

MINERAL - RICH

Snack List

Magnesium

310-320 g/day (women)

350-360 mg/day (w/ pregnancy)

- Dark chocolate
- Avocado
- Banana
- Greek yogurt
- Pumpkin seeds
- Quinoa
- Almonds
- Brazil nuts
- Cashews
- White beans
- Black beans
- Yellowfin tuna
- Artichoke hearts
- Soy/Edamame

Potassium

1,500-2,000 mg/day

- Avocados
- Blueberries
- Blackberries
- Strawberries
- Sweet potatoes
- Mango
- Bone broth
- Coconut water
- Aloe vera juice
- Kiwi
- Dried apricots
- Cottage cheese
- Greek yogurt
- Milk
- Pistachios
- Dates
- Figs
- Soy/Edamame

Calcium

1,000-1,300 mg/day

- Greek yogurt
- Milk
- Cheese
- Cottage cheese
- Chia seeds
- Almonds
- Figs
- Oranges
- Canned sardines

IDEAS

FROM THE PANTRY

- Pistachios + brazil nuts with cheese
- Pistachios + dried apricots
- Almonds + pistachios + cashews + dark chocolate
- Popcorn + pistachios + dark chocolate
- Banana w/ pumpkin seed butter + dark chocolate
- Sourdough toast + avocado w/ mineral salt & pumpkin seeds on top

FROM THE FRIDGE

- Mixed bean salad w/ white & black beans, topped w/ sliced avocado
- Marinated artichoke hearts w/ cottage cheese
- Quinoa & mixed bean salad w/ pumpkin seeds
- Full fat Greek yogurt or cottage cheese w/ mixed berries (fresh or frozen)
- Mary's Gone Crackers + Yellowfin tuna salad
- Mineral mocktail w/ collagen (for protein)
- Chia seed pudding w/ milk, mixed nuts, & dates

GRAB & GO

- 88 Acres protein bars
- RXBars
- Mary's Gone Crackers
- Popzup Popcorn
- UNREAL Dark Chocolate Coconut
- Chiwi's Kiwi Chips
- Second Nature Dark Chocolate Medley
- The Only Bean - crunchy edamame