ¼ cup cooked mushrooms and ¼ cup diced onions

Total magnesium = 78 mg

Better Plant Smoothie

1 cup of organic unsweetened vanilla soymilk
½ banana
2 tbsp chia seeds
1 scoop plant protein powder and
¼ cup cacao nibs

Total magnesium = 77 mg

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Total magnesium = 541 mg

SUNDAY

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Better PB&B:

1 slice of gluten-free whole grain toast with
1 tbsp. peanut butter
½ sliced banana topped with
chia seeds

Total magnesium = 104 mg

Better Soybean Blend*:

½ cup organic edamame tossed in
½ tbsp. extra virgin olive oil with rosemary

Total magnesium = 50 mg

Better Green Smoothie:

1 cup unsweetened almond milk
3 Tbsp Manitoba Harvest Hemp Hearts
Cinnamon Toppers
½ banana
½ cup spinach
¼ cup blueberries

Total magnesium = 258 mg

Better Quick Mix:

½ cup raisins
½ cup mixed nuts (walnuts, cashews)

Total magnesium = 95 mg

Better Brocco Chix Bowl:

3 oz chicken breast, shredded tossed in
½ cup brown rice
½ cup broccoli and blend
1 Tbsp mustard with
½ tsp cumin

Total magnesium = 98

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Total magnesium = 619 mg

* This goes great over a salad or sautéed veggies but
don't add to a grain or other starchy vegetables

A BETTER MENU

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MAGNESIUM

Can't Eat Like This More Often?

Many of us can't and many of us also will benefit from more magnesium than the RDA.

Even if you do follow the menu and meet your daily needs, you may also benefit from a better magnesium supplement.

What's Better for You?

I recommend everyone take The Better Magnesium Evaluation to assess your nutrition today and follow the advice for how to make it better.

Looking for recipes?

Check out the Ashley Koff Approved (AKA) Better Recipes for how to make some of these menu items.
www.AshleyKoffApproved.com

Looking for portions or want to exchange an ingredient due to preferences, intolerances, or allergies, review The Better Nutrition Plan at
www.AshleyKoffApproved.com



Thanks to awesome AKA intern, Stephanie Grasso for helping design this menu.

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