



# *Meta-Influencer Secrets:*

— HOW AVOCADOS BOOST —  
**WELLNESS, HORMONES, AND  
ENERGY**

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**SVELTE**



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The logo for SVELTE, featuring the word in a bold, sans-serif font. The 'S' is a solid dark gray, while the 'VELTE' portion is rendered in a lighter gray with a thin, hollow outline style.

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# TABLE OF CONTENTS

Introduction	1
Health Benefits of Avocados	2
Why Avocado is a Superfood	3
Tips to Make the Most Out of your Avocados	4
Recipes	
Breakfast	6
Lunch	9
Dinner	12
Snacks & Desserts	15
Shopping List	17

# INTRODUCTION

Welcome! If you're looking to unlock the power of one of nature's most incredible superfoods, you're in the right place. My ebook, ***Meta-Influencer Secrets: How Avocados Boost Wellness, Hormones, and Energy***, is your go-to guide for everything avocado. Not only is it one of my favorite ***Meta-Influencers***, but I want to share with you all the reasons why this humble fruit is a game-changer for your overall health, especially when it comes to balancing hormones and boosting energy during those key stages of life—like menopause. But it's not just about the science; we'll cover easy, delicious ways to incorporate avocados into your daily routine with recipes and tips that fit seamlessly into your lifestyle.

My goal is to give you the knowledge and tools you need to get the absolute best out of your MetaBoost Connection program - and any other programs you might be using from Svelte. Whether you've been a long-time member or just starting, you'll find adaptable, practical tips here that you can implement in your daily routine. I'll show you how simple it is to integrate this ***Meta-Influencer*** into your life.

Let's get started!

— 



# HEALTH BENEFITS OF AVOCADOS

**Picture this:** You're indulging in something delicious that's not just good for your taste buds but also for your body. That's avocado for you! It's a powerhouse, packed with heart-healthy fats, fiber, and antioxidants.

Avocados are rich in **monounsaturated fats**—the good kind—that help reduce bad cholesterol (LDL) and keep your heart happy. They're also loaded with **fiber** (about 10 grams per avocado!) which keeps digestion running smoothly and helps you feel fuller and longer.

Now, here's the kicker—**avocados have more potassium than bananas!** This mineral helps manage blood pressure and keeps your muscles functioning at their best. So, whether you're adding avocado to your morning toast or blending it into a smoothie, you're feeding your body some seriously good stuff!



# WHY AVOCADO IS A SUPERFOOD

## **Why Avocado is a Superfood for Hormone Health and Women with Menopause**

When it comes to perimenopause, menopause, and hormone health, avocados are a woman's best friend. Their high content of monounsaturated fats supports hormone production, especially when the balance of estrogen and progesterone starts to shift during menopause. And those same healthy fats help keep your skin glowing and hydrated during this stage of life.

But here's the real magic: avocados contain phytosterols, which help regulate cortisol, the body's stress hormone. That's a game changer for mood swings and energy dips that often accompany menopause. Plus, avocados are packed with vitamin K, which is crucial for maintaining bone strength—something we all need a little extra of as we age.

It's safe to say, that incorporating avocado into your daily diet could be one of the simplest, tastiest ways to support your body during menopause!



# TIPS FOR MAKING THE MOST OF YOUR AVOCADOS

## Tips for Buying Avocados in Store

**Look, I know it sounds too good to be true**, but finding the perfect avocado is easy once you know what to look for. For a ripe avocado, give it a gentle squeeze—it should feel firm but yield slightly under pressure. The darker the skin, the riper it is. But if you're planning, grab the **lighter green, firmer ones**, and let them ripen on your counter for a few days.

And here's a pro tip: if you're in a hurry to get that avocado ripe, **pop it in a brown paper bag** with an apple or banana—their natural ethylene gas will speed things up. No time? No problem!

## Tips for Storing Avocados at Home

Once you've got those avocados, it's all about making them last. **Keep them at room temperature** to ripen, but as soon as they're ready, **toss them in the fridge** to extend their life by a few more days. If you've only used half, **leave the pit in** to help slow down browning and squeeze a little lemon or lime juice over the exposed flesh before wrapping it tightly.

**Want to keep avocados for longer?** Here's some great news: you can **freeze them**! Just mash or slice, pack in an airtight container, and they'll be good for up to three months. Perfect for your smoothie stash!

# TIPS FOR MAKING THE MOST OF YOUR AVOCADOS

## Tips for Incorporating Avocados into Recipes

Avocados are as versatile as they are delicious. **Swap out butter or mayo** (it's a super simple 1:1 ratio) for avocado to lighten up your favorite dishes. Try spreading mashed avocado on toast instead of butter or using it in sandwiches to replace mayo.

Feeling adventurous? **Toss half an avocado into your smoothie** for extra creaminess without the need for dairy. Or, how about blending avocado into your pasta sauce for a silky, satisfying texture?

Oh, and here's a fun tip: **avocado can even replace eggs in baking**. Yup, you heard that right! Use mashed avocado as a binder in brownies or cookies for a healthier twist.

Check out some of my favorite Metabolism Boosting recipes that all incorporate avocado! And try thinking about different ways that you can add avocado to your other delicious Metalifestyle recipes!



# BREAKFAST

## AVOCADO TOAST WITH POACHED EGGS

***SERVINGS: 1***

### **Ingredients:**

- 1 slice multigrain bread
- ½ ripe avocado
- 1 egg
- Pinch of salt
- Pinch of pepper
- Pinch of chili flakes

### **Instructions:**

1. Toast the bread.
2. Mash the avocado, season with salt and pepper, and spread it on the toast.
3. Poach the egg and place it on top of the avocado.
4. Sprinkle with chili flakes and serve.



# BREAKFAST

## AVOCADO & SPINACH SMOOTHIE

***SERVINGS: 1***

### **Ingredients:**

- ½ ripe avocado
- ½ banana
- ½ cup spinach
- ½ cup almond milk
- 1 tsp honey

### **Instructions:**

1. Blend all ingredients until smooth.
2. Serve chilled.

## AVOCADO AND BLUEBERRY SMOOTHIE BOWL

***SERVINGS: 1***

### **Ingredients:**

- ½ ripe avocado
- ½ banana
- ½ cup almond milk
- ¼ cup blueberries
- 2 tbsp granola

### **Instructions:**

1. Blend the avocado, banana, and almond milk to create a smoothie base.
2. Pour into a bowl and top with blueberries and granola.



# BREAKFAST

## AVOCADO OMELETTE

**SERVINGS: 1**

### Ingredients:

- 2 eggs
- ½ ripe avocado (mashed)
- ¼ cup spinach
- 2 tbsp shredded cheese
- Pinch of salt
- Pinch of pepper

### Instructions:

1. Whisk eggs, season with salt and pepper, and cook in a pan until slightly set.
2. Add mashed avocado, spinach, and cheese.
3. Fold the omelette and cook until done.



# LUNCH

## AVOCADO AND BLACK BEAN TACOS

***SERVINGS: 1***

### Ingredients:

- 2 corn tortillas
- ½ cup black beans (drained)
- ½ ripe avocado (sliced)
- Fresh salsa
- Cilantro

### Instructions:

1. Heat tortillas and fill them with black beans, avocado slices, and salsa.
2. Garnish with cilantro.

## AVOCADO AND CORN SALAD

***SERVINGS: 1***

### Ingredients:

- 1 avocado (cubed)
- ½ cup corn (grilled or cooked)
- ½ cup cherry tomatoes (halved)
- ¼ red onion (diced)
- Cilantro
- 1 lime (juiced)

### Instructions:

1. Combine all ingredients in a bowl.
2. Drizzle with lime juice and toss gently.





# LUNCH

## AVOCADO & CHICKEN BURRITO BOWL

***SERVINGS: 1***

### **Ingredients:**

- ½ cup cooked brown rice
- ½ grilled chicken breast (sliced)
- ½ ripe avocado (sliced)
- ½ cup corn
- Fresh salsa

### **Instructions:**

1. In a bowl, layer brown rice, chicken, avocado, corn, and salsa.
2. Serve with a lime wedge.

### **Salsa:**

- 2 ripe tomatoes (diced)
- ½ red onion (finely diced)
- 1 jalapeño (finely diced, seeds removed for less heat)
- 1 clove garlic (minced)
- 1 small bunch cilantro (chopped)
- 1 lime (juiced)
- Salt (to taste)
- Pepper (to taste)

### **Instructions for Salsa:**

1. In a bowl, combine the diced tomatoes, red onion, jalapeño, garlic, and cilantro.
2. Squeeze the lime juice over the mixture and stir to combine.
3. Season with salt and pepper to taste.
4. Let the salsa sit for a few minutes to allow the flavors to meld.

# LUNCH

## AVOCADO & CHICKPEA WRAP

**SERVINGS: 1**

### Ingredients:

- 1 whole grain wrap
- ½ ripe avocado (mashed)
- ½ cup chickpeas (seasoned and roasted)
- ½ cup arugula

### Instructions:

1. Spread mashed avocado on the wrap.
2. Add chickpeas and arugula.
3. Roll tightly and serve.





# DINNER

## AVOCADO QUINOA SALAD

***SERVINGS: 1***

### **Ingredients:**

- ½ cup cooked quinoa
- ½ avocado (cubed)
- Roasted vegetables (bell peppers, zucchini)
- 1 tbsp tahini
- ½ lemon (juiced)

### **Instructions:**

1. Mix quinoa, avocado, and roasted vegetables.
2. Whisk together tahini and lemon juice for dressing.
3. Toss the salad and serve.

## AVOCADO ZUCCHINI NOODLES

***SERVINGS: 1***

### **Ingredients:**

- 1 zucchini (spiralized)
- ½ avocado (mashed)
- 1 garlic clove (minced)
- 1 tbsp olive oil

### **Instructions:**

1. Heat olive oil in a pan and sauté garlic.
2. Add spiralized zucchini and cook for 2-3 minutes.
3. Toss with mashed avocado and serve.

# DINNER

## AVOCADO PESTO PASTA

**SERVINGS: 1**

### Ingredients:

- ½ avocado
- ½ cup fresh basil
- 1 tbsp olive oil
- 1 garlic clove
- 1 cup cooked whole wheat pasta
- ¼ cup cherry tomatoes (halved)

### Instructions:

1. Blend avocado, basil, olive oil, and garlic into a pesto sauce.
2. Toss with cooked pasta and cherry tomatoes.





# DINNER

## AVOCADO AND SHRIMP SALAD

***SERVINGS: 1***

### **Ingredients:**

- ½ lb shrimp (grilled)
- 1 avocado (cubed)
- ½ orange (juiced)
- Mixed greens
- 1 tbsp olive oil

### **Instructions:**

1. Toss mixed greens with avocado and shrimp.
2. Drizzle with orange juice and olive oil.



## AVOCADO AND TURKEY BURGERS

***SERVINGS: 1***

### **Ingredients:**

- ½ lb ground turkey
- Pinch of salt
- Pinch of pepper
- ½ ripe avocado (sliced)
- Whole wheat buns
- Lettuce, tomato

### **Instructions:**

1. Season turkey with salt and pepper, form patties, and cook in a pan or on a grill.
2. Serve on buns with avocado slices, lettuce, and tomato.

# SNACKS & DESSERTS

## AVOCADO HUMMUS

***SERVINGS: 1***

### **Ingredients:**

- ½ can chickpeas (drained)
- ½ ripe avocado
- 1 garlic clove
- 1 tbsp tahini
- ½ lemon (juiced)

### **Instructions:**

1. Blend chickpeas, avocado, garlic, tahini, and lemon juice until smooth.
2. Serve as a dip.



## AVOCADO CHOCOLATE MOUSSE

***SERVINGS: 1***

### **Ingredients:**

- 1 ripe avocado
- 2 tbsp cocoa powder
- 1½ tbsp maple syrup
- ½ tsp vanilla extract

### **Instructions:**

1. Blend all ingredients until creamy and smooth.
2. Chill before serving.



# SNACKS & DESSERTS

## AVOCADO ICE CREAM

***SERVINGS: 1***

### **Ingredients:**

- 1 ripe avocado
- ½ can coconut milk
- 1½ tbsp honey
- ½ tsp vanilla extract

### **Instructions:**

1. Blend all ingredients until smooth.
2. Freeze for at least 4 hours before serving.



# SHOPPING LIST

## FRUITS & VEGGIES

- 5 Avocados
- 2 Bananas
- 1 small bunch Spinach
- ¼ cup Blueberries
- 1 small container Cherry tomatoes
- 1 small Red onion
- 1 small bunch Cilantro
- ½ cup Corn (grilled or cooked)
- 2 Limes
- 1 small bunch Arugula
- 2 Zucchini
- 1 bulb Garlic
- 1 small bunch Fresh basil
- 1 small head Lettuce
- 1 small bag Mixed greens
- 1 Jalapeño
- 4 Tomatoes

## DAIRY

- 1 small carton Almond milk
- 1 small pack Shredded cheese

## PROTEIN

- 4 Eggs
- 1 can Black beans
- ½ lb Chicken breast
- 1 can Chickpeas
- ½ lb Shrimp
- ½ lb Ground turkey

## SPICES & SEASONINGS

- Salt
- Pepper
- Chili flakes
- Cumin
- Paprika
- 2 tbsp Cocoa powder
- ½ tsp Vanilla extract
- 1 clove Garlic



# SHOPPING LIST

## MISCELLANEOUS

- 1 loaf Multigrain bread
- Granola
- 1 small pack Whole grain wraps
- 1 small box Whole wheat pasta
- 1 small bag Quinoa
- 1 small pack Corn tortillas
- ½ cup Brown rice
- 1 small pack Whole wheat buns
- 1 small bottle Olive oil
- 1 small bottle Honey
- 1 small jar Tahini
- 1 can Coconut milk
- 1 small bottle Maple syrup