



Magnesium-Rich Meal Plan

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Fruits

- 2 Avocado
- 1/2 Banana
- 1 tbsp Lime Juice

Breakfast

- 3 tbsps Maple Syrup
- 1/3 cup Pumpkin Seed Butter
- 1 1/2 cups Rice Puffs Cereal

Seeds, Nuts & Spices

- 1/2 tsp Cinnamon
- 1/2 tsp Garlic Powder
- 1/2 tsp Ground Ginger
- 1 tbsp Hemp Seeds
- 1 cup Pumpkin Seeds
- 1/2 tsp Sea Salt
- 0 Sea Salt & Black Pepper
- 1 1/2 tsps Taco Seasoning
- 1 tbsp Whole Flax Seeds

Frozen

- 1 cup Frozen Berries
- 1 1/2 cups Frozen Edamame

Vegetables

- 2 cups Baby Spinach
- 1 cup Kale Leaves
- 1 cup Red Onion
- 10 leaves Romaine

Boxed & Canned

- 1 3/4 cups Brown Rice
- 1 1/2 cups Chickpeas

Baking

- 1 oz Dark Chocolate

Bread, Fish, Meat & Cheese

- 16 ozs Tofu

Condiments & Oils

- 2 tbsps Avocado Oil
- 2 tbsps Extra Virgin Olive Oil
- 2 tbsps Hot Sauce
- 1/3 cup Tahini

Cold

- 1 cup Unsweetened Almond Milk

Other

- 1/4 cup Vanilla Protein Powder
- 1/4 cup Water



Berry Banana Smoothie

1 serving
5 minutes

Ingredients

1 cup Unsweetened Almond Milk
1 cup Frozen Berries
1/2 Banana
1 cup Kale Leaves
1/4 cup Vanilla Protein Powder
1 tbsp Whole Flax Seeds

Nutrition

Amount per serving	
Calories	309
Fat	8g
Carbs	40g
Fiber	12g
Sugar	22g
Protein	24g
Cholesterol	4mg
Sodium	213mg
Vitamin A	1547IU
Vitamin C	65mg
Calcium	673mg
Iron	3mg

Directions

- 1 Add all ingredients into a blender and blend until smooth. Pour into a glass and enjoy!

Notes

Leftovers: Best enjoyed immediately. Refrigerate in an airtight container for up to two days.

No Protein Powder: Omit, or add a few spoonfuls of hemp seeds instead.

Nut-Free: Use nut-free milk such as oat milk.



Sauteed Chickpea & Edamame Bowl

3 servings
45 minutes

Ingredients

3/4 cup Brown Rice (dry, rinsed)
2 tbsps Extra Virgin Olive Oil
1 cup Red Onion (chopped)
1 1/2 cups Frozen Edamame (thawed)
1 1/2 cups Chickpeas (cooked)
1/2 tsp Garlic Powder
Sea Salt & Black Pepper (to taste)
2 cups Baby Spinach
1/3 cup Pumpkin Seeds
1 tbsp Hemp Seeds

Nutrition

Amount per serving	
Calories	614
Fat	26g
Carbs	73g
Fiber	14g
Sugar	9g
Protein	27g
Cholesterol	0mg
Sodium	32mg
Vitamin A	2133IU
Vitamin C	16mg
Calcium	135mg
Iron	7mg

Directions

- 1 Cook the rice according to the package directions and set aside.
- 2 Heat the oil in a pan over medium heat. Add the onions and sauté for two to three minutes or until they have softened.
- 3 Add the edamame and chickpeas. Mix in the garlic powder, salt, and pepper. Cook for five to seven minutes or until the chickpeas and edamame are browned, stirring occasionally. Add a splash of water if needed.
- 4 Stir in the spinach and cook for another one to two minutes or until the spinach starts to wilt.
- 5 To assemble, evenly divide the rice, sautéed chickpea and edamame mixture, pumpkin seeds, and hemp seeds into bowls. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is approximately 1/2 cup rice, 1 1/4 cups sautéed chickpea and edamame mixture, including seeds.

More Flavor: Add paprika and tamari while cooking.

Additional Toppings: Add sauerkraut.



Chocolate Pumpkin Energy Bars

6 servings
45 minutes

Ingredients

1/3 cup Pumpkin Seed Butter (melted)
3 tbsps Maple Syrup
1/2 tsp Ground Ginger
1/2 tsp Cinnamon
1 1/2 cups Rice Puffs Cereal
1/2 cup Pumpkin Seeds
1 oz Dark Chocolate (chopped)

Nutrition

Amount per serving	
Calories	218
Fat	15g
Carbs	15g
Fiber	2g
Sugar	7g
Protein	7g
Cholesterol	0mg
Sodium	43mg
Vitamin A	4IU
Vitamin C	0mg
Calcium	21mg
Iron	4mg

Directions

- 1 In a mixing bowl, whisk together the pumpkin seed butter, maple syrup, ginger, and cinnamon. Gently fold in the rice puffs cereal and pumpkin seeds.
- 2 Transfer and spread the mixture across a parchment-lined container or baking dish. Place another layer of parchment paper on top and firmly press into an even packed layer. (Note: If not compact enough, the bars may come out crumbly.)
- 3 In the microwave, heat the dark chocolate in a small bowl for 30 seconds at a time, until melted. Drizzle ovetop with a small spoon.
- 4 Freeze for about 30 minutes and slice into bars. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to two weeks, or freeze for up to two months.

Serving Size: One serving equals two bars. A 9 x 6 1/2-inch container was used to make 12 bars or six servings.

No Pumpkin Seed Butter: Use tahini, sunflower seed butter, peanut butter, or almond butter instead.



Crispy Tofu Burrito Bowl

4 servings
30 minutes

Ingredients

1 cup Brown Rice (dry, rinsed)
16 ozs Tofu (extra firm, pressed, crumbled)
2 tbsps Avocado Oil
1 1/2 tps Taco Seasoning
1/2 tsp Sea Salt (divided)
1/3 cup Tahini
1/4 cup Water
2 tbsps Hot Sauce
1 tbsp Lime Juice
10 leaves Romaine (chopped)
2 Avocado (medium, sliced)

Nutrition

Amount per serving	
Calories	622
Fat	40g
Carbs	53g
Fiber	13g
Sugar	3g
Protein	21g
Cholesterol	0mg
Sodium	598mg
Vitamin A	6259IU
Vitamin C	14mg
Calcium	450mg
Iron	6mg

Directions

- 1 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 2 Cook the rice according to the package directions.
- 3 Add the tofu, oil, taco seasoning, and half the salt to a large bowl. Toss well to combine. Transfer to the baking sheet and bake for 20 to 24 minutes, until crispy.
- 4 Meanwhile, in a small bowl, combine the tahini, water, hot sauce, lime juice, and remaining salt. Whisk well until incorporated, adding more water if needed to thin.
- 5 Divide the rice, romaine, tofu, and avocado between bowls. Drizzle the tahini over the top. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is approximately 1/2 cup tofu, two cups of chopped romaine, and 1/2 cup cooked rice.

Additional Toppings: Add sliced/cooked peppers, corn, black beans, salsa or other roasted vegetables.