

# Chili-Glazed Tofu Tacos

West Coast food trucks opened our eyes to the magic of Asian flavors served up in tacos. The sweet and salty flavors of the sauces go perfectly with the warmth of corn tortillas. We're making our version with tasty ginger and sesame chili sauce, baked organic tofu, shredded cabbage and almonds for some crunch. It's exotic, savory, sweet and totally delicious. (And did we mention it's on the table in 10 minutes?)

**10** Minutes to the Table

**10** Minutes Hands On

**1 Whisk** *Super Easy*

## Getting Organized

### EQUIPMENT

Large Skillet  
Mixing Bowl

### FROM YOUR PANTRY

Olive Oil

### 6 MEEZ CONTAINERS

Baked Tofu  
Chili Sauce  
Green Onions  
Cabbage  
Corn Tortillas  
Almonds

## Make The Meal Your Own

**If you want to add a little extra flavor**, fry the tortillas to create crispy taco shells. Pour enough oil in a small skillet to cover the bottom, season each tortilla with salt and fry over medium-high heat for about 1 minute per side. Remove to a paper-towel lined plate. The tortillas will crisp as they sit, so don't worry if they are still a bit soft when they first come out of the oil.

## Good To Know

**This dish owes a debt** to the good folks at Kogi BBQ. Their truck started roaming the streets of LA in 2008 selling gourmet tacos. They kicked off the food truck revolution, and gave America a whole new view on what's tasty inside of a tortilla.

**Health snapshot per serving** – 650 Calories, 35 g Protein, 25 g Fiber, 20 WW+ Points

**Lightened up snapshot** – 430 Calories, 20 g Fat and 17 WW+ Points when you leave out the almonds and only use 2 corn tortillas.

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

INGREDIENTS: Cabbage, Baked Tofu, Corn Tortillas, Almonds, Mae Ploy Sauce, Soy Sauce, Cornstarch, Sesame Oil, Green Onions, Ginger

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## 1. Cook the Tofu and Cabbage

Heat 1 Tbsp oil in a large skillet over medium-high heat. When the oil is hot, add the **Baked Tofu**. Cook, stirring occasionally, until the tofu is starting to brown, about 4 to 5 minutes.

Add the **Cabbage** and cook until it just softens and starts to wilt, about 2 to 3 minutes. Stir in **Green Onions** and cook until fragrant, about 1 minute.

Add the **Chili Sauce**, immediately turn off the heat and remove to a bowl. Season with salt and pepper to taste.

## 2. Put It All Together

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

Serve the tortillas filled with tofu and cabbage. Top with **Almonds**.

*Love this recipe? #meezmagic*

Instructions for two servings.

**Meez Meals \* 1459 N. Elmwood Avenue \* Evanston \* Illinois \* Prepare by October 25**

# Rotini di Modena with Chicken and Spinach

This gem starts with a creamy balsamic sauce members have gone wild for. Paired with sautéed chicken breast, sautéed spinach and rotini pasta, it's a speedy recipe the family will love.

**20** Minutes to the Table

**10** Minutes Hands On

**1 Whisk** Super Easy

## Getting Organized

### EQUIPMENT

Saucepan  
Mixing Bowl  
Deep Skillet or Large  
Saucepan

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### 6 MEEZ CONTAINERS

Rotini Pasta  
Chicken Breast  
Spinach  
Grape Tomatoes  
Balsamic Cream  
Goat Cheese

## Make The Meal Your Own

**This dish tastes just as great cold as it does hot**, so it's perfect as a make-ahead dinner or a quick pack-and-go lunch.

**Leftovers Tip** – Toss your leftovers in a small casserole dish, top with shredded cheese (Chef Max recommends mozzarella) and bake until the pasta is hot and the cheese is melted, about 10 to 15 minutes.

**Our cage-free 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

**If you're making the gluten-free version**, we sent you gluten-free pasta.

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

**Health snapshot per serving** – 618 Calories, 36g Fat, 33g Protein, 10g Carbs, 13 WW+ Points

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

INGREDIENTS: Free-Range Chicken Breast, Grape Tomatoes, Whole Wheat Rotini Pasta, Spinach, Heavy Cream, Goat Cheese, Balsamic Vinegar, Brown Sugar, Concentrated Vegetable Stock, Garlic, Herbs

*meez* meals

### 1. Getting Organized

Put a saucepan of water on to boil.

### 2. Cook the Pasta

Add the **Rotini Pasta** to the boiling water. Cook until al dente, about 7 to 9 minutes, drain and return to the saucepan. Combine the warm, cooked pasta with the **Spinach** in the saucepan.

### 3. 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).

### 4. Cook the Chicken and Tomatoes

Heat 1 ½ Tbsp olive oil in a deep skillet (or large saucepan) over high heat. When the oil is smoking, add the **Chicken Breast** and **Tomatoes**. Cook until the chicken is browned on one side, about 6 minutes, and then stir. Continue sautéing until chicken is fully cooked, about 4 more minutes. Add the **Balsamic Cream** and bring to a boil. Turn off the heat. Season with salt and pepper to taste. Remove to a mixing bowl.

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

### 5. Put It All Together

Serve pasta with **Goat Cheese** crumbled on top. Enjoy!

*Love this recipe? #meezmagic*

Instructions for two servings.

**Meez Meals \* 1459 N. Elmwood Avenue \* Evanston \* Illinois \* Prepare by October 23**

# Black Bean & Sweet Potato Chili with Cornbread Crumbles

There's something irresistible about a black bean chili cooked up with roasted sweet potatoes. But serve it topped with toasted cornbread crumbles, lime crema and roasted leeks? Pure heaven.

**45** Minutes to the Table

**20** Minutes Hands On

**2 Whisks** Easy

## Getting Organized

### EQUIPMENT

Loaf Pan or Small  
Casserole Dish  
Rimmed Baking  
Sheet  
Heavy Saucepan

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### 6 MEEZ CONTAINERS

Celery & Onions  
Tomato Sauce  
Sweet Potatoes  
Leeks  
Cornbread  
Lime Crema

## Make The Meal Your Own

**Omnivore's Option** – Ground beef is a tasty addition. Cook it up with the celery & onions.

**Cooking with a picky eater?** This dinner is a crowd pleaser, but serve the crema and crispy leeks on the side for anyone who might not love them.

**This is a great make-ahead meal.** Cook everything up through step 4 ahead of time, and when you're ready to eat, assemble the chili in the casserole dish, top with the cornbread and bake following instructions in step 5.

## Good To Know

**If you're making the gluten-free version**, we've left the cornbread out of your meal. The chili is still delicious without it.

**If you're making the vegan version**, we've given you lime juice instead of crema. Drizzle over the chili to finish it. We've also left the cornbread out of your meal; the chili is still delicious without it.

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

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

INGREDIENTS: Sweet Potatoes, Tomatoes, Black Beans, Cornbread, Leeks, Onions, Sour Cream, Celery, Lime, Garlic, Spices, Herbs

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### 1. **Getting Organized**

Preheat your oven to 425.

### 2. **Roast the Sweet Potatoes**

Put the **Sweet Potatoes** in a loaf pan or small casserole dish and drizzle with olive oil, salt and pepper. Toss, then arrange in a single layer. Bake until lightly golden at the edges and fork tender, about 20 minutes.

*If the potatoes won't fit in a single layer in a single pan, use two pans.*

### 3. **Cook the Chili**

While the sweet potatoes are roasting, heat 1 Tbsp olive oil over high heat in a heavy saucepan. Add the **Celery & Onions** and cook until lightly brown, about 5 to 7 minutes. Add the **Tomato Sauce** and 1 ½ cups of water and bring to a boil. Lower the heat to a simmer and cook uncovered until 2/3 of the liquid has evaporated, about 20 minutes.

### 4. **Make the Crispy Leeks**

When the sweet potatoes come out of the oven and the chili has thickened, pour the chili over the sweet potatoes right in the pan. Crumble the **Cornbread** over top, and then bake until lightly golden, about 7 to 10 minutes.

Put the **Leeks** on to a rimmed baking sheet and drizzle with olive oil, salt and pepper. Arrange in a single layer and bake until crispy on the outside, but still a little tender on the inside, about 10 minutes.

*Stir the leeks once about halfway through cooking.*

Serve the chili topped with the **Lime Crema** and crispy leeks.

*Love this recipe? #meezmagic*

Instructions for two servings.

**Meez Meals \* 1459 N. Elmwood Avenue \* Evanston \* Illinois \* Prepare by October 25**

## Toasted Gnocchi with Mint-Basil Pesto

There's something magical about gnocchi when it's toasted. It gets crispy on the outside, tender on the inside, and totally delicious. We're tossing it with roasted butternut squash and a mint-basil pesto, then topping it with toasted coconut. Best of all, the oven does all the work in this hands-free gem.

**35** Minutes to the Table

**10** Minutes Hands On

**1 Whisk** Super Easy

### Getting Organized

#### EQUIPMENT

Rimmed Baking  
Sheet  
Mixing Bowl

#### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

#### 4 MEEZ CONTAINERS

Butternut Squash  
Whole Wheat  
Gnocchi  
Coconut  
Mint Pesto

### Make The Meal Your Own

**Want to get a jump on dinner?** Cook the butternut squash in advance. When you're ready to eat, dinner will be on the table in 15 minutes.

**Kids and Picky Eaters Tip** – This is a crowd-pleasing recipe! If you have someone who doesn't love the pesto, though, serve his or her portion with plain olive oil.

**Omnivore's Option** – Chicken breast is a great choice for this dish. Cube it, toss with olive oil, salt and pepper and cook with the butternut squash.

### Good To Know

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

**Health snapshot per serving** – 395 Calories, 10g Protein, 10g Fiber, 10 WW+ Points

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

INGREDIENTS: Butternut Squash, Whole Wheat Gnocchi, Coconut, Olive Oil, White Wine, Basil, Brown Sugar, Mint, Garlic

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### 1. Getting Organized

Preheat your oven to 400.

### 2. Roast the Butternut Squash

Arrange your **Butternut Squash** on a rimmed baking sheet and drizzle with olive oil, salt and pepper. Cook until it is just soft enough to bite through, about 15 minutes.

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

### 3. Toast the Gnocchi

Add the **Whole Wheat Gnocchi** to the baking sheet with the butternut squash. Mix well and cook until the gnocchi is golden brown and the butternut squash is caramelized, about 10 to 15 minutes.

### 4. Toast the Coconut

Add the **Coconut** to the baking sheet and return to the oven until just browned, about 3 minutes.

*Keep an eye on the coconut - its natural oils can burn quickly.*

### 5. Combine and Serve

Transfer the gnocchi, butternut squash and coconut to your serving bowl. Toss together with half of the **Mint Pesto**. Add more pesto and season with salt and pepper to taste.

*Love this recipe? #meezmagic*

Instructions for two serving.

**Meez Meals \* 1459 N. Elmwood Avenue \* Evanston \* Illinois \* Prepare by October 23**



# Oven Roasted Cauliflower and Chickpea Curry

Our super simple, super delicious roasted vegetable curry. Because the vegetables are roasted, they have an extra intensity that's just delicious. Cauliflower, carrots, chickpeas, raisins and cashews all come together over jasmine rice. It's hands-free heaven!

**35** Minutes to the Table

**5** Minutes Hands On

**1 Whisk** Super Easy

## Getting Organized

### EQUIPMENT

- Saucepan
- Rimmed Baking Sheet(s)

### FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper

### 6 MEEZ CONTAINERS

- Jasmine Rice
- Carrots & Peppers
- Cauliflower
- Chickpeas & Onions
- Coconut Curry Sauce
- Cashews & Raisins

## Make The Meal Your Own

**Make ahead tip** – Cook the rice and roast the vegetables up until you would add the curry sauce. When you're ready to eat, roast the vegetables an additional 5 minutes before adding the sauce.

**Have leftovers?** Turn this into a creamy curry soup by pureeing your leftovers and adding a can of coconut milk.

**Omnivore's Option** – Ground lamb is a traditional addition to this dish. Brown it separately, drain the fat and add with the coconut curry sauce.

## Good To Know

**Health snapshot per serving** – 395 Calories, 10 g Protein, 10 g Fiber, 10 WW+ Points

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

INGREDIENTS: Tomatoes, Coconut Milk, Cauliflower, Chickpeas, Carrots, Rice, Red Bell Peppers, Onion, Cashews, Raisins, Ginger, Spices

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## 1. Getting Organized

Preheat your oven to 450 and bring 2 cups of water to a boil for the rice.

## 2. Cook the Rice

When the water for the rice 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 absorbed, about 20 to 25 minutes. Remove from heat and fluff with a fork. Cover and set aside until it's time to eat.

## 3. Roast the Vegetables

While the rice is cooking, put the **Carrots & Peppers** and **Cauliflower** on to a rimmed baking sheet. Drizzle with olive oil, salt and pepper and toss well. Then arrange in a single layer and bake for 10 minutes. Add the **Chickpeas & Onions**. Stir well, and then return the baking sheet to the oven until the veggies are golden in places and fork tender, about 7 to 10 minutes.

*Resist the temptation to crowd the vegetables. They need to be in a single layer for this recipe to work, so use two sheets if necessary.*

## 4. Finish the Curry

Pour the **Coconut Curry Sauce** over everything, (if you're using 2 baking sheets, divide the sauce evenly between them as best you can) and give the vegetables a good stir. Cook for another 5 minutes, then serve over the rice and top with the **Cashews & Raisins**.

*If you divided your veggies between two baking sheets, you can combine them on to one to mix before serving, or use a mixing bowl.*

*Love this recipe? #meezmagic*

Instructions for two servings.

**Meez Meals \* 1459 N. Elmwood Avenue \* Evanston \* Illinois \* Prepare by October 25**

# All-American BBQ Chicken Burrito

There is nothing like the classic flavors of BBQ to make our mouths water. Our sweet and tangy sauce is drizzled over tender cage-free chicken strips and then baked. Add crunchy coleslaw and then wrap in a soft tortilla and you've got a dinnertime hit.

**25** Minutes to the Table

**10** Minutes Hands On

**1 Whisk** Super Easy

## Getting Organized

### EQUIPMENT

Mixing Bowl  
Rimmed Baking Sheet  
Knife and Cutting Board  
Tongs or Slotted spoon  
(Optional)

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### 5 MEEZ CONTAINERS

Cabbage & Carrots  
Coleslaw Dressing  
Chicken Breast  
Barbecue Sauce  
Flour Tortillas

## Make The Meal Your Own

**Leftovers Tip** – Keep any leftover coleslaw and chicken “deconstructed” so you can turn them into different meals. Coleslaw makes a great base for a salad – just mix it with your favorite greens and veggies. And leftover chicken is wonderful on pizza, over rice or in a sandwich.

**Our cage-free chickens thrive on an all-natural, vegetarian 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

**If you're making the gluten-free version,** we've sent you corn tortillas. Serve as tacos filled with chicken and slaw.

**Health snapshot per serving** – 730 Calories, 30g Fat, 35g Protein, 70g Carbs, 19 WW+ Points

**Lightened up snapshot** – 500 Calories, 30g Fat, 13 WW+ Points with no tortillas – to bulk up the meal, add some lettuce to turn it into a burrito bowl.

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

INGREDIENTS: Free-Range Chicken, Flour Tortillas, Barbecue Sauce, Green Cabbage, Red Cabbage, Carrots, Mayonnaise, White Wine Vinegar, Brown Sugar, Lemon Juice, Herbs and Spices

meez *meals*

### 1. Getting Organized

Preheat your oven to 400 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, slice the chicken into even strips. (We aim for approximately ¼" - ½" slices). Once the chicken is sliced, generously sprinkle with salt and pepper (we use ¼ tsp salt and ¼ tsp pepper, so use about half per side, or more if you like).

### 3. Make the Coleslaw

In a mixing bowl, toss the **Cabbage & Carrots** with the **Coleslaw Dressing**. Season with salt and pepper to taste. Place in the refrigerator until ready to eat.

### 4. Cook the Chicken

Spread the chicken strips on a rimmed baking sheet and cook until no pink is showing on the outside, about 5 to 7 minutes.

Stir 2 Tbsp of water into the **Barbecue Sauce**. Add the barbecue sauce to the chicken on the sheet pan and stir to coat. Return to the oven and cook until the sauce has thickened, stirring once halfway through, about 7 to 10 minutes.

*The barbecue sauce may seem thin at first, but it will thicken as it cooks.*

### 5. Fill, Fold and Bake the Burrito

Fill the lower half of each **Tortilla** with barbecue chicken and top with the slaw. To roll the burrito: fold the sides in, pull the bottom up over the filling, and then roll. You want to keep a compact bundle, so keep the tortilla wrapped tightly around the filling.

Using a rubber spatula, scrape off any excess barbecue sauce from the now-empty baking sheet. Place the burritos seam side-down on the baking sheet, return to the oven and bake until warm to touch, about 2 minutes. Enjoy!

*Use tongs or a slotted spoon to remove the marinated cabbage and carrots from the bowl, leaving the liquid dressing behind. This will prevent your burrito from getting soggy!*

Instructions for two\* servings.

**Meez Meals \* 1459 N. Elmwood Avenue \* Evanston \* Illinois \* Prepare by October 23**

# Mexican Steak Quinoa Bowl

This week's family favorite. We're taking our classic red enchilada sauce and marrying it with the deep rich flavors of sirloin steak, kale and quinoa. Baked up with Mexican cheese, it's a cozy dinner everyone will love.

**30** Minutes to the Table

**10** Minutes Hands On

**1 Whisk** Super Easy

## Getting Organized

### EQUIPMENT

Saucepan  
Casserole Dish

### FROM YOUR PANTRY

Salt & Pepper

### 6 MEEZ CONTAINERS

Quinoa  
Sirloin  
Kale  
Beans & Tomatoes  
Enchilada Sauce  
Asadero Cheese

## Make The Meal Your Own

**Leftovers Tip** – The leftovers from this dish make a delicious taco or burrito filling.

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

## Good To Know

**Tongs are the best tool** to use for flipping the beef since they give you the most control and you'll be able to flip each piece quickly. If you don't have tongs, you can use a spatula, just be sure to work quickly.

**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** – 550 Calories, 20g Fat, 50g Protein, 40g Carbs, 13 WW+ Points

**Lightened up snapshot** – 450 Calories, 20g Fat and 11 WW+ points with ½ the cheese.

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

INGREDIENTS: Grass-Fed Beef, Prepared Enchilada Sauce, Kale, Tomatoes, Asadero Cheese, Quinoa, Black Beans, Cilantro, Garlic, Herbs and Spices

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### 1. Getting Organized

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

### 2. Cook the Quinoa

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

### 3. Make the Casserole

While the quinoa is cooking, combine the **Kale, Beans & Tomatoes** and **Enchilada Sauce** in a casserole dish. Bake, stirring occasionally, until the kale shrinks down a bit and starts to crisp, about 7 to 10 minutes. (You'll want to stir about every 3 to 4 minutes to prevent the kale from burning or getting too crisp on the edges). Add the cooked quinoa to the casserole and stir to incorporate. Continue baking until bubbling, about 7 to 10 more minutes.

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

### 4. Cook the Beef

While the casserole is baking, 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.

*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 prefer your beef medium-rare**, flip it, give it a good stir and then immediately remove from the heat and let rest for 5 minutes.
- **If you prefer your beef medium**, flip it and continue cooking for 30 to 45 seconds (about 1 ½ minutes total cook time) until fully browned. Remove from the heat and let rest for 5 minutes.
- **If you prefer your beef medium-well or well done**, flip it and continue cooking for 1 minute. Remove from the heat and let rest for 5 minutes.

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

### 5. Put It All Together

Sprinkle the **Asadero Cheese** over the top of the casserole and bake until the casserole is bubbling around the edges and the cheese is melted, about 5 more minutes. Serve the casserole topped with the sirloin.

*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 October 23**

# Crisp Salmon with Olive Tapenade

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 a combo that's perfect over crispy salmon. Served over Dijon Brussels sprouts and fingerling potatoes, it's a gourmet taste in just 20 minutes.

**20** Minutes to the Table

**20** 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 sustainably raised and is free from dyes, antibiotics and 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, Dijon 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. Mix half of the **Mustard Vinaigrette** into the cooked Brussels and potatoes.

### 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.

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

Heat 2 Tbsp of oil in a large skillet on high heat. Add the salmon and cook until it colors about halfway up the sides, about 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 remaining mustard vinaigrette.

*Love this recipe?  
#meezmagic*

Instructions for two servings.

**Meez Meals \* 1459 N. Elmwood Avenue \* Evanston \* Illinois \* Prepare by October 22**



# 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 October 25

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

# Personal Artichoke Quesadilla

**25** *Minutes to the Table*

**5** *Minutes Hands On*

**1 Whisk** *Super Easy*

## Getting Organized

### EQUIPMENT

Baking Sheet

### FROM YOUR PANTRY

Vegetable Oil

### 4 MEEZ CONTAINERS

Carrots &

Parsnips

Tortillas

Artichoke Pesto

Cheese Mix

## Good to Know

**We like hands-free oven cooking**, but this quesadilla cooks just as well in a skillet on the stove.

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

835 Calories, 45g Fat, 75g Carbs, 23 WW+ Points

### **Lightened up snapshot (1 folded tortilla, 1/3 cheese, 3/4 pesto)**

490 Calories, 25g Fat, 50g Carbs, 14 WW+ Points

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

INGREDIENTS: Flour Tortillas, Carrot, Artichoke Hearts, Mozzarella, Parsnip, Feta, Parmesan, Olive Oil, Parsley, Lemon Juice, Spices

meezmeals

## Getting Organized

Preheat your oven to 400.

### 1. Roast the Veggies

Toss the **Carrots & Parsnips** with 1 Tbsp of oil and season with salt and pepper. Spread in a single layer on a baking sheet and roast for 7 to 10 minutes and then remove to a plate.

### 2. Build the Quesadilla

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

Spread the **Artichoke Pesto** on the tortilla and then top with half of the **Cheese Mix** and the carrots and parsnips. Sprinkle the remaining cheese mix on top of the veggies. Top with the second tortilla, oiled-side up, and gently press down.

### 4. Put It All Together

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

Prepare by October 25

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

# Buddha Salad Bowl

5 Minutes to the Table

5 Minutes Hands On

## Getting Organized

### EQUIPMENT

Mixing Bowl

### FROM YOUR PANTRY

Salt & Pepper

### 5 MEEZ CONTAINERS

Bamboo Shoots

Baked Tofu

Cooked Brown Rice

Cabbage & Carrots

Soy-Ginger Aioli

## Put It All Together

Toss the **Bamboo Shoots, Baked Tofu, Cooked Brown Rice** and **Cabbage & Carrots** together in a mixing bowl with half of the **Soy-Ginger Aioli**. Mix well, season with salt and pepper and add more aioli to taste.

## Good to Know

### **Health Snapshot per serving**

600 Calories, 40g Fat, 70g Carbs, 10g Protein  
17 WW+ Points

### **Have Questions?**

We're standing by at 773.916.6339

INGREDIENTS: Cabbage, Tofu, Bamboo Shoots, Brown Rice, Carrots, Mayonnaise, Green Onions, Tamari, Brown Sugar, Rice Wine Vinegar, Ginger, Sesame Seeds

Prepare by October 25

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

# Balsamic-Glazed Brussels Sprouts

**30** Minutes to the Table

**5** Minutes Hands On

**1 Whisk** Super Easy

## Getting Organized

### EQUIPMENT

Baking Sheet

### FROM YOUR PANTRY

Salt & Pepper  
Vegetable Oil

### 4 MEEZ CONTAINERS

Brussels Sprouts  
Balsamic  
Vinaigrette  
Almonds  
Pecorino Cheese

## Make This Meal Your Own

**If you want to add a salty layer**, pancetta would be great in this.

**Want to get a jump on dinner?** Make this recipe a day in advance and serve cold.

## Good to Know

**If you're making the vegan version**, we've left out the cheese. Try sprinkling a second salted nut to add a great contrast.

### **Health Snapshot per serving (serves 2 to 3)**

385 Calories, 20g Fat, 35g Carbs, 15g Protein,  
10 WW+ Points

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

INGREDIENTS: Brussels Sprouts, Pecorino Cheese, Almonds, White Balsamic Vinegar, White Wine, Brown Sugar, Herbs

meezmeals

### 1. **Getting Started**

Preheat your oven to 450.

### 2. **Roast the Brussels Sprouts**

Put the **Brussels Sprouts** on to a rimmed baking sheet. Drizzle with olive oil, salt and pepper, and give it all a good toss, then arrange in a single layer. Bake until golden in places, 15 to 25 minutes.

### 3. **Put It All Together**

Top the Brussels sprouts with the **Balsamic Vinaigrette** and **Almonds** and mix. Sprinkle the **Pecorino Cheese** on top and bake until the cheese is lightly browned, about 5 more minutes. Serve and enjoy!

*Love this recipe? #meezmagic*

Cook by October 25

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

## Quick Tips

### *Chili-Glazed Tofu Tacos*

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<b>10 Min</b> to Table	<b>10 Min</b> Hands On	<b>1 Whisk</b> Super Easy
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**Getting Started** No prep needed!

**Omnivore Option** This meal is delicious all on its own.

### *Toasted Gnocchi with Mint Basil Pesto*

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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 400.

**Omnivore Option** Chicken breast chunks are a great choice.

### *Creamy Balsamic Chicken Pasta with Spinach and Roasted Tomatoes*

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<b>25 Min</b> to Table	<b>10 Min</b> Hands On	<b>1 Whisk</b> Super Easy
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**Getting Started** Put a saucepan of water on to boil and season the chicken.

**Leftovers Tip** Turn leftovers into a pasta frittata.

### *Crisp Salmon with Olive Tapenade*

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<b>20 Min</b> to Table	<b>20 Min</b> Hands On	<b>1 Whisk</b> Super Easy
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**Getting Started** Cut the fingerling potatoes into ½" rounds.

**Picky Eaters Tip** Cook the Brussels sprouts and potatoes separately.

### *Black Bean Sweet Potato Chili*

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<b>45 Min</b> to Table	<b>15 Min</b> Hands On	<b>2 Whisks</b> Easy
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**Getting Started** Preheat your oven to 425.

**Omnivore Option** Ground beef is a tasty addition.

### *All American BBQ Chicken Burrito*

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<b>25 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.

**Leftovers Tip** Coleslaw makes a great base for a salad.



### *Steak Quinoa Bowl*

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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 375 & put a saucepan of water onto boil.

**Leftovers Tip** Leftovers make a delicious taco or burrito filling.

### *Oven Roasted Cauliflower and Chickpea Curry*

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<b>40 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 450 and bring water to a boil.

**Omnivore Option** Ground lamb is a traditional addition to this.

### *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.

**From Your Pantry** You'll need just a sprinkle of flour.

### *Artichoke Quesadilla*

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<b>25 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

**Leftovers Tip** This cooks very well in a skillet

### *Buddha Salad Bowl*

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<b>15 Min</b> to Table	<b>10 Min</b> Hands On	<b>1 Whisk</b> Super Easy
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**Getting Started** No pre-work needed.

### *Balsamic-Glazed Brussel Sprouts*

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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 oven to 450.

**Meal Tip** Prepare a day in advance and serve cold with dinner!

## Health Snapshot

### **Chili-Glazed Tofu Tacos**

650 Calories  
35 g Protein  
35 g Fat  
80 g Carbs.  
15 g Fiber  
960 mg Sodium

20 WW+ Points

120% Calcium  
90% Vitamin C  
40% Iron

### **Balsamic Chicken Pasta**

810 Calories  
45 g Protein  
35 g Fat  
90 g Carbs.  
10 g Fiber  
495 mg Sodium

22 WW+ Points

115% Vitamin C  
60% Vitamin A  
40% Vitamin B-6

### **Black Bean Chili**

790 Calories  
25 g Protein  
20 g Fat  
140 g Carbs.  
20 g Fiber  
980 mg Sodium

21 WW+ Points

700% Vitamin A  
140% Vitamin C  
50% Calcium

### **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

### **Toasted Gnocchi**

395 Calories  
10 g Protein  
10 g Fat  
65 g Carbs.  
10 g Fiber  
725 mg Sodium

10 WW+ Points

210% Vitamin A  
40% Vitamin C  
15% Calcium

### *Lighten Up Option*

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

#### **Tofu Tacos**

*No Nuts, 2 Tortillas*

430 Calories  
20 g Fat  
17 WW+ Points

#### **Chicken Pasta**

*No pasta, 2/3 goat cheese*

500 Calories  
30 g Fat  
14 WW+ Points

#### **Chili**

*No crema, 1/2 bread, 3/4 potatoes*

500 Calories  
5 g Fat  
13 WW+ Points

#### **Tapanade**

*1/2 the sauce and potatoes*

530 Calories  
30 g Fat  
14 WW+ Points

#### **Gnocchi**

*No changes*

395 Calories  
10 g Fat  
10 WW+ Points

## Health Snapshot

<b>Chicken Burrito</b>	<b>Steak Quinoa Bowl</b>	<b>Cauliflower Curry</b>	<b>Roasted Squash Pizza</b>	<b>Artichoke Quesadilla</b>	<b>Buddha Salad Bowl</b>	<b>Brussels Sprouts</b>
730 Calories	550 Calories	600 Calories	695 Calories	770 Calories	600 Calories	385 Calories
35 g Protein	50 g Protein	20 g Protein	40 g Protein	25 g Protein	10 g Protein	20 g Protein
30 g Fat	20 g Fat	15 g Fat	20 g Fat	35 g Fat	40 g Fat	20 g Fat
70 g Carbs.	40 g Carbs.	105 g Carbs.	90 g Carb.	95 g Carbs.	70 g Carbs.	35 g Carbs.
10 g Fiber	10 g Fiber	20 g Fiber	20 g Fiber	5 g Fiber	10 g Fiber	10 g Fiber
990 mg Sod.	855 mg Sod.	760 mg Sodium	1,530 mg Sod.	1,245 mg Sod.	2000 mg Sodium	640 mg Sodium
19 WW+ Points	13 WW+ Points	16 WW+ Points	18 WW+ Points	21 WW+ Points	17 WW+ Points	10 WW+ Points
250% Vitamin C	130% Vitamin A	400% Vitamin A	190% Vitamin A	60% Folate	120% Vitamin A	30% Vitamin A
55% Vit. B-12	55% Vit- B12	400% Vitamin C	A	25% Calcium	115% Vitamin C	280% Vitamin C
50% Vitamin A	40% Vitamin C	65% Calcium	80% Calcium	20% Vit. B-12	30% Folate	30% 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>Burrito</b>	<b>Quinoa Bowl</b>	<b>Curry</b>	<b>Pizza</b>	<b>Quesadilla</b>	<b>Buddha Bowl</b>	<b>Brussels</b>
<i>No tortillas</i>	<i>1/2 the cheese</i>	<i>1/2 curry sauce, 3/4 rice</i>	<i>1/4 cheese, 1/2 alfredo</i>	<i>1 slice of bread</i>	<i>No changes</i>	<i>No changes</i>
500 Calories	450 Calories	490 Calories	500 Calories	500 Calories	600 Calories	385 Calories
30 g Fat	20 g Fat	15 g Fat	10 g Fat	30 g Fat	40 g Fat	20 g Fat
13 WW+Points	11 WW+ Points	13 WW+ Points	12 WW+ Points	14 WW+ Points	17 WW+ Points	10 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.*