On Day 4, we’re having the Overnight Oats that we got started the night before, making the most of leftovers for lunch, yogurt and fruit for a snack, and some delicious Baked Chicken Taquitos for dinner!

**BREAKFAST**
Take the soft, oat mixture out of your fridge, and add the tropical fruit and toasted almonds.

**LUNCH**
For lunch, put your Slow Cooker Ragu, Greek Pizza or Four Bean Salad leftovers to use! No matter what you choose, be sure to have one cup of fruit with your lunch!

**SNACK**
- 1 cup plain non-fat Greek yogurt
- ¼ cup low-fat granola
- 1 cup canned fruit of choice (we recommend cherries)

**DINNER**
Because canned foods like chicken, carrots and beans are already prepped, you can get healthy and delicious homemade meals, like these Baked Chicken Taquitos, on the table more often. And, leftovers are perfect for lunch boxes!

Enjoy with one cup canned veggies of your choice.

**DAY 4 SHOPPING LIST**

**Bakery Items**
1 pkg Tortillas, corn or whole wheat

**Canned Items**
- 1 can [15oz] Black Beans
- 1 can [14.5oz] Carrots, sliced
- 6 cans [10oz] Chicken Breast
- 1 can [13.5oz] Coconut Milk
- 1 can [15oz] Corn
- 5 cans [15oz] Fruit—Your Choice!
- 1 can [4.5oz] Green chiles, canned
- 1 can [15oz] Tropical Fruit Salad
- 2 cans [15oz] Veggie—Your Choice!

**Dairy**
- 1 pkg [8oz] Cream Cheese
- 1 gallon Milk
- 1 pkg Shredded cheese
- 1 container [32oz] Yogurt, plain

**Dry Ingredients**
- 1 pkg Granola, low-fat
- 1 pkg Oats, rolled
- 1 pkg [5oz] Toasted or Roasted Almonds

**Refrigerated**
- 1 container Salsa

**Pantry Items**
- Canola Spray
- Ground ginger
- Salt
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
Haylie Duff’s Baked Chicken Taquitos

Prep Time: 15 minutes  Cook Time: 30 minutes  Servings: 12

Because canned foods like chicken, carrots and beans are already prepped, you can get healthy and delicious homemade meals, like these Baked Chicken Taquitos, on the table more often. And, they’re perfect for lunch boxes!

INGREDIENTS

- 3 cups rotisserie chicken, finely shredded
- or - 6 5-oz cans chicken, drained
- 1 ½ cup shredded cheddar cheese
- 1 8-oz can sliced carrots
- 1 cup corn
- 1 cup can black beans, drained and rinsed
- 1 4-oz can mild diced green chiles
- 8 oz cream cheese, softened
- 1 tsp kosher salt
- 12 6-inch flour or corn tortillas
- Canola spray
- Mixed greens (optional)
- Salsa (optional)
- Guacamole (optional)

PREPARATION

Preheat oven to 450° F degrees. Spray a baking sheet or baking dish with canola spray.

In a large mixing bowl, combine chicken, cheddar cheese, carrots, corn, black beans, chiles, cream cheese and salt. Mix until well combined.

If using corn tortillas, warm in a paper towel for 35 seconds in the microwave. Fill each tortilla with 4 tablespoons of chicken mixture and roll.

Place the Taquitos seam side down on baking sheet/baking dish. Bake 10 to 15 minutes, until tortillas have golden edges.

Place mixed greens on a large platter and sprinkle with leftover beans and corn. Place Taquitos over greens and top with salsa and guacamole. Or, serve on a platter with salsa and guacamole as dips.

RECIPE INSPIRATION

Turn these Taquitos into enchiladas! Pour a 15-ounce can of enchilada sauce into a 9×13 baking dish. Add Taquitos into sauce. Sprinkle with 2 cups of cheddar cheese. Cover with aluminum foil and bake in 425° F degree oven until warmed through and cheese melts, about 20 to 25 minutes. Serve with salsa and guacamole.