

Black Bean & Quinoa Enchilada Bake

Classic enchilada flavors, cooked up in a crazy delicious casserole with black beans, protein-packed quinoa, mushrooms and fresh spinach. Topped with just the right amount of melted cheese, it's a healthy take on a classic the whole family will love.

45 Minutes to the Table

15 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Saucepan
Large Skillet
Mixing Bowl
Casserole Dish

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Quinoa
Mushrooms
Spinach
Beans & Corn
Enchilada Sauce
Asadero Cheese

Make The Meal Your Own

This is a great make-ahead dinner. You can cook all the vegetables and assemble the casserole ahead of time. Just top with the cheese, cover and refrigerate until ready to bake and serve. When ready to bake, plan an extra five minutes of cook time.

Kids tip – This is a family-friendly recipe, but if someone in your family doesn't love mushrooms, prepare their portion without them.

Omnivore's Option – Chorizo works perfectly in this dish. Crumble it in the mixing bowl with the veggies before baking.

Good To Know

Health snapshot per serving – 770 Calories, 25g Fat, 40g Protein, 95g Carbs, 19 WW+ Points

Lightened up snapshot – 500 Calories, 10g Fat and 12 WW+ points with no cheese, $\frac{3}{4}$ beans and corn, and $\frac{3}{4}$ enchilada sauce.

Have questions? The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

INGREDIENTS: Prepared Enchilada Sauce, Quinoa, Mushrooms, Spinach, Tomatoes, Black Beans, Corn, Asadero Cheese, Cilantro, Garlic, Herbs and Spices

meezmeals

1. Getting Organized

Preheat your oven to 375 and put a pot of water on to boil.

2. Cook the Quinoa

Add the **Quinoa** to the boiling water and cook for 6 to 8 minutes. Drain and set aside.

3. Cook the Vegetables

While the quinoa is cooking, heat 1 Tbsp of oil in a skillet on high heat. Add the **Mushrooms** and cook until lightly browned, 5 to 8 minutes. Turn off the heat and add the **Spinach**. Gently mix the spinach until it's just starting to wilt.

Remove the mushrooms and spinach to the casserole dish. Add the **Beans & Corn** and cooked quinoa. Stir in the **Enchilada Sauce**.

4. Put It All Together

Sprinkle the **Asadero Cheese** over the top and bake until the cheese is melted and it's bubbling around the edges, about 25 to 30 minutes.

Don't season the mushrooms while they cook - it prevents them from browning.

This works in everything from a loaf pan to a 10x10 casserole dish.

Love this recipe? #meezmagic

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois * Prepare by May 3

Thai Green Curry Soup

You're in for a treat. We're making a green curry version of the classic Thai soup. Glass noodles, snow peas and crispy tofu all come together in flavorful green curry and coconut soup. It's fresh and flavorful and members tell us they absolutely love it.

30 *Minutes to the Table*

15 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Saucepan

FROM YOUR PANTRY

Olive Oil

Salt & Pepper

6 MEEZ CONTAINERS

Organic Tofu

Asian Vegetables

Mushrooms

Green Curry Paste

Glass Noodles

Seasoned Coconut

Milk

Make The Meal Your Own

Speed Tip – Use two pans and cook the tofu and vegetables at the same time. You'll be eating 10 minutes faster.

Omnivore's Option – Bay scallops are tasty in this soup. Sear them first and add to the soup at the end.

Good To Know

Health snapshot per serving – 440 Calories, 30g Protein, 20g Fat, 50g Carbs, 13 WW+ Points

Have questions? The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

INGREDIENTS: Coconut Milk, Organic Tofu, Carrots, Bamboo Shoots, Mushrooms, Glass Noodles, Red Peppers, Snow Peas, Gluten Free Soy Sauce, Lime Juice, Brown Sugar, Green Curry, Lemongrass, Basil, Garlic, Ginger

meezmeals

1. Cook the Tofu

Heat 2 Tbsp olive oil in a large saucepan or pot over high heat. Add the **Organic Tofu** and cook until it's crisp on one side, about 4 minutes. Then turn each piece over and cook until the other side crisps, about 3 more minutes.

Be sure the oil is good and hot before adding the tofu. You can test it by adding a pinch of salt. If it sizzles, you're ready.

2. Make the Soup

Add the **Asian Vegetables** to the tofu pan with the tofu and cook until they are hot but still crisp, about 5 minutes. Add the **Mushrooms** and cook another 5 minutes.

The curry paste has a kick, so use a little less if your family is spice averse. Jen uses it all, Chef Max uses about 2/3.

Add 2 cups of water and half of the **Green Curry Paste**. Bring to a boil, then add the **Glass Noodles**. When the noodles are just pliable, add another ½ cup of water and the **Seasoned Coconut Milk**. Taste and add more green curry if you'd like.

If you decide to add more curry to your soup, make sure to mix it with a tablespoon of water or broth in a separate bowl before adding to the soup.

Simmer for 5 final minutes. Enjoy!

Love this recipe? #meezmagic

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois * Prepare by May 3

Roasted Red Pepper Spaghetti with Squash and Spinach

30 Minutes to the Table

15 Minutes Hands On

1 Whisk Super Easy

There's something magical about roasted red peppers: they make for a creamy pasta sauce without any cream. They're the stars of our pasta sauce this week with plenty of thyme and sherry vinegar, plus fresh spinach and roasted butternut squash. Tossed with spaghetti and just 15 minutes hands-on, it's a meal just right for a busy week!

Getting Organized

EQUIPMENT

Rimmed Baking Sheet
Saucepan
Large Skillet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Butternut Squash
Parmesan Cheese
Red Pepper Sauce
Spinach
Whole Wheat Spaghetti

Make the Meal Your Own

If you're making the gluten-free version, we've given you gluten-free pasta.

Cooking with a picky eater? Heat the red pepper sauce separately from the spinach so each diner can add it to his or her own tastes.

If you're making the vegan version, we've left the cheese out of your meal.

Omnivore's Option – Halibut is a great addition. Bake a fillet with the butternut squash and serve it over the pasta before you top with the roasted red pepper sauce.

Good to Know

Health snapshot per serving – 560 Calories, 25g Protein, 15g Fat, 15 WW+ Points

Have questions? The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

INGREDIENTS: Butternut Squash, Spinach, Roasted Red Peppers, Whole Wheat Spaghetti, Parmesan, Sherry Vinegar, Brown Sugar, Almonds, Kalamata Olives, Garlic, Herbs and Spices

meezmeals

1. Get Organized

Preheat your oven to 425 and put a saucepan of water on to boil.

2. Roast the Butternut Squash

Put the **Butternut Squash** on to a rimmed baking sheet and drizzle with olive oil, salt and pepper. Toss well, then arrange in a single layer. Bake until lightly caramelized at the edges, about 20 to 25 minutes.

Stir the butternut squash once, about halfway through cooking.

3. Cook the Spaghetti

When the squash has been cooking for about 15 minutes, salt your boiling water, then add the **Whole Wheat Spaghetti**. Cook until al dente, about 7 to 9 minutes. Drain and set aside.

Spaghetti has a tendency to stick, so be sure to stir it during the first few minutes of cooking.

4. Make the Sauce

Once the spaghetti is cooking, heat 1 Tbsp olive oil in a large skillet over medium high heat. Add the **Spinach** and cook until it wilts, 2 to 5 minutes, stirring constantly.

Add the **Red Pepper Sauce** and half of the **Parmesan Cheese**. Cook it for a minute, then turn the heat off and add the cooked spaghetti. Stir it well, then mix in the roasted squash and serve topped with the remaining Parmesan. Enjoy!

Love this recipe? #meezmagic

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois * Prepare by May 3

Mediterranean Flatbread

How many yummy flavors can you put on one flatbread? We're rubbing a delicious sage glaze over fresh pizza dough, and then topping it with crispy kale, dates, capers and plenty of gouda cheese. A final drizzle of glaze on top finishes off this sunny, sophisticated flatbread.

40 *Minutes to the Table*

10 *Minutes Hands On*

2 Whisks *Easy*

Getting Organized

EQUIPMENT

Rimmed Baking
Sheet

FROM YOUR PANTRY

Flour
Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Kale
Pizza Dough
Sage Glaze
Gouda & Mozzarella
Dates & Capers

Make The Meal Your Own

Omnivore's Option – Shrimp is a tasty addition. Add it in the last 10 minutes of cooking, tucked under the cheese.

Cooking with a picky eater? Skip the dates and capers on their portion.

Good To Know

If you're making the vegan version, we've left the cheese out of your meal.

Health snapshot per serving – 745 Calories, 30g Protein, 10g Fiber, 20 WW+ Points

Lightened up snapshot – 490 Calories, 25 g Fat and 14 WW+ Points with half the cheese and half of the glaze.

Have questions? The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

INGREDIENTS: Kale, Whole Wheat Pizza Dough, Olive Oil, Gouda Cheese, Mozzarella Cheese, Dates, Cider Vinegar, Dates, Brown Sugar, Capers, Herbs and Spices

meezmeals

1. Getting Organized

Preheat your oven to 425 and take the pizza dough out of the refrigerator.

Don't forget to take out the dough. Warmer dough is easier to work with!

2. Bake the Kale

Put the **Kale** on a baking sheet and drizzle with 1 Tbsp olive oil, 1 Tbsp of water, and a generous pinch of salt. Toss well and bake until it starts to crisp, about 10 to 15 minutes.

3. Assemble the Flatbread

While the kale is cooking, shape your **Pizza Dough**. Sprinkle your counter with a little flour and stretch the dough into shape. The size and thickness are up to you, but we target about ¼" thickness.

We usually make two-person pizzas - ours are about 8' wide and 14" long.

Spread 1/3 of the **Sage Glaze** over the dough, rubbing in with your fingers. Top with the baked kale, pushing it down on to the dough a bit. Top with the **Gouda & Mozzarella, Dates & Capers** and half of the remaining sage glaze. Bake until the crust is golden brown and the cheese melts, about 15 to 20 minutes.

We may have given you extra toppings, don't worry! They make a great side dish!

Drizzle more glaze over top if you'd like and enjoy!

Love this recipe? #meezmagic

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois * Prepare by May 3

Chicken Pot Pie

Comfort food lightened up for spring. This cozy recipe starts as a classic chicken pot pie, but we're tossing our free-range chicken breast with plenty of corn, sweet potatoes and mushrooms to make it as healthy as it is delicious. Tossed in a light cream sauce and golden pastry on top, it's a recipe that's just right for spring, and less indulgent than you'd imagine.

45 Minutes to the Table

20 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

- Large Skillet
- Loaf Pan or Casserole Dish

FROM YOUR PANTRY

- Olive Oil or Butter
- 1 ½ Tbsp of Flour
- Salt & Pepper

6 MEEZ CONTAINERS

- Onions & Corn
- Chicken Breast
- Sweet Potatoes
- Cream Sauce
- Mushrooms
- Pie Crust

Make The Meal Your Own

This is a great make-ahead dinner. You can cook the filling up to a day ahead. When you're ready to eat, just top with the pie dough and bake 20 to 25 minutes in a 400-degree oven.

Picky eaters tip – We love the earthiness from the mushrooms, but if you're eating with someone who doesn't love the idea of them, puree the mushrooms in a food processor and add to the filling before you top with the crust and bake. Your picky eater will never see them, but will love the flavor they bring.

Our free-range chickens thrive on an all-natural diet. They are never fed growth hormones and receive no antibiotics in their feed, their water, through intramuscular injection, or even the egg...ever.

Good To Know

A note on pan sizes. Chef Max prefers to bake his pot pie in a deep, narrow pan like a loaf pan because it's the perfect size for the crust, but he says a casserole dish or oven-safe saucepan will work well too.

Health snapshot per serving – 580 Calories, 35g Protein, 25g Fat, 50g Carbs, 14 WW+ Points

Lightened up snapshot – 430 Calories, 15g Fat and 11 WW+ points replacing the pie dough with ½* cup of panko breadcrumbs sprinkled over the filling before baking.

Have questions? The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

INGREDIENTS: Free-Range Chicken, Sweet Potato, Mushrooms, Onion, Pie Crust, Corn, White Wine, Half and Half, Garlic, Miso, Concentrated Vegetable Stock, Herbs and Spices

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1. Getting Organized

Preheat your oven to 400.

2. Prep the Chicken

Rinse the **Chicken Breast** under cold water and pat dry with a towel. Place the chicken on a cutting board. Using a sharp knife, cut the chicken breast lengthwise into long strips, about ¼" to ½" wide. Rotate the chicken breast 90 degrees and then cut across to create small, even cubes of chicken.

Once the chicken is cut, generously sprinkle with salt and pepper (we use ¼ tsp salt and ¼ tsp pepper, so use about half per side, or more if you like).

3. Make the Filling

Heat 2 Tbsp of oil or butter in a large skillet over medium-high heat. Add the **Onions & Corn** and cook until well browned, about 7 to 10 minutes. Add the chicken and cook 5 minutes. Add the **Sweet Potatoes** and cook for 4 minutes, stirring constantly. Add 1 ½ Tbsp of flour and cook for one minute while stirring and distributing the flour evenly around the pan.

Add the **Cream Sauce** and stir, scraping the browned bits off the bottom of the pan. Simmer until it thickens to the consistency of gravy, about 1 minute. Add the **Mushrooms** and 1½ cup water and bring the mixture to a boil. Reduce heat and simmer for 5 minutes. Season with salt and pepper to taste.

4. Bake the Pot Pie

Transfer the filling to a loaf pan (or, if you prefer, a casserole dish) and top with the **Pie Crust**. Bake until crust is golden brown and flaky, about 20 to 25 minutes. Let cool slightly before serving. Enjoy!

Love this recipe? #meezmagic

Use your biggest skillet or a large saucepan because all of the ingredients are cooked together.

We include just enough pie crust to add flaky deliciousness, without all the calories of a traditional pot pie.

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois * Prepare by May 3

Mediterranean Lemon Chai Salmon with Pearl Couscous

Meez's signature lemon-chai dressing brings a sunny flavor to seared salmon. Served up with cherry tomatoes, broccoli and pearl couscous, it's an easy dinner the whole family will love.

20 Minutes to the Table

20 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Saucepan
Shallow Pie Dish or Plate
Large Skillet

FROM YOUR PANTRY

½ Cup of Flour
Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Couscous
Salmon
Broccoli
Lemon Chai Sauce
Feta Cheese

Make The Meal Your Own

Leftovers Tip – Serve your leftovers over lettuce for a great, light next-day lunch.

Our salmon is wild caught and responsibly fished, so it's free from dyes, antibiotics and any industrial grain-based diets.

Good To Know

If you want to test the doneness of the salmon, use a thermometer. You want the internal temperature to be at least 140 degrees. If you don't have a thermometer, you can cut the fish in half to check the doneness.

Health snapshot per serving – 940 Calories, 50g Fat, 40g Protein, 90g Carbs, 25 WW+ Points

Lightened up snapshot – 475 Calories, 40g Fat and 13 WW+ Points with no feta or couscous.

Have questions? The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

INGREDIENTS: Broccoli, Wild-Caught Salmon, Couscous, Cherry Tomatoes, Feta Cheese, Olive Oil, Lemon Juice, Green Onion, Brown Sugar, Garlic, Herbs and Spices

meezmeals

1. Getting Organized

Put a saucepan of water on to boil.

2. Cook the Couscous

Salt the boiling water and add the **Couscous**. Cook 7 to 8 minutes until al dente. Drain and set aside.

3. Dredge and Cook the Salmon

While the couscous is cooking, pour ½ cup flour in a shallow pie pan or on a plate and add a generous pinch of salt and pepper. Coat the **Salmon** with the flour, making sure the entire filet is covered.

Heat 2 Tbsp of oil in a large skillet on high heat. Add the salmon and cook 4 minutes. Flip and cook an additional 2 minutes. Turn off the heat, cover and let sit for 5 minutes. Set aside.

4. Cook the Broccoli

Heat the same skillet that you used to cook the salmon over medium-high heat. (Don't wipe it out. You want all those bits of flavor.) Add the **Broccoli** and cook until bright green but still crisp, about 3 to 5 minutes. Add the **Lemon Chai Sauce** to the pan and cook until hot, about 1 minute.

Serve the couscous topped with salmon, broccoli and **Feta Cheese**. Enjoy!

Love this recipe? #meezmagic

Any kind of flour will work here: all-purpose, rice flour, even chickpea. Use your favorite.

If you want to check the doneness of the fish, use a thermometer (you're looking for 140 degrees or higher) or cut the fish in half.

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois * Prepare by April 30

Mediterranean Grilled Cheese

10 *Minutes to the Table*

5 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Non-Stick Skillet

FROM YOUR PANTRY

2 Tbsp Butter or
Vegetable Oil

3 MEEZ CONTAINERS

Sourdough Bread
Mozzarella &
Tomatoes
Artichoke Pesto

Good to Know

Health Snapshot per serving (serves 1)

575 Calories, 30g Fat, 40g Carbs, 30g Protein
15 WW+ Points

Lightened up snapshot (1/2 cheese)

465 Calories, 25g Fat, 40g Carbs, 12 WW+ Points

Have questions? The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

INGREDIENTS: Sourdough Bread, Mozzarella, Artichoke Hearts, Parmesan, Olive Oil, Sundried Tomato, Lemon Juice, Parsley, Spices

meez *meals*

1. Getting Organized

Heat 1 Tbsp of butter or oil in a non-stick skillet over medium heat.

2. Make the Sandwich

Spread the **Artichoke Pesto** on both slices of **Sourdough Bread**.

Place one piece of bread in the pan (pesto-side up) and top with the **Mozzarella & Tomatoes**, keeping them toward the middle of the bread. Top with the second slice of bread (pesto-side down) and press down gently.

Allow the bread to cook until brown, about 1 to 2 minutes, and then hold the top of the bread and flip. (We do this so nothing falls out of the sandwich). Cook an additional 3 to 4 minutes until the second side is brown. Turn off the heat, cover and let sit for 1 minute in order to make the sandwich cohesive. Remove to a plate and serve. Enjoy!

Love this recipe? #meezmagic

Prepare by May 3

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois

Black Bean Quesadilla

20 Minutes to the Table

5 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Baking Sheet

FROM YOUR PANTRY

Vegetable Oil

5 MEEZ CONTAINERS

Avocado

Tortillas

Cheese & Spices

Black Beans

Salsa Crema

Good to Know

Want to save the oven time? You can cook this stovetop. It's harder to flip, but still tastes delicious.

Health Snapshot per serving (serves 1)

945 Calories, 55g Fat, 90g Carbs, 30g Protein,
25 WW+ Points

Lightened up snapshot (1 tortilla, no avocado)

500 Calories, 25g Fat, 50g Carbs, 20g Protein,
13 WW+ Points

Have questions? The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

INGREDIENTS: Flour Tortillas, Avocado, Black Beans, Chihuahua Cheese, Tomato, Sour Cream, Lime Juice, Garlic, Herbs and Spices

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1. Getting Organized

Preheat your oven to 400 and slice your **Avocado**.

2. Prep the Tortillas

Oil the baking sheet with 1 to 2 Tbsp of oil. Take one **Tortilla** and wipe it through the oil to coat one side. Repeat with the second tortilla, leaving it on the baking sheet oiled-side down.

3. Build the Quesadilla

Sprinkle the **Cheese & Spices** on the tortilla then top with the **Black Beans** and half of the sliced avocado. Top with the second tortilla, oiled-side up, and gently press down.

4. Put It All Together

Bake the quesadilla until the top and edges are golden brown, 6 to 8 minutes. Flip the quesadilla, and cook an additional 3 to 4 minutes. Cut into wedges and serve with **Salsa Crema** and the remaining avocado. Enjoy!

Love this recipe? #meezmagic

Prepare by May 3

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois

Cajun Cauliflower

30 Minutes to the Table

5 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Mixing Bowl
Baking Sheet

FROM YOUR PANTRY

Salt & Pepper
Vegetable Oil

3 MEEZ CONTAINERS

Cauliflower
Cajun Spice
Lime Yogurt

Make This Meal Your Own

Cooking with picky eaters? Our Cajun spice packs a punch, so skip it on their portion.

Good to Know

Health Snapshot per serving (serves 2)

145 Calories, 35g Carbs, 10g Protein, 4 WW+ Points

Have questions? The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

INGREDIENTS: Cauliflower, Greek Yogurt, Brown Sugar, Lime Juice,
Herbs and Spices

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1. Getting Started

Preheat your oven to 400.

2. Roast the Cauliflower

In a large bowl, combine the **Cajun Spice** with 3 Tbsp of vegetable oil and mix well. Add the **Cauliflower** to the spiced oil and toss to coat. Spread the cauliflower in a single layer on a baking sheet and roast until spices turn black and cauliflower is caramelized on the edges, about 20-25 minutes.

3. Put It All Together

Use tongs to remove cauliflower to a serving dish and top with **Lime Yogurt** to taste. Enjoy!

Love this recipe? #meezmagic

Cook by May 3

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois

Bangkok Basil Crunch Salad

5 Minutes to the Table

5 Minutes Hands On

Getting Organized

EQUIPMENT

Mixing Bowl

FROM YOUR PANTRY

Salt & Pepper

4 MEEZ CONTAINERS

Asian Veggies

Organic Tofu

Bangkok Basil

Dressing

Peanuts

Put It All Together

Put the **Asian Veggies** into a large mixing bowl with the **Organic Tofu** and half of the **Bangkok Basil Dressing**. Add salt and pepper and more dressing to taste. Serve topped with the **Peanuts** and enjoy!

Good to Know

Health Snapshot per serving (serves 1)

570 Calories, 5g Protein, 20g Fat, 20g Fiber
12 WW+ Points

Have Questions?

We're standing by at 773.916.6333

INGREDIENTS: Organic Tofu, Cabbage, Carrots, Sugar Snap Peas, Peanuts, Vegetable Oil, Rice Wine Vinegar, Soy Sauce, Brown Sugar, Basil, Ginger, Sesame Oil, Garlic

Prepare by May 3

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois

Quick Tips

Black Bean and Quinoa Enchilada Bake

45 Min to Table	15 Min Hands On	1 Whisk Super Easy
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Getting Started Preheat your oven to 375 and put water on to boil.

Omnivore Option Chorizo is a great choice with this dish.

From Your Pantry You'll need olive oil, salt, and pepper.

Mediterranean Flatbread

40 Min to Table	10 Min Hands On	2 Whisks Easy
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Getting Started Preheat your oven to 425 & take dough out of fridge.

Omnivore Option Shrimp works well in this meal.

From Your Pantry You'll need flour, olive oil, salt and pepper.

Thai Green Curry Soup

30 Min to Table	15 Min Hands On	1 Whisk Super Easy
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Getting Started No pre-work needed!

Omnivore Option Bay scallops are tasty in this soup.

From Your Pantry You'll need olive oil, salt and pepper.

Roasted Red Pepper Spaghetti with Squash and Spinach

30 Min to Table	15 Min Hands On	1 Whisk Super Easy
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Getting Started Preheat your oven to 425 and put a pot of water on to boil.

Omnivore Option Halibut tastes great with this recipe.

From Your Pantry You'll need some olive oil, salt, and pepper.

Chicken Pot Pie

45 Min to Table	20 Min Hands On	1 Whisk Super Easy
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Getting Started Preheat your oven to 400.

Make Ahead Tip Cook the filling up to a day ahead.

From Your Pantry You'll need olive oil or butter, flour, salt and pepper.



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*Mediterranean Lemon Chai
Salmon with Pearl Couscous*

20 Min to Table	20 Min Hands On	1 Whisk Super Easy
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Getting Started Put a saucepan of water on to boil.

Leftovers Tip Serve leftovers over lettuce for a great, light lunch.

From Your Pantry You'll need flour, olive oil, salt and pepper.

Mediterranean Grilled Cheese

10 Min to Table	5 Min Hands On	1 Whisk Super Easy
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Getting Started No pre-work needed!

Omnivore Option We like this dish as is.

From Your Pantry You'll need butter or vegetable oil.

Black Bean Quesadilla

20 Min to Table	5 Min Hands On	1 Whisk Super Easy
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Getting Started Preheat your oven to 400.

Meal Tip If you want to save oven time, you can cook this stovetop.

From Your Pantry You'll need some vegetable oil.

In a hurry?

Check out our snacks & small meals.
Fast and delicious. That's the magic of Meez.

Health Snapshot

Quinoa Enchilada Bake	Thai Green Curry Soup	Roasted Red Pepper Spaghetti	Mediterranean Flatbread	Chicken Pot Pie
770 Calories	440 Calories	560 Calories	745 Calories	580 Calories
40 g Protein	30 g Protein	25 g Protein	30 g Protein	35 g Protein
25 g Fat	20 g Fat	15 g Fat	45 g Fat	25 g Fat
95 g Carbs	50 g Carbs.	95 g Carbs.	60 g Carbs.	50 g Carbs.
10 g Fiber	10 g Fiber	15 g Fiber	10 g Fiber	5 g Fiber
1,035 mg Sodium	280 mg Sodium	1,305 mg Sod.	950 mg Sodium	525 mg Sodium
19 WW+ Points	13 WW+ Points	15 WW+ Points	20 WW+ Points	14 WW+ Points
230% Vitamin A	200% Vitamin A	495% Vitamin A	395% Vitamin A	230% Vitamin A
75% Vitamin C	80% Calcium	245% Vitamin C	100% Vitamin	30% Vitamin C
50% Calcium	25% Vitamin C	65% Calcium	70% Calcium	15% Vitamin B6

Lighten Up Option

Many of our meals can be prepared without all of the calorie-dense ingredients and still keep their magic.

Enchilada	Curry Soup	Spaghetti	Flatbread	Pot Pie
<i>No cheese, ¾ beans & corn, ¾ enchilada sauce</i>	<i>No changes</i>	<i>No changes</i>	<i>½ cheese, ½ date glaze</i>	<i>No pie crust, panko breadcrumbs</i>
500 Calories	440 Calories	560 Calories	490 Calories	430 Calories
10 g Fat	20 g Fat	15 g Fat	25 g Fat	15 g Fat
12 WW+ Points	13 WW+ Points	15 WW+ Points	14 WW+ Points	11 WW+ Points

Health Snapshot

Mediterranean Salmon

940 Calories
40 g Protein
50 g Fat
90 g Carbs.
5 g Fiber
555 mg Sod.

25 WW+ Points

105% Vitamin C
75% Vitamin B6
70% Vitamin B12

Mediterranean Grilled Cheese

575 Calories
30 g Protein
30 g Fat
40 g Carbs.
< 5 g Fiber
1,065 mg Sod.

15 WW+ Points

60% Calcium
25% Vitamin C
20% Folate

Black Bean Quesadilla

945 Calories
30 g Protein
55 g Fat
90 g Carbs.
20 g Fiber
1,300 mg Sod.

25 WW+ Points

70% Folate
60% Calcium
35% Vitamin C

Cajun Cauliflower

145 Calories
10 g Protein
< 5 g Fat
35 g Carbs.
10 g Fiber
85 mg Sod.

4 WW+ Points

185% Vitamin C
75% Vitamin A
35% Folate

Bangkok Basil Crunch Salad

570 Calories
5 Protein
20 g Fat
70 g Carbs.
20 g Fiber
300 mg Sod.

12 WW+ Points

440% Vitamin C
300% Vitamin A
25% Calcium

Lighten Up Option

Many of our meals can be prepared without all of the calorie-dense ingredients and still keep their magic.

Salmon

No feta or couscous

475 Calories
40 g Fat
13 WW+ Points

Sandwich

½ cheese

465 Calories
25 g Fat
12 WW+ Points

Quesadilla

1 tortilla, no avocado

500 Calories
25 g Fat
13 WW+ Points

Cauliflower

No changes

145 Calories
< 5 g Fat
4 WW+ Points

Salad

No changes

570 Calories
20 g Fat
12 WW+ Points