Day 5

You’ve almost completed the Happiness Challenge! Hopefully you’re proud of your ability to eat a healthy Mediterranean diet for five days—we certainly are! Don’t forget to take our survey to be eligible to win $1,000 toward your groceries.

**BREAKFAST**

This Mango-Ginger smoothie is delicious and uses a can of evaporated milk to achieve a creamy, luxurious texture. Not a fan of mango? Try it with peaches! Skeptical of the ginger? Skip it. But, we promise, it’s worth a try! Enjoy with:

- 2 slices whole wheat toast
- 1 tbsp nut spread of your choice

**LUNCH**

Enjoy any leftover chicken taquitos that may be remaining. All out? No worries, we have a quick recipe for lunch!

Greek yogurt, dill, cucumber and peppers give these chicken pitas a Mediterranean flare! Take 10 minutes to whip up the chicken mixture, and stuff into a whole grain pita.

Enjoy with one cup of grapes.

**SNACK**

- ½ oz. roasted and unsalted almonds (about 11 almonds)
- 1 cup plain yogurt
- ¼ cup low-fat granola
- 1 cup canned fruit of choice (tropical fruit)

**DINNER**

There are so many different ways to use canned tuna to bring healthy fats and protein to the dinner table. And, it’s not often you find a way to work in fruit to a dinner meal!

**DAY 5 SHOPPING LIST**

**Bakery Items**
- 1 pkg Tortillas, corn or whole wheat
- 1 loaf Whole Wheat Bread
- 1 pkg Whole Wheat Pitas

**Canned Items**
- 2 cans (10oz) Chicken Breast
- 1 can (12oz) Evaporated Milk
- 1 can (4.5oz) Green chiles, canned
- 2 cans (15oz) Mango, diced
- 1 can (15oz) Peach slices
- 1 can (5oz) Tuna

**Dairy**
- 1 pkg Shredded cheese
- 1 container (32oz) Yogurt, plain

**Dry Ingredients**
- 1 pkg Granola, low-fat
- 1 pkg (5oz) Toasted or Roasted Almonds

**Fresh Produce**
- 1 each Cucumber
- 1 pkg Dill
- 3 inches Ginger Root
- 1 bunch Grapes
- 1 each Green Cabbage, optional
- 1 head, small Lettuce
- 1 each Onion, red
- 1 bunch Parsley, fresh
- 1 each Red Bell Pepper

**Pantry Items**
- Honey
- Lime juice
- Peanut and/or Almond Butter
- Tabasco sauce
Mango–Ginger Smoothie

Prep Time: 5 minutes  Servings: 2

Canned fruits are an easy way to ensure you’re meeting your daily nutrient intake—and did we mention they’re delicious? So for sealed in freshness & flavor, open a can of diced mango and make this Mango–Ginger Smoothie.

INGREDIENTS

1 15-ounce can diced mango*, drained
1/2 12-ounce can evaporated milk
1 tablespoon minced fresh ginger
1 tablespoon honey
1 cup ice cubes

**Or, use 1 15-ounce can sliced peaches, drained

PREPARATION

In blender combine mango, evaporated milk, ginger, honey and ice cubes. Combine until well blended and smooth

Mediterranean Chicken Pitas

Prep Time: 10 minutes  Servings: 2

Canned foods, like the canned chicken featured in this recipe, make meal prep easy! In fact, in the U.S., 86% of all parents agree they don’t go a week without using canned foods. Are you included in that percentage? You will be after serving these easy, delicious and nutritious Chicken Pitas to your family.

INGREDIENTS

1 (10-ounce) can chicken breast, drained and flaked**
1/2 cup finely chopped cucumber
1/2 cup finely chopped red bell pepper
1 (4.5-ounce) can chopped green chilies, drained**
1/4 cup Greek yogurt
2 tablespoons fresh chopped dill
2 whole wheat pitas**
Lettuce leaves (2 leaves per pita)

PREPARATION

In large bowl combine chicken, cucumber, red bell pepper, green chilies, yogurt and dill; toss to mix well.

Cut each pita in half horizontally; carefully open each pita half. Fill with lettuce leaves and chicken mixture.

Nutrition Information Per Serving:

Calories 350; Total Fat 4.5 g [Sat 1.5 g, Trans 0 g]; Cholesterol 50 mg; Sodium 1210 mg; Total Carbohydrates 47 g; Dietary Fiber 8 g; Sugars 8 g; Protein 36 g; Vitamin A 4788 IU; Vitamin C 61 mg; Calcium 66 mg; Iron 2.66 mg; Vitamin D 0 IU; Folate 65 mcg

% Daily Value*: Vitamin A 100%; Vitamin C 100%; Calcium 6%; Iron 15%

*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 using: chicken breast chunk, premium canned with water, not drained;
canned chile pepper, green, diced, not drained; large, 6 ½” whole wheat pita
**Tuna Tacos with Peach Salsa**

Canned foods make healthy, homemade meals a reality more often. With the help of just a few canned ingredients, like delicious canned tuna and canned peaches, family-favorite dishes like these Tuna Tacos can be whipped up in no time.

**INGREDIENTS**

**Salsa:**
- 1 (15.25-ounce) can lite peach slices, drained and chopped
- 1 (4.25-ounce) can green chilies, drained and finely chopped
- 1/4 cup finely chopped red onion
- 1 tablespoon fresh chopped parsley
- 1 tablespoon fresh-squeezed lime juice
- 1/4 teaspoon Tabasco pepper sauce

**Tacos:**
- 1 (5-ounce) can tuna, drained and flaked
- 8 corn, flour or whole wheat tortillas, slightly warmed
- Finely shredded green cabbage, optional
- Shredded low-fat Monterey Jack cheese, optional
- Lime wedges, optional

**PREPARATION**

Prepare Salsa:
In medium bowl combine chopped peaches, green pepper, red onion, parsley, lime juice and Tabasco sauce. Cover and refrigerate until ready to serve.

Prepare Tacos:
Fill tortillas with flaked tuna; top with peach salsa. Serve with shredded cabbage and cheese if desired. Garnish with lime wedges if desired.

*Substitute 1 (5-ounce) can tuna for tuna if desired.

**Nutrition Information Per Serving:**
- Calories: 230; Total fat: 2g; Saturated fat: 0g; Cholesterol: 20mg; Sodium: 360mg; Carbohydrate: 43g; Sugar: 14g; Fiber: 5g; Protein: 11g; Vitamin A: 10%DV; Vitamin C: 15%DV; Calcium: 0%DV; Iron: 2%DV;

*DV=Daily Value