

LOVE AVOCADOS IN A HEALTHY VEGETARIAN-STYLE EATING PATTERN

One of three healthy eating patterns recognized to meet nutrient and Dietary Guidelines for Americans (DGA) standards, the Healthy Vegetarian-Style is adapted from the Healthy U.S.-Style Plan, modifying amounts recommended from some food groups to meet the nutritional needs of vegetarians. The plan is typically higher in fiber and incorporates more plant-based proteins and whole grains, while eliminating meat, poultry and seafood.

A typical day includes a variety of fresh fruits and vegetables, whole grains, fat-free or low-fat dairy, eggs and a variety of plant-based proteins, including soy products, legumes, nuts and seeds.

Fresh avocados are a vegetarian-friendly food choice to include in this healthy eating pattern. According to the DGA, eating a variety of fruits and vegetables, like healthy avocados, is associated with a reduced risk of many chronic diseases, including heart disease, and may be protective against certain types of cancers.



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
VEGETARIAN-STYLE EATING
PATTERN.**

avocado meal plan INSPIRATION

Here are four easy ways to add avocados to your plant-based plate.

BREAKFAST

Smoky Avocado Quinoa Breakfast Bowl

+ 1 egg and 1 apple

TIP

Add good fat and fiber to your breakfast bowl. Fresh avocado makes this plant-packed breakfast shine and gives you the staying power you need to conquer the day.



LUNCH

Kale Avocado Salad with Roasted Carrots

+ whole-wheat pita, hummus and sliced pineapple

TIP

No need for creamy dressings when you have satisfying avocado. This salad covers all nutrition bases: good fats, veggies and protein. Sprinkle with a dash of Parmesan cheese because you deserve it.



SNACK

Vegan Avocado Chocolate Chia Pudding

+ banana and chopped pistachios

TIP

Oh my pudding! Fresh avocado comes in for the smart swap to make your sweet treat a nutritious one, too. Swapping in avocados may help reduce your intake of extra calories, saturated fat and cholesterol!



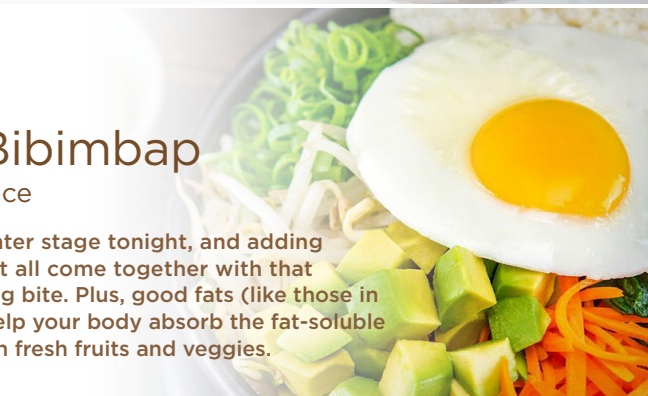
DINNER

Avocado Bibimbap

+ egg and brown rice

TIP

Veggies take center stage tonight, and adding avocado makes it all come together with that creamy, refreshing bite. Plus, good fats (like those in avocados) can help your body absorb the fat-soluble nutrients found in fresh fruits and veggies.



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.

fresh avocados

LOVE ONE TODAY

heart-healthy • good source of fiber

TRY OUR HEALTHY VEGETARIAN-STYLE, 2,000-CALORIE MEAL PLAN

SMOKY AVOCADO QUINOA BREAKFAST BOWL

PREP TIME: 10 minutes | **COOK TIME:** 20 minutes
TOTAL TIME: 30 minutes | **SERVINGS:** 4

INGREDIENTS:

3 tsp. olive oil	1 ripe, fresh Hass Avocado, halved, pitted, peeled and cubed
1/2 cup yellow onion, diced	2 tsp. lime juice
2 clove garlic, minced	1 pinch kosher salt
3 tsp. smoked paprika	1 cup small white beans, rinsed and drained
1 1/2 cup white quinoa	2 cups baby spinach
2 cups vegetable stock	

INSTRUCTIONS:

1. Heat 2 teaspoons of oil in a heavy-bottomed saucepan. Add onion and cook over medium heat until soft, about 3 to 4 minutes. Add minced garlic and cook 1 minute more. Add smoked paprika. Stir and cook 1 more minute.
2. Add rinsed quinoa and vegetable stock and stir to combine. Bring to a boil. Reduce heat, cover and let simmer 10 to 15 minutes. Uncover and fluff with a fork.
3. Sprinkle the cubed avocado with lime juice and a pinch of kosher salt. Mix gently and set aside.
4. In a separate sauté pan, heat 1/2 teaspoon of olive oil. Add white beans. Cook over medium heat until beans are heated through. Place beans on top of quinoa in serving bowl.
5. Heat remaining 1/2 teaspoon of olive oil. Add spinach. Cook over medium heat until spinach is wilted. Place spinach on top of quinoa next to white beans in serving bowl.
6. Top each bowl with a generous spoonful of the cubed avocado.

SERVING SUGGESTION: top with 1 egg, 1 apple

KALE AVOCADO SALAD WITH ROASTED CARROTS

PREP TIME: 10 minutes | **COOK TIME:** 25 minutes
TOTAL TIME: 35 minutes | **SERVINGS:** 4

INGREDIENTS:

2 ripe, fresh Hass Avocados, peeled, pitted and cubed	1/3 cup coarsely chopped walnuts
1 lb. bag baby carrots	1 large bunch kale (about 1 pound), stalks removed, leaves coarsely chopped
1 Tbsp. olive oil	2 Tbsp. lemon juice
1/2 tsp. salt	1/4 cup grated parmesan cheese, optional
1/4 tsp. pepper	
1 (15.5-ounce) can chick peas, drained	

INSTRUCTIONS:

1. Heat oven to 400°F.
2. In a bowl, toss carrots, oil, 1/4 teaspoon of the salt and pepper.
3. Transfer to a rimmed baking sheet; bake 20 minutes. Add chick peas and walnuts to pan, stir and return to oven.
4. Bake until carrots are brown and tender, an additional 5 to 10 minutes.
5. In a large bowl combine kale, lemon juice, remaining 1/4 teaspoon salt and half of the avocado.
6. Massage kale with both hands until the avocado is puréed and the kale softens and turns bright green, about 2 minutes.
7. Add half of the carrot mixture to the kale; toss.
8. Place in a large serving bowl. Top with remaining carrot mixture and avocado.
9. Season with parmesan cheese, if desired.

SERVING SUGGESTION: 4 tablespoons hummus with whole-wheat pita, side of 1 cup of pineapple

AVOCADO BIBIMBAP

PREP TIME: 15 minutes | **COOK TIME:** 10 minutes
TOTAL TIME: 25 minutes | **SERVINGS:** 4

INGREDIENTS:

3 Tbsp. light soy sauce	4 cups baby spinach leaves
2 cloves garlic, minced	1 cup julienne-cut carrots
1 green onion, finely chopped	2 cups mung bean sprouts
1 Tbsp. toasted sesame seeds	1 ripe, fresh Hass Avocado, cut in half and seeded
1 1/2 Tbsp. olive oil	1 to 2 Tbsp. Korean hot pepper paste or hot sauce
3 cups cooked cauliflower rice	

INSTRUCTIONS:

1. In a small bowl combine soy sauce, garlic, onion, sesame seeds and 2 teaspoons of the olive oil. Set aside.
2. Place cauliflower rice in a large shallow serving bowl. Heat 1 teaspoon of the oil in a large skillet over medium heat. Add spinach to cook, stirring constantly, until wilted. Turn into a small bowl. Stir in 2 teaspoons of the soy mixture; set aside.
3. Add carrots and 1 teaspoon of the oil to the skillet. Cook, stirring frequently, about 5 minutes, until crisp tender. Turn into a small bowl; add 2 teaspoons of the soy mixture.
4. Add remaining 1/2 teaspoon oil and 1 tablespoon water and mung beans to the skillet. Cover; cook over medium heat until crisp tender, about 3 minutes. Remove from heat. Uncover; add 1 teaspoons of the soy mixture to the skillet.
5. Top rice with spinach, carrots, mung beans and avocado. Drizzle remaining soy mixture over all. Place a spoonful of the hot sauce in the middle. Toss before serving.

SERVING SUGGESTION: serve over 1/4 cup of brown rice, top with 1 egg

VEGAN AVOCADO CHOCOLATE CHIA PUDDING

PREP TIME: 15 minutes | **COOK TIME:** 10 minutes
TOTAL TIME: 25 minutes | **SERVINGS:** 6

INGREDIENTS:

2 ripe, fresh Hass Avocados, halved and pitted
1/2 cup pure maple syrup
1/2 cup orange juice
3/4 cup unsweetened cocoa powder
1/4 tsp. kosher salt
2 Tbsp. chia seeds

INSTRUCTIONS:

1. In a blender, combine avocados, maple syrup, orange juice, cocoa powder and salt.
2. Blend until smooth stopping occasionally to stir mixture. Add 3/4 cup water and blend until very smooth. Stir in chia seeds.
3. Divide pudding among six small bowls. Cover and chill at least 3 hours.

SERVING SUGGESTION: top with 1 banana, 1/4 cup chopped pistachios

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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