Day 2

On Day 2, we’re having fruit-topped oatmeal, leftovers for lunch and a slow-cooker ragu over pasta for dinner. In the morning, take 15 minutes to assemble the ragu ingredients in your crock pot so dinner time is a breeze. Set it and forget it! Two hours before meal time, add canned items.

### Breakfast
- ½ cup oatmeal made with ½ cup skim milk
- 1 Tbsp cinnamon sugar
- 1 cup canned peaches
- 1 Tbsp toasted almonds

### Lunch
Leftovers are the key to easy lunches. For lunch today, eat the remainder of the Salmon Burgers or the White Chicken Chili. Get your veggies in with a quick salad on the side. We recommend:
- 1 cup salad greens
- 1 cup grain of choice (we recommend quinoa)
- ¼ cup kalamata olives
- 4 slices cucumber
- 4 cherry tomatoes
- 2 Tbsp vinaigrette dressing

### Snack
- 1 carrot muffin
- 1 cup canned fruit of your choice
- 1 cup plain yogurt

### Dinner
Assemble the ragu ingredients in your crock pot. Two hours before meal time, add canned items. Serve the ragu with:
- Cooked pasta (2 ounces = 1 serving)
- 2 Tbsp parmesan cheese
- 1 cup canned veggies of your choice—roast, sauté or add to a side salad

#### Day 2 Shopping List

**Canned Items**
- 1 can (15oz) Beef Broth
- 2 cans (14.5oz) Carrots, sliced
- 2 cans (15oz) Fruit—Your Choice!
- 1 can (15oz) Kalamata olives, canned
- 1 can (4oz) Mushrooms, sliced
- 2 cans (15oz) Peach slices
- 1 can (8oz) Pineapple, crushed
- 1 can (6oz) Tomato paste
- 2 cans (28oz) Tomatoes, crushed
- 2 cans (15oz) Veggie—Your Choice!

**Dairy**
- 1 dozen Eggs
- 1 gallon Milk
- 1 pkg Parmesan Cheese, grated
- 1 container (32oz) Yogurt, plain

**Dry Ingredients**
- 1 pkg Coconut, shredded
- 1 pkg Oats, rolled
- 1 pkg Pecans
- 1 pkg Spaghetti
- 1 pkg (5oz) Toasted or Roasted Almonds
- 1 pkg Whole Grain—Your Choice!

**Fresh Produce**
- 1 bunch Celery
- 1 pint Cherry Tomatoes
- 1 each Cucumber
- 1 head Garlic
- 2 pkgs (16oz) Mixed Salad Greens
- 1 each Onion, yellow

**Meat**
- 1 lb Ground Beef
- 1 lb Ground Pork

**Pantry Items**
- Baking Soda
- Cinnamon
- Dried Thyme
- Flour, all-purpose
- Olive Oil
- Pepper
- Salt
- Sugar
- Vanilla Extract
- Vegetable Oil
- Vinaigrette dressing
Slow Cooker Ragu

Prep Time: 15 minutes  |  Cook Time: 6 hours (depending on heat level)  |  Servings: 8-10

Cans are one of the best ways to lock in nutrients and get vegetables from their source to your family table. And canned tomatoes, carrots and mushrooms make this pasta sauce as nutritious as it is delicious.

INGREDIENTS

2 tablespoons olive oil
1 yellow onion, finely chopped
1 celery stalk, finely chopped
3 cloves garlic, minced
Kosher salt and cracked black pepper
1/4 cup canned tomato paste
1/2 teaspoon dried thyme
1/2 cup low-sodium beef broth
2 (28-ounce) cans crushed tomatoes
1 pound ground pork
1 pound ground beef sirloin
1 (14.5-ounce) can sliced carrots, drained
1 (4-ounce) can sliced mushrooms, drained
Cooked pasta, such as spaghetti, for serving

PREPARATION

Heat the oil in a large sauté pan over medium-high heat. Add the onion and celery and sauté for 1 minute just to soften. Add the garlic and season with salt and pepper cooking for about 3 minutes. Add the tomato paste and thyme and continue cooking for another 2 minutes. Deglaze with the beef broth using a wooden spoon to pull up any bits from the bottom of the pan. Season with salt and pepper.

Carefully transfer mixture to the slow cooker. Stir in the canned tomatoes. Mix the pork and sirloin together in a separate bowl, using your hands, until combined. Stir the meat into the slow cooker, spreading out evenly and avoiding any large clumps. Cover and cook on high for 4 to 6 hours or on low 8 to 10 hours. During last two hours of cooking, add canned carrots and mushrooms to ragu. Skim the accumulated grease from the top before serving.

Serve over pasta with crusty bread for soaking up the sauce.

Nutrition Information Per Serving:
Calories: 270; Total fat: 8g; Saturated fat: 2g; Cholesterol: 30mg; Sodium: 750mg; Carbohydrate: 34g; Sugar: 9g; Fiber: 5g; Protein: 17g; Vitamin A: 120%DV*; Vitamin C: 35%DV; Calcium: 8%DV; Iron: 15%DV;

*DV=Daily Value

**Nutritionals used lean beef sirloin and 16% fat ground pork
**Carrot Muffins**

According to a Michigan State University study, canned produce is on par nutritionally with fresh and frozen varieties, and in some cases even better. So next time you’re at the store, don’t forget to head down the canned food aisle and stock up on canned carrots and pineapple for these savory and sweet muffins.

**INGREDIENTS**

**Muffins:**
- 1 ½ cups all-purpose flour
- 1 ½ cups granulated sugar
- 1 ½ teaspoons ground cinnamon
- 1 ½ teaspoons baking soda
- ½ teaspoon salt
- 1 (14.5-ounce) can carrots, drained
- 1 (8-ounce) can crushed pineapple in 100% pineapple juice, drained
- 3/4 cup vegetable oil
- 2 large eggs, lightly beaten
- 2 teaspoons vanilla extract
- 1 cup shredded sweetened dried coconut
- 3/4 cup pecans, chopped

**Frosting:**
- 1 (4-ounce) package reduced fat cream cheese, softened
- 3 tablespoons butter, softened
- 1 ½ cups confectioners’ sugar

**PREPARATION**

**Prepare muffins:** Preheat oven to 350°. Grease a 12-cup muffin tin. In large bowl combine flour, sugar, cinnamon, baking soda, and salt. In large bowl, mash carrots until smooth; add crushed pineapple, oil, eggs and vanilla until well blended. Add to dry ingredients until just mixed; fold in coconut and pecans.

Spoon mixture into prepared muffin tins, almost to top. Bake 30 minutes or until tester inserted in center comes out clean. Cool; 10 minutes. Remove muffins from pans. Cool completely.

**Prepare Frosting:** In mixing bowl combine cream cheese and butter until well blended. Add confectioners’ sugar; beat until smooth. Top carrot muffins with frosting.

**Nutrition Information Per Serving:**
- Calories: 450; Total fat: 26g; Saturated fat: 7g; Cholesterol: 50mg; Sodium: 580mg; Carbohydrate: 54g; Sugar: 40g; Fiber: 3g; Protein: 5g; Vitamin A: 70%DV*; Vitamin C: 4%DV; Calcium: 4%DV; Iron: 8%DV;

*DV=Daily Value