

## Mmmm is for Magnesium: Meals Loaded With This Miracle Mineral!

Dr. Ritamarie Loscalzo

### Agenda

- Importance of Magnesium
- High Magnesium Foods
- Recipe Demos
- Q&A



# Recipes

## Curried Almond Spread

### Ingredients:

- 1/4 cup almonds, soaked rinsed and drained (99 mg of Magnesium)
- 1/4 cup pumpkin seeds, soaked and drained (191 mg of Magnesium)
- 1/4 cup Brazil nuts, soaked and drained (128 mg of Magnesium)
- 1/4 cup hemp seeds (384 mg of Magnesium)
- 1/2 cup coconut, dried, shredded (90 mg of Magnesium)
- 3 cups celery (33 mg of Magnesium)
- 1 teaspoon curry powder
- 1 teaspoon turmeric (4 mg of Magnesium)
- 2 teaspoons cumin (31 mg of Magnesium)
- 2 cups leeks (50 mg of Magnesium)
- 1 1/2 teaspoon kelp powder (92 mg of Magnesium)
- 1/2 teaspoon sea salt
- 2 cups spinach (313 mg of Magnesium)

### Directions:

Put everything in food processor and process until well combined (not too smooth but with a little texture).

## Dill Leek Dip

### Ingredients:

- 1 cup cashews, soaked 4 hours and drained (optional to soak) (400 mg of Magnesium)
- 2 cups leeks (49.84 mg of Magnesium)
- 1 cup hemp seeds (1536 mg of Magnesium)
- 1 cup water
- 1/2 teaspoon sea salt
- 1 clove garlic
- 1 lemon, juice of (or more to taste)
- 1 teaspoon kelp powder (63 mg of Magnesium)
- 1 tablespoon dried dill (32.25 mg of Magnesium)

### Directions:

1. Blend everything except the leeks until smooth and creamy.
2. Add leeks and blend further until creamy.
3. Add dill and stir.

## Cauliflower Broccoli Slaw

### Slaw Ingredients:

- 2 cups broccoli (stems are best) (38.22 mg of Magnesium)
- 2 cups cauliflower (32.10 mg of Magnesium)

### Directions:

1. Shred in food processor and put in a bowl.
2. Sprinkle with salt or lemon juice and massage until softened.

### Sauce Ingredients:

- 1/2 cup coconut, dried (90 mg of Magnesium)
- 1/2 cup hemp seed (768 mg of Magnesium)
- 1 clove garlic
- 1 tablespoon apple cider vinegar
- 1 1/2 teaspoons salt
- 1 teaspoon kelp powder (63 mg of Magnesium)

### Directions:

1. Blend until creamy.
2. Pour over softened broccoli and cauliflower.

## Collard Roll-Up

### Ingredients:

- collard greens (as many as desired)
- *Cauliflower Broccoli Slaw*
- *Dill Leek Dip*
- *Curried Almond Spread*
- sprouts

### Directions:

1. Lay the leaf horizontally on the cutting board with the inside facing up.
2. Cut off the thickest part of the stem.
3. Put a generous serving of the *Cauliflower Broccoli Slaw* on the leaf and spread to cover the entire leaf, about 1-2 inches wide.
4. Put *Curried Almond Spread* on top of the *Cauliflower Broccoli Slaw*.
5. Drizzle *Dill Leek Dip* over the top.
6. Add sprouts.
7. Roll the leaf around the filling, tucking in the edges as you go.
8. Serve whole or slice in half.
9. For an added elegant touch, spiralize a carrot, sweet potato, or beet and “tie” a strand around the roll.

**Personal Note:** Collard greens are high in magnesium.

## Quick and Easy Chocolate Nibbles

### Ingredients:

- cacao paste wafers
- 2 tablespoons almond butter (49.33 mg of Magnesium)
- 5 drops chocolate stevia (or flavor of your choice)
- 10 drops English toffee stevia (or flavor of your choice)
- 1/2 teaspoon almond extract (or vanilla, or your choice of flavoring)
- 1/2 teaspoon coconut oil (optional) or water to thin

### Directions:

1. Stir flavors and stevia into almond butter.
2. Thin to spreadable consistency with water or coconut oil or both.
3. Dab almond butter cream on the chocolate pieces and eat.

**Personal Note:** For other options, cashew butter, walnut butter, pecan butter or coconut butter can replace almond butter; any flavor extracts and flavored stevia can be used.

You can find the cacao paste wafers here:

<http://www.drritamarie.com/go/NFCacaoPasteWafers>

## Chocolate Mouse

### Ingredients:

- 2 avocados
- 2 tablespoons **Zero** (organic erythritol)
- 1 dropper chocolate stevia
- 2 tablespoons cacao powder

### Directions:

Process until creamy in food processor.

## Chocolate Smoothie

### Ingredients:

- 3 - 4 cups spinach (468 mg of Magnesium)
- 2 tablespoons raw cacao powder
- 1/8 cup pumpkin seeds (95.46 mg of Magnesium)
- 1/4 cup hemp seeds (384 mg of Magnesium)
- 1 heaping teaspoon shitake mushroom powder (17.40 mg of Magnesium)
- 1 tablespoon fresh mint
- 1 - 2 drops mint essential oil (or to taste)
- 1/2 teaspoon kelp powder (31.5 mg of Magnesium)

### Optional additions:

- 1 - 2 teaspoons of favorite herb powders
- 1 teaspoon sunflower lecithin
- 20 drops chocolate stevia

### Directions:

Blend until creamy with 2 cups water.

# Magnesium Rich Foods

The RDA of Magnesium for adults is around 400 mg per day.

Select Magnesium-rich foods from below chart

Food	Serving Size	Calories	Amount of Magnesium (mg)
Almonds	0.25 cup	206.0	98.67
Artichoke	1 cup		101
Asparagus	1 cup raw	26.8	18.76
Basil	2 tsp	7.0	11.82
Beets	1 cup raw	58.5	31.28
Bell Peppers	1 cup raw	28.5	11.04
Black Beans	1 cup cooked	227.0	120.40
Brazil Nut	2 oz		128
Broccoli	1 cup raw	30.9	19.11
Brown Rice	1 cup	216.4	83.85
Brussels Sprouts	1 cup raw	37.8	20.24
Buckwheat	1 cup	154.6	85.68
Cabbage	2 cups		22
Cantaloupe	1 cup	54.4	19.20
Cashews	0.25 cup	189.5	100.04
Cauliflower	1 cup raw	26.8	16.05
Celery	1 cup	16.2	11.11
Cloves	2 tsp	13.6	11.09
Coconut	½ cup	175	90
Collard Greens	1 cup cooked	49.4	38.00
Cucumber	1 cup	15.6	13.52
Cumin	1 tsp	15.8	15.37
Dill	2 tsp	12.8	10.75
Dulse	1 tsp	18	19
Eggplant	1 cup raw	19.7	11.48
Fennel	1 cup raw	27.0	14.79
Fig	8 figs		88
Flax Seeds, ground	2 tbs	74.8	54.88
Green Beans	1 cup raw	31.0	25.00
Green Peas	1 cup raw	115.7	53.72



<b>Food</b>	<b>Serving Size</b>	<b>Calories</b>	<b>Amount of Magnesium (mg)</b>
Hemp Seeds	¼ cup		384
Kale	1 cup cooked	36.4	23.40
Kelp	1 tsp	17	63
Kidney Beans	1 cup cooked	224.8	74.34
Leeks	1 cup raw	54.3	24.92
Lentils	1 cup		71
Lima Beans	1 cup cooked	216.2	80.84
Millet	1 cup cooked	207.1	76.56
Mushrooms, Shiitake	87 g	29.6	17.40
Mustard Greens	1 cup cooked	21.0	21.00
Mustard Seeds	2 tsp	20.3	14.80
Navy Beans	1 cup cooked	254.8	96.46
Oats	1 cup cooked	166.1	63.18
Pinto Beans	1 cup cooked	244.5	85.50
Pumpkin Seeds	0.25 cup	180.3	190.92
Quinoa	42.50 g	156.4	83.72
Raspberries	1 cup	64.0	27.06
Romaine Lettuce	2 cups	16.0	13.16
Sea lettuce	1 tsp	19	105
Sea Vegetables	0.25 cup	8.6	24.20
Sesame Seeds	0.25 cup	206.3	126.36
Soybeans	1 cup cooked	297.6	147.92
Spinach	1 cup cooked	41.4	156.60
Strawberries	1 cup	46.1	18.72
Summer Squash	1 cup raw	18.1	19.21
Sunflower Seeds	0.25 cup	204.4	113.75
Swiss Chard	1 cup cooked	35.0	150.50
Tempeh	4 oz-wt cooked	222.3	87.32
Tofu	4 oz-wt	86.2	34.02
Tomatoes	1 cup raw	32.4	19.80
Turnip Greens	1 cup cooked	28.8	31.68
Walnut	¼ cup		63
Watermelon	1 cup	45.6	15.20
Winter Squash	1 cup baked	75.8	26.65

### About Dr. Ritamarie Loscalzo, MS, DC, CCN, DACBN



Dr. Ritamarie Loscalzo is passionately committed to transforming our current broken disease-management system into a true healthcare system where each and every practitioner is skilled at finding the root cause of health challenges and using ancient healing wisdom married with modern scientific research to restore balance.

As the founder of the **Institute of Nutritional Endocrinology**, Dr. Ritamarie specializes in using the wisdom of nature to restore balance to hormones with a special emphasis on thyroid, adrenal, and insulin imbalances.

Her practitioner training programs empower health and nutrition practitioners to get to the root cause of health issues by using functional assessments and natural therapeutics to balance the endocrine system, the master controller.

Dr. Ritamarie is a licensed Doctor of Chiropractic with Certifications in Acupuncture, Nutrition, Herbal Medicine, and HeartMath®. She's also a certified living foods chef, instructor, and coach, and she has trained and certified hundreds of others in the art of using palate-pleasing, whole fresh food as medicine.

A best-selling author, speaker, and internationally recognized nutrition and women's health authority with 30 years of clinical experience, Dr. Ritamarie offers online courses, long-distance coaching and counseling, and deeply empowering and informative live events.

## Dr. Ritamarie's Health and Nutrition Books and Programs

**Sweet Spot Solution Program:** Balance your blood sugar and banish belly fat, brain fog, and burnout so you can regain the energy, focus, and self-confidence to live your life with passion and purpose. Complete with instructional modules, 30 days of menu plans, a 220-page recipe collection, exercise regimes, stress transformation techniques, sleep guidelines, timing cycles, videos, audios, and a community support forum, you'll have an effective and balanced lifestyle approach to reclaiming your health. [www.TheSweetSpotSolution.com](http://www.TheSweetSpotSolution.com)

**Empowered Self-Care Lab:** Our premier membership program, here you'll get access to all of our key hormone and body balancing programs, the complete collection of Dr. Ritamarie's recipe guides and videos, and a roadmap and handbook to guide you to assess your current health status and restore balance naturally. The future of health care is Empowered Self-care. Take charge of your health! [www.EmpoweredSelfCareLab.com](http://www.EmpoweredSelfCareLab.com)

**Body FREEDOM Nutrition Lab:** Using nutrition to restore balance needs to be at the core of all healing systems. And personalized nutrition is the future of healthcare. With so much confusing information about what you should and should NOT eat, emotional resistance is likely when it becomes challenging. The Body Freedom Nutrition Lab guides you to optimally nourish your body while making mealtime a pleasure, and provides you with peak nourishment that's filling, satisfying and aligned to your unique biochemistry and genetics. Here you'll get access to all of our recipe guides and videos, and a roadmap and handbook to guide you to assess your current nutritional status and restore balance naturally. [www.BodyFREEDOMNutritionLab.com](http://www.BodyFREEDOMNutritionLab.com)

**Energy Recharge Coaching Inner Circle:** Dr. Ritamarie's personalized coaching plan to transform you from flabby, fogged, and fatigued into fit, focused, and fully charged with energy! This is your opportunity to work closely with Dr. Ritamarie and her certified Nutritional Endocrinology coaches to achieve the health of your dreams. <http://www.EnergyRechargeCoaching.com>

**Find all the Resources You Need for Natural Healing  
Based on Leading-Edge Science**

<http://www.DrRitamarie.com>