



YOUR PANTRY ALLY

FOR SIMPLE & EVERYDAY NUTRITION

"Featuring Recipes from MRM Instagram Creators"



BETTER NUTRITION SHOULDN'T FEEL COMPLICATED.

We help you upgrade the foods and routines you already have with quality ingredients and practical nutrition that fits into your everyday life.



Not sure where to start?

Take our **quick quiz** and discover the MRM pantry upgrades that fit your health goals and routine.

Find your
personalized
recommendations
in minutes!

TAKE THE QUIZ →



WHO IS BEHIND MRM NUTRITION?

*Family-Owned Since 1996.
Quality Has Always Come First.*

MRM was founded by **Mark Olson**, a clinical dietitian, biochemist, athlete, and dad.

While other brands have sold out or changed hands, MRM has stayed family-owned for 30+ years, protecting the same standards, values, and commitment to quality we started with.

[Learn more about us →](#)



FAMILY-OWNED
Independent
since 1996.



QUALITY-FOCUSED
Thoughtful
ingredients and high
standards.



MADE FOR REAL LIFE
Simple nutrition
for everyday
routines.



MEET YOUR PANTRY UPGRADES ♡

Better nutrition doesn't have to mean a total overhaul. Start with simple, functional swaps that fit into the meals and routines you already have.



**HEALTHIER
PANTRY SWAPS**



**QUALITY
INGREDIENTS**



**PRACTICAL
PRODUCTS
FOR BUSY
FAMILIES.**

*Your pantry,
upgraded.*



PANTRY TIP

Start with one simple upgrade at a time.

OUR THREE PRODUCT LINES: NOURISH YOUR BODY, NATURALLY!



Veggie Product Line

For families who want clean, plant-powered nutrition without the overwhelm. These blends help fill nutrient gaps, support picky eaters, and add effortless superfoods to meals; no pricey trends or complicated recipes are required.



Active Product Line

Everyone is active! Whether you lifting toddlers or tackling daily routines. This line offers clean, non-GMO support for steady energy, recovery, and hormone-friendly performance for real life, not just the gym.



Therapeutic Line

For the seasons when stress builds, digestion slows, or immunity needs extra care. These formulas offer gentle, adequate support built on global healing traditions and modern science.

BEST-SELLING EGG WHITE PROTEIN

A clean, high-quality source of protein made from egg whites, perfect for families who want fuel without additives or artificial flavors.



[Grab Egg White Protein here >](#)



- ✓ Protein pancakes & waffles
- ✓ Smoothies
- ✓ Pastries and blended oats

[Find more about Egg White Protein here >](#)

MEET THE SUPERFOODS

Simple, plant-powered pantry upgrades that make everyday meals more nourishing, functional, and easy to enjoy.



MRM Organic Moringa Powder

A nutrient-dense green superfood that helps support everyday wellness with an easy, plant-powered boost.



Use it for:

Smoothies, muffins, pasta, and baked snacks.



[Shop here →](#)



Vegan:
Yes



Gluten-Free:
Yes



Kid-Friendly:
Yes



Quick to Use:
Yes



MRM Organic Red Beet Powder

A 100% raw organic superfood that brings vibrant natural color to baking while supporting a more wholesome swap without artificial ingredients.



Use it for:

Cookies, cakes, pancakes, frosting, and colorful baked treats.



[Shop here →](#)



Vegan:
Yes



Gluten-Free:
Yes



Kid-Friendly:
Yes



Quick to Use:
Yes

MEET THE BAKING ALLIES

Simple, colorful pantry upgrades that make baking more functional, family-friendly, and fun to use every day.



MRM Organic Green Banana Powder

Replace flour with this naturally nutrient-packed superfood powder that adds functional goodness with vitamins, minerals, antioxidants, and plant-powered nutrition.

Use it for:



Pancakes, muffins, waffles, smoothies, and baked snacks.



[Shop here →](#)



Vegan:
Yes



Gluten-Free:
Yes



Kid-Friendly:
Yes



Quick to Use:
Yes



MRM Organic Cacao Powder

A rich antioxidant superfood that brings deep cacao flavor while upgrading your pantry with a more functional swap.

Use it for:



Cookies, cakes, pancakes, frosting, and colorful baked treats.



[Shop here →](#)



Vegan:
Yes



Gluten-Free:
Yes



Kid-Friendly:
Yes



Quick to Use:
Yes

MEET THE ACTIVE LINE

Clean performance support for strength, focus, and everyday movement.



MRM Creatine Monohydrate

Creatine supports strength, cognitive performance, and cellular energy. It's a staple in wellness routines for moms, dads, and anyone staying active.



Use it for:

Pre/post workout, supporting mental and physical energy, and enhancing daily movement and strength.



[Shop here →](#)



Vegan:
Yes



Gluten-Free:
Yes



Kid-Friendly:
No



Easy to Use:
Yes



MRM Driven Pre-Workout Boost

A clean, high-performance pre-workout formula made to fuel your body and mind before, during, and after movement.



Use it for:

Pre-workout energy, focused training, and supporting active routines.



[Shop here →](#)



Vegan:
Yes



Gluten-Free:
Yes



Kid-Friendly:
No



Easy to Use:
Yes

MEET THE GUT HEALTH ALLIES

Gentle, everyday digestive support to help your routine feel lighter, smoother, and more balanced.



MRM Whole Food Organic Fiber

A gentle, prebiotic-rich fiber blend to support regularity, gut health, and smoother digestion.



Use it for:

Daily fiber support, smoothies, water, and easy morning routines.



[Shop here →](#)



Vegan:
Yes



Gluten-Free:
Yes



Kid-Friendly:
Yes



Easy to Use:
Yes



MRM Digest-All

A full-spectrum enzyme formula that helps break down carbs, proteins, and fats, with added probiotics for digestive support.



Use it for:

Everyday digestion, larger meals, and support for carbs, proteins, and fats.



[Shop here →](#)



Vegan:
Yes



Gluten-Free:
Yes



Kid-Friendly:
Yes



Easy to Use:
Yes

RECIPES

YOUR WHOLE FAMILY WILL LOVE

Inside this section, you'll find recipes from **MRM Instagram community creators** and wellness advocates who use these products every day alongside chef-crafted recipes from **MRM Food Lab**.



THESE RECIPES ARE:



Easy to prep



Kid and parent-approved



Packed with nutrients



Designed with busy schedules in mind

YOU'LL FIND EASY AND EVERYDAY FAVORITES MADE WITH ACCESSIBLE INGREDIENTS LIKE:



Egg White Protein



Organic Green Banana Powder



Cacao Powder



Organic Fiber



Organic Moringa Leaf Powder

GOOD FOR YOUR GUT HEALTHY VEGAN CUPCAKES



FEATURED MRM CREATOR

DANA VOTTO

@THEHEALTHYBAKINGFAM

INGREDIENTS:

MRM Nutrition Products



1/4 cup
MRM Organic
Green Banana
Powder



1 tbsp
MRM Organic
Fermented
Cacao Powder

Cupcake Batter



4 oz
silken tofu
(patted dry)



1/4 cup
milk



4 tbsp
melted
butter



1/3 cup
date syrup



1 tsp
vanilla
extract



1/2 cup
white whole
wheat flour



3/4 cup
blanched
almond flour



1/4 cup
MRM Green
Banana Powder



1 tsp
baking
powder



1 tsp
baking
soda



Pinch
of salt

Frosting



4 oz
cream cheese
(eg, Tofutti)



1 tbsp
MRM Fermented
Cacao Powder



1 tbsp
melted
butter



4-5 tbsp
Powdered sugar
(adjust to taste)

DIRECTIONS:



1

Prep the Wet Base

Add tofu, milk, melted butter, maple syrup, and vanilla extract to a blender. Blend until smooth.



2

Mix Dry Ingredients

In a bowl, whisk together the flours, MRM Green Banana Powder, MRM Fermented Cacao Powder, baking powder, baking soda, and salt.



3

Combine & Rest

Pour the wet mixture into the dry ingredients. Mix until fully combined, then let the batter sit for 10 minutes.



4

Bake

Pour batter into a lined muffin pan. Bake at 350°F for 18 minutes (check at 17 minutes). Remove and let cool completely.



5

Make Frosting

Combine frosting ingredients in a bowl. Beat until smooth and thick. Add milk, one drop at a time if needed. Refrigerate until cool.



6

Finish

Frost and decorate. Store in an airtight container in the fridge for up to a few days.

PEANUT BUTTER CACAO TRUFFLES



FEATURED MRM CREATOR

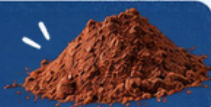
KATE STEPHENS



@KATESCLEANEATS

INGREDIENTS

MADE WITH
[MRM Nutrition](#)
[Organic Fermented](#)
[Cacao Powder](#)



1 cup
creamy
peanut butter



1/4 cup
almond flour



3 tbsp
date syrup



3 tbsp
chocolate
chips



2 tbsp
cacao powder



flakey sea salt
for garnish
(optional)

DIRECTIONS



MIX

Combine
peanut butter,
almond flour,
and date syrup.



PREP CHOCOLATE

Lightly chop the
chocolate chips
or pulse them
briefly in the food
processor.



COAT

Roll the batter
into balls and
roll in the
cacao powder
until lightly
dusted.



CHILL & SERVE

Refrigerate for
at least 20
minutes. Garnish
with sea salt if
desired.

PEANUT BUTTER CACAO BROWNIES



FEATURED MRM CREATOR

ANDEE CALUYA

[@ANDEESHAPPYTUMMY](#)

INGREDIENTS

MRM Nutrition Products



3/4 cup

MRM Nutrition
Green Banana
Powder



1/4 cup

MRM Nutrition
Organic
Fermented
Cacao Powder

Brownie Batter



2 large
ripe bananas



1/2 cup
olive oil



1/2 cup
peanut butter
(unalted)



1 teaspoon
vanilla paste



1/2 cup
coconut sugar



1/4 teaspoon
salt



1/2 teaspoon
baking powder



Chocolate chips
(optional)

Topping



1/4 cup
granola

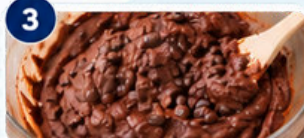
DIRECTIONS



1 Preheat the oven to 350°F. Line an 8 x 8-inch brownie pan with parchment paper. Set aside.



2 Add olive oil, peanut butter, vanilla paste, coconut sugar, cacao powder, green banana powder, salt, and baking powder. Mix well.



3 Sprinkle some chocolate chips and mix well.



4 Transfer the brownie batter onto the prepared pan.



5 Top with granola and bake for 20-25 minutes, or until the toothpick you put in doesn't get wet batter.



6 Let the brownies cool down for 10 minutes in the pan, then cool completely before cutting into 16 squares.

FERMENTED CACAO CHOCOLATE CRINKLES



FEATURED MRM CREATOR
ANDEE CALUYA
@ANDEESHAPPYTUMMY

INGREDIENTS

MRM Nutrition
Fermented Cacao



1 1/2 cups
granulated
sugar



1/2 cup
olive oil



4 large eggs
room
temperature



2 teaspoons
vanilla extract



2 cups
all-purpose
flour



2 teaspoons
baking powder



1 teaspoon
salt

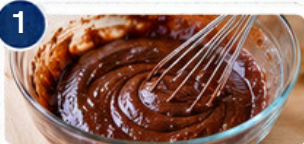


1/2 cup
cane sugar



1 cup
powdered sugar

DIRECTIONS



Beat the sugar, fermented cacao, and oil until smooth and glossy.



Add the eggs one at a time, then stir in the vanilla.



Combine flour, baking powder, and salt. Add to the cocoa mixture and mix until just combined.



Cover the dough and refrigerate for at least 4 hours. Preheat oven to 350°F.



Scoop 1 tbsp dough, roll into balls, coat in cane sugar then powdered sugar, and place on lined baking shells.



Bake 10-12 minutes until edges are set and centers are slightly soft.



ERIKA'S GLUTEN-FREE ENERGY BALLS



FEATURED MRM CREATOR

ERIKA REYNA



[@ERIKA.MARIE.R](https://www.instagram.com/erika.marie.r)

INGREDIENTS



1 CUP
**MRM EGG WHITE
VANILLA
PROTEIN POWDER**



GLUTEN-FREE
OATS



1/2 CUP
PEANUT BUTTER



1 CUP
CHIA SEEDS



1 TSP
MANUKA HONEY



1 CUP
COCONUT MILK
(OR A SPLASH)



1 CUP
NUTS
(OPTIONAL)



CHOCOLATE CHIPS
(OPTIONAL)

DIRECTIONS



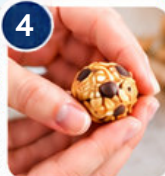
1
Combine dry ingredients: oats, chia seeds, and MRM Vanilla Egg White Protein.



2
Add wet ingredients: peanut butter, manuka honey, and optional nuts or chocolate chips.



3
Hydrate: gradually add coconut milk until the mixture is moist enough to stick together.

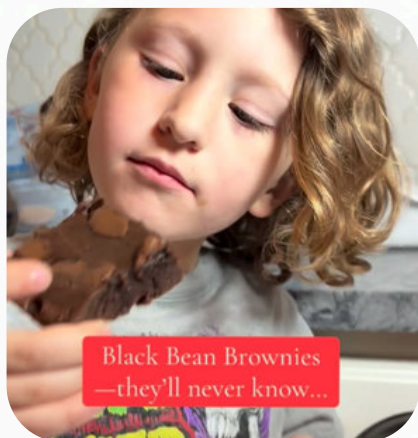


4
Scoop and roll into 1-inch balls using your hands.



5
Set & store: chill at least 30 minutes, then keep refrigerated.

FUDGY PROTEIN BLACK BEAN BROWNIES



FEATURED MRM CREATOR

MANDI GRIFFIN

[FUNCTIONAL.MOMMA](https://www.instagram.com/functional.momma)

INGREDIENTS



1 scoop @MRM Nutrition USA chocolate egg white protein powder



3 egg yolks



1 cup chocolate chips



1 tbsp cocoa powder



1 can black beans, rinsed and drained



1/2 cup coconut oil



1 tsp baking powder



1/4 tsp espresso powder (optional)



Splash vanilla extract



3 tbsp water or almond milk

DIRECTIONS



Preheat oven to 350°F.



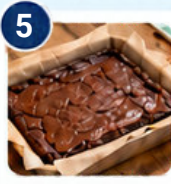
Add wet ingredients to a blender, then add the dry ingredients on top.



Blend until completely smooth.



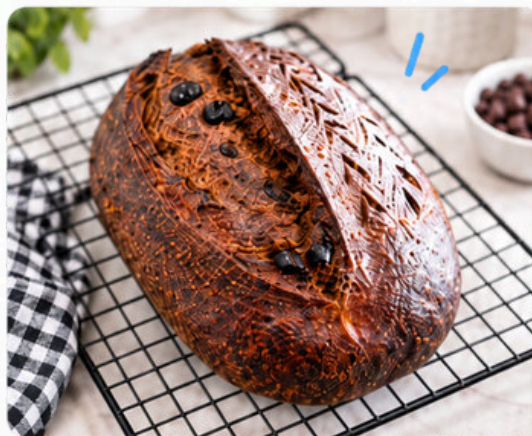
Pour batter into a lined or greased baking dish.



Bake for 15 minutes. The center should look slightly underdone, it will set as it cools for a rich, fudgy texture.



ESPRESSO CHOCOLATE SOURDOUGH LOAF



FEATURED MRM CREATOR

VICTORIA BYRD

@BYRDHOUSEBAKING

INGREDIENTS



**350g
warm water**



**40g
honey**



**1-2 tsp
espresso
powder**



**100g active
sourdough
starter**



**500g
bread flour**



**10g
salt**



**100g
chocolate chips
or chunks**

DIRECTIONS



1
Mix honey and espresso powder into warm water. Let sit for 2-3 minutes.



2
Stir in the sourdough starter, then add bread flour, MRM Fermented Cacao Powder, and salt. Mix until a dough forms.



3
Perform stretch and folds every 30 minutes for 2-3 hours. Add chocolate chips during the second fold.

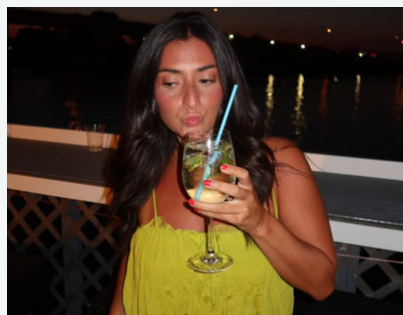


4
Let bulk ferment until puffy. Refrigerate overnight.



5
Bake in a preheated Dutch oven at 450°F for 40 minutes covered, then 12-15 minutes uncovered. Cool completely before slicing.

FERMENTED CACAO COTTAGE CHEESE BROWNIES



FEATURED MRM CREATOR

MARISSA LAMAstra

  [MISAEATSFOOD](https://www.instagram.com/misa_eats_food)

INGREDIENTS



**1/3 cup MRM
Nutrition Organic
Fermented Cacao
Powder**



**2/3 cup
cottage cheese,
blended**



2 eggs



**1 tablespoon
vanilla extract**



**1/4 cup
coconut sugar**



**1/4 cup
maple syrup**



**1 cup
almond flour**

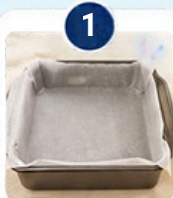


**1/4 teaspoon
baking soda**



**1/2 cup
chocolate chips**

DIRECTIONS



1
Preheat the oven to 350°F and line an 8x8-inch baking dish with parchment paper.



2
Blend the cottage cheese until smooth.



3
Whisk together eggs, vanilla extract, coconut sugar, and maple syrup,



4
Add almond flour, MRM Fermented Cacao Powder, and baking soda. into the baking dish.



5
Bake for 24–26 minutes, Let cool before slicing and enjoying.

MORINGGA PESTO



INGREDIENTS:



1 Tbsp
MRM Organic Moringa Powder



4 Cups
Basil
(thoroughly rinsed)



2 Cloves
Garlic



1/2 Cup
Olive Oil



1/4 Cup
Pine Nuts



1/4 Cup
Nutritional Yeast



3 Tbsp
Lemon Juice



Salt and Pepper
to Taste

DIRECTIONS:

1



Pour all ingredients
into a blender or
food processor.

2



Process until
combined to the
desired consistency.

3



Enjoy.

Note: All plant based products can be substituted with animal proteins and dairy products.

SWEET POTATO AND GREEN BANANA MUFFINS



INGREDIENTS



**1/2 cup MRM
Green Banana Flour**



**2 medium
sweet potatoes**



3 green onions



1 serrano chili



6 eggs



**3 tbsp
cottage cheese**



**1/4 cup
grated parmesan**



**1/2 cup
whole wheat flour**



**1 tsp
baking powder**



**roasted
pumpkin seeds**



olive oil



salt + pepper

DIRECTIONS



1
Preheat oven to 350°F. Line a 12-mold muffin tray with parchment squares and brush with olive oil.



2
Grate the sweet potatoes. Add green onion, serrano chili, salt, and pepper. Mix.



3
Stir in beaten eggs, cottage cheese, and parmesan.



4
Fold in whole wheat flour, MRM Green Banana Flour, and baking powder.



5
Divide into muffin molds, top with pumpkin seeds, and bake 35–40 minutes.



With Clinical Dietitian & MRM Nutrition Founder Mark Olson

Question 01: "Many supplements boast high concentrations of specific nutrients. Isn't 'more' always better for my family's health?" ▼

Mark's Answer: "Not necessarily. Don't be fooled by high numbers. Nature provides a full array of fatty acids and isomers for a reason, that's what our bodies are designed to recognize. Concentrating one thing while stripping away others isn't always better. At MRM, we formulate to match nature's standards, not a lab's marketing goals." |

Question 02: "I see products at the store labeled 'organic' or 'clean' that are still full of seed oils and preservatives. What should I look for instead?" ▼

Mark's Answer: "Marketing isn't everything. I wish more companies put their budget into the 'ingredient deck' rather than the packaging. Look for transparency. Instead of taking shortcuts with highly processed, separated ingredients, we believe in a holistic approach—using whole, natural ingredients that actually provide nutritive value." |

Question 03: "How can I get my kids away from sugary, artificial cereals and snacks without a struggle?" ▼

Mark's Answer: "The key is to 'one-up' what is already familiar. You can make nutrition fun by using nature's colors. We use beet powder for reds, spirulina for greens, and curcumin for yellows. When you mix these superfoods into their favorite foods for the color, they're getting a real dose of vitamins without even realizing they've made the switch to a cleaner pantry." |

Question 04: "With so many supplement brands out there, how do I know which ones to trust for my family?" ▼

Mark's Answer: "It's vital to know your manufacturer. Many brands rely on flashy influencers, but you want to find the ones that prioritize the 'core' the science and the sourcing. At MRM, we've spent 30 years focused on transparency and nature-first formulations. If a company invests more in their ingredients than their advertising, you're on the right track." |

STAY CONNECTED + WHAT'S NEXT?

*“**Wellness** isn’t built overnight.
It’s built **one better choice** at a time.”*

WHERE TO SHOP MRM ONLINE + IN STORES

*Keep your pantry stocked with clean, science-backed nutrition
your family deserves! From your favorite online and local retailers:*



Online:

- [Amazon Storefront](#)
- [iHerb.com](#)
- [Walmart](#)



In Stores:

- Sprouts Farmers Market
- Natural Grocers
- Lassen’s
- Jimbo’s
- & other natural food stores near you

WANT MORE RECIPES & WELLNESS TIPS?

CHECK THE MRM FOOD LAB RECIPES!



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TikTok: [@mrm_nutrition](https://www.tiktok.com/@mrm_nutrition)



Facebook: [MRM Nutrition on Facebook](https://www.facebook.com/mrm_nutrition)

