

# Hands-Free Yellow Curry

A hands-free favorite. We're making an oven-roasted yellow curry with broccoli, cauliflower and tofu in a delicious curry sauce, all served over jasmine rice. Topped with mint yogurt, it's a dinner we just couldn't get enough of.

**30** Minutes to the Table

**5** Minutes Hands On

**1 Whisk** Super Easy

## Getting Organized

### EQUIPMENT

Saucepan  
Rimmed Baking Sheet  
Medium Skillet

### FROM YOUR PANTRY

Olive or Vegetable Oil  
Salt & Pepper

### 5 MEEZ CONTAINERS

Jasmine Rice  
Broccoli & Cauliflower  
Tofu  
Yellow Curry Sauce  
Mint Yogurt

## Make The Meal Your Own

**Omnivore's Option** – Grilled, sliced top sirloin is a great addition. Plate it on top of the rice before you add the curry sauce.

**Cooking with a picky eater?** Serve all the ingredients separately and let them pick what they like!

**Leftover Tip** – Turn this into a salad the next day by mixing in some fresh veggies and serving it cold.

## Good To Know

**If you're making the vegan version**, we're sending you mint without the yogurt. Finish your curry by sprinkling it on top before serving.

**Health snapshot per serving** – 550 Calories, 21g Protein, 8g Fiber, 15 WW+ Points

**Lightened up snapshot** – 390 Calories, 7g Fat and 11 WW+ Points with half the rice.

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

INGREDIENTS: Broccoli, Cauliflower, Coconut Milk, Jasmine Rice, Tofu, Greek Yogurt, Rice Wine Vinegar, Brown Sugar, Yellow Curry Paste, Soy Sauce, Lime Juice, Ginger, Cilantro, Basil, Garlic, Spices

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### 1. Getting Organized

Preheat your oven to 400. Pour 2 cups of water in a saucepan and put it on to boil.

### 2. Cook the Rice

When the water is boiling, add the **Jasmine Rice** and a pinch of salt. Reduce the heat to a simmer and cover. Cook until all the water has been absorbed, about 20 to 25 minutes. Remove from heat and fluff with a fork, cover again and set aside.

### 3. Roast the Veggies

Toss the **Broccoli & Cauliflower** in 2 Tbsp oil and spread evenly on a rimmed baking sheet. Roast until caramelized, approximately 15 to 17 minutes.

Add the **Tofu** to the veggies, stir and cook until the tofu is lightly puffed, about another 5 to 7 minutes.

*Stir gently when you add the tofu, so it doesn't break.*

### 4. Put It All Together

Heat a skillet over medium heat and add the **Yellow Curry Sauce**. Bring the sauce to a boil and then reduce to a simmer and cook for 5 to 7 minutes.

Top the rice with veggies and tofu and then spoon curry sauce over the top. Serve with **Mint Yogurt** to taste. Enjoy!

*Love this recipe? #meezmagic*

Instructions for two servings.

**Meez Meals \* 1459 N. Elmwood Avenue \* Evanston \* Illinois \* Prepare by August 16**

# Spinach Pancakes with Basil Corn Relish

Ready for some fun? We're mixing up savory pancakes with spinach and fontina, and then topping them with a citrus cream cheese spread that's pure magic. We top it all with a simple basil & corn relish, and the result is sophisticated comfort food at its best.

**30** Minutes to the Table

**30** Minutes Hands On

**1 Whisk** Super Easy

## Getting Organized

### EQUIPMENT

Mixing Bowl  
Baking Sheet  
Griddle or Skillet

### FROM YOUR PANTRY

Salt & Pepper  
Milk  
2 Eggs & Butter

### 5 MEEZ CONTAINERS

Basil Corn Relish  
Citrus Cream Cheese  
Fontina & Flour  
Onion & Garlic  
Spinach

## Make The Meal Your Own

**The size of the pancakes is up to you.** Jen thinks smaller ones are easier to turn, so she makes four small pancakes at a time. Chef Max likes the look of bigger pancakes for dinner so he makes one big one at a time.

**Kid's Tip** – If your kids are old enough, put them in charge of making the pancakes. The pancakes may not all be the same size, but your kids will get a kick out of eating their creation.

## Good To Know

**Health snapshot per serving** – 650 Calories, 35g Protein, 40g Fat, 17 WW+ Points

**Lightened up snapshot** – 500 Calories, 10g Fat and 13 WW+ Points when you use half of the citrus cream cheese.

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

INGREDIENTS: Corn, Spinach, Flour, Onion, Fontina Cheese, Cream Cheese, Apple Cider Vinegar, Orange Juice, Olive Oil, Basil, Garlic, Baking Powder

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## 1. Getting Organized

Preheat your oven to 375 and heat your griddle or skillet.

## 2. Mix the Pancake Batter

Melt 2 Tbsp butter in the microwave or on the stove, then put it in a large mixing bowl. Squeeze all the water from the **Spinach** and add it to the butter in the large bowl. Separate the whites from the yolks of 2 eggs, putting the yolks with the spinach and butter and the whites in a separate bowl. (Need help with this? Give us a call!)

Add the **Fontina & Flour, Onion & Garlic**, 1 tsp salt and  $\frac{3}{4}$  cup milk to the spinach and mix well. This should make a thick batter. If it's too stiff, add a little more milk. Beat the egg whites into soft peaks using an electric mixer or whisk, then gently fold into the batter.

## 3. Cook the Pancakes

Melt 1 to 2 Tbsp butter on your griddle or skillet over medium high heat. Ladle the batter on to the griddle and cook until golden, 2 to 3 minutes per side. Transfer the cooked pancakes to a baking sheet and bake until the pancakes bounce back when you touch the middle, about 7 to 10 minutes.

## 4. Put It All Together

Serve topped with the **Citrus Cream Cheese** and **Basil Corn Relish**. Enjoy!

*Love this recipe? #meezmagic*

*Chef Max's pancake secret is to beat the egg whites separately. It lightens up the batter and makes the pancakes extra delicious.*

*Don't have an electric mixer? Beat the whites by hand with a whisk or, if your arm gets tired, mix the eggs in without beating. The texture will be a little different but they'll still be delicious.*

Instructions for two servings.

**Meez Meals \* 1459 N. Elmwood Avenue \* Evanston \* Illinois \* Prepare by August 16**

# Jamaican-Spiced Pot Pie

What's even better than a Caribbean stew? How about Caribbean stew with savory Jamaican spices, topped with buttery pie crust? We're putting them together in this creative riff on a pot pie - classic jerk-spiced sweet potato stew topped with delicious, flaky pie crust. Together, the two are pure magic.

**45** Minutes to the Table

**10** Minutes Hands On

**1 Whisk** Super Easy

## Getting Organized

### EQUIPMENT

Rimmed Baking Sheet  
Casserole Dish or  
Loaf Pan

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### 4 MEEZ CONTAINERS

Chickpeas  
Coconut Milk Mix  
Pie Crust Squares  
Caribbean  
Vegetables

## Make The Meal Your Own

**Leftover Tip** – Transform this dish into a Jerk Bread Salad by adding cornbread chunks to any leftovers.

**Omnivore's Option** – Pork is right at home in this dish. Broil or pan-fry it, then add to the pot pie when you add the cooked veggie mix.

**We use just enough pie crust** to make this dinner delicious. If you want a bite of pie crust in every bite, cut it into pieces before topping your pie.

**With sweet potatoes and raisins**, this recipe has classic Jamaican sweetness to it. If you prefer more acid, add a squeeze of fresh lime juice before this goes into the oven.

## Good To Know

**Health snapshot per serving** – 490 Calories, 15g Protein, 15g Fiber, 10g Fat, 13 WW+ Points

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

INGREDIENTS: Sweet Potato, Pie Crust, Chickpeas, Coconut Milk, Jicama, Raisins, Jerk Spice

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### 1. **Getting Organized**

Preheat your oven to 400.

### 2. **Roast the Caribbean Vegetables and Chickpeas**

Put the **Caribbean Vegetables** on to a rimmed baking sheet and drizzle with 2 Tbsp olive oil. Toss well and then bake until the vegetables are fork tender and brown, about 20 minutes.

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

Add the **Chickpeas** and cook for another 5 minutes.

### 3. **Assemble the Pot Pie**

Remove the vegetables and turn the oven down to 350. Transfer the vegetables to a casserole dish (or loaf pan) and add the **Coconut Milk Mix**. Stir well and top with the **Pie Crust Squares**.

Bake until golden and bubbly, about 15 to 20 minutes. Enjoy!

*Love this recipe? #meezmagic*

Instructions for two servings.

**Meez Meals \* 1459 N. Elmwood Avenue \* Evanston \* Illinois \* Prepare by August 16**

# Toasted Corn and Zucchini Tacos

Is there a more classic summer pairing than fresh corn and vine-ripened zucchini inside a corn tortilla? Chef Max told us we could step things up a notch by toasting the corn first so that it gets some great texture and a wonderfully deep flavor. Wow. The humble taco was transformed. The real magic, though, came when he topped the tacos with fresh mango-lime vinaigrette. Simply said, we've got a new favorite taco.

**30** Minutes to the Table

**5** Minutes Hands On

**1 Whisk** Super Easy

## Getting Organized

### EQUIPMENT

Rimmed Baking  
Sheet(s)

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### 5 MEEZ CONTAINERS

Corn & Beans  
Corn Tortillas  
Mango Vinaigrette  
Queso Fresco  
Zucchini

## Make The Meal Your Own

**Omnivore's Option** – Pulled rotisserie chicken breast is great in this dish. Add it to the pan with the zucchini and beans during the last five minutes of baking to warm it up.

**Cooking with a picky eater?** If they don't love the vinaigrette, plain salsa is great on these tacos, as well.

## Good To Know

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

**Health snapshot per serving** – 605 Calories, 25 g Protein, 15 g Fiber, 15 WW+ Points.

**Lightened up snapshot** – 400 Calories, 5 g Fat and 11 WW+ Points when you only use 2 tortillas and leave out the cheese.

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

INGREDIENTS: Zucchini, Corn, Butter Beans, Mango, Queso Fresco, Apple Cider Vinegar, Vegetable Oil, Lime Juice, Corn Tortillas, Brown Sugar, Cilantro, Spices

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### 1. Getting Organized

Preheat your oven to 400.

### 2. Roast the Vegetables

Put the **Zucchini** on to a rimmed baking sheet, preferably lined with parchment paper. Drizzle with olive oil, salt and pepper and bake until golden, about 12 to 15 minutes.

After the zucchini turns golden, add the **Corn & Beans** to the baking sheet. Stir and return to the oven. Bake until the beans burst and the corn is golden brown, about 5 to 10 minutes.

### 3. Assemble the Tacos

Heat the **Corn Tortillas** directly over your gas burner or in a dry skillet until warm and soft, about 30 seconds per side.

Fill the tortillas with the roasted zucchini, corn and beans. Serve drizzled with **Mango Vinaigrette** and topped with **Queso Fresco**.

*Love this recipe? #meezmagic*

*It's important to cook the veggies in a single layer, so use two baking sheets if necessary.*

Instructions for two servings.

**Meez Meals \* 1459 N. Elmwood Avenue \* Evanston \* Illinois \* Prepare by August 16**



# Crisp Salmon with Olive Tapenade

Get ready for a new summer favorite. We're topping pan-fried salmon with our new favorite tapenade. It has kalamata olives, plus a not-so-secret ingredient: sweet cherries. Sound strange? Cherries balance the olives, making for a salty-sweet combo that's perfect over crispy salmon. Served over Dijon Brussels sprouts and fingerling potatoes, it's a gourmet taste in just 15 minutes.

**15** Minutes to the Table

**15** Minutes Hands On

**1 Whisk** Super Easy

## Getting Organized

### EQUIPMENT

- 2 Skillets
- Shallow Pie Pan or Plate

### FROM YOUR PANTRY

- ½ Cup Flour
- Olive Oil
- Salt & Pepper

### 5 MEEZ CONTAINERS

- Fingerling Potatoes
- Brussels Sprouts
- Salmon
- Olive Tapenade
- Mustard Vinaigrette

## Make The Meal Your Own

**Picky Eaters Tip** – Cooking with someone who doesn't love Brussels sprouts? Cook the potatoes and Brussels separately, and keep all of their Brussels sprouts for yourself!

**Salmon has a reputation for being tricky** to cook. Chef Max says the key to perfect salmon is making sure you don't overcook it. Cook over high heat for a few minutes per side and then let it rest. The salmon continues cooking as it rests, so let it sit 5 minutes, covered, off the heat before you cut into it and check for doneness.

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

## Good To Know

**Health snapshot per serving** – 700 Calories, 40g Fat, 40g Protein, 40g Carbs, 18 WW+ Points

**Lighten up** – 530 Calories, 30g fat, 14 WW+ Points, half the mustard vinaigrette and fingerling potatoes

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

INGREDIENTS: Wild-Caught Salmon, Fingerling Potatoes, Brussels Sprouts, Olive Oil, Kalamata Olives, Apple Cider Vinegar, Green Onion, Stone Ground Mustard, Brown Sugar, Dried Cherries, Garlic, Herbs

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### 1. Prep the Potatoes

Cut the **Fingerling Potatoes** in half lengthwise and then cut across to create small, even pieces, about ½" each.

### 2. Make the Dijon Brussels & Potatoes

Heat 1 Tbsp oil in a large skillet over high heat. Add the cubed potatoes and cook, stirring occasionally, until starting to brown on the edges, 3 to 5 minutes. Add the **Brussels Sprouts** along with a generous pinch of salt and pepper and cook, stirring, until the Brussels are well browned and the potatoes are fork tender, about 10 to 15 minutes.

### 3. Cook the Salmon

While the hash is cooking, pour ½ cup flour in a shallow pie pan or on to a plate and add a generous pinch of salt and pepper. Pat the **Salmon** fillets dry with a paper towel and coat with the flour, making sure each fillet is covered with a thin layer. Repeat this process with remaining salmon.

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. Remove from the heat and let rest 5 minutes.

*Place the salmon in the pan gently to avoid any oil splashing.*

### 4. Put It All Together

Serve the veggies topped with salmon. Spread the **Olive Tapenade** on the salmon to taste and drizzle the finished dish with **Mustard Vinaigrette**.

*Love this recipe?  
#meezmagic*

Instructions for two servings.

**Meez Meals \* 1459 N. Elmwood Avenue \* Evanston \* Illinois \* Prepare by August 13**

# Steak Taco Bowl

Everyone loves the vibrant fresh flavors of Mexico. We took marinated tender grass-fed sirloin steak with summer ripe tomato salsa and put it over hearty rice. Then we topped it with crunchy tortilla chips for a taste that has you ready for a sunny margarita or cerveza.

**20** Minutes to the Table

**5** Minutes Hands On

**1 Whisk** Super Easy

## Getting Organized

### EQUIPMENT

Saucepan  
Skillet

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### 5 MEEZ CONTAINERS

Rice  
Sirloin  
Mexican Seasoning  
Fresh Salsa  
Tortilla Chips

## Make The Meal Your Own

**Craving a salad instead?** Let the rice and beef cool, then toss with chopped, fresh romaine.

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

## Good To Know

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

**Health snapshot per serving** – 580 Calories, 50g Protein, 20g Fat, 45g Carbs, 14 WW+ Points

**Lightened up snapshot** – 440 Calories, 15g Fat and 11 WW+ points if you skip the tortilla chips

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

INGREDIENTS: Grass-Fed Beef Sirloin, Rice, Tortilla Chips, Tomatoes, Corn, Black Beans, Queso Fresco, Lime Juice, Cilantro, Red Onion, Garlic, Spices

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## 1. Getting Organized

Put a saucepan of water on to boil.

## 2. Cook the Rice

Add the **Rice** to the boiling water. Reduce heat to medium and simmer uncovered for 15 to 20 minutes. Drain and return to the saucepan. Cover and set aside.

## 3. Season the Beef

Cut the top off of the **Mexican Seasoning** bag and add ½ tsp each salt and pepper. Pat the **Sirloin** dry with a towel and then put into the seasoning bag. Hold the top of the bag closed and shake it to coat the sirloin in the seasoning.

## 4. Cook the Beef

Heat 1 Tbsp oil over high heat. When the skillet is very hot, add the beef. Cook it, without stirring, until the seasoning darkens on the bottom and the sides, about 45 to 60 seconds.

- **If you prefer your beef medium-rare**, flip it, give it a good stir, and then immediately remove to a bowl or plate.
- **If you prefer your beef medium**, flip it and continue cooking for 30 seconds to 1 minute until fully browned. Remove to a bowl or plate.
- **If you prefer your beef well done**, flip it and continue cooking for 1 minute. Remove to a bowl or plate.

*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.*

*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.*

## 5. Put It All Together

Mix 1 Tbsp of olive oil into the **Fresh Salsa**. Serve rice topped with sirloin and salsa. Crumble the **Tortilla Chips** on top and drizzle with any extra liquid from the salsa. Season with salt and pepper to taste.

Instructions for two servings.

**Meez Meals \* 1459 N. Elmwood Avenue \* Evanston \* Illinois \* Prepare by August 14**

# Balsamic Glazed Chicken Caprese Pasta

This deliciously quick-to-the-table dish is a returning family favorite. With organic chicken breast, fresh mozzarella, sweet grape tomatoes and a balsamic glaze, it's the perfect partner for whole-wheat penne pasta. NOM NOM!

**20** Minutes to the Table

**10** Minutes Hands On

**1 Whisk** Super Easy

## Getting Organized

### EQUIPMENT

Saucepan  
Deep Skillet or Large  
Saucepan with Lid

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### 6 MEEZ CONTAINERS

Chicken Breast  
Whole Wheat Penne  
Fresh Mozzarella  
Pesto  
Grape Tomatoes  
Balsamic Glaze

## Make The Meal Your Own

**We think this pasta is just as good cold** as it is warm, so we like it as a make-ahead lunch or dinner.

**Our 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

**Be sure to generously season your chicken** with salt and pepper before cooking. Chef Max recommends using ¼ tsp of each.

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

**Health snapshot per serving** – 750 Calories, 30g Fat, 85g Carbs, 40g Protein, 20 WW+ Points

**Lightened up snapshot** – 465 Calories, 25g Fat, 13 WW+ Points to make a low-carb option with no pasta and ½ the mozzarella.

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

INGREDIENTS: Free-Range Chicken, Grape Tomatoes, Whole Wheat Penne Pasta, Fresh Mozzarella Cheese, Balsamic Vinegar, Brown Sugar, Olive Oil, Basil, Almonds, Parmesan, Lemon Juice, Spices

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## 1. Getting Organized

Put a saucepan of water on to boil.

## 2. Cook the Pasta

Add the **Whole Wheat Penne** to the boiling water. Cook until al dente, about 7 to 9 minutes, and then drain and return to the now-empty saucepan.

Add the **Fresh Mozzarella** and **Pesto**. Mix well, then set aside.

## 3. Cook the Chicken and Tomatoes

While the pasta is cooking, heat 1 ½ Tbsp olive oil in a deep skillet (or large saucepan) over medium-high heat. Generously sprinkle the **Chicken Breast** with salt and pepper (we use ¼ tsp salt and ¼ tsp pepper, so use about half per side, or more if you like). When the oil is hot, add the chicken breast and **Grape Tomatoes** and cover. Cook until the chicken is browned on one side, about 6 minutes, and then flip. Continue cooking, uncovered, until the chicken is fully cooked, about 4 more minutes.

Add the **Balsamic Glaze** and cook, stirring continuously, until chicken and tomatoes are coated, about 2 minutes. Season with salt and pepper to taste.

*Add the tomatoes and chicken gently; the oil will be extremely hot and you want to avoid splashes.*

*If you want to check the doneness of the chicken, use a thermometer. You want it to read 165 degrees or above.*

## 4. Put It All Together

Serve the pesto pasta topped with the chicken and tomatoes. Drizzle any extra glaze from the pan over the top to taste. Enjoy!

*Love this recipe? #meezmagic*

Instructions for two servings.

**Meez Meals \* 1459 N. Elmwood Avenue \* Evanston \* Illinois \* Prepare by August 14**

# Marrakesh Salad

5 Minutes to the Table

5 Minutes Hands On

## Getting Organized

### EQUIPMENT

Mixing Bowl

### FROM YOUR PANTRY

Salt & Pepper

### 5 MEEZ CONTAINERS

Apple

Spiced Pistachios

Beans & Raisins

Carrots & Celery

Raisin Vinaigrette

## Put It All Together

Wash and cut the **Apple** into bite-size pieces, then put into a mixing bowl with **Spiced Pistachios, Beans & Raisins, Carrots & Celery** and half of the **Raisin Vinaigrette**.

Add salt and pepper and more vinaigrette to taste. Enjoy!

## Good to Know

### **Health Snapshot per serving (serves 1)**

660 Calories, 15g Protein, 20g Fiber, 35g Fat,  
18 WW+ Points

### **Have Questions?**

We're standing by at 773.916.6339

INGREDIENTS: Celery, Chickpeas, Carrots, Apple, Raisins, Olive Oil, Pistachios,  
Apple Cider Vinegar, Lemon Juice, Herbs and Spices

Prepare by August 16

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

## Greek Salad

5 Minutes to the Table

5 Minutes Hands On

### Getting Organized

#### EQUIPMENT

Mixing Bowl

#### FROM YOUR PANTRY

Salt & Pepper

#### 4 MEEZ CONTAINERS

Brown Rice

Feta

Pita Chips

Marinated

Vegetables

### Put It All Together

Break the **Pita Chips** into pieces. Combine the **Brown Rice, Feta**, half of the broken chips and the **Marinated Vegetables** in a mixing bowl. Season with salt and pepper and top with the remaining chips to taste.

### Good to Know

#### **Health Snapshot per serving (serves 2 as a side)**

470 Calories, 15g Protein, 55g Carbs, 20g Fat,  
13 WW+ Points

#### **Have Questions?**

We're standing by at 773.916.6339

INGREDIENTS: Cucumber, Pita Chips, Brown Rice, Peas, Feta, Yogurt, Kidney Beans, Cannellini Beans, Mayonnaise, Red Wine Vinegar, Brown Sugar, Lemon, Garlic, Herbs

Prepare by August 16

**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 August 16

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

# Roasted Squash Personal Pizza

**30** Minutes to the Table

**10** Minutes Hands On

**1 Whisk** Super Easy

## 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

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### 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.

*Love this recipe? #meezmagic*

Prepare by August 16

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

## Quick Tips

### Hands-Free Yellow Curry

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<b>30 Min</b> to Table	<b>5 Min</b> Hands On	<b>1 Whisk</b> Super Easy
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**Getting Started** Preheat your oven to 400 and put water on to boil.

**Omnivore Option** Grilled, sliced top sirloin is great with this dish.

**Leftover Tip** Turn into a salad with some veggies, serve cold.

### Toasted Corn & Zucchini Tacos

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<b>30 Min</b> to Table	<b>5 Min</b> Hands On	<b>1 Whisk</b> Super Easy
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**Getting Started** Preheat your oven to 400.

**Omnivore Option** Pulled rotisserie chicken breast is great with this.

**Picky Eater Tip** Plain salsa can take the place of the vinaigrette

### Spinach Pancakes with Basil Corn Relish

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<b>30 Min</b> to Table	<b>30 Min</b> Hands On	<b>1 Whisk</b> Super Easy
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**Getting Started** Preheat your oven to 375 & heat the griddle/skillet.

**Kids Tip** Put them in charge of making the pancakes!

**From Your Pantry** 2/5 cup of milk, 1 Tbsp of butter, 1 egg per diner.

### Jamaican-Spiced Pot Pie

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<b>45 Min</b> to Table	<b>10 Min</b> Hands On	<b>1 Whisk</b> Super Easy
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**Getting Started** Preheat your oven to 400.

**Omnivore Option** Pork is right at home in this dish.

**Leftover Tip** Add cornbread chunks to make a jerk bread salad

### Crisp Salmon with Olive Tapenade

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<b>15 Min</b> to Table	<b>15 Min</b> Hands On	<b>1 Whisk</b> Super Easy
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**Getting Started** Cut the potatoes in half,

**Picky Eater Tip** Cook the Brussel sprouts and sweet potatoes separately.

  
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### *Steak Taco Bowl*

---

<b>20 Min</b> to Table	<b>5 Min</b> Hands On	<b>1 Whisk</b> Super Easy
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**Getting Started** Put a saucepan of water on to boil.

**Meal Tip** Cook two days in advance and eat as an on-the-go lunch or easy dinner.

### *Balsamic Glazed Chicken Caprese Pasta*

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<b>20 Min</b> to Table	<b>10 Min</b> Hands On	<b>1 Whisk</b> Easy
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**Getting Started** Put a saucepan of water on to boil.

**Meal Tip** This dish is delicious served cold.

### *Marrakesh Salad*

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<b>5 Min</b> to Table	<b>5 Min</b> Hands On	<b>1 Whisk</b> Super Easy
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**Getting Started** Wash and cut the apple into bite size pieces

### *Greek Salad*

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<b>5 Min</b> to Table	<b>5 Min</b> Hands On	<b>1 Whisk</b> Super Easy
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**Getting Started** Break up the tortilla chips, toss, and serve!

### *Thai Peanut Carrots*

---

<b>20 Min</b> to Table	<b>5 Min</b> Hands On	<b>1 Whisk</b> Super Easy
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**Getting Started** Preheat oven to 400

**Leftover Tip** Add some pasta for an easy lunch.

### *Roasted Squash Personal Pizza*

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<b>30 Min</b> to Table	<b>10 Min</b> Hands On	<b>1 Whisk</b> Super Easy
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**Getting Started** Preheat your oven to 425 & take the dough out of the fridge.

**Omnivore Option** Sliced salami or pepperoni are great additions.

## Health Snapshot

### Hands-Free Yellow Curry

550 Calories  
21 g Protein  
7 g Fat  
108 g Carbs.  
8 g Fiber  
1200 mg Sod.

15 WW+ Points

245% Vit. C  
93% Calcium  
42% Vitamin A

### Spinach Pancakes

650 Calories  
35 g Protein  
40 g Fat  
50 g Carbs.  
10 g Fiber  
735 mg Sod.

17 WW+ Points

135 Vit. C  
50% Folate  
25% Calcium

### Jamaican- Spiced Pot Pie

490 Calories  
15 g Protein  
10 g Fat  
95 g Carbs.  
15 g Fiber  
480 mg Sod.

13 WW+ Points

400% Vitamin A  
75% Vitamin C  
50% Vitamin B

### Toasted Corn & Zucchini Tacos

605 Calories  
25 g Protein  
15 g Fat  
100 g Carbs  
15 g Fiber  
545 mg Sod.

15 WW+ Points

55% Vit. C  
55% Calcium  
25% Folate

### Salmon Tapanade

700 Calories  
40 g Protein  
40 g Fat  
40 g Carbs.  
6 g Fiber  
437 mg Sod.

18 WW+ Points

130% Vitamin C  
95% Vit. B-6  
85% Vit. B-12

### Lighten Up Option

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

#### Yellow Curry

*½ the rice*

390 Calories  
7 g Fat  
11 WW+ Points

#### Pancakes

*½ the cream  
cheese*

500 Calories  
10 g Fat  
13 WW+ Points

#### Pot Pie

*No changes*

490 Calories  
10 g Fat  
13 WW+ Points

#### Tacos

*2 tortillas and no  
cheese*

400 Calories  
5 g Fat  
11 WW+ Points

#### Tapanade

*½ the sauce and  
potatoes*

530 Calories  
30 g Fat  
14 WW+ Points

## Health Snapshot

<b>Steak Taco Bowl</b>	<b>Chicken Caprese Pasta</b>	<b>Marrakesh Salad</b>	<b>Greek Salad</b>	<b>Thai Peanut Carrots</b>	<b>Roasted Squash Pizza</b>
580 Calories	750 Calories	660 Calories	470 Calories	490 Calories	695 Calories
50 g Protein	40 g Protein	15 g Protein	15 g Protein	15 g Protein	40 g Protein
20 g Fat	30 g Fat	35 g Fat	20 g Fat	30 g Fat	20 g Fat
45 g Carbs.	85 g Carbs.	95 g Carbs.	55 g Carbs.	55 g Carbs.	90 g Carb.
6 g Fiber	10 g Fiber	20 g Fiber	10 g Fiber	10 g Fiber	20 g Fiber
357 mg Sod.	235 mg Sodium	715 mg Sodium	880 mg Sod.	1,535 mg Sod.	1,530 mg Sod.
14 WW+ Points	20 WW+ Points	18 WW+ Points	13 WW+ Points	14 WW+ Points	18 WW+ Points
60% Vit. B12	115% Vitamin C	55% Vitamin C	20% Calcium	540% Vitamin A	190% Vitamin A
45% Vit. B6	30% Vitamin A	213% Vitamin A	10% Vitamin A	30% Vitamin B6	80% Calcium
40% Vitamin A	30% Vitamin B-6	68% Vitamin B-6	10% Vit. 12	25% Folate	40% Vitamin C

### Lighten Up Option

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

<b>Taco Bowl</b>	<b>Chicken Pasta</b>	<b>Salad</b>	<b>Salad</b>	<b>Carrots</b>	<b>Pizza</b>
<i>No tortilla chips</i>	<i>No pasta, ½ the cheese</i>	<i>No changes</i>	<i>No changes</i>	<i>No changes</i>	<i>¼ cheese, ½ alfredo</i>
440 Calories	465 Calories	660 Calories	470 Calories	490 Calories	500 Calories
15 g Fat	25 g Fat	35 g Fat	20 g Fat	30 g Fat	10 g Fat
11 WW+ Points	13 WW+ Points	18 WW+ Points	13 WW+ Points	14 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.*