

MEALS IN MINUTES THANKS TO CANS!

Canned foods pair with a variety of ingredients to create tasty and energizing meals in no time!



BREAKFAST



whole grain
waffle

sliced peaches

Greek yogurt

chia seeds

Canned peaches have higher levels of **Vitamin C, Folate,** and **Antioxidants**

SNACK



whole grain
toast

cottage
cheese

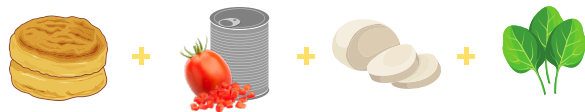
sliced
apricots

walnuts

honey

Canned apricots have increased **Antioxidants**

LUNCH



whole grain
english muffin

Italian seasoned
diced tomatoes

fresh
mozzarella

baby
spinach

Heat from the canning process makes the Antioxidant **Lycopene** more bioavailable

DINNER



whole grain
tortilla

rotisserie
chicken

black
beans

diced tomatoes
w/chiles

avocado

Canned tomatoes contain nutrients such as **Potassium, Vitamin A,** and **Vitamin C**