



5-DAY MEAL PLAN with ONE AVOCADO PER DAY

Include delicious, heart-healthy avocados in everyday healthy eating plans to help increase fruit and vegetable intake and provide a whole food source of naturally good fats, fiber and other important nutrients. The following 2000 calorie, moderate fat, 5-day meal plan demonstrates how to incorporate one avocado per day to align with findings from published research^{1,2}.

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
Breakfast	• 1 egg • 1/2 avocado • 1 toasted English muffin • 1/2 grapefruit 	Heart Healthy Avocado Banana Overnight Oats Recipe at loveonetoday.com 	Breakfast on the go! • High Protein Bar • 1 cup nonfat milk 	Toasted Waffle with Almond Butter and Fruit • 1 frozen waffle, toasted • 1 Tbsp. almond butter • 1 banana • 1 cup nonfat milk 	Potassium Power Smoothie Recipe at loveonetoday.com • 1 slice whole grain toast • 1 tsp. butter 
AM Snack	• 1/2 oz. dry roasted almonds • 1/2 cup carrot sticks 	• Carrot sticks • 1 string cheese 	• 1 toasted English muffin • 1/3 avocado, mashed 	• 1 tangerine 	• 6 whole grain crackers • 1 Tbsp. peanut butter 
Lunch	Pizza, Salad and Fruit • 1/3 of margherita pizza Romaine Lettuce Salad: • 3 cups romaine lettuce • 1/2 avocado • 1/4 cup tomato Enjoy with: • 1 cup grapes 	Turkey Burger with Coleslaw and Sweet Potato Fries • 4 oz. turkey burger patty • Mustard and ketchup (optional) • 1 whole grain hamburger bun • 1/4 avocado, sliced • Lettuce and tomato slices • 1/2 cup coleslaw • 3 oz. baked sweet potato fries 	Chicken Tacos • 3 oz. rotisserie chicken, shredded • 1/2 avocado, cubed • 2 small flour tortillas • Salsa, lettuce, tomato, onion, cilantro Enjoy with: • 1 cup sliced mango 	Tossed Salad with Rotisserie Chicken and Avocado • 3 cups romaine lettuce • 3 oz. rotisserie chicken • 1/2 cup tomato, diced • 1/3 avocado • 1 medium carrot, sliced • 2 Tbsp. olive oil vinaigrette Enjoy with: • 5 whole grain crackers 	Turkey Sandwich with Fruit and Veggies/Dip • 2 slices whole wheat bread • 2 oz. deli turkey • Mustard (optional) • Avocado, sliced • Cucumber and bell pepper slices • 2 Tbsp. of commercial veggie dip • 1 cup nonfat milk 
PM Snack	• 4 oz. Greek yogurt with fruit 	• 1 oz. mixed nuts • 1 nectarine 	• 1 apple • 1 oz. pistachios 	• 1 oz. tortilla chips • 1/3 cup guacamole 	• 1 granola bar • 1 apple 
Dinner	Pesto Chicken, String beans with Feta, Roasted Potatoes and Broccoli • 4 oz. baked chicken breast • 2 Tbsp. prepared pesto • 1 Tbsp. feta cheese • 1 cup roasted red potatoes • 3/4 cup broccoli, steamed Enjoy with: • 1 cup nonfat milk 	Vegetarian Burrito with Avocado Recipe at loveonetoday.com Enjoy with: • 1 oz tortilla chips with salsa • 1/2 cup pineapple chunks in juice • 1 cup nonfat milk 	Avocado Citrus Salmon Recipe at loveonetoday.com Enjoy with: • 1 cup asparagus • 1 cup brown rice • 2 tsp. olive oil • 1 cup nonfat milk 	Shrimp Avocado Veggie Skewers Recipe at loveonetoday.com Enjoy with: • 1 small sweet potato • 1/2 cup snap green beans • 1 whole grain dinner roll • 1 cup nonfat milk 	Avocado Stuffed Chicken Breast Roll Recipe at loveonetoday.com Enjoy with: • 6 oz. brussel sprouts • 1/2 cup brown rice • 1 whole grain dinner roll • 2 tsp. olive oil • 1 cup nonfat milk 