

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-gooley 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 August 30

Shells with Basil Oil & Pecorino

So simple, so delicious. We're sautéing broccoli and cauliflower together with fresh cherry tomatoes, then tossing it together with a fresh basil oil and pecorino cheese. Topped with marinated butter beans, it's a tribute to the Mediterranean the whole family will love.

25 Minutes to the Table

25 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Large Skillet
Saucepan
Bowl

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Shells
Pecorino Cheese
Grape Tomatoes
Broccoli &
Cauliflower
Butter Bean
Marinade

Make The Meal Your Own

As soon as you think about dinner – Put a saucepan of water on to boil.

Prefer a cold dinner? Make this dish up to a day in advance, reserving the pecorino and extra marinade. When you're ready to eat, sprinkle the pecorino on top and drizzle on extra marinade.

Omnivore's Option – Baked or roast chicken breast would be delicious. Serve the pasta on top for an elegant presentation.

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 out the cheese. Add a pinch of salt and pepper for extra seasoning.

Health snapshot per serving – 650 Calories, 50g Protein, 30g Fat, 50g Carbs, 17 WW+ Points

Lightened up snapshot – 500 Calories, 25g Fat and 15 WW+ points if you skip the rice for a low-carb version.

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

INGREDIENTS: Butter Bean, Cauliflower, Broccoli, Shells, Pecorino Cheese, Grape Tomatoes, Basil, Garlic

meezmeals

1. Get Organized

Put a saucepan of water on to boil.

2. Marinate the Beans

Put the **Butter Bean Marinade** into a bowl and cover with olive oil. You could use as little as ¼ cup or as much as 1 cup. Let sit on the counter for at least 30 minutes.

The amount of oil is up to you. The marinade has great flavor, so you could use extra oil and save for another meal.

3. Cook the Veggies

Heat 2 Tbsp olive oil in a large skillet over medium high heat. Add the **Broccoli & Cauliflower**, and cook until lightly golden brown at the edges, about 7 to 10 minutes, stirring frequently.

Add the **Grape Tomatoes** and cook until the skin bursts and the edges turn golden brown, about 5 to 7 minutes.

4. Cook the Shells

Once the veggies are cooking, get the pasta going. Salt the boiling water, then add the **Shells**. Cook until al dente, about 7 to 10 minutes, then drain.

Stir shells frequently while they cook. They have a tendency to stick to the pan.

5. Put It All Together

Add the cooked shells to the veggies and mix well. Add the marinated beans – but reserve the oil. Toss again, then add salt and pepper to taste. Serve topped with the **Pecorino Cheese** and as much of the marinade oil as you'd like. Enjoy!

Instructions for two servings.

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

Spicy Argentinean Black Beans & Rice Bowl

We're updating the classic black beans and rice with a zippy exotic touch: chimichurri! This spicy Argentinean parsley sauce is served with sweet potatoes, queso fresco and black beans over brown rice. It's a simple, hands-free dinner we just love. Yum!

40 Minutes to the Table

20 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Rimmed Baking Sheet
2 Saucepans
Mixing Bowl

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

4 MEEZ CONTAINERS

Brown Rice
Sweet Potatoes
Chimichurri Salsa
Black Beans & Onions

Make The Meal Your Own

Want to get dinner on the table in a flash? Cook the rice and sweet potatoes ahead of time. Dinner will be on the table in 15 minutes.

Kids and picky eaters love this recipe. If yours aren't a fan of chimichurri, serve theirs with avocado, tomatoes or their favorite salsa.

Omnivore's Option – Steak is a traditional partner for chimichurri and is right at home in this bowl.

Good To Know

If you're making the vegan version, we've left the queso fresco out of your chimichurri salsa. If you like your salsa creamier, add 2 Tbsp of your favorite vegan mayo.

Health snapshot per serving – 450 Calories, 20 g Protein, 25 g Fiber, 13 WW+ Points

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

INGREDIENTS: Sweet Potatoes, Black Beans, Brown Rice, Onion, Queso Fresco, Red Wine Vinegar, Lime, Parsley, Olive Oil, Garlic, Spices

meezmeals

1. Getting Organized

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

2. Cook the Rice

Rinse the rice under cold water using a strainer. Add the **Brown Rice** to the saucepan of boiling water and simmer uncovered over medium heat for 30 minutes. Drain, and then return to the saucepan. Cover and let sit 5 minutes.

We cook our brown rice like pasta. If the water is boiling, you're good to go.

3. Roast the Sweet Potatoes

While the rice is cooking, put the **Sweet Potatoes** on to a rimmed baking sheet and drizzle with olive oil, salt and pepper. Toss well, then arrange in a single layer and bake until tender, about 20 to 25 minutes.

4. Make the Chimichurri Salsa

While the sweet potatoes are cooking, mix the **Chimichurri Salsa** in a bowl with 2 to 3 Tbsp of olive oil. Season with salt to taste and set aside.

5. Cook the Black Beans

Heat 1 Tbsp olive oil in a saucepan over medium-high heat. Add the **Black Beans & Onions** and cook for 2 to 3 minutes. Add ¼ cup water and turn the heat down to a simmer. Cook for 10 to 15 minutes, mashing the beans with a fork.

Serve the rice topped with the beans, sweet potatoes and chimichurri salsa. Enjoy!

Love this recipe? #meezmagic

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois * Cook by August 30

Summer Cheddar Veggie Cakes

Looking for a fun twist on dinner? Mix up these savory cheddar pancakes with tiny bites of cauliflower and green beans. It's a fun dinner that's perfect with our creamy parsley chevre. (Not a goat cheese fan? Set your ingredient preferences to no chevre and we'll send you cream cheese, instead.)

35 *Minutes to the Table*

35 *Minutes Hands On*

2 Whisks *Easy*

Getting Organized

EQUIPMENT

Baking Sheet
Griddle or Skillet
Mixing Bowl

FROM YOUR PANTRY

Olive Oil
Salt & Pepper
Butter
¼ cup Milk + 2 Eggs

4 MEEZ CONTAINERS

Cauliflower & Green Beans
Onions & Garlic
Flour & Cheddar
Goat Cheese Spread

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 be the same size, but your kids will get a kick out of eating their creations.

Good To Know

If you're cooking without goat cheese, we've sent you cream cheese, instead.

Health snapshot per serving – 490 Calories, 22g Fat, 26 g Protein, 7 g Fiber, 11 WW+ Points

Lightened up snapshot – 410 Calories, 16 g Fat and 9 WW+ Points when using half the goat cheese spread.

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

INGREDIENTS: Cauliflower, Flour, Green Beans, Onion, White Cheddar, Goat Cheese, Lemon Juice, Parsley, Baking Powder, Garlic, Brown Sugar

meez *meals*

1. Getting Organized

Preheat the oven to 375 and heat your skillet on high heat.

2. Make the Pancake Batter

Add 1 Tbsp of olive oil to the skillet and add the **Cauliflower & Green Beans** and **Onions & Garlic** and cook until the vegetables are lightly browned, 7 to 10 minutes, stirring occasionally. Remove veggies to a mixing bowl and add the **Flour & Cheddar**, 2 Tbsp melted butter, ¼ cup milk and 1 tsp salt. Separate the whites from the yolks of 2 eggs, putting the yolks in the batter and the whites in a separate bowl. Mix the batter well. It should be thick.

Beat the egg whites into peaks using an electric mixer or whisk by hand, then gently fold into the batter.

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.

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 on each side. Transfer the cooked pancakes to a baking sheet and bake for 7 to 10 minutes, until the pancakes are firm.

4. Put It All Together

Serve the pancakes topped with **Goat Cheese Spread**. Enjoy!

Love this recipe? #meezmagic

Instructions for two servings.

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

Tahitian Chicken Paella

Tropical flavors give the classic Spanish paella a twist we just love. With caramelized pineapple, sweet bell peppers, free-range chicken breast and a coconut soy ginger sauce, this rice casserole is bursting with flavor.

40 *Minutes to the Table*

20 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Oven-Safe Large Skillet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Chicken Breast
Pineapple & Peppers
Rice
Coconut Soy Ginger Sauce
Cashews

Make The Meal Your Own

Leftovers from this dish make a delicious snack or next-day lunch. If you plan to save some for a later meal, reserve a bit of the coconut soy ginger sauce to moisten the paella when you reheat it.

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

The trick to this dish is to use a large skillet or frying pan that will be safe in the oven. The rice should fit in a thin layer so it can develop crusty bits on the bottom, which is our favorite part of paella.

Don't have an oven-safe skillet? You can transfer the paella to a large casserole dish, instead.

Health snapshot per serving – 710 Calories, 50g Protein, 5 g Fiber, 19 WW+ Points

Lightened up snapshot – 460 Calories, 8g Fat and 11 WW+ Points when you leave out the cashews.

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

INGREDIENTS: Chicken Breast, Coconut Milk, Pineapple, Bell Peppers, Rice, Pineapple Juice, Onion, Soy Sauce, Cashews, Brown Sugar, Cilantro, Garlic, Herbs and Spices

meezmeals

1. Getting Organized

Preheat your oven to 375.

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. Cook the Chicken and Vegetables

Heat 1 Tbsp oil in a large, oven-safe skillet over high heat. Add the cubed chicken breast and cook, stirring occasionally, until no longer pink on the outside, about 3 to 5 minutes. Add the **Pineapple & Peppers** and continue cooking until the vegetables are soft and fragrant, 3 to 5 minutes.

4. Prepare and Bake the Paella

Stir the **Rice** in to the pan along with ¾ of the **Coconut Soy Ginger Sauce** and 1 cup of water. Bring to a boil and then cover (if your skillet doesn't have a lid, use aluminum foil).

Put the skillet into the oven and cook the paella until the rice is tender and the water has been absorbed, about 15 minutes. If the rice isn't fully cooked once the water has been absorbed, you can add a little more water and continue cooking until the rice is tender. Once the rice is to your liking, turn the oven off, but leave the skillet in for an additional 5 minutes.

5. Put It All Together

Uncover the skillet and return to the stove over high heat for 2 to 3 minutes. Top the paella with **Cashews** and drizzle with the remaining sauce. Enjoy!

Be sure to save ¼ of the coconut soy ginger sauce. You'll need it at the end to finish the dish.

Resist the urge to stir the paella, let it cook undisturbed.

The 2 to 3 minutes on the stove will help develop a bottom crust to the paella. It's our favorite part!

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois * Prepare by August 28

Tokyo Tilapia Burrito

One of our favorite cross-cultural fusions. We're pairing seared tilapia with carrots, edamame, snow peas and bamboo shoots, and then rolling it up in a burrito with Chef Max's creamy soy ginger aioli. Rolled up together, it's a dinner you don't want to miss.

25 Minutes to the Table

15 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

- Saucepan
- Shallow Pie Pan or Plate
- Large Skillet
- Baking Sheet (Optional)

FROM YOUR PANTRY

- ½ Cup Flour
- Olive Oil
- Salt & Pepper

5 MEEZ CONTAINERS

- Rice
- Asian Vegetables
- Tilapia
- Tortillas
- Soy Ginger Aioli

Make The Meal Your Own

We love to finish our burritos in the oven, but you can also use a toaster oven or just roll up the filling and eat immediately.

Turn your leftovers into a delicious salad. Just toss any extra veggies and rice with the soy ginger aioli. You can add your own greens or top with a protein, though we think it's just as tasty without any additions.

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

Good To Know

If you're making the gluten-free version, we've given you corn tortillas. Toss the vegetables and rice with a little aioli, flake the fish into pieces and then fill like tacos.

Health snapshot per serving – 595 Calories, 30g Fat, 30g Protein, 50g Carbs, 16 WW+ Points

Lightened up snapshot – 465 Calories, 20g Fat, and 12 WW+ Points with ½ the rice and ¾ the Aioli.

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

INGREDIENTS: Tilapia, Flour Tortillas, Rice, Mayonnaise, Carrot, Snow Peas, Bamboo Shoots, Edamame, Soy Sauce, Green Onion, Mirin, Brown Sugar, Ginger, Garlic

meez meals

1. Getting Organized

Put a saucepan of water on to boil and preheat your toaster or conventional oven to 400 degrees.

*Heating your oven is optional
(see note on other side.)*

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. Sauté the Vegetables

While the rice is cooking, heat 1 Tbsp oil in a large skillet on medium-high heat. Add the **Asian Vegetables** and cook, stirring occasionally, until the snow peas are bright green, about 3 to 5 minutes. Remove to a bowl or plate and wipe out the skillet.

*The veggies should be warm,
but still have some crunch to
them.*

4. Dredge and Cook the Tilapia

Pour ½ cup flour into a shallow pie pan or on to a plate and add a generous pinch of salt and pepper. Pat the **Tilapia** dry with a paper towel and then coat with the flour, making sure each fillet is covered with a thin layer. Repeat this process with remaining tilapia.

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

Heat 2 Tbsp of oil in the now-empty skillet on high heat. Add the tilapia and cook 4 minutes. Flip and cook an additional 2 minutes. Remove from the heat and let rest 5 minutes.

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

5. Roll and Finish the Burrito

Fill the bottom half of each **Tortilla** with vegetables, rice, tilapia and a few tablespoons of **Soy Ginger Aioli**. To wrap, fold in each of the sides, pull the bottom up over the filling and roll.

*Too hot for the oven? Just
roll up your burrito and enjoy!*

Place the burritos seam-side-down on a baking sheet and place into the oven just until warm, about 1 to 2 minutes. Serve with remaining aioli.

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois * Prepare by August 27

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.

30 Minutes to the Table

20 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

meezmeals

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 August 28

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 773.916.6339

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 August 30

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

Lemon Chai Roasted Carrots

20 Minutes to the Table

5 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Mixing Bowl
Baking Sheet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

3 MEEZ CONTAINERS

Carrots
Lemon Chai
Dressing
Toasted Pecans

Make This Meal Your Own

Want to put a twist on this recipe? Make a puree by running the roasted carrots through a food processor and then top with the nuts.

Save on oven space – Cook this in advance and serve at room temperature.

Good to Know

Health Snapshot per serving (serves 2)

385 Calories, 20g Carbs, 5g Protein, 5 WW+ Points

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

INGREDIENTS: Carrots, Pecans, Olive Oil, Lemon Juice, Scallion, Brown Sugar, Garlic, Herbs and Spices

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1. **Getting Started**

Preheat your oven to 400.

2. **Roast the Carrots**

Toss the **Carrots** with 2 Tbsp of olive oil and spread in a single layer on a baking sheet. Roast until lightly browned, about 12 to 15 minutes.

Drain the excess oil from the pan, add half of the **Lemon Chai Dressing** and return carrots to the oven for an additional 5 minutes.

3. **Put It All Together**

Season with salt and pepper and more dressing to taste and serve topped with **Toasted Pecans**.

Love this recipe? #meezmagic

Cook by August 30

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

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. Remove to a plate and serve. Enjoy!

Love this recipe? #meezmagic

Prepare by August 30

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

Spinach Pesto Pizza

30 Minutes to the Table

5 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Baking Sheet

FROM YOUR PANTRY

Olive Oil

4 MEEZ CONTAINERS

Pizza Dough

Sweet Potatoes

Gouda

Spinach Pesto

Cream

Make The Meal Your Own

Want to get a jump on this meal? Cook everything in advance according to instructions. When you're ready to eat, just place the pizza in the oven.

Good to Know

Health Snapshot per serving (serves 1)

805 Calories, 80g Carbs, 40g Protein, 21 WW+ Points

Lightened up snapshot (1/4 cheese, 1/2 pesto cream)

500 Calories, 15g Fat, 20g Protein, 13 WW+ Points

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

INGREDIENTS: Whole Wheat Pizza Dough, Sweet Potato, Gouda, Half and Half, Spinach, Basil, Lemon Juice, Garlic, Spices

meezmeals

1. **Getting Started**

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

2. **Roast the Potatoes**

Toss the **Sweet Potatoes** with 1 Tbsp of oil and spread in a single layer on a baking sheet. Roast 7 to 10 minutes and then move to one side of the baking sheet so you can build the pizza.

3. **Make the Pizza**

While the potatoes are roasting, 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 1/4" thickness. Our pizzas are usually about 4" wide and 7" long, but you can make yours however you like.

Put the dough on the baking sheet. Top with half of the **Spinach Pesto Cream** and the roasted potatoes. Drizzle the remaining pesto around the top of the pizza and then top with **Gouda**. Bake until the crust is brown and the cheese is melted, 12 to 15 minutes. Enjoy!

Love this recipe? #meezmagic

Cook by August 30

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

Quick Tips

Grilled Zucchini Quesadilla Tacos

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

Picky Eater Tip Serve the bean salad on the side.

Shells with Basil Oil & Pecorino

25 Min to Table	25 Min Hands On	1 Whisk Super Easy
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Getting Started Put a saucepan of water on to boil.

Omnivore Option Baked or roasted chicken would be a tasty addition.

Black Beans and Rice Bowl

40 Min to Table	20 Min Hands On	1 Whisk Super Easy
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Getting Started Preheat your oven to 450 and put water on to boil.

Omnivore Option Steak is a traditional partner for this dish.

Cheddar Veggie Cakes

35 Min to Table	35 Min Hands On	2 Whisks Easy
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Getting Started Preheat your oven to 375 and heat your skillet.

Omnivore Option We like this dish as is.

From Your Pantry You'll need olive oil, milk, butter, eggs, salt and

Tahitian Chicken Paella

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

Omnivore Option Pork loin is a tasty addition.

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


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pepper.

Tokyo Tilapia Burrito

25 Min	15 Min	1 Whisk
<i>to Table</i>	<i>Hands On</i>	<i>Super Easy</i>

Getting Started Preheat to 400 and put a saucepan on to boil

Leftovers Tip Throw all the leftovers together to make a salad!

From Your Pantry You'll need 1/4 a cup of flower per serving

Lemon Chai Roasted Carrots

20 Min	5 Min	1 Whisk
<i>to Table</i>	<i>Hands On</i>	<i>Super Easy</i>

Getting Started Preheat your oven to 400

Down Home Steak & Cornbread

20 Min	10 Min	1 Whisk
<i>to Table</i>	<i>Hands On</i>	<i>Super Easy</i>

Getting Started Preheat the oven to 375.

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

Mediterranean Grilled Cheese

10 Min	5 Min	1 Whisk
<i>to Table</i>	<i>Hands On</i>	<i>Super Easy</i>

Getting Started Heat butter in a non-stick skillet

From Your Pantry You'll need 1 tbsp of butter per serving

Bangkok Basil Crunch Salad

5 Min	5 Min	1 Whisk
<i>to Table</i>	<i>Hands On</i>	<i>Super Easy</i>

Getting Started Toss and serve!

Spinach Pesto Pizza

30 Min	5 Min	1 Whisk
<i>to Table</i>	<i>Hands On</i>	<i>Super Easy</i>

Getting Started Preheat oven to 425 and take pizza dough out of refrigerator

Health Snapshot

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

Shells with Basil Oil

375 Calories
20 g Protein
5 g Fat
65 g Carbs.
15 g Fiber
60 mg Sod.

9 WW+ Points

275% Vitamin C
90% Vitamin A
10% Calcium

Black Beans Rice Bowl

450 Calories
20 g Protein
5 g Fat
100 g Carbs.
25 g Fiber
50 mg Sod.

13 WW+ Points

320% Vitamin A
75% Folate
65% Vitamin C.

Cheddar Veggie Cakes

490 Calories
25 g Protein
20 g Fat
80 g Carbs.
10 g Fiber
870 mg Sodium

11 WW+ Points

715% Vitamin A
110% Vitamin C
40% Vitamin B-6

Tahitian Chicken Paella

720 Calories
50 g Protein
30 g Fat
65 g Carbs.
5 g Fiber
1,530 mg Sodium

19 WW+ Points

290% Vitamin C
60% Vitamin A
60% Vitamin B-6

Lighten Up Option

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

Tacos

½ cheese, 2 tortillas

350 Calories
10 g Fat
10 WW+ Points

Shells

No Changes

375 Calories
5g Fat
9 WW+ Points

Rice Bowl

No changes

450 Calories
5 g Fat
13 WW+ Points

Cakes

½ goat cheese spread

410 Calories
16 g Fat
9 WW+ Points

Chicken Paella

leave out the cashews

460 Calories
8 g Fat
11 WW+ Points

Health Snapshot

Tilapia Burrito	Steak and Cornbread	Basil Crunch Salad	Lemon Chai Carrots	Mediterranean Grilled Cheese	Spinach Pesto Pizza
570 Calories	905 Calories	570 Calories	385 Calories	575 Calories	805 Calories
30 g Protein	70 g Protein	5 Protein	5 g Protein	30 g Protein	40 g Protein
20 g Fat	35 g Fat	20 g Fat	35 g Fat	30 g Fat	35 g Fat
50 g Carbs.	80 g Carbs.	70 g Carbs.	20 g Carbs.	40 g Carbs.	80 g Carbs.
15 g Fiber	10 g Fiber	20 g Fiber	10 g Fiber	< 5 g Fiber	15 g Fiber
525 mg Sod.	1,795 mg Sod.	300 mg Sod.	575 mg Sodium	1,065 mg Sod.	1,300 mg Sod.
14 WW+ Points	23 WW+ Points	12 WW+ Points	5 WW+ Points	15 WW+ Points	21 WW+ Points
100% Vitamin A	125% Vit- C	440% Vitamin C	310% Vitamin A	60% Calcium	405% Vitamin A
40% Vitamin C	75% Vit-B12	300% Vitamin A	30% Vitamin C	25% Vitamin C	80% Calcium
10% Calcium	75% Vitamin A	25% Calcium	10% Calcium	20% Folate	65% Vitamin C

Lighten Up Option

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

Burrito	Steak	Salad	Carrots	Sandwich	Pizza
<i>½ rice</i>	<i>No cheese or cornbread</i>	<i>No changes</i>	<i>No changes</i>	<i>½ cheese</i>	<i>¼ cheese, ½ pesto cream</i>
485 Calories	480 Calories	570 Calories	385 Calories	465 Calories	500 Calories
15 g Fat	15 g Fat	20 g Fat	35 g Fat	25 g Fat	15 g Fat
12 WW+ Points	12 WW+ Points	12 WW+ Points	5 WW+ Points	12 WW+ Points	13 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.