

TACKLE GOOD NUTRITION DURING FOOTBALL SEASON

Individual 7-Layer Dip Cup

Shopping List:

- Avocados From Mexico
- Diced Tomato
- Lime
- Refried Beans
- Corn
- Black or Green Olives
- Green Onion
- Cilantro
- Chunky Salsa
- Plain Greek Yogurt
- Cheddar Cheese
- Taco Seasoning
- Tortilla Chips



Find the recipe at
[AvocadosFromMexico.com/recipe](https://www.avocadosfrommexico.com/recipe)

Naturally
Good Fats

Vegetarian
Recipe

Portion-
Controlled

