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Recipe!



Magnesium - Meal Plan

Breakfast



Scrambled Egg & Salmon Bagel

This recipe will jazz up your usual scrambled eggs into a tasty loaded bagel, with stringy...

daveynutrition.com

108mg

Lunch



Sweet Potato Burritos

These burritos are so filling & packed full of flavour. Make a few extra portions to fill your...

daveynutrition.com

144mg

Snack



Recovery Apple Cookies

These cookies are the ultimate pre or post workout snack! The apple chunks give a love...

daveynutrition.com

23.4mg

Dinner



Sweet Potato Seafood Chowder

One for all the seafood lovers out there! Fish provides a good source of...

daveynutrition.com

127mg

Snack



Chocolate Nut Bars

These bars are a nutritious lunch box treat packed full of fibre & healthy fats. To boost t...

daveynutrition.com

95mg

Total= 497.4mg