



# CALIFORNIA AVOCADO COMMISSION 7-DAY PLANT BASED MEAL PLAN

(Serving sizes recommended to meet target 2,000 calories per day intake guidelines)

*By Katie Ferraro, MPH, RD, CDE*

## Are you powering your meal plan with plants?

Diets that feature whole plant foods provide many important nutrients, protein and good fats. A plant-based diet promotes optimal health and can help lower the risk for certain types of chronic diseases. The 2015-2020 Dietary Guidelines for Americans (DGAs) recommends shifting your diet towards a healthy eating pattern including plant foods namely a variety of vegetables, fruits, whole grains and plant-based oils, as well as protein foods including legumes, nuts, seeds and soy products, and nonfat or low-fat dairy foods and/or fortified soy beverages.

This 7-day plant based meal plan reflects a healthy eating pattern that meets the DGAs' key recommendation to limit

saturated fat (<10% calories from saturated fat), sodium (<2300 mg sodium) and added sugars (<10% calories from added sugars). The plan averages 2,000 calories per day over one week and puts plants at the forefront of your meals and snacks easily exceeding the goal of 28 grams of fiber a day for a 2,000 calorie diet. The plan is not devoid of animal foods, but focuses on the versatility of fruits, vegetables, whole grains and a variety of plant-based proteins.

California Avocados are a great addition to any plant-based meal plan as they provide good fats and contain nearly 20 vitamins, minerals and other nutrients. We have incorporated some of our favorite California Avocado recipes into this plan.

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	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>BREAKFAST MEAL</b>	 <ul style="list-style-type: none"> <li>• 2 servings - <b>CALIFORNIA AVOCADO QUINOA BREAKFAST BAKE</b></li> <li>• 4 oz. plain nonfat Greek yogurt</li> <li>• 1 cup raspberries</li> </ul>	<ul style="list-style-type: none"> <li>• 1/2 cup dry oatmeal prepared w/ 1 cup soymilk (calcium fortified)</li> <li>• 1/2 cup blueberries</li> </ul>	 <ul style="list-style-type: none"> <li>• 1 serving - <b>CALIFORNIA AVOCADO AND BUTTERMILK WAFFLES</b></li> <li>• 2 cups Pink grapefruit</li> </ul>	 <ul style="list-style-type: none"> <li>• 1 serving - <b>CALIFORNIA AVOCADO OATMEAL</b></li> <li>• 2 eggs, scrambled, no added fat</li> </ul>	<ul style="list-style-type: none"> <li>• 1 whole wheat English muffin</li> <li>• 2 Tbsp. almond butter, no salt added</li> <li>• 1 Kiwi fruit</li> </ul>	 <ul style="list-style-type: none"> <li>• 1 serving - <b>CALIFORNIA AVOCADO AND MELON BREAKFAST SMOOTHIE</b></li> <li>• 2 almond granola bars</li> </ul>	<ul style="list-style-type: none"> <li>• 3 whole wheat pancakes (6" prepared)</li> <li>• 2 Tbsp. natural peanut butter</li> <li>• 1 Peach</li> </ul>
<b>SNACK 1 MEAL</b>	 <ul style="list-style-type: none"> <li>• 2 servings - <b>POWER HOUR PICK-UP SMOOTHIE</b></li> </ul>	<ul style="list-style-type: none"> <li>• 1 slice whole wheat bread, toasted</li> <li>• 1 Tbsp. almond butter, no salt added</li> <li>• 1 banana sliced</li> </ul>	<ul style="list-style-type: none"> <li>• 1 Hard-boiled egg</li> <li>• 7 Whole wheat crackers</li> </ul>	 <ul style="list-style-type: none"> <li>• 1 serving (1 Muffin) - <b>CALIFORNIA AVOCADO GREEN MACHINE ZUCCHINI MUFFINS</b></li> <li>• 1 apple</li> </ul>	<ul style="list-style-type: none"> <li>• 1 oz. dry roasted unsalted almonds</li> </ul>	<ul style="list-style-type: none"> <li>• 1 egg quesadilla</li> <li>- 1 whole wheat tortilla, 1 oz. Mexican cheese blend, 2 eggs cooked, 2 Tbsp. salsa</li> </ul>	 <ul style="list-style-type: none"> <li>• 1 serving - <b>CALIFORNIA AVOCADO, FRUIT AND CITRUS BOWL</b></li> </ul>
<b>LUNCH MEAL</b>	 <ul style="list-style-type: none"> <li>• 1 serving - <b>SPRING GREEN CALIFORNIA AVOCADO RAMEN</b></li> <li>• Asian cucumber salad                             <ul style="list-style-type: none"> <li>- 1 cup sliced cucumber,</li> <li>2 Tbsp. rice vinegar</li> </ul> </li> <li>• 1 Cup Green tea</li> </ul>	 <ul style="list-style-type: none"> <li>• 2 servings (1 wrap) - <b>CALIFORNIA AVOCADO AND WHITE BEAN WRAP</b></li> <li>• 2 cups mixed baby greens (arugula, butter, endive, radicchio) drizzled with 1 Tbsp. olive oil and 1 tsp. red wine vinegar</li> </ul>	<ul style="list-style-type: none"> <li>• 2 cups vegetarian chili (if choosing canned opt for reduced sodium) over 1 cup whole wheat macaroni (cooked) topped with 1 oz. cheese blend</li> </ul>	 <ul style="list-style-type: none"> <li>• 1 serving - <b>CHILI LIME SHRIMP AND CALIFORNIA AVOCADO SALAD</b></li> <li>• 1 whole wheat pita bread</li> </ul>	 <ul style="list-style-type: none"> <li>• 1 serving (1/2 Artichoke) - <b>GRILLED ARTICHOKE WITH CALIFORNIA AVOCADO</b></li> <li>• 1 piece (1 oz.) focaccia bread spread with 1 Tbsp. reduced-fat mayonnaise with olive oil and 2 garlic cloves, mashed</li> </ul>	<ul style="list-style-type: none"> <li>• 1 whole wheat pita bread stuffed with 3 falafel patties and tabbouleh</li> <li>• Tabbouleh                             <ul style="list-style-type: none"> <li>- 1/2 cup bulgur (cooked), 3 Tbsp. parsley, 1 red tomato, 1 tsp. peppermint leaves, 2 oz. lemon juice, 1 Tbsp. olive oil</li> </ul> </li> </ul>	 <ul style="list-style-type: none"> <li>• 1 serving - <b>CALIFORNIA GARLIC BREAD WITH SAUTEED SPINACH AND AVOCADOS</b></li> <li>• Celery salad with vinaigrette                             <ul style="list-style-type: none"> <li>- 1 cup lettuce/celery/onion/pepper, 1 Tbsp. olive oil, 1 tsp. red wine vinegar</li> </ul> </li> </ul>
<b>SNACK 2 MEAL</b>	<ul style="list-style-type: none"> <li>• 1/2 cup hummus</li> <li>• 1 bell pepper, sliced</li> <li>• 1 oz. whole wheat pretzels</li> </ul>	 <ul style="list-style-type: none"> <li>• 2 servings - <b>STUFFED MUSHROOM GUAC POPPERS</b></li> <li>• 2 oz. tortilla chips (unsalted)</li> </ul>	<ul style="list-style-type: none"> <li>• 1/2 Cup Dried fruit mix</li> <li>• 5 cups popcorn (air popped), sprayed with 1 Tbsp. canola oil and 1/8 tsp. salt</li> </ul>	<ul style="list-style-type: none"> <li>• 1 stick string cheese (2% reduced fat milk)</li> <li>• 2 oz. whole wheat pretzels</li> </ul>	 <ul style="list-style-type: none"> <li>• 1 serving - <b>CALIFORNIA AVOCADO SPINACH AND GREEK YOGURT DIP</b></li> <li>• 1 oz. rice crackers</li> </ul>	<ul style="list-style-type: none"> <li>• 1 Pear</li> </ul>	<ul style="list-style-type: none"> <li>• 1 whole wheat English muffin, toasted with 1/2 cup low-sodium pasta sauce and 1 oz. shredded skim mozzarella cheese</li> </ul>
<b>DINNER MEAL</b>	<ul style="list-style-type: none"> <li>• 1 bean and cheese quesadilla</li> <li>- 2 whole wheat tortillas, 1/2 cup low sodium canned black beans, 1 oz. Mexican cheese blend, 2 Tbsp. salsa</li> <li>• Corn and tomato salad - 1/2 cup yellow corn, 10 cherry tomatoes</li> </ul>	 <ul style="list-style-type: none"> <li>• 1 serving - <b>FARRO WITH CALIFORNIA AVOCADO, TOMATO AND BASIL</b></li> <li>• 2 cups broccolini, steamed and seasoned with 1/2 tsp garlic salt</li> </ul>	 <ul style="list-style-type: none"> <li>• 1 serving - <b>SENSATIONAL SUMMER SALAD w/ CA AVOCADOS</b></li> <li>• 1 cup sweet potato, cooked</li> <li>• 2 Tbsp. light sour cream</li> <li>• Dessert: 1 serving - <b>CA Avocado Pumpkin Bread w/ Dark Chocolate Chips &amp; Almonds</b></li> </ul>	<ul style="list-style-type: none"> <li>• Red quinoa bowl with roasted vegetables, wilted kale and goat cheese</li> <li>- 1 cup red quinoa (cooked), 1 cup zucchini (roasted), 1 1/4 cup kale, 1 Tbsp. olive oil, 1 oz. goat cheese</li> </ul>	 <ul style="list-style-type: none"> <li>• 1 serving - <b>GRILLED SALMON AND VEGGIES WITH CALIFORNIA AVOCADO CILANTRO SAUCE</b></li> <li>• 1 cup long grain brown rice, cooked</li> </ul>	 <ul style="list-style-type: none"> <li>• 1 serving - <b>PASTA w/ OVEN ROASTED VEGETABLES &amp; CA AVOCADO</b></li> <li>• 2 cups mixed baby greens (arugula, butter, endive, radicchio) drizzled with 1 Tbsp. olive oil &amp; 1 tsp. red wine vinegar</li> <li>• Dessert: 1 serving - <b>CA Avocado Yogurt Key Lime Pie</b></li> </ul>	 <ul style="list-style-type: none"> <li>• 1 serving - <b>CITRUS TILAPIA WITH CRUNCHY CALIFORNIA AVOCADOS &amp; TANGY DIPPING SAUCE</b></li> <li>• 2 cups asparagus, pan-seared with 1 Tbsp. olive oil</li> </ul>