

# EASY, **HEART-HEALTHY** RECIPES FOR EVERY TIME OF DAY



**avocados**  
**LOVE ONE TODAY**  
heart-healthy • naturally good fats



It's never too early or too late to invest in your heart health with good nutrition. Be mindful of your food choices to start matching what you eat to your healthy living goals. Meal planning with nutrient-dense avocados can help with shopping and keeping the menu interesting. Set yourself up for success with these easy-to-make, tasty recipes that promote heart health and inspire new levels of creativity in the kitchen.

## BREAKFAST

## LUNCH

## SNACK

## DINNER

DAY 1



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### Heart-Healthy Berry Avocado Baked Oats

Sodium 70mg Polyunsaturated Fat 0g  
Monounsaturated Fat 0g



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### Heart-Healthy Slow Cooker Avocado Lime Chicken Soup

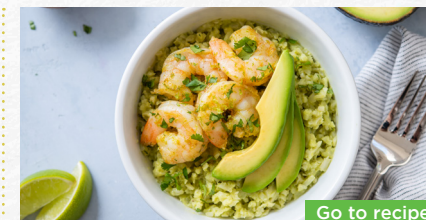
Sodium 280mg Polyunsaturated Fat 0g  
Monounsaturated Fat 2g



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### Heart-Healthy Fiesta Chile and Avocado Mini Frittatas

Sodium 95mg Polyunsaturated Fat 1g  
Monounsaturated Fat 3.5g



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### Heart-Healthy Cumin Lime Shrimp over Creamy Cauliflower Risotto

Sodium 180mg Polyunsaturated Fat 0g  
Monounsaturated Fat 0g

DAY 2



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### Heart-Healthy Avocado and Banana Overnight Oats

Sodium 25mg Polyunsaturated Fat 2.5g  
Monounsaturated Fat 9g



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### Heart-Healthy Avocado Poke Bowl

Sodium 270mg Polyunsaturated Fat 1.5g  
Monounsaturated Fat 4g



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### Heart-Healthy Chocolate Avocado Energy Bars

Sodium 0mg Polyunsaturated Fat 3g  
Monounsaturated Fat 4g



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### Heart-Healthy Fettuccini AvoFredo

Sodium 190mg Polyunsaturated Fat 2g  
Monounsaturated Fat 6g

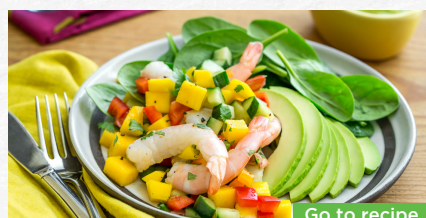
DAY 3



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### Heart-Healthy Breakfast Toast with Cottage Cheese and Avocado

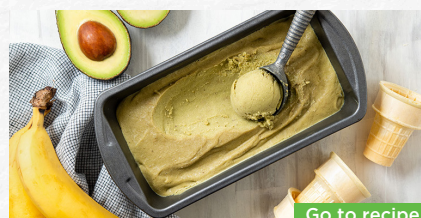
Sodium 470mg Polyunsaturated Fat 2g  
Monounsaturated Fat 4.5g



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### Heart-Healthy Avocado, Shrimp, Spinach and Mango Salad

Sodium 160mg Polyunsaturated Fat 1g  
Monounsaturated Fat 5g



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### Heart-Healthy Avocado Banana "Ice Cream"

Sodium 5mg Polyunsaturated Fat 1.5g  
Monounsaturated Fat 7g



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### Heart-Healthy Oven-Roasted Salmon With Avocado Citrus Salsa

Sodium 330mg Polyunsaturated Fat 2.5g  
Monounsaturated Fat 5g

Food impacts everyone differently. These guidelines provide a foundation that should be customized to your needs and preferences. Work with a registered dietitian to use these ideas to develop a plan that's right for you. More avocado recipes developed by experts and tested for deliciousness and nutritional value at [LoveOneToday.com/recipes](https://www.loveonetoday.com/recipes).



# HEART HEALTH IS INVALUABLE

Follow the advice of the American Heart Association by prioritizing nutrient-dense foods and taking to heart the recommendation to focus on unsaturated fats and foods with limited added sugars and sodium.

**Heart healthy avocados fit right in. Go ahead and add more avocado goodness to your life.**

According to the Dietary Guidelines for Americans, 85% of what you eat should be nutrient-dense.



One-third of a medium avocado has 80 calories and contributes nearly 20 vitamins and minerals, making it a nutrient-dense choice.

Unsaturated fats help the body absorb key nutrients without raising LDL (bad) cholesterol levels.



Fresh avocados naturally contain 6 grams of unsaturated fat per serving.

To support heart health, swap some saturated fat for unsaturated fat in the diet.



Creamy and delicious, avocados can easily substitute for spreads higher in saturated fat without losing the smooth texture you enjoy.

Prioritizing heart-healthy foods helps take the guess work out of meal prep.



Avocados are cholesterol, sugar, and sodium free.

@AvocadosLoveOneToday



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