

Ginger-Soy Aioli Rice Bowl

We're hooked on Chef Max's ginger-soy aioli. He first wowed us with it in a Bento Burrito, and it was so tasty we asked him to bring it back in a rice bowl. The result was this gem. We're cooking up edamame, carrots and red peppers, and then tossing them with Himalaya red rice and the famous aioli. It's a Japanese-style rice bowl your family will love.

30 *Minutes to the Table*

15 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet
Saucepan

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Himalayan Red Rice
Edamame
Mixed Sesame Seeds
Vegetable Mix
Ginger-Soy Aioli

Make The Meal Your Own

Make Ahead Tip – Cook the rice up to 2 days in advance. When you're ready to eat, start with step 3, making sure to cook the rice with the veggies for an extra few minutes to reheat it.

Omnivore's Option – Seared tuna would be tasty on this. Serve over the rice bowl with an extra dollop of aioli on top.

Good To Know

Health snapshot per serving – 296 Calories, 11g Fat, 40g Carbs, 15g Protein, 8 WW+ Points

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

INGREDIENTS: Edamame, Himalayan Red Rice, Carrots, Snow Peas, Mayonnaise, Water Chestnuts, Green Onions, Soy Sauce, Sesame Seeds, Brown Sugar, Ginger, Garlic

*meez*meals

1. **Getting Organized**

Put a saucepan of water on to boil

2. **Cook the Rice**

Add a generous pinch of salt to the boiling water and add the **Himalayan Red Rice**. Cook until the rice is fluffy, about 20 to 25 minutes, then drain and return to the pot. Cover and set aside for 5 minutes.

We set the rice aside for 5 minutes after draining so the rice will steam.

3. **Stir Fry the Vegetables**

While the rice is cooking, heat 2 Tbsp of olive oil in a large skillet over high heat. Add the **Edamame** and cook for 5 minutes, then add the **Vegetable Mix** and cook until the snow peas are bright green, 5 to 7 minutes.

Add the cooked rice to the pan and mix well, then remove from the heat. Add half of the **Ginger-Soy Aioli** and mix well, then add more to taste. Serve topped with the **Mixed Sesame Seeds**.

Love this recipe? #meezmagic

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois * Prepare by November 8

Southern Sweet Corn and Cheddar Strata

Stratas are one of our favorites hands-free dinners – just layer your ingredients and the oven does all the work for you. We're making this Southern-style strata with local sourdough, corn, scallions and a cheddar and Parmesan cheese mix. The best part? The leftovers are perfect for brunch the next day. (Don't be scared off by the long cook time on this one. It's just 5 minutes of hands-on cooking and can be made in advance.)

65 Minutes to the Table

5 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Loaf Pan or 10x10
Casserole Dish
Mixing Bowl

FROM YOUR PANTRY

Salt & Pepper
Butter or
Cooking Spray
1 1/2 cups Milk or
Half & Half

4 MEEZ CONTAINERS

Sourdough Bread
Corn & Scallions
Cheddar & Parmesan
Egg Mix

Make The Meal Your Own

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

Dedicated omnivores can add cooked, crumbled bacon along with the corn.

Looking for a brunch idea? This is a delicious breakfast as well. Add some sausage to give it a breakfast feeling.

Want to boost the veggies in this dish? Cherry tomatoes, sliced zucchini and diced sweet potatoes are all delicious additions.

Good To Know

A note on pan size – To keep the strata moist, Chef Max likes to make his in a narrow, deep pan, like a loaf pan. You can also build your strata in a shallower 10x10 casserole dish, but start checking it a bit earlier, as it may cook faster.

Health snapshot per serving – 830 Calories, 45g Protein, 5g Fiber, 22 WW+ Points

Lightened up snapshot – 495 Calories, 20g Fat and 14 WW+ points using ½ the bread and no cheese.

INGREDIENTS: Corn, Eggs, Sourdough Bread, White Cheddar Cheese, Green Onion, Parmesan Cheese, Mayonnaise

meezmeals

1. Getting Organized

Preheat your oven to 350 degrees and grease your pan using butter or cooking spray.

2. Assemble the Strata

Put 1/3 of the **Sourdough Bread** on the bottom of the pan. Layer 1/3 of the **Corn & Scallions** on top of the bread and then layer with 1/3 of the **Cheddar & Parmesan**. Repeat these layers two more times – bread, corn, cheese – until you've used up your ingredients.

Open the **Egg Mix** and pour into a mixing bowl. Add 1 ½ cups milk or half & half. Season with two pinches of Kosher salt and up to ½ tsp of black pepper. Pour the egg mixture into the pan as evenly as possible.

3. Bake the Strata

Bake the strata until the eggs are set and it's brown on top, about 55 to 60 Minutes. Slice and serve. Enjoy!

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

Love this recipe? #meezmagic

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois * Cook by November 8

Athenian Flatbread

Oregano, dates, feta... these are the flavors that make Greek recipes magic. We're combining their delicious flavors with crispy Brussels sprouts and baking them on a tasty flatbread. It's so good it will have you researching flights to Athens.

45 *Minutes to the Table*

15 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Rimmed Baking Sheet

FROM YOUR PANTRY

Flour
Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Brussels Sprouts
Cheese Mix
Dates
Fresh Oregano Sauce
Pizza Dough

Make The Meal Your Own

As soon as you think about dinner – Preheat your oven to 425 and take the pizza dough out of the refrigerator so it can warm up.

Omnivore's Option – Ground turkey is a great choice for this dish. Brown it and sprinkle over top of the dates before adding the cheese.

Good To Know

If you're making the vegan version, we've let the cheese out of your meal. Add an extra pinch of salt, instead.

Health snapshot per serving – 765 Calories, 35g Fat, 55g Carbs, 10g Protein, 21 WW+ Points

Lightened up snapshot – 480 Calories, 20g Fat, 14 WW+ Points to make a low-carb option with no dates and half the cheese.

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

INGREDIENTS: Brussels Sprouts, Pizza Dough, Feta Cheese, Gouda Cheese, Dates, Olive Oil, Lemon Juice, Oregano, Agave Syrup, Mint, Garlic, Spices

meezmeals

1. **Getting Organized**

Preheat your oven to 425 and take the **Pizza Dough** out of the refrigerator.

Warmer dough is much easier to work with!

2. **Roast the Brussels Sprouts**

Put the **Brussels Sprouts** on a rimmed baking sheet in a single layer; drizzle with olive oil, add a pinch of pepper and a dash of salt.

Place in the oven and bake until the Brussels sprouts begin crisp around the edges, about 10 to 12 minutes, stirring once about halfway through cooking.

Don't let the Brussels sprouts get too crispy when you first roast them. They'll be cooking on the flatbread too.

3. **Assemble the Pizza**

Once the sprouts are cooking, shape your flatbread dough. Sprinkle your counter with a little flour and stretch the dough into shape. The size and thickness are up to you, but we target about 1/4" thickness.

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

Pour the **Fresh Oregano Sauce** on to the shaped dough and lightly rub it in. Sprinkle the roasted Brussels sprouts over top, add the **Dates** and top with the **Cheese Mix**.

Bake the flatbread until the cheese melts and the crust is golden, about 18 to 25 minutes.

Love this recipe? #meezmagic

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois * Prepare by November 8

Southwestern Tortilla Stew

A southwestern classic. This cozy stew stars roasted sweet potatoes, black beans and Mexican-spiced tomatoes, all topped with crispy tortillas and white cheddar. It's a dinner the whole family will love.

30 *Minutes to the Table*

15 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Saucepan

FROM YOUR PANTRY

Olive Oil

Salt & Pepper

5 MEEZ CONTAINERS

Onions & Garlic

Sweet Potatoes

Tomatoes & Beans

Corn Tortilla

Cheddar Cheese

Make The Meal Your Own

This is a great make-ahead meal. Cook the soup up to 4 days ahead of time, leaving off the toppers. While the soup reheats, crisp the tortilla strips in the toaster or oven.

A note about leftovers – The soup thickens as it sits, so thin it with a little water before reheating.

Omnivore's Option – Turn this into a classic tortilla soup with the addition of chicken. Use leftovers or chopped rotisserie chicken and add it with the tomato and beans.

Good To Know

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

Health snapshot per serving – 565 Calories, 15g Fat, 25g Protein, 85g Carbs, 14 WW+ Points

Lightened up snapshot – 440 Calories, 5g Fat and 10 WW+ points with ¼ of the cheese.

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

INGREDIENTS: Sweet Potato, Tomato, Black Beans, Onion, Corn Tortillas, White Cheddar, Concentrated Vegetable Base, Garlic, Herbs and Spices

meez meals

1. Getting Organized

Preheat your toaster or conventional oven to 350.

2. Cook the Vegetables

Heat 2 Tbsp of oil in a large saucepan over high heat. Add the **Onions & Garlic** and cook until browned, 5 to 7 minutes. Add the **Sweet Potatoes** and cook for an additional 5 minutes, stirring frequently.

3. Make the Soup

Stir in 2 cups of water and the **Tomatoes & Beans**. Bring the soup to a boil, reduce heat and simmer for 10 minutes.

4. Toast the Tortillas

While the soup is simmering, stack the **Corn Tortillas** on a cutting board and cut into even strips. Add one third of the strips to the soup and cook until slightly thickened, 5 to 7 minutes. Season with salt and pepper to taste.

Brush or spray the other 2/3 of the strips with oil and toast in a toaster or conventional oven until crispy, about 5 to 7 minutes.

Season the tortilla strips with salt and pepper to your taste.

5. Put It All Together

Serve the soup topped with **Cheddar Cheese** and the remaining crispy tortilla strips. Enjoy!

Love this recipe? #meezmagic

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois * Prepare by November 8

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 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

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

meez *meals*

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. Prep and Cook the Chicken and Tomatoes

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).

While the pasta is cooking, heat 1 ½ Tbsp olive oil in a deep skillet (or large saucepan) over medium-high heat. 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 tomatoes and chicken gently; the oil will be extremely hot and you want to avoid splashes.

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

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 November 6

Apricot-Glazed Chicken

Our deliciously addictive apricot sauce makes this simple chicken dinner really special. French-inspired with white wine, fresh herbs and apricot preserves, it's perfect with sautéed peppers and pearl couscous.

25 Minutes to the Table

25 Minutes Hands On

2 Whisks Easy

Getting Organized

EQUIPMENT

Saucepan
Large Oven-Safe Skillet
Large Skillet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper
½ Cup Flour

5 MEEZ CONTAINERS

Couscous
Chicken Breast
Bell Peppers
Apricot Sauce
Apricots & Almonds

Make The Meal Your Own

If you're cooking with kids, cut their chicken into small strips before serving and go easy on the sauce - it has a kick!

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've given you quinoa. Boil it for 12 to 15 minutes. Drain, set aside and continue with step 3.

Health snapshot per serving – 604Calories, 15g Fat, 50g Protein, 65g Carbs, 16 WW+ Points

Lightened up snapshot – 470 Calories, 20g Fat and 11 WW+ Points with half the couscous and no apricots & almonds.

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

INGREDIENTS: Free-Range Chicken, Pearl Couscous, Red Bell Pepper, Sontan Bell Pepper, Green Onion, Apricot, Almonds, Red Onion, Apricot Preserves, White Wine, Lime Juice, Garlic, Herbs and Spices

meez meals

1. Getting Organized

Preheat your oven to 400 and put a saucepan of water on to boil.

2. Cook the Couscous

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

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

3. Prep and Cook the Chicken

While the couscous is cooking, rinse the **Chicken Breast** and pat dry with a paper towel. Pour ½ cup flour in a shallow pie pan or on a plate and add a generous pinch of salt and pepper. Coat the chicken with the flour, making sure each piece is covered.

Heat 1 Tbsp oil in a large, oven-safe skillet over high heat. When the oil is very hot, add the chicken to the pan. Cook until each piece is well browned on the bottom and is starting to color up the sides, about 3 to 4 minutes. Flip the chicken and immediately turn off the heat. Place the skillet into the oven and bake until well browned, about 10 minutes.

If you have a thermometer, use it to check if the chicken is done. You're looking for 165 degrees or above.

4. Sauté the Peppers

While the chicken is cooking, heat 1 Tbsp oil in a large skillet over high heat. Add the **Bell Peppers** and cook, stirring occasionally, until softened, about 5 to 6 minutes. Turn off the heat and stir in the cooked couscous. Season with salt and pepper to taste. Set aside.

5. Heat the Sauce and Serve

Remove the chicken from the skillet and return it to the stove over medium-high heat. Pour in the **Apricot Sauce**. Bring the sauce to a boil, reduce heat and simmer for 5 minutes.

Don't wipe out your skillet before heating the sauce. The juices from the chicken add extra flavor.

Serve couscous topped with chicken and apricot sauce. Garnish with **Apricots & Almonds**.

Love this recipe? #meezmagic

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois * Prepare by November 6

Blackened Baja Salmon & Avocado Tacos

You'll be transported to the beach with these zesty fish tacos. Omega-3 rich salmon is coated with our Baja seasoning and then paired with creamy avocado and tangy pineapple. Fast, fantastic and full of flavor, don't forget the lemonade and cerveza to complete the meal.

30 Minutes to the Table

20 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Mixing Bowl
Shallow Pie Pan or Plate
Medium Skillet
Small Skillet (optional)

FROM YOUR PANTRY

1 Tbsp Flour
Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Cabbage & Carrots
Coleslaw Dressing
Cajun Seasoning
Salmon
Avocado
Tortillas

Make The Meal Your Own

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 off the heat before you cut into it and check for doneness.

Eating with someone who doesn't love spice? Serve their fish without the Cajun seasoning.

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 – 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 avocado & coleslaw dressing.

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

INGREDIENTS: Wild-Caught Salmon, Corn Tortillas, Carrots, Avocado, Green Cabbage, Red Cabbage, Mayonnaise, Brown Sugar, Cajun Seasoning, White Wine Vinegar, Pineapple, Lemon Juice, Herbs and Spices

meezmeals

1. 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 to chill until ready to eat.

2. Season and Cook the Salmon

Combine **Cajun Seasoning** with 1 Tbsp of flour on a plate or in a shallow pie pan. Coat the **Salmon** on all sides with the seasoning and then let sit in the flour for 2 minutes. Give the salmon a second coat in the seasoning.

Heat 2 Tbsp of oil in a medium skillet over high heat. When the oil is hot, add the salmon and cook 4 minutes. Flip, and cook 3 more minutes on the other side. Turn off the heat and let sit for 5 minutes.

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

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

3. Slice the Avocado

While the salmon is resting, slice the **Avocado** into even pieces (we usually get about 5 slices per half).

4. Heat the Tortillas and Serve

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

Use a fork to flake the salmon into pieces. Serve in the warm tortillas topped with the coleslaw and avocado. Enjoy!

Love this recipe? #meezmagic

Use tongs or a slotted spoon to serve the coleslaw, leaving extra dressing behind. That way, your tacos won't get soggy.

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois * Prepare by November 5

Butternut and Pesto Grilled Cheese

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

Butternut Squash

Panini Bread

Basil Pesto

Mozzarella

Good to Know

Health Snapshot per serving (serves 1)

685 Calories, 35g Fat, 55g Carbs, 40g Protein

18 WW+ Points

Lightened up snapshot (1 slice of bread, ½ cheese) 455 Calories, 25g Fat, 35g Carbs, 25g Protein 12 WW+ Points

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

INGREDIENTS: Panini Bread, Butternut Squash, Mozzarella, Basil, Olive Oil, Parmesan, Lemon Juice, Garlic

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1. **Getting Organized**

Preheat your oven to 400.

2. **Roast the Squash and Toast the Bread**

Toss the **Butternut Squash** with 1 Tbsp of oil and spread in a single layer on a baking sheet. Roast until soft, 7 to 10 minutes.

3. **Make the Sandwich**

Spread the **Basil Pesto** on both slices of bread and then top one slice with **Mozzarella** and roasted squash. Close the sandwich and place the on baking sheet and gently press down to close.

Bake until the cheese is melted, 8 to 10 minutes. Enjoy!

Love this recipe? #meezmagic

Prepare by November 8

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

Italian 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

Cauliflower

Tortillas

Chickpea Spread

Chihuahua

Cheese

Good to Know

We love the way this recipe sneaks cauliflower into a snack, but you can skip it and enjoy the quesadilla with just the chickpea spread, instead.

Health Snapshot per serving (serves 1)

770 Calories, 40g Fat, 75g Carbs, 10g Fiber

16 WW+ Points

Lightened up snapshot (1 tortilla folded in half)

480 Calories, 20g Fat, 65g Carbs, 20g Protein,

10 WW+ Points

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

INGREDIENTS: Flour Tortillas, Cauliflower, Chihuahua Cheese, Chickpeas, Tomato, White Wine, Garlic, Herbs and Spices

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1. Getting Organized

Preheat your oven to 400.

2. Roast the Cauliflower

Toss the **Cauliflower** with 1 Tbsp of oil and place in the center of a baking sheet (to prevent it from burning). Bake until just starting to brown, about 7 to 10 minutes. Move the cauliflower to one side of the baking sheet to allow room to build the quesadilla.

3. Build the Quesadilla

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

Spread the **Chickpea Spread** on the tortilla and then top with half of the **Chihuahua Cheese** and all of the cauliflower. Sprinkle the remaining cheese on top of the cauliflower. Top with the second tortilla, oiled-side up, and gently press down.

4. Put It All Together

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

Prepare by November 8

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

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 November 8

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

Quick Tips

Southern Sweet Corn, Scallion and Cheddar Strata

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

Omnivore Option Cooked, crumbled bacon is perfect with this.

From Your Pantry You'll need half&half/milk & butter/cooking spray.

Creamy Balsamic Chicken Pasta

20 Min to Table	10 Min Hands On	1 Whisk Super Easy
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Getting Started Put a saucepan of water on to boil.

Make Ahead Tip This dish is just as good cold.

Ginger-Soy Aioli Rice Bowl

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

Omnivore Option Seared salmon would be delicious with this meal.

Blackened Baja Salmon and Avocado Tacos

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

Picky Eater Tip Serve their fish without Cajun seasoning.

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

Apricot-Glazed Chicken

25 Min to Table	25 Min Hands On	2 Whisks Super Easy
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Getting Started Preheat oven to 400, put saucepan on to boil.

Meal Tip Cut chicken into smaller strips for children!

Athenian Flatbread

45 Min to Table	15 Min Hands On	1 Whisk Super Easy
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Getting Started Preheat oven to 425 and take dough out of fridge.

Omnivore Option Ground turkey is a great choice for this meal.

From your pantry You'll need a sprinkle of flour.

Pesto Grilled Cheese

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

Meal Tip Want a lighter version? Use ½ the bread and make an open-faced sandwich.

Italian Quesadilla

25 Min <i>to Table</i>	5 Min <i>Hands On</i>	1 Whisk <i>Super Easy</i>
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Getting Started Preheat your oven to 425.

Meal Tip Skip the cauliflower if you'd like.

Tortilla Soup

30 Min <i>to Table</i>	15 Min <i>Hands On</i>	1 Whisk <i>Super Easy</i>
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Getting Started Preheat your oven to 350.

Omnivore Option Chicken is a classic addition.

Health Snapshot

Ginger-Soy Aioli Rice Bowl	Balsamic Chicken Pasta	Cheddar Strata	Baja Salmon Tacos	Athenian Flatbread
296 Calories	750 Calories	680 Calories	595 Calories	765 Calories
15 g Protein	40 g Protein	25 g Protein	30 g Protein	10 g Protein
10 g Fat	30 g Fat	10 g Fat	30 g Fat	35 g Fat
40 g Carbs.	85 g Carbs.	125 g Carbs.	50 g Carbs.	55 g Carbs.
5 g Fiber	10 g Fiber	10 g Fiber	10 g Fiber	5 g Fiber
320 mg Sod.	235 mg Sodium	1,070 mg Sodium	1,810 mg Sod.	1,530 mg Sodium
8 WW+ Points	20 WW+ Points	17 WW+ Points	16 WW+ Points	21 WW+ Points
225% Vitamin A	115% Vitamin C	715% Vitamin A	100% Vitamin A	290% Vitamin C
40% Vitamin C	30% Vitamin A	110% Vitamin C	75% Vit. B-6	60% Vitamin A
25% Calcium	30% Vitamin B-6	40% Vitamin B-6	60% Vit. B-12	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.

Aioli Rice Bowl	Chicken Pasta	Strata	Tacos	Flatbread
No Changes	No pasta, ½ the cheese	½ bread, no cheese	½ avocado & coleslaw dressing	No dates, ½ cheese
296 Calories	465 Calories	495 Calories	465 Calories	480 Calories
10 g Fat	25 g Fat	20 g Fat	20 g Fat	20 g Fat
8 WW+ Points	13 WW+ Points	14 WW+ Points	12 WW+ Points	14 WW+ Points

Health Snapshot

Apricot-Glazed Chicken	Tortilla Stew	Pesto Grilled Cheese	Italian Quesadilla	Marrakesh Salad
635 Calories	565 Calories	685 Calories	770 Calories	660 Calories
35 g Protein	25 g Protein	40 g Protein	35 g Protein	15 g Protein
25 g Fat	15 g Fat	35 g Fat	40 g Fat	35 g Fat
65 g Carbs.	85 g Carbs.	55 g Carbs.	75 g Carbs.	95 g Carbs.
15 g Fiber	20 g Fiber	20 g Fiber	10 g Fiber	20 g Fiber
525 mg Sod.	1,480 mg Sodium	1,530 mg Sod.	1,715 mg Sod.	715 mg Sodium
16 WW+ Points	14 WW+ Points	18 WW+ Points	16 WW+ Points	18 WW+ Points
100% Vitamin A	665% Vitamin A	190% Vitamin A	120% Vitamin C	55% Vitamin C
40% Vitamin C	70% Vitamin C	80% Calcium	75% Calcium	213% Vitamin A
10% Calcium	50% Calcium	40% Vitamin C	35% Vitamin B6	68% Vitamin B-6

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Chicken	Tortilla Stew	Grilled Cheese	Quesadilla	Salad
½ couscous, no apricots & almonds	¼ cheese	½ baguette, ½ cheese	1 tortilla	No changes
470 Calories	440 Calories	455 Calories	480 Calories	660 Calories
20 g Fat	5 g Fat	25 g Fat	20 g Fat	35 g Fat
11 WW+ Points	10 WW+ Points	12 WW+ Points	10 WW+ Points	18 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.