

# TAKE THE 90-DAY EAT LIVELY! WELLNESS CHALLENGE

WORTH EVERY BITE.



The challenge is simple: Meet food-focused monthly goals featuring the dynamic duo of plant-based foods, **Avocados From Mexico** and **NatureSweet®** tomatoes. Eating more plant-based foods is associated with significantly lower risk for heart disease and stroke!

For more information, visit [AvocadosFromMexico.com](https://www.avocadosfrommexico.com)

JAN

**NEW YEAR,  
NEW YOU!**

**GOAL**

Aim for 5+ servings  
of fruits & vegetables  
per day.

FEB

**WE HEART  
HEALTH  
MONTH**

**GOAL**

Choose more plant-  
based good fats.

MAR

**NATIONAL  
NUTRITION  
MONTH**

**GOAL**

Increase fiber  
intake to 25g or  
more per day.

**MEALTIME MADE SIMPLE**

# **BAJA FISH TACOS WITH CHERUBS®**

Start your 90-Day *Eat Lively!* Wellness Challenge with our shoppable Baja Fish Tacos with Cherubs® recipe below. It features fresh and flavorful ingredients including the dynamic duo of plant-based foods—Avocados From Mexico and NatureSweet® Cherubs® tomatoes. Try it tonight!

To learn more about the nutrition benefits or get other tips, consult your retailer's Registered Dietitian for expert advice!

## **OUR FEATURED MEAL KIT: BAJA FISH TACOS WITH CHERUBS®**

- Fresh Avocados From Mexico
- NatureSweet® Cherubs® tomatoes
- Tortillas
- Greek yogurt
- Lime juice/zest
- Cabbage
- Cilantro
- Tilapia
- Seasonings to taste

Find this recipe and more at  
[AvocadosFromMexico.com](http://AvocadosFromMexico.com)

