

FUEL **UP**

Awesome Avocado

Loaded with nutrients and healthy monounsaturated fats, there's no end to the delicious ways to enjoy them.

SANDWICH SALADS

Use diced avocado instead of mayonnaise in egg, tuna, and chicken salad.

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MEATLESS MONDAY

Make a quesadilla with mashed avocado, black beans, diced onions, chopped bell peppers, chili powder, and a squeeze of lime juice.

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STUFF IT

Fill half an avocado with one egg and bake for 15-20 minutes at 425 degrees until the egg white is fully set.

