

LOVE AVOCADOS IN A HEALTHY U.S.-STYLE EATING PATTERN

One of three healthy eating patterns recognized to meet nutrient and Dietary Guidelines for Americans (DGA) standards, the Healthy U.S.-Style is based on a traditional American diet, but focuses on the selection of more nutrient-dense food options in proper amounts. It is designed to help fill the nutrient gaps where most Americans fall short while also limiting nutrients that are often overconsumed.

A typical day includes a variety of fruits and veggies, whole grains, fat-free or low-fat dairy, a variety of protein foods, including seafood, lean meats and poultry, eggs, nuts and seeds, and oils. A healthy eating pattern also limits saturated fats, added sugars and sodium.

PER SERVING

(1/3 OF A MEDIUM AVOCADO)

**FRESH AVOCADOS
CONTRIBUTE SIX GRAMS OF**

**NATURALLY
GOOD FATS,
A GOOD SOURCE
OF FIBER**

**AND NEARLY TWENTY
ESSENTIAL
VITAMINS +
MINERALS**

TO THE DIET, MAKING THEM A
**HEALTHY, NUTRIENT-DENSE &
VERSATILE FOOD CHOICE TO
INCLUDE IN THE HEALTHY
U.S.-STYLE EATING PATTERN.**

avocado meal plan INSPIRATION

Here are four easy ways to add avocados to your everyday favorites.

BREAKFAST

The Ultimate Hass Avocado Smoothie

+ 2 slices of whole-wheat toast

TIP

Add creaminess and fiber to your morning smoothie with avocados! One-third of an avocado provides a good source of fiber. Fiber can help you stay fuller longer.



LUNCH

Savory Turkey Torta with Spicy Avocado Salsa

+ baked sweet potato fries

TIP

Swap mayo and other saturated fat-laden spreads for creamy fresh avocado. Spread on this tasty sandwich for a combo of lean protein, fresh veggies and delicious satisfaction.



SNACK

Smoky Avocado Spread

+ bell pepper, carrot and pita chips

TIP

Think before you dip: Good fats, like the kind found in fresh avocados, can help the absorption of vitamins found in other fresh fruits and veggies.



DINNER

Avocado Shrimp Tacos

+ strawberries

TIP

Leaner sources of protein = shrimp + beans. Adding avocado ensures a creamy, refreshing bite with good fats and fiber.



Is this meal plan on track with the DGA?

When included in a 2,000-calorie diet, the meal plan above meets DGA recommendations of:

< 10% saturated fat
< 10% added sugars

< 2,300 mg sodium
Fiber 28g

Protein 46-56g
Majority of fat is good fat.

These are some of the key dietary recommendations outlined by the DGA; the Physical Activity Guidelines for Americans should also be met in order to achieve an overall healthy lifestyle.

freshavocados

LOVE ONE TODAY®

heart-healthy • good source of fiber

TRY OUR HEALTHY U.S.-STYLE, 2,000 CALORIE MEAL PLAN

THE ULTIMATE AVOCADO SMOOTHIE

PREP TIME: 10 minutes | **TOTAL TIME:** 10 minutes | **SERVINGS:** 2

INGREDIENTS:

1 (6-ounce) pkg. Greek-style plain nonfat yogurt
1 frozen, very ripe banana, peeled and cubed
1 ripe, fresh Hass Avocado, pitted and peeled
1/2 cup cooked spinach, cooled and squeezed dry
2 Tbsp. agave syrup, maple syrup or other sweetener
4 ice cubes, or as needed

INSTRUCTIONS:

1. Place yogurt, banana, avocado, spinach and syrup in a blender in the order listed. With the blender on the smoothie or purée setting, blend until smooth. Mixture will be thick.
2. Add ice cubes to the blender a couple at a time and blend again until desired texture is reached. (Use the ice crush setting if available.)

SERVING SUGGESTION: 2 slices of whole-wheat toast

AVOCADO SHRIMP TACOS

PREP TIME: 10 minutes | **COOK TIME:** 15 minutes
TOTAL TIME: 25 minutes | **SERVINGS:** 8 tacos (2 per person)

INGREDIENTS:

2 ripe fresh Hass avocado, peeled, pitted and cubed	1 1/2 Tbsp. lime juice
7 Tbsp. olive oil, divided	1 pint grape tomatoes, halved
3 tsp minced chipotles in adobo	8 (6-inch) corn tortillas
1/2 tsp salt, divided	1 1/3 cups black beans
1/3 cups diced red onion	24 shrimp
	1/4 cup chopped cilantro

INSTRUCTIONS:

1. Preheat oven to 350°F.
2. In a medium bowl, combine 2 tablespoons of the oil, 1 teaspoon of the chipotles and 1/4 teaspoon of the salt. Add shrimp; stir to coat. Set aside.
3. In another bowl, combine lime juice, tomatoes, avocado, remaining 3 tablespoons oil, 1/4 teaspoon salt, red onion, and 1 tablespoon of cilantro; set aside.
4. Heat a nonstick skillet over medium high heat. Add shrimp. Cook, stirring occasionally, until seared and cooked through. Remove from heat.
5. Wrap tortillas in foil. Bake for about 10 minutes or until hot.
6. In a small microwaveable bowl, heat the beans until warm; mash with a potato masher.
7. To serve, spread each warmed tortilla with 2 tablespoons mashed beans, top with 3 shrimp and 1/2 cup avocado salad. Sprinkle with chopped cilantro.

SERVING SUGGESTION: 1 cup of strawberries

SAVORY TURKEY TORTA WITH SPICY AVOCADO SALSA

PREP TIME: 15 minutes | **COOK TIME:** 15 minutes | **SERVINGS:** 4

INGREDIENTS:

2 ripe, fresh Hass Avocados, seeded, peeled and sliced
1 1/2 Tbsp. canned salsa verde
1 tsp. hot pepper sauce
12-ounces oven-roasted turkey breast, sliced
1/2 cup pickled red onions
8 lettuce leaves
12 tomato slices
2 Tbsp. crumbled cotija cheese
4 telera (Mexican-style soft sandwich rolls)

INSTRUCTIONS:

1. Mash one avocado and combine with salsa and hot pepper sauce; spread over the bottom halves of rolls.
2. Layer turkey, onions, lettuce, tomatoes and cheese on bottom halves of rolls. Top with remaining avocado.
3. Replace the bread top and press down firmly to compress ingredients.
4. Wrap tightly and refrigerate until ready to serve. Cut in half just before serving.

SERVING SUGGESTION: sweet potato fries (approx. 12 fries)

SMOKY AVOCADO SPREAD

PREP TIME: 5 minutes | **TOTAL TIME:** 5 minutes | **SERVINGS:** 4

INGREDIENTS:

1 ripe, fresh Hass Avocado, halved, pitted, peeled and cubed
1 Tbsp. fresh lemon juice
1/8 tsp. smoked paprika
Pinch cayenne pepper
Salt to taste

INSTRUCTIONS:

1. Gently mash the avocado and lemon juice with a fork.
2. Add smoked paprika, cayenne pepper until well combined. Salt to taste.

SERVING SUGGESTION: 2 oz. pita chips, red bell pepper and carrots

Large avocados are recommended for these recipes. A large avocado averages about 8 ounces. If using smaller or larger size avocados, adjust the quantity accordingly.

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