

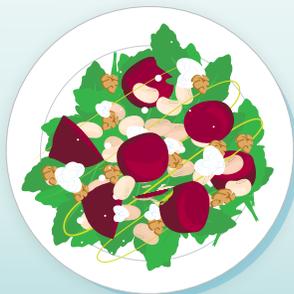
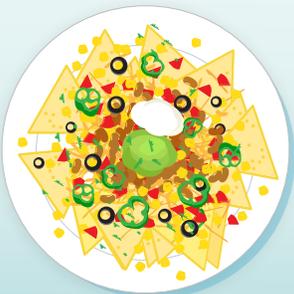
A Week of Meals with Canned Foods

Discover a week's worth of tasty meals built around nutritious, affordable and convenient canned foods.

BREAKFAST	MORNING SNACK	LUNCH	AFTERNOON SNACK	DINNER
Breakfast Burrito black beans	½ cup canned pears 1 cup low-fat milk	Beet & White Bean Salad white kidney beans, beets 2 slices bread ½ cup canned pears	Fruit Salad mandarin oranges, pears, pineapple 6 whole wheat crackers 1 cup plain yogurt	Thai Curry Chicken with Brown Rice coconut milk, chicken breast, sweet potatoes, green beans 1 dinner roll 1 tbs. butter
Cranberry Orange Smoothie evaporated milk, cranberry sauce, mandarin oranges 1 slice whole wheat bread 1 tbs. butter	2 tbs. canned boiled peanuts 1 small apple	Chicken Burrito Salad black beans, diced tomatoes, chicken breast, diced green chiles, black olives, corn 2 small corn tortillas	1 mozzarella string cheese	Tuna Tacos with Peach Salsa peaches, diced green chiles, tuna Mexican Fiesta Dip black beans, diced tomatoes, corn, diced green chiles 1 oz. baked tortilla chips
Rise and Shine Cobbler peaches, pears, mandarin oranges Three-Minute Latte evaporated milk	1 whole wheat bagel 2 tbs. cream cheese	Tuna Niçoise Salad potatoes, green beans, artichoke hearts, tuna, black olives, palm hearts 2 slices whole wheat bread	Marinated Three-Bean Salad lima beans, green beans, kidney beans 1 mozzarella string cheese	Pineapple Jerk Chicken chicken breast, pineapple, black beans ¾ cup brown rice
Mango Ginger Smoothie evaporated milk 1 wheat bagel 2 tbs. jam		Curried Pumpkin Soup coconut milk, chicken broth, pumpkin 2 slices whole grain bread	Spiced Chai Tea evaporated milk 1½ cups canned mandarin oranges	Vegetarian Three-Bean Chili diced tomatoes, crushed tomatoes, pinto beans, white kidney beans, red kidney beans, diced green chiles ½ cup canned Spanish rice
Southwestern Potato Bake with Canned Spinach sweet potato, spinach 1½ cups canned peaches 2 slices whole wheat bread		Salmon Chowder canned salmon, chicken broth, corn, spinach, evaporated milk 20 saltine crackers	Artichoke Hummus artichoke hearts, garbanzo beans, vegetable broth ½ cup carrots ½ cup celery 1 small pita bread	Pasta with Pumpkin Marinara Sauce pumpkin ½ cup canned asparagus 1 cup nonfat milk
Breakfast Quiche mixed vegetables, spinach 1 cup canned apricots		1 peanut butter sandwich ½ cup plain yogurt 1 cup canned mandarin oranges	Crispy Roasted Chickpeas chickpeas 1½ cups grapes	Kitchen Sink Nachos refried beans, black beans, corn, black olives 1 cup nonfat milk
Pumpkin Smoothie with Spinach evaporated milk, pumpkin ¾ cup oatmeal with raisins 1 cup low-fat milk	1 cup popcorn	Chicken Quinoa Vegetable Salad chicken broth, diced tomatoes, chicken breast, green beans, corn 4 oz. canned water chestnuts 1 cup milk	6 oz. canned vegetable juice 6 pretzels	Albacore Tuna Stir Fry with Broccoli tuna, canned mixed vegetables 4 oz. canned water chestnuts ½ cup brown rice 1 cup nonfat milk

orange bold – recipes • teal bold – canned items in entrée • green bold – other canned items

Find recipes and inspiration at CansGetYouCooking.com



For more information, contact CMI: Phone: 202-232-4677; Email: info@cancentral.com