Day 1

For Day 1 of the challenge, we’re featuring a quick and easy veggie-packed breakfast, White Chicken Chili, veggies and paprika hummus for a snack, and easy salmon burgers for dinner. You’ll easily get over 3 cups of veggies today!

**BREAKFAST**

These delicious Veggie Frittatas only take 10 minutes to prep, and 10 minutes to cook and they make a whopping 36 servings. After you enjoy them hot for breakfast, stick them in the freezer so you can simply microwave for breakfast throughout the week.

Serve two hot with:

- 1 whole grain English muffin with 1/3 cup mashed avocado on top
- 1 cup canned fruit

**LUNCH**

If you can, prepare this White Chicken Chili the night before and customize it with your favorite toppings. At a minimum, we recommend:

- ½ cup plain yogurt (instead of sour cream, we swear it will be just as delicious!)
- 1 serving (8) tortilla chips

**SNACK**

2 tbsp Paprika Smoked Hummus with:

- 1 cup of veggies (like carrots or celery)
- 1 serving (12) whole grain crackers

**DINNER**

These Salmon Burgers require just five ingredients and two of the main ingredients are pantry staples—canned salmon and oats. Canned salmon (just like fresh salmon) is a great source of lean protein and healthy fats. Plus, it’s affordable and portable. Leftovers are great for lunch tomorrow!

Enjoy one burger with:

- Whole wheat hamburger bun
- 1 cup canned veggies of your choice—roast, sauté or add to a salad.

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**DAY 1 SHOPPING LIST**

**Bakery Items**

- 1 pkg English Muffin, whole grain
- 1 pkg Hamburger bun
- 1 pkg Whole Grain Crackers

**Canned Items**

- 8 cans (10oz) Chicken Breast
- 1 can (15oz) Chicken Broth, can
- 2 cans (15oz) Fruit—Your Choice!
- 1 can (15oz) Garbanzo beans (Chickpeas)
- 1 can (4.5oz) Green chiles, canned
- 1 can (15.5 oz) Hominy
- 1 can (15oz) Mixed Vegetables
- 2 cans (6oz) Salmon
- 2 cans (15oz) Veggie—Your Choice!
- 1 can (15 oz) White Beans

**Dairy**

- 1 dozen Eggs
- 1 gallon Milk
- 1 pkg Parmesan Cheese, grated
- 1 pkg Shredded cheese, optional
- 1 container (16oz) Yogurt, plain

**Dry Ingredients**

- 1 pkg Oats, rolled
- 1 bag Tortilla chips

**Fresh Produce**

- 2 each Avocado
- 1 bunch Celery
- 1 head Garlic
- 3 each Onion, yellow
- 1 bunch Parsley, fresh

**Pantry Items**

- Cayenne Pepper
- Chipotle Powder
- Cumin
- Dried Basil
- Lemon juice
- Olive Oil
- Pepper
- Salt
- Smoked Paprika
- Vegetable Oil
Vegetable Frittata Minis

Start your morning off with a flavorful breakfast featuring nutrient-rich canned mixed vegetables from your pantry—your “Cantry!” It’s homemade made easy and delicious!

**INGREDIENTS**

- 8 large eggs
- ½ cup milk
- ¼ teaspoon salt
- ¼ teaspoon ground black pepper
- ¼ teaspoon dried basil
- 1 8-ounce can mixed vegetables, drained
- ¼ cup grated Parmesan cheese

**PREPARATION**

Preheat oven to 375°F. Spray mini muffin tins (to make 36 mini) with nonstick cooking spray. In large bowl beat eggs, milk, salt, pepper and basil to blend well. Stir in mixed vegetables and Parmesan cheese.

Fill prepared pans with egg mixture. Bake until egg mixture puffs and is just set in center, about 8 to 10 minutes.

With rubber spatula, loosen frittatas from muffin cups and slide onto a platter.

**Nutrition Information Per Serving:**

Calories 23; Total Fat 1g (Sat 1g, Trans 0g); Cholesterol 42mg; Sodium 45mg; Total Carbohydrates 1g; Dietary Fiber 0g; Sugars 0g; Protein 2g; Vitamin A 600IU; Vitamin C 0mg; Calcium 19mg; Iron 0.3mg; Vitamin D 11IU; Folate 7mcg

% Daily Value: Vitamin A 12%; Vitamin C 0%; Calcium 2%; Iron 1%

5-Ingredient Salmon Burgers

Recipe Courtesy Of Holley Grainger

Transform canned salmon into simple and savory Salmon Burgers. Serve these on a bun with avocado and hot sauce or as is with lemon juice and briny capers.

**INGREDIENTS**

- 3/4 cup old fashioned oats
- 1 6 in oz. can wild Alaskan salmon (water, drained)
- 1/2 yellow onion (diced)
- 1 tsp garlic (minced)
- 1 egg
- Salt and pepper (to taste)

**PREPARATION**

In the bowl of a food processor, add in oats, pulsing into a flour-like consistency.

Add in drained wild Alaskan salmon, diced onion, minced garlic, egg, salt and pepper. Pulse to combine until mixture forms paste-like consistency. You may have to stop to scrape down the sides a few times.

Form into 4 patties and place in fridge to chill for 15-20 minutes.

When ready to cook, heat pan over medium-high heat and spray with cooking spray. Place patties in pan when hot, and allow to cook for 3-4 minutes on each side.

Enjoy as is, or stuff in between two buns for a perfectly tasty alternative to your traditional burger!
White Chicken Chili

Warm up your winter with a hearty bowl of White Chicken Chili. This dish can be made in a mere 30 minutes, all thanks to the canned ingredients: chicken, white beans, white hominy, chicken broth and green chilies. Canned foods make homemade easy!

**INGREDIENTS**

- 2 tablespoons vegetable oil
- 1 large onion, chopped
- 2 celery stalks, diced
- 1 large garlic clove, minced
- 1 tablespoon chili powder
- 1 tablespoon ground cumin
- 2 (10-ounce) cans chicken breast, drained and flaked
- 1 (15.5-ounce) can small white beans, drained and rinsed**
- 1 (15.5-ounce) can white hominy, drained and rinsed**
- 1 (14.5-ounce) can chicken broth
- 1 (4.5-ounce) can chopped green chilies, drained**
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 2 tablespoons fresh chopped parsley or cilantro
- Sour Cream, shredded Cheddar cheese for serving**

**PREPARATION**

In 3-quart saucepan over medium-high heat, in hot oil, cook onion, celery and garlic about 5 minutes until tender-crisp, stirring occasionally.

Stir in chili powder and cumin; cook 1 minute. Add chicken, white beans, hominy, chicken broth, green chilies, salt and pepper. Over high heat, heat to boiling; reduce heat to low; cover and simmer 10 minutes to blend flavors, stirring occasionally.

To serve, garnish each serving with chopped parsley. Serve with sour cream and shredded cheese.

**Nutrition Information Per Serving:**

- Calories 330; Total Fat 12 g (Sat 2.5 g, Trans 0 g); Cholesterol 80 mg; Sodium 1340 mg; Total Carbohydrates 27 g; Dietary Fiber 7 g; Sugars 3 g; Protein 33 g; Vitamin A 640.82 IU; Vitamin C 13.18 mg; Calcium 108.64 mg; Iron 3.25 mg; Vitamin D 0.28 IU; Folate 18.5 mcg

% Daily Value*: Vitamin A 15%; Vitamin C 20%; Calcium 10%; Iron 20%

*Percent Daily Values are based on a 2,000 Calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

**Nutrition analysis calculated with generic ingredients; Nutritional analysis calculated using canned chopped green chilies not drained, canned white beans that have not been drained or rinsed, hominy that has not been drained or rinsed, and 1 tablespoon each of the optional sour cream, shredded Cheddar cheese.