

Broccoli with Curried Couscous

Inspired by the Barefoot Contessa's classic curried chicken salad. We love her combination of curry powder, fruit and nuts, and wanted to make a super healthy, super fast version. Enter broccoli florets and pearl couscous in place of chicken, and coconut milk in place of mayo. They add a flavor and nutritional boost we love, and it's all on the table in just 15 minutes. Talk about easy and sophisticated!

15 Minutes to the Table

15 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Large Saucepan
Baking Sheet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Couscous
Broccoli
Coconut Curry
Sauce
Fruit & Nuts
Feta

Make The Meal Your Own

Omnivore's Option – Ground lamb is a great addition. Cook it on a baking sheet for 5 to 7 minutes prior to adding the broccoli. Continue with step 3, adding the broccoli to the same baking sheet.

Good To Know

If you're making the gluten-free version, we've given you quinoa instead of couscous. Boil it for 12 to 15 minutes. Drain, set aside and continue with step 3.

If you're making the vegan version, we've left out the feta, so we recommend finishing your dish with a big pinch of salt.

If you're not a fan of feta, we've sent you Parmesan, instead.

Health snapshot per serving – 650 Calories, 25g Fat, 20g Protein, 90g Carbs, 18 WW+ Points

Lightened up snapshot – 490 Calories, 20g Fat and 14 WW+ points with $\frac{3}{4}$ couscous and no feta.

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

INGREDIENTS: Broccoli, Couscous, Coconut Milk, Feta Cheese, Raisins, Pecans, Dried Cherries, Walnuts, Brown Sugar, Concentrated Vegetable Stock, Curry Powder, Herbs

meezmeals

1. Getting Organized

Preheat your oven to 350 and put a large saucepan of water on to boil.

2. Cook the Couscous

Add the **Couscous** to the boiling water and cook until al dente, about 5 to 7 minutes. Drain and set aside.

You want the couscous to still have a bite to it.

3. Cook the Broccoli

While the couscous is cooking, toss the **Broccoli** with 1 Tbsp of olive oil and spread on a baking sheet in a single layer. Bake until slightly softened and just starting to brown on the outside, about 7 to 9 minutes.

The broccoli shouldn't be roasted - you just want it bright green and crisp.

4. Put It All Together

Pour the **Coconut Curry Sauce** in your now-empty saucepan and heat on medium-high heat until just bubbling, about 1 to 2 minutes. Add the cooked couscous and **Fruit & Nuts** to the sauce and stir to coat. Stir in the broccoli.

Use your largest saucepan - everything will be mixed together.

Serve topped with **Feta**. Enjoy!

Love this recipe? #meezmagic

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois * Prepare by July 12

Pasta with Spinach Pesto

Haven't had spinach pesto before? Neither had we, but once we tried it we were hooked. It gives a layer of flavor to the classic basil pesto that we love, to say nothing of the extra vitamin boost. We're making our version with plenty of lemon to keep things bright and mixing it up with roasted cauliflower bits, toasted pecans and whole wheat pasta. Yum!

35 Minutes to the Table

5 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Saucepan
Rimmed Baking
Sheet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Cauliflower
Whole Wheat Pasta
Spinach Pesto
Pecans
Parmesan Cheese

Make The Meal Your Own

Cooking with a picky eater? This dinner is a crowd pleaser. If you want to sneak the cauliflower in, though, you could puree it instead of leaving it whole.

Omnivore's Option – Pancetta or bacon is delicious with this dinner.

Want to get a jump on dinner? Roast the cauliflower ahead of time. When you're ready to eat, reheat it in the microwave until warm.

Good To Know

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

If you're making the vegan version, we've left the Parmesan out of your meal. Just use an extra pinch of salt and pepper as you cook.

Health snapshot per serving – 645 Calories, 30g Protein, 20g Fiber, 12 WW+ Points

Lightened up snapshot – 500 Calories, 10 g Fat and 10 WW+ points with ½ pasta and no pecans.

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

INGREDIENTS: Cauliflower, Whole Wheat Pasta, Spinach, Pecans, Parmesan Cheese, Olive Oil, Lemon, Basil, Garlic, Spices

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1. Getting Organized

Preheat your oven to 450 and put a saucepan of water on to boil.

2. Roast the Cauliflower

Put the **Cauliflower** on to a rimmed baking sheet, drizzle with olive oil and sprinkle with salt and pepper. Toss well and arrange in a single layer. Bake until the cauliflower is golden brown in places, about 15 to 25 minutes; stir once or twice while it's cooking.

We line our baking sheets with parchment paper to make clean up a breeze.

3. Cook the Pasta

While the cauliflower is roasting, salt the pasta water generously, add the **Whole Wheat Pasta** and cook until al dente, 7 to 9 minutes. Reserve 1 cup of pasta water. Drain the pasta and then return to the pan.

When we say "salt generously," we mean it. Chef Max says it should taste like salt water.

4. Put It All Together

Add the **Spinach Pesto** along with 1 to 2 Tbsp of olive oil to the cooked pasta. Mix well, then add some of the reserved pasta water if you'd like the sauce looser.

Don't skip the olive oil! It brings out the flavors of the pasta.

Mix in the roasted cauliflower, **Pecans** and salt and pepper to taste. Top with **Parmesan Cheese**.

Love this recipe? #meezmagic

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois * Prepare by July 12

Baked Eggplant Caprese

You can't get much more traditional than baking eggplant with tomatoes, basil and lots of melty cheese. But since this is Meez, our version is easier, healthier and fresher tasting than the traditional Eggplant Parmesan. The secret is freshly sautéed cherry tomatoes on top, a bed of cannellini beans underneath and a balsamic drizzle over top. Yum!

45 Minutes to the Table

10 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Baking Sheet
Large Skillet
Casserole Dish

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Eggplant
Tomatoes
Basil Garlic Oil
Cannellini Beans
Mozzarella & Parmesan
Balsamic Glaze

Make The Meal Your Own

Cooking with a picky eater? Serve their eggplant with their favorite tomato sauce and melted cheese.

Omnivore's Option – White fish, like sole and tilapia, are great options. Serve it on top of the eggplant.

Good To Know

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

Health snapshot per serving – 580 Calories, 50g Fat, 20g Protein, 90g Carbs, 22 WW+ Points

Lightened up snapshot – 450 Calories, 25g Fat and 11 WW+ Points with no cheese and $\frac{3}{4}$ of the balsamic glaze.

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

INGREDIENTS: Eggplant, Cannellini Beans, Grape Tomatoes, Mozzarella Cheese, Olive Oil, Parmesan Cheese, Balsamic Vinegar, Brown Sugar, Basil, Garlic

meezmeals

1. Getting Organized

Preheat your oven to 425.

2. Bake the Eggplant

Rub both sides of **Eggplant** with olive oil, salt and pepper. Lay out on a flat baking sheet and bake until the edges begin to brown and the center softens, about 20 minutes.

Eggplant sucks up olive oil like a sponge, so use a light touch and move fast.

3. Make the Tomato Sauce

While the eggplant is cooking, heat 2 Tbsp of olive oil in a large skillet over medium-high heat. When it's nice and hot, add the **Tomatoes** and cook until they turn golden brown in places and a few of them have started to split, about 5 minutes. Add the **Basil Garlic Oil**, and cook until the garlic starts to turn golden and the sauce is fragrant, about 1 to 2 minutes. Crush the tomatoes until the mixture looks like a sauce.

While crushing the tomatoes, be careful of splattering tomato juice. It's very hot!

4. Bake the Casserole

In the bottom of a casserole dish, spread the **Cannellini Beans** in an even layer. Layer on the eggplant, then the tomato sauce and finally top with the **Mozzarella & Parmesan**. Bake until the cheese starts to brown, about 20 to 25 minutes.

Make sure you choose a pan big enough to arrange the eggplant in a single layer. You want an even cook.

When it comes out of the oven, drizzle the **Balsamic Glaze** over top. Enjoy!

Love this recipe? #meezmagic

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois * Prepare by July 12

Grilled Zucchini Quesadilla Tacos

Yep, we're mixing things up. This dinner is part cheesy quesadilla, part taco and a Mexican star through and through. It all starts with Chihuahua Cheese melted onto corn tortillas, which get topped with grilled zucchini, a Mexican Bean Salad and then eaten like a taco. It's an ooey-goey delicious dinner that's on the table in 15 minutes. Why didn't we think of this sooner?

15 Minutes to the Table

15 Minutes Hands On

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

- Broiler and Baking Sheet or Grill
- 2 Mixing Bowls

FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper

5 MEEZ CONTAINERS

- Spiced Beans
- Lime Vinaigrette
- Zucchini
- Corn Tortillas
- Chihuahua Cheese

Make The Meal Your Own

Cooking with a picky eater? Serve the bean salad on the side.

Good To Know

If you're making the vegan version, we've left the cheese out of your meal. Instead of making a melty quesadilla, assemble it as a delicious taco.

Don't think you can grill inside? Think again. Your broiler is a grill; it just has the heat above, rather than below the food. You can also use a grill pan, if you prefer.

Health snapshot per serving – 790 Calories, 25g Protein, 20g Fiber, 21 WW+ Points

Lightened up snapshot – 350 Calories, 10 g Fat and 10 WW+ Points with half the cheese and two tortillas.

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

INGREDIENTS: Zucchini, Chihuahua Cheese, Black Beans, Great Northern Beans, Yellow Onion, Corn Tortillas, Lime, Cider Vinegar, Cilantro, Jalapeño, Granulated Garlic, Coriander, Agave Syrup, Cumin

meez *meals*

1. **Getting Organized**

Heat your grill or preheat your broiler. (If you're broiling, put the top rack about 6 inches from the heating element).

2. **Make the Bean Salad**

Put the **Spiced Beans** into a mixing bowl with the **Lime Vinaigrette** and toss well. Season with salt and pepper, and put into your refrigerator while you cook the rest of dinner.

3. **Roast the Zucchini**

Put the **Zucchini** into another mixing bowl and toss with olive oil, salt and pepper. Put on to the grill or on a rimmed baking sheet under the broiler. Cook until very soft and slightly browned, about 10 to 12 minutes. Turn a few times while it's cooking.

4. **Put It All Together**

Put the **Corn Tortillas** on to the grill or on a rimmed baking sheet under the broiler. Heat until warm on one side, about 30 to 60 seconds. Turn and top with the **Chihuahua Cheese** and cook until the cheese melts, then place on to everyone's plates. Top with the roasted zucchini and bean salad, then take into your hand and eat like a taco. Enjoy!

Love this recipe? #meezmagic

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois * Prepare by July 12

Tilapia Tacos

Delicious tacos with classic Mexican spices and refried beans. All topped with fajita peppers and onions, it's a heart-healthy meal you'll go crazy for.

20 Minutes to the Table

20 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Shallow Pie Pan or Plate
Medium Skillet
Small Saucepan
Small Skillet (Optional)

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Fajita Seasoning
Tilapia
Beans & Spices
Tortillas
Peppers & Onions
Lime

Make The Meal Your Own

We love the crunch and freshness that the raw peppers and onions give these tacos, but if you prefer, you can give them a quick sauté before serving. Heat 1 Tbsp of oil in a skillet over medium-high heat, add the peppers and onions and cook until lightly browned, about 3 to 5 minutes.

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

Good To Know

Health snapshot per serving – 470 Calories, 5g Fat, 45g Protein, 65g Carbs, 12 WW+ Points

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

INGREDIENTS: Tilapia, Corn Tortillas, Pinto Beans, Red Bell Pepper, Yellow Bell Pepper, Red Onion, Lime, Cilantro, Cornstarch, Sugar, Spices

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1. Season and Cook the Tilapia

Pour the **Fajita Seasoning** into a shallow pie pan or on to a plate. Pat the **Tilapia** dry with a paper towel and then coat on all sides with the seasoning. Let the fillets sit in the seasoning for 2 minutes, and then give them a second coat of seasoning.

The fish absorbs the seasoning as it sits, which adds tons of flavor.

Heat 2 Tbsp of oil in a medium skillet over high heat. When the oil is hot, add the tilapia and cook until the bottom is blackened and the seasoning on the side of the fish is starting to darken, about 4 minutes. Flip and cook 3 more minutes on the other side. Turn off the heat and let sit for 5 minutes.

The seasoning gets very dark as it cooks, so don't worry if it starts to blacken. It's supposed to be that way.

2. Heat the Beans

While the fish is resting, heat the **Beans & Seasoning** in a small saucepan with 2 Tbsp water. Stir to combine and cook just until warm throughout, about 3 minutes. Season with salt and pepper to taste.

3. Heat the Tortillas and Serve

Heat your **Tortillas** in a small dry skillet on the stove or directly over a gas burner until soft, about 30 seconds per side.

Spread a thin layer of the cooked beans on each tortilla. Fill with tilapia, **Peppers & Onions** and finish each taco with a squeeze of fresh lime juice.

Love this recipe? #meezmagic

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois * Prepare by July 9

Mediterranean Chicken Strata

Our newest hands-free dinner. We're roasting chicken and sweet cherry tomatoes, then baking them up with basil, Parmesan, eggs and crusty bread. It's a summer casserole you'll just love. (P.S. This makes an impressive make-ahead brunch, as well.)

60 Minutes to the Table

5 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Loaf Pan or 10x10
Casserole Dish
Large Skillet

FROM YOUR PANTRY

1 ½ Cup Milk or
Half & Half
Salt & Pepper

5 MEEZ CONTAINERS

Chicken Breast
Grape Tomatoes
Sourdough Bread
Cheese & Basil
Egg Mix

Make The Meal Your Own

This is a great make-ahead dinner. Prepare the strata ahead of time, and reheat it for 10 minutes at 350 degrees when you are ready to eat.

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 size – To keep the strata moist, Chef Max likes to make his in a narrow, deep pan, like a loaf pan. If you're cooking for a crowd, you can split the ingredients between two loaf pans. You can also build your strata in a shallower 10x10 casserole dish, but start checking it a bit earlier, as it may cook faster.

Health snapshot per serving – 875 Calories, 30g Fat, 70g Protein, 70g Carbs, 21 WW+ Points

Lightened up snapshot – 500 Calories, 20g Fat and 13 WW+ points using no bread or cheese.

INGREDIENTS: Chicken Breast, Grape Tomatoes, Sourdough Bread, Eggs, Cheddar Cheese, Parmesan Cheese, Mayonnaise, Basil, Herbs

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1. Getting Organized

Preheat your oven to 350 degrees.

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" 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. Bake the Chicken and Tomatoes

Put the chicken cubes and **Grape Tomatoes** into your loaf pan or casserole dish, add 1 Tbsp of olive oil and stir to coat. Bake the chicken and tomatoes until the chicken is starting to get some color on the outside, about 5 to 7 minutes.

Add the **Sourdough Bread** to the pan and stir to incorporate. Return the pan to the oven and bake 2 minutes.

The chicken will not be cooked at this point, but it will continue cooking in the strata.

4. Assemble the Strata

Add half of the **Cheese & Basil** to the pan and stir to incorporate. Sprinkle the remaining cheese and basil on top. Open the **Egg Mix** and pour into a mixing bowl. Add 1 ½*cup milk or half & half. Season with two pinches of Kosher salt and up to ½ tsp of black pepper. Pour the egg mixture into the pan as evenly as possible.

You can adjust the black pepper amount based on your preferences. Chef Max likes the full ½ tsp, but if you're not a black pepper fan, go with just a pinch or two.

5. Bake the Strata

Bake the strata until the eggs are set and it's brown on top, about 45 to 50 minutes. Slice and serve. Enjoy!

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois * Cook by July 10

Down Home Steak & Cornbread

Get ready for a new family favorite. We're cooking free-range beef Southern BBQ style, which means plenty of barbecue sauce, cornbread and baked beans. Served up with fresh broccoli and topped with cheddar cheese, it's a down home meal the whole family will love.

20 Minutes to the Table

10 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Oven-Safe Skillet
Large Skillet
Tongs (Optional)

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Beans & Onions
Barbecue Sauce
Sirloin
Shredded Broccoli
Cornbread
Cheddar Cheese

Make The Meal Your Own

Leftovers Tip – Toss extra meat and beans with kale or spinach in a casserole dish. Top with additional cheese if you like. (Cheddar is great, but anything you have on hand will work.) Bake at 350 degrees until warm throughout, about 10 minutes.

Our beef comes from a local farm down the road in Aurora, Ill. The cows are raised with care and dedication on open pastures and are free of any antibiotics or growth-promoting hormones.

Good To Know

If you don't have an oven-safe skillet, bake the beans and barbecue sauce in a casserole dish.

Be sure to generously salt and pepper your beef before cooking; the salt adds flavor while also keeping the meat tender. Chef Max recommends using ½ tsp of each.

Health snapshot per serving – 905 Calories, 70g Protein, 35g Fat, 80g Carbs, 23 WW+ Points

Lightened up snapshot – 480 Calories, 15g Fat and 12 WW+ points with no cornbread or cheddar cheese.

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

INGREDIENTS: Grass-Fed Beef Sirloin, Cornbread, Broccoli Slaw, Barbecue Sauce, Onion, White Cheddar Cheese, Black Beans, Kidney Beans, Great Northern Beans, Garlic, Herbs and Spices

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1. Get Organized

Preheat your oven to 375 degrees.

2. Cook the Beans

Put the **Beans & Onions, Barbecue Sauce** and ½ cup water into an oven-safe skillet. Stir to combine and bake until the sauce is thick and bubbling, about 15 minutes.

3. Cook the Beef

While the beans are cooking, heat a dry skillet over high heat. While the skillet is heating, pat the **Sirloin** dry with a towel and season generously with salt and pepper (we recommend ½ tsp of each). When the skillet is very hot, add the beef. Cook it, without stirring, until the bottom browns and the sides start to color, about 45 to 60 seconds.

- **If you prefer your beef medium-rare**, use tongs to flip it, give it a good stir and then immediately remove from the heat.
- **If you prefer your beef medium**, use tongs to flip it and continue cooking for 30 to 45 seconds (about 1 ½ minutes total cook time) until fully browned. Remove from the heat.
- **If you prefer your beef medium-well or well done**, use tongs to flip it and continue cooking for 1 minute. Remove from the heat.

Off the heat, add the **Shredded Broccoli** to the beef and stir to incorporate. Let rest for 5 minutes.

4. Put It All Together

Place the **Cornbread** directly on to your oven rack and heat until warm and starting to toast, about 3 to 5 minutes.

Cut the cornbread into pieces and serve topped with sirloin and broccoli, barbecue beans and **Cheddar Cheese**.

To test if the skillet is hot enough for the beef, hold your hand about 6 inches above the skillet. If you can feel serious heat, it's ready to go.

If you have a digital timer or a stopwatch, use it while you cook the beef - a minute goes by faster than you think.

Beef continues to cook as it rests, so remove it from the heat when it's a little less done than you like to prevent it from overcooking.

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois * Prepare by July 10

Southwestern Salad

5 Minutes to the Table

5 Minutes Hands On

Getting Organized

EQUIPMENT

Mixing Bowl

FROM YOUR PANTRY

Salt & Pepper

5 MEEZ CONTAINERS

Avocado

Spinach

Tortilla Chips

Corn & Beans

Buttermilk Chipotle

Dressing

Put It All Together

Dice the **Avocado** and break the **Tortilla Chips** into pieces. Combine the **Spinach, Corn & Beans**, the broken chips and half the diced avocado in a mixing bowl with half of the **Buttermilk Chipotle Dressing**. Season with salt and pepper and add more dressing to taste.

Good to Know

Health Snapshot per serving (serves 1)

520 Calories, 20g Protein, 10g Fiber, 30g Fat,
14 WW+ Points

Have Questions?

We're standing by at 773.916.6339

INGREDIENTS: Avocado, Spinach, Black Beans, Corn, Queso Fresco, Buttermilk, Mayonnaise, Tortilla Chips, Red Onion, Chipotle Peppers, Garlic, Herbs and Spices

Prepare by July 12

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

Thai Peanut Carrots

20 *Minutes to the Table*

5 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Mixing Bowl
2 Baking Sheets

FROM YOUR PANTRY

Salt & Pepper
Olive Oil

3 MEEZ CONTAINERS

Carrots
Coconut
Peanut Sauce

Good to Know

If you have any leftovers, toss them with your favorite pasta (linguine works well) for a tasty, Asian-inspired noodle salad.

Health Snapshot per serving (serves 2)

490 Calories, 30g Fat, 55g Carbs, 15g Protein,
14 WW+ Points

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

INGREDIENTS: Carrots, Peanut Butter, Coconut, Rice Vinegar, Soy Sauce,
Brown Sugar, Garlic, Ginger, Spices

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1. **Getting Started**

Preheat your oven to 400.

2. **Roast the Carrots and Coconut**

Toss **Carrots** with 2 Tbsp olive oil and spread in a single layer on a baking sheet. Roast until starting to brown, about 10 minutes.

Add the **Coconut** to the baking sheet and cook just until the coconut turns golden brown, about 3 to 5 minutes. (Watch carefully - coconut burns easily!)

3. **Make the Peanut Sauce**

While the carrots are cooking, put the **Peanut Sauce** in a bowl and add 1 to 2 Tbsp water, until it's the consistency you like.

4. **Put It All Together**

Top the carrots with the peanut sauce and the coconut. Enjoy!

Love this recipe? #meezmagic

Prepare by July 12

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

Roasted Squash Personal Pizza

30	<i>Minutes to the Table</i>
10	<i>Minutes Hands On</i>
1 Whisk	<i>Super Easy</i>

Getting Organized

EQUIPMENT

Baking Sheet

FROM YOUR PANTRY

Olive Oil

Flour

4 MEEZ CONTAINERS

Butternut Squash

Pizza Dough

White Bean

Alfredo

Mozzarella &

Parmesan

Good to Know

Take the pizza dough out of the fridge 15 minutes before you're ready to start cooking.

Omnivore's Option - Sliced salami or pepperoni are great additions. Layer them on the pizza crust with the cooked squash.

Health Snapshot per serving (serves 1)

695 Calories, 20g Fat, 90g Carbs, 40g Protein
18 WW+ Points

Lightened up snapshot (1/4 cheese, 1/2 alfredo)

500 Calories, 10g Fat, 80g Carbs, 12 WW+ Points

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

INGREDIENTS: Whole Wheat Pizza Dough, Butternut Squash, Great Northern Beans, Mozzarella Cheese, Parmesan Cheese, Half and Half, Garlic, Herbs and Spices

meezmeals

1. **Getting Organized**

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

2. **Roast the Squash**

Toss the **Butternut Squash** with 1 Tbsp of oil and spread in a single layer on a baking sheet. Roast until lightly browned and tender, about 7 to 10 minutes, then move to the side of the pan so you have room to build the pizza.

3. **Make the Pizza**

While the squash is cooking, sprinkle your counter with a little flour and stretch the **Pizza Dough** into shape. The size and thickness are up to you, but we target about ¼" thickness. Our pizzas are usually about 4" wide and 7" long, but you can make yours however you like it.

Transfer the dough to the baking sheet. Spread the **White Bean Alfredo** on the dough and then top with ¼ of the **Mozzarella & Parmesan** and the roasted squash. Top with the remaining cheese and bake until the crust is brown and the cheese is melted, about 15 minutes. Enjoy!

Love this recipe? #meezmagic

Prepare by July 12

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

Mediterranean Chopped Salad

10 Minutes to the Table

5 Minutes Hands On

Getting Organized

EQUIPMENT

Mixing Bowl

FROM YOUR PANTRY

Salt & Pepper

Olive Oil

5 MEEZ CONTAINERS

Bread Cubes

Lima Beans

Broccoli & Cabbage

Capers & Tomatoes

Balsamic Aioli

Put It All Together

Put the **Bread Cubes** into a mixing bowl with 2 Tbsp olive oil and a generous pinch of salt and pepper. Toss well, then toast in a toaster or conventional oven until golden brown, 7 to 10 minutes. Toss with the veggies and half of the **Balsamic Aioli**. Season with salt and pepper and add more aioli to taste. Enjoy!

Good to Know

Health Snapshot per serving (serves 2)

315 Calories, 30g Carbs, 5g Protein

9 WW+ Points

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

INGREDIENTS: Broccoli, Lima Beans, Bread, Green Cabbage, Mayonnaise, Balsamic Vinegar, Brown Sugar, Sundried Tomatoes, Capers, Blue Cheese, Herbs

Prepare by July 12

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

Quick Tips

Broccoli with Curried Couscous

15 Min to Table	15 Min Hands On	1 Whisk Super Easy
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Getting Started Preheat your oven to 350 & put a pot on to boil.

Omnivore Option Ground lamb is a great addition.

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

Grilled Zucchini

Quesadilla Tacos

15 Min to Table	15 Min Hands On	1 Whisk Super Easy
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Getting Started Heat grill or preheat broiler.

Picky Eater Tip Serve the bean salad on the side.

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

Pasta with Spinach Pesto

35 Min to Table	5 Min Hands On	1 Whisk Super Easy
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Getting Started Preheat oven to 450 & put a pot on to boil.

Omnivore Option Pancetta or bacon is delicious in this.

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

Baked Eggplant Caprese

45 Min to Table	10 Min Hands On	1 Whisk Super Easy
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Getting Started Preheat your oven to 425.

Omnivore Option White fish is a great option.

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

Tilapia Tacos

20 Min to Table	20 Min Hands On	1 Whisk Super Easy
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Getting Started No pre-work needed!

Meal Tip You can sauté the peppers and onions before serving.

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



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Mediterranean Chicken Strata

60 Min to Table	5 Min Hands On	1 Whisk Super Easy
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Getting Started Preheat oven to 350.

Make Ahead Tip Prepare strata ahead of time and reheat.

From Your Pantry You'll need milk or half & half, salt, and pepper.

Down Home Steak & Cornbread

20 Min to Table	10 Min Hands On	1 Whisk Super Easy
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Getting Started Preheat the oven to 375.

Leftovers Tip Toss extra meat with spinach/kale in casserole dish.

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

Roasted Squash Personal Pizza

30 Min to Table	10 Min Hands On	1 Whisk Super Easy
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Getting Started Preheat oven to 425 and take dough out of the fridge.

Omnivore Option Salami or pepperoni are great additions.

From Your Pantry You'll need some olive oil and flour.

In a hurry?

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

Health Snapshot

Broccoli with Curried Couscous

650 Calories
20 g Protein
25 g Fat
90 g Carbs.
5 g Fiber
380 mg Sodium

18 WW+ Points

80% Vitamin C
25% Vitamin A
20% Calcium

Pasta with Spinach Pesto

645 Calories
30 g Protein
30 g Fat
80 g Carbs.
20 g Fiber
1,000 mg Sod.

12 WW+ Points

180% Vitamin C
95% Folate
85% Vitamin A

Baked Eggplant Caprese

580 Calories
20 g Protein
50 g Fat
90 g Carbs
15 g Fiber
900 mg Sodium

22 WW+ Points

30% Vitamin C
25% Calcium
25% Folate

Grilled Quesadilla Tacos

590 Calories
30 g Protein
25 g Fat
70 g Carbs.
15 g Fiber
500 mg Sodium

15 WW+ Points

60% Calcium
55% Vit. A
30% Vit. C

Tilapia Tacos

470 Calories
45 g Protein
5 g Fat
65 g Carbs.
10 g Fiber
250 mg Sod.

12 WW+ Points

185% Vitamin C
35% Vitamin A
25% Folate

Lighten Up Option

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

Couscous

¾ couscous, no feta

490 Calories
20 g Fat
14 WW+ Points

Pasta

No pecans, ½ pasta

315 Calories
10 g Fat
10 WW+ Points

Baked Eggplant

No cheese, ¾ balsamic glaze

450 Calories
25 g Fat
11 WW+ Points

Tacos

½ cheese, 2 tortillas

350 Calories
10 g Fat
10 WW+ Points

Tilapia Tacos

No changes

470 Calories
5 g Fat
12 WW+ Points

Health Snapshot

Chicken Strata	Steak and Cornbread	Southwestern Salad	Thai Peanut Carrots	Roasted Squash Pizza	Mediterranean Salad
875 Calories	905 Calories	520 Calories	490 Calories	695 Calories	570 Calories
70 g Protein	70 g Protein	20 g Protein	15 g Protein	40 g Protein	15 g Protein
30 g Fat	35 g Fat	30 g Fat	30 g Fat	20 g Fat	20 g Fat
70 g Carbs.	80 g Carbs.	40 g Carbs.	55 g Carbs.	90 g Carb.	70 g Carbs.
5 g Fiber	10 g Fiber	10 g Fiber	10 g Fiber	20 g Fiber	20 g Fiber
1,245 mg Sod.	1,795 mg Sod.	915 mg Sodium	1,535 mg Sod.	1,530 mg Sod.	300 mg Sod.
21 WW+ Points	23 WW+ Points	14 WW+ Points	14 WW+ Points	18 WW+ Points	12 WW+ Points
115% Vitamin C	125% Vitamin C	45% Folate	540% Vitamin A	190% Vitamin A	440% Vitamin C
60% Calcium	75% Vitamin B12	30% Vitamin A	30% Vitamin B6	80% Calcium	300% Vitamin A
60% Vitamin B6	75% Vitamin A	25% Vitamin C	25% Folate	40% Vitamin C	25% Calcium

Lighten Up Option

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

Strata	Steak	Salad	Carrots	Pizza	Salad
<i>No bread or cheese</i>	<i>No cheese or cornbread</i>	<i>No changes</i>	<i>No changes</i>	<i>¼ cheese, ½ alfredo</i>	<i>No changes</i>
500 Calories	480 Calories	520 Calories	490 Calories	500 Calories	570 Calories
20 g Fat	15 g Fat	30 g Fat	30 g Fat	10 g Fat	20 g Fat
13 WW+ Points	12 WW+ Points	14 WW+ Points	14 WW+ Points	12 WW+ Points	12 WW+ Points

These are our best estimates for a single serving based on the recipes as written. The actual nutritional information may vary a bit. And, of course, if you have leftovers, the actual numbers will be lower.