



EASY KETO LOW-CARB RECIPES

# KETO LOW-CARB SHARI MAC

*You Have Everything to Lose*

12  $3s^2$   
**Mg**  
 Magnesium  
 24.305

Almonds



1 oz. = 80mg  
20% DV

Spinach



4 oz. = 78mg  
20% DV

Pumpkin seeds



1 oz. = 74mg  
19% DV

Cashews



1 oz. = 74mg  
19% DV

Dark chocolate  
(60% + cacao)



1 oz. = 50mg  
13% DV

Peanut butter



2 tablespoons = 49mg  
12% DV

Avocado



8 oz. = 44mg  
11% DV

Cocoa powder  
(unsweetened)



1 tablespoon = 27mg  
7% DV

Halibut



3 oz. = 24mg  
7% DV

Chicken breast



3 oz. = 22mg  
6% DV

Beef (ground)



3 oz. = 20mg  
5% DV

Broccoli



4 oz. = 12mg  
3% DV

Peanuts



2 oz. = 63mg  
16% DV

Salmon



3 oz. = 26mg  
7% DV

**Quantity**

Single Serving Size

**mg**

Magnesium Per Serving

**DV**

% of Daily Value  
(based on 400mg total goal)