

Magnesium Meal Planning

Protein	Starch	Veggies	Fruit	Snacks	Condiments
Black Beans	Buckwheat	Spinach	Raspberries	Pumpkin Seeds	Blackstrap Molasses
Navy Beans	Brown Rice	Swiss chard	Cantaloupe	Soybeans	Cumin
Pinto Beans	Quinoa	Green Peas	Strawberries	Sesame Seeds	Mustard Seeds
Lima Beans	Oats	Collard Greens	Watermelon	Sunflower Seeds	Fennel
Kidney Beans	Wheat	Turnip Greens		Cashews	Basil
Tuna	Beets	Green Beans		Almonds	Cloves
Scallops	Winter Squash	Kale		Flax Seeds, ground	Dill
Shrimp		Mustard Greens			
Tofu		Brussels Sprouts			
		Tomatoes			
		Summer Squash			
		Broccoli			
		Asparagus			
		Mushrooms, Shiitake			
		Cauliflower			
		Cucumber			
		Romaine Lettuce			
		Eggplant			
		Celery			
		Bell Peppers			