Day 3

For Day 3, we’re having veggie frittatas for breakfast, a Four Bean salad for lunch, and Greek pizza for dinner. Many canned foods are some of the best sources of potassium and fiber—two nutrients that are often lacking in American diets. Today, you’ll get well over the required amount of potassium and fiber. Before you go to bed tonight, assemble the Overnight Oats and stick them in the fridge so you can grab-and-go in the morning!

**BREAKFAST**

Reheat two Veggie Frittatas you made on Day 1. Enjoy with one whole wheat English muffin and one cup canned fruit of your choice.

**LUNCH**

This Four Bean Salad only takes five minutes to whip up. Serve with:

- Your favorite salad greens
- 1 serving (12) whole grain crackers
- 1 apple

**SNACK**

Cottage cheese packs a powerful punch of protein and calcium for strong bones. Sweetening cottage cheese with canned fruit ensures the sugar is from natural sources for a more nutritious spin on classic favorites! We recommend:

- 1 cup canned peaches
- 1 cup cottage cheese
- ¼ cup granola

**DINNER**

Canned artichokes—a Cantry staple—take this Greek Pizza to the highest pillar! That’s because artichokes have one of the highest antioxidant contents of all fruits and vegetables, and contain healthy anti-aging, disease-fighting antioxidants!

Enjoy the Greek Pizza with one cup roasted or sautéed canned veggies and one cup canned fruit of your choice.

**TOMORROW MORNING’S OVERNIGHT OATS**

Place the oat mixture in the fridge to get soft overnight. In the morning, just add canned fruit and toasted almonds.

**DAY 3 SHOPPING LIST**

**Bakery Items**
1 pkg English Muffin, whole grain
1 pkg Whole Grain Crackers

**Canned Items**
1 can [15oz] Artichoke Hearts
1 can [15oz] Cannellini Beans
1 can [10oz] Chicken Breast
5 cans [15oz] Fruit—Your Choice!
1 can [15oz] Garbanzo beans (Chickpeas)
1 can [15oz] Green Beans, French Style
1 can [15oz] Kalamata olives, canned
1 can [4oz] Mushrooms, sliced
2 cans [15oz] Peach slices
1 can [15oz] Red Beans
2 cans [15oz] Veggie—Your Choice!

**Dairy**
1 pkg (32oz) Cottage Cheese
1 container Feta Cheese
1 gallon Milk

**Dry Ingredients**
1 pkg Granola, low-fat

**Fresh Produce**
4 each Apples
1 each Cucumber
2 pkgs [16oz] Mixed Salad Greens
2 each Onion, red
1 bunch Parsley, fresh

**Refrigerated**
1 container Pesto Sauce
1 lb Pizza Dough

**Pantry Items**
Olive Oil
Pepper
Red Wine Vinegar
Salt
Four Bean Salad

This salad is as easy as 1... 2... 3... 4! The variety of canned beans featured offer delicious flavor to this versatile dish.

**INGREDIENTS**

1 can garbanzo beans  
1 can cannellini beans  
1 can French style green beans  
1 can red beans  
½ cup red onion, diced  
1 cucumber, chopped  
¼ cup red wine vinegar  
¼ cup extra virgin olive oil  
1 tbsp fresh parsley, chopped  
Salt and pepper to taste

**PREPARATION**

Drain and rinse all canned ingredients  
Mix beans and remaining ingredients together in a bowl and serve.

**Nutrition Information Per Serving:**

Calories 180; Total Fat 8g [Saturated Fat 1g; Trans Fat 0g; Polyunsaturated Fat 1.5g; Monounsaturated Fat 5g]; Cholesterol 0mg; Sodium 500mg; Total Carbohydrates 21g [Dietary Fiber 6g; Total Sugars 4g]; Protein 7g; Vitamin D 0mcg; Calcium 64mg; Iron 2mg; Potassium 218mg

Overnight Oats with Coconut Milk and Tropical Fruit

Craving fruit all year long? No problem! Cans provide year-round access to your favorite fruits and vegetables, so you can enjoy recipes like this, no matter the season.

**INGREDIENTS**

2 cups old fashioned rolled oats  
1 13.5-ounce can coconut milk  
½ teaspoon ground ginger  
Kosher salt  
1 15-ounce can tropical fruit salad, drained  
Toasted almonds, for serving

**PREPARATION**

In a medium bowl, stir together the oats, coconut milk, ginger and a pinch of salt. Cover and refrigerate 8 hours or overnight, until the oats are tender.

Briefly stir the oats, adding water by the tablespoon to loosen, if desired. Divide into serving bowls and top with tropical fruit and toasted almonds. Prepared oats can be stored in the refrigerator up to 3 days.

**Nutrition Information Per Serving:**

Calories 440; Total Fat 26g, Saturated Fat 19g; Trans 0g; Polyunsaturated Fat 2g; Monounsaturated Fat 3.5g; Cholesterol 0mg; Sodium 140mg; Total Carbohydrates 49g; Dietary Fiber 5g; Sugars 18g; Protein 8g; Vitamin D 0mcg; Calcium 51mg; Iron 5mg; Potassium 363mg
Greek Pizza

INGREDIENTS
1 tablespoon olive oil
1 medium red onion, halved and thinly sliced
1 pound prepared pizza dough
2 tablespoons olive oil
1/2 cup prepared pesto sauce
1 (14-ounce) can artichoke hearts, drained and each quartered**
1 (10-ounce) can chicken breast, drained and flaked
1 (4-ounce) can sliced mushrooms, drained
1 (3.8-ounce) can sliced ripe olives, drained
1/2 cup crumbled feta cheese

PREPARATION
In 12-inch skillet over medium heat, in hot oil, cook onion until just softened, about 5 minutes. Set aside.
Divide dough into 2 equal balls. On well-floured surface, with floured rolling pin, roll each ball into a 10-inch circle. Place on large cookie sheets or pizza pans. Brush crusts with olive oil.
Preheat oven 425°F. Spread pizza dough with pesto sauce to within 1-inch from edge; top with red onion, artichoke hearts, chicken, sliced mushrooms, sliced olives and feta cheese.
Bake 15 minutes or until crust is golden.

Nutrition Information Per Serving:
Calories 240; Total Fat 12 g (Sat 2.5 g, Trans 0 g); Cholesterol 25 mg; Sodium 750 mg; Total Carbohydrates 23 g; Dietary Fiber 1 g; Sugars 4 g; Protein 12 g; Vitamin A 87.13 IU; Vitamin C 2.7 mg; Calcium 66.99 mg; Iron 2.07 mg; Vitamin D 1.76 IU; Folate 6.29 mcg

% Daily Value*: Vitamin A 2%; Vitamin C 4%; Calcium 6%; Iron 10%

*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 artichoke hearts not drained.