

# 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 \***

# Panang Curry with Broccoli and Cauliflower

Say goodbye to your favorite Thai restaurant! This curry is fresher and tastier than anything we've had outside of Bangkok. We're cooking broccoli and cauliflower up in a delicious coconut and basil curry. Edamame and jasmine rice round it out. Yum!

**30** Minutes to the Table

**15** Minutes Hands On

**1 Whisk** Super Easy

## Getting Organized

### EQUIPMENT

Saucepan  
Large Skillet

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### 6 MEEZ CONTAINERS

Jasmine Rice  
Edamame  
Cauliflower &  
Broccoli  
Seasoned Coconut  
Milk  
Curry Paste  
Peanuts

## Make The Meal Your Own

**Omnivore's Option** – Roasted chicken breast is great with this dish. Slice it, and then add to the broccoli and cauliflower.

**Cooking with a picky eater?** Toss their meal in sesame oil instead of the panang sauce.

**Don't love spice?** The curry paste has a kick to it. Add it to taste.

## Good To Know

**Health snapshot per serving** – 600 Calories, 25g Protein, 20g Fiber, 16 WW+ Points.

**Lightened up snapshot** – 450 Calories, 5 g Fat and 11 WW+ Points if you skip the peanuts.

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

INGREDIENTS: Cauliflower, Broccoli, Coconut Milk, Rice, Edamame, Peanuts, Brown Sugar, Red Curry, Yellow Curry, Lime Juice, Basil

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1. **Cook the Rice and Edamame**

Put the **Jasmine Rice** into a saucepan with 2 cups of water and a pinch of salt. Bring to a boil, cover and let simmer for 15 minutes.

After the rice has been simmering for 10 minutes, remove the lid and stir in the **Edamame**. Cover again, cook for 5 more minutes, then set aside.

2. **Cook the Cauliflower and Broccoli**

After you've added the edamame to the rice, heat 1 Tbsp olive oil in a large skillet over medium-high heat.

Add the **Cauliflower & Broccoli**, and cook until the broccoli is bright and the cauliflower is just fork tender, 7 to 12 minutes.

Add the **Seasoned Coconut Milk** and half of the **Curry Paste**, more if your family likes it spicy, and simmer for 3 minutes. Serve the rice, topped with the cooked vegetables and a sprinkling of **Peanuts**. Enjoy!

*Add more water to the sauce if you'd like it to be thinner.*

*Love this recipe? #meezmagic*

Instructions for two servings.

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## Sweet & Tangy BBQ Tofu Tacos

The name says it all in this one. We're baking tofu 'til crisp, with a delicious barbecue sauce so it's "finger lickin' good". Then we're serving it up in a warm corn tortilla, topped with a fresh cabbage slaw. It's the flavors of a down-home barbecue, cooked up Meez-style. Yum!

**35** Minutes to the Table

**5** Minutes Hands On

**1 Whisk** Super Easy

### Getting Organized

#### EQUIPMENT

Casserole Dish  
Large Mixing Bowl

#### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

#### 5 MEEZ CONTAINERS

Organic Tofu  
BBQ Sauce  
Carrots & Cabbage  
Creamy Vinaigrette  
Corn Tortillas

### Make The Meal Your Own

**Picky eaters tip** – Try tossing a portion of the slaw in ranch or Thousand Island dressing.

**Make ahead tip** – Make the slaw and bake the tofu for 20 minutes in advance. When ready to eat, add 1 Tbsp water to the tofu and mix well. Put in an oven-safe skillet and reheat in toaster or conventional oven for 5 to 7 minutes.

**Have leftover slaw?** Mix it with quinoa or farro to make a tasty grain salad.

### Good To Know

**If you're making the vegan version**, we've left the mayonnaise out of your creamy vinaigrette. If you'd like a creamy slaw, a dollop of soy yogurt would mix well.

**Health snapshot per serving** – 830 Calories, 20g Protein, 10g Fiber, 22 WW+ Points.

**Lightened up snapshot** – 500 Calories, 20g Fat and 14 WW+ Points with 4 tortillas, ½ the creamy vinaigrette and BBQ sauce.

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

INGREDIENTS: Organic Tofu, Corn Tortillas, Barbecue Sauce, Cabbage, Carrots, Mayonnaise, White Wine Vinegar, Lemon, Brown Sugar, Garlic, Spices

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### 1. Getting Organized

Preheat your oven to 400.

### 2. Bake the Tofu

Slather the **Organic Tofu** with  $\frac{3}{4}$  of the **BBQ Sauce** and arrange in a casserole dish. It's fine if the edges of the tofu overlap a little. Bake until the sauce is lightly burnt at the edges, about 25 to 30 minutes. Make sure to flip the tofu once halfway through cooking and again 5 minutes before it is finished cooking. The tofu should have some chewiness to it at this point. Set aside.

*If there's any liquid in the tofu bag, drain it before cooking.*

*We used a 12x12 casserole dish for 2 servings, but the actual size is flexible.*

### 3. Toss the Slaw

As soon as the tofu is in the oven, put the **Carrots & Cabbage** into a large mixing bowl and add the **Creamy Vinaigrette**. Toss well, and then put into the refrigerator to chill.

### 4. Put It All Together

Heat your **Corn Tortillas** until they are soft and pliable. We like to do this directly over the open flame on a gas stove for a few seconds on each side, but you can also use a dry skillet. Serve the tortillas filled with the tofu and slaw on top. Enjoy!

*You can also heat the tortillas in the oven. Put them on a baking sheet or heat directly on the rack for 2 to 5 minutes.*

*Love this recipe? #meezmagic*

Instructions for two servings.

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# Chicken Pesto Pizza

Members fell in love with our Chicken Alfredo Pizza, so we've been working hard on more family favorite pizzas. One bite of Chef Max's pesto pizza, and we knew we had a recipe even better than the alfredo inspiration. With basil pesto, red bell peppers, sundried tomatoes and free-range chicken under plenty of melted mozzarella, it's simply delicious.

**25** Minutes to the Table

**10** Minutes Hands On

**1 Whisk** Super Easy

## Getting Organized

### EQUIPMENT

Rimmed Baking Sheet

### FROM YOUR PANTRY

Flour  
Olive Oil  
Salt & Pepper

### 5 MEEZ CONTAINERS

Chicken Breast  
Whole Wheat Pizza Dough  
Pesto  
Sundried Tomatoes & Red Peppers  
Mozzarella

## Make The Meal Your Own

**Eating with a picky eater?** Skip the Sundried tomatoes and bell peppers on their share of the pizza.

**Have leftover veggies in your fridge?** Sliced mushrooms, spinach, or even blanched broccoli would be great on this flatbread as well.

**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

**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** – 715 Calories, 30g Fat, 55g Protein, 50g Carbs, 18 WW+ Points

**Lightened up snapshot** – 518 Calories, 20g Fat and 12 WW+ Points with no mozzarella and 2/3 of the pizza dough.

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

INGREDIENTS: Free-Range Chicken, Whole Wheat Pizza Dough, Red Pepper, Mozzarella Cheese, Sundried Tomatoes, Basil, Olive Oil, Parmesan Cheese, Lemon Juice, Garlic, Spices

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### 1. Getting Organized

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

*Don't forget to take the dough out. Warmer dough is easier to work with!*

### 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 1/4" 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 1/4 tsp salt and 1/4 tsp pepper, so use about half per side, or more if you like).

### 3. Assemble the Flatbread

Shape your **Whole Wheat Pizza 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.*

Transfer the dough to your baking sheet and top with **Pesto, Sundried Tomatoes & Red Peppers** and chopped chicken.

*Oil your baking sheet or line with parchment paper so the pizza is easy to remove.*

### 4. Bake the Flatbread

Bake the flatbread until the chicken is no longer pink on the outside, about 7 minutes. Top with **Mozzarella** and continue baking until the crust is brown and the cheese is melted, about 8 to 10 minutes. *Love this recipe? #meezmagic*

Instructions for two servings.

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# Pecorino Crusted Tilapia with Crispy Polenta

Tilapia gets a Mediterranean twist when it's coated in mouthwatering Pecorino breadcrumb crust and served over white-wine braised kale and cherry tomatoes. Served up with crispy polenta, it's a restaurant-worthy meal that's perfect any night of the week.

**30** Minutes to the Table

**30** Minutes Hands On

**2 Whisks** *Easy*

## Getting Organized

### EQUIPMENT

- Rimmed Baking Sheet
- Large Skillet
- Small Mixing Bowl

### FROM YOUR PANTRY

- 2 Eggs
- ½ Cup Milk
- Olive Oil
- Salt & Pepper

### 6 MEEZ CONTAINERS

- Polenta
- Tomatoes
- Kale
- Tilapia
- Pecorino Breadcrumbs
- Wine Sauce

## Make The Meal Your Own

**Kids love** the crispy-coated fish, but you can keep their veggies kid-friendly by removing a portion of the cooked kale and tomatoes from the pan before adding the wine sauce. Season with salt and pepper and serve on the side.

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

## Good To Know

**Health snapshot per serving** – 512 Calories, 11g Fat, 55g Protein, 38g Carbs, 12 WW+ Points

**Lightened up snapshot** – 400 Calories, 6g Fat, and 8 WW+ Points with ½ the Pecorino Breadcrumbs, Wine Sauce and Polenta

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

INGREDIENTS: Tilapia, Polenta, Kale, Grape Tomatoes, White Wine, Pecorino Cheese, Italian Breadcrumbs, Red Onion, Garlic, Concentrated Vegetable Stock

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1. **Get Organized**

Preheat your oven to 375 degrees and oil your baking sheet with 2 to 3 Tbsp oil.

2. **Bake the Polenta**

Cut the **Polenta** into ½" rounds (you should get approximately 8 pieces). Put the polenta rounds on to the oiled baking sheet and bake until lightly browned on the bottom and crispy, about 20 to 25 minutes.

*If your polenta isn't crisping, add more oil. It may seem like a lot, but it helps give it a nice crust and most of it won't be absorbed into the polenta.*

3. **Cook the Vegetables**

Heat 1 Tbsp of oil in a large skillet over medium-high heat. Add the **Tomatoes** and cook, stirring constantly, just until the tomatoes start to burst, about 3 minutes. Add half of the **Kale** and cook until just starting to wilt, about 2 minutes. Add the remaining kale and continue cooking until bright green and lightly wilted, 2 minutes. Pour the **Wine Sauce** into the pan, stir and bring to a boil. As soon as the sauce boils, remove the vegetables and sauce to a bowl. Season with salt and pepper to taste. Wipe out the skillet.

4. **Bread the Tilapia**

Cut each **Tilapia** fillet in half lengthwise and then cut each half horizontally into 2 to 3 equal pieces (Tilapia fillets typically have one side that is longer than the other, so you should get about 3 pieces out of the longer side and 2 pieces from the shorter side, 5 to 6 pieces total per fillet).

Whisk 2 eggs and ½ cup milk in a small, wide mixing bowl. Cut the top of the **Pecorino Breadcrumbs** bag open and season with a generous pinch of salt and pepper. Add the fish and then, while holding the top closed, shake the bag to coat each piece. Remove the fish and dip into the milk and egg mixture. Return the fish to the breading (first allowing any excess liquid to drip off) and shake to give the fish a second coat.

*The oil has to be very hot to crisp the fish. If your oil is warm, the fish will absorb it and get soggy.*

5. **Cook the Fish**

Heat 4 Tbsp of oil in the now-empty skillet over high heat. When the oil is hot, add the fish and cook until the bottom is golden brown and the sides are starting to brown, about 2 to 3 minutes. Flip and continue cooking until golden brown all over, 2 to 3 more minutes.

6. **Put It All Together**

Serve the crispy polenta topped with kale and tomatoes and crispy fish. Pour any extra wine sauce over the top and finish with a drizzle of olive oil.

*Love this recipe? #meezmagic*

Instructions for two servings.

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# Single Serve Green 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

Poblano Peppers

Tortillas

Spinach & Bean

Spread

Chihuahua

Cheese

## Good to Know

**If you don't love spice**, you can leave the poblanos out of the quesadilla. It will still be delicious without them.

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

805 Calories, 40g Fat, 75g Carbs, 40g Protein

22 WW+ Points

**Lightened up snapshot** (1 tortilla, ½ the cheese)

490 Calories, 20g Fat, 60g Carbs, 13 WW+ Points

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

INGREDIENTS: Flour Tortillas, Poblano, Chihuahua Cheese, Great Northern Beans, Spinach, Half and Half, Spices

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### 1. Getting Organized

Preheat your oven to 400.

### 2. Roast the Poblanos

Toss the **Poblano Peppers** with 1 Tbsp of oil and spread in a single layer on a baking sheet. Roast until the peppers are just starting to brown, about 7 to 10 minutes. Remove to a bowl or plate.

### 3. Build the Quesadilla

Oil the now-empty 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 **Spinach & Bean Spread** on the tortilla and then top with half of the **Chihuahua Cheese** and all of the poblanos. Sprinkle the remaining cheese on top of the poblanos. 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, about 6 to 8 minutes. Flip the quesadilla, and cook an additional 3 to 4 minutes. Cut into wedges and serve. Enjoy!

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# 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

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# Thai Coconut Kale

10 Minutes to the Table

10 Minutes Hands On

## Getting Organized

### EQUIPMENT

Skillet

### FROM YOUR PANTRY

Salt & Pepper

### 3 MEEZ CONTAINERS

Kale

Coconut

Sweet Chili Sauce

## Put It All Together

Heat 1 Tbsp olive oil in a large skillet over high heat. Cook the **Kale** in batches (about 3 total) until lightly browned, about 2 minutes per batch (6 minutes total). Once the kale is wilted, add the **Coconut** and cook until it starts to brown, about 2 more minutes, stirring frequently. Add the **Sweet Chili Sauce** and cook for one minute, then serve.

## Good to Know

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

240 Calories, 5g Protein, 5g Fat, 10g Fiber 9 WW+ Points

### **Have Questions?**

We're standing by at 773.916.6339

INGREDIENTS: Kale, Sweet Chili Sauce, Coconut

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# 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  
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, Green Onion, 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 the **Pecans** and return to the oven for an additional 5 minutes.

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

Season with salt and pepper and more dressing to taste.

*Love this recipe? #meezmagic*

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# Dijon 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  
Olive Oil

3 MEEZ

### CONTAINERS

Brussels Sprouts  
Almonds  
Dijon Vinaigrette

## Make This Meal Your Own

**Omnivore's Option** – Bacon and Brussels sprouts are a perfect match. Crisp some in the oven or on the stove, chop into bits and add it in when you add the almonds.

## Good to Know

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

390 Calories, 20g Carbs, 5g Protein, 11 WW+ Points

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

INGREDIENTS: Brussels Sprouts, Almonds, Olive Oil, Red Wine Vinegar,  
Whole Grain Mustard, Honey, Herbs and Spices

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### 1. Getting Started

Preheat your oven to 400.

### 2. Roast the Brussels Sprouts

Toss the **Brussels Sprouts** with 1 1/2 Tbsp of olive oil and season with salt and pepper. Spread the Brussels sprouts in a single layer on a baking sheet and roast until they are beginning to brown on the sides, about 15 minutes

Remove the pan from the oven and sprinkle the **Almonds** over top. Return the Brussels sprouts and almonds to the oven and bake until the almonds are fragrant, about 5 additional minutes.

Pour half of the **Dijon Vinaigrette** on to your Brussels sprouts and mix well. Bake for 5 more minutes.

### 3. Put It All Together

Season the Brussels sprouts with salt and pepper and more vinaigrette to taste. Enjoy!

*Love this recipe? #meezmagic*

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## Quick Tips

### *Ginger-Soy Aioli Rice Bowl*

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<b>30 Min</b> to Table	<b>15 Min</b> Hands On	<b>1 Whisk</b> Easy
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**Getting Started** Put a saucepan of water on to boil.

**Omnivore Option** Seared tuna would be delicious with this meal.

### *Chicken Pesto Flatbread*

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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 oven to 425 and take dough out of fridge.

**Meal Tip** Mushrooms and spinach can make a fun addition.

### *Sweet and Tangy BBQ Tofu Tacos*

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<b>35 Min</b> to Table	<b>5 Min</b> Hands On	<b>1 Whisk</b> Super Easy
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**Getting Started** Preheat your oven to 400.

**Omnivore Option** This dish is great as is.

### *Pecorino Crusted Tilapia with Crispy Polenta*

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<b>30 Min</b> to Table	<b>10 Min</b> Hands On	<b>1 Whisk</b> Easy
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**Getting Started** Preheat oven to 375 and oil your baking sheet.

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

### *Panang Curry with Broccoli and Cauliflower*

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<b>30 Min</b> to Table	<b>15 Min</b> Hands On	<b>1 Whisk</b> Super Easy
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**Getting Started** Put a pot of water on to boil.

**Omnivore Option** Roasted chicken breast is great with this dish.

### *Green 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 your oven to 400.

**Meal Tip** If you don't love spice, leave the poblanos out.

**From Your Pantry** You'll need some vegetable oil.

### *Marrakesh Salad*

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<b>5 Min</b> to Table	<b>5 Min</b> Hands On	<b>1 Whisk</b> Super Easy
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**Getting Started** Toss and serve!

### *Lemon Chai Roasted Carrots*

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

### *Dijon Roasted Brussels 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 your oven to 400.

**Omnivore Option** Bacon would make a great addition.

### *Thai Coconut Kale*

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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** All you'll need is a skillet.



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## Health Snapshot

### Ginger-Soy Aioli Rice Bowl

296 Calories  
15 g Protein  
10 g Fat  
40 g Carbs.  
5 g Fiber  
320 mg Sod.

8 WW+ Points

225% Vitamin A  
40% Vitamin C  
25% Calcium

### Chicken Pesto Flatbread

715 Calories  
55 g Protein  
30 g Fat  
50 g Carbs.  
5 g Fiber  
1377mg Sodium

18 WW+ Points

190% Vitamin C  
40% Vitamin A  
50% Vitamin B-6

### Sweet & Tangy BBQ Tofu Tacos

830 Calories  
20 g Protein  
35 g Fat  
110 g Carbs.  
10 g Fiber  
1,175 mg Sodium

22 WW+ Points

150% Vitamin A  
110% Calcium  
70% Vitamin C

### Pecorino Tilapia Polenta

512 Calories  
55 g Protein  
11 g Fat  
38 g Carbs.  
3 g Fiber  
1,327 mg Sod.

12 WW+ Points

108% Vitamin C  
111% Vitamin A  
14% Manganese

### Panang Curry with Broccoli

600 Calories  
25 g Protein  
25 g Fat  
80 g Carbs.  
20 g Fiber  
330 mg Sod.

16 WW+ Points

330% Vitamin C  
70% Folate  
50 % Vitamin A

## 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 No Changes

296 Calories  
10 g Fat  
8 WW+ Points

**Flatbread**  
*no mozzarella and 2/3 of the pizza dough*  
518 Calories  
20 g Fat  
12 WW+ Points

**BBQ Tacos**  
*4 tortillas, 1/2 both sauces*  
500 Calories  
20 g Fat  
14 WW+ Points

**Tilapia**  
*1/2 the wine sauce, polenta, bread crumbs.*  
400 Calories  
6 g Fat  
8 WW+ Points

**Panang Curry**  
*No peanuts*  
450 Calories  
5 g Fat  
11 WW+ Points

## Health Snapshot

### Green Quesadilla

805 Calories  
40 g Protein  
40 g Fat  
75 g Carbs.  
10 g Fiber  
1,625 mg Sod.

22 WW+ Points

110% Vitamin A  
80% Calcium  
30% Vitamin C

### Marrakesh Salad

660 Calories  
15 g Protein  
35 g Fat  
95 g Carbs.  
20 g Fiber  
715 mg Sodium

18 WW+ Points

55% Vitamin C  
213% Vitamin A  
68% Vitamin B-6

### Lemon Chai Carrots

385 Calories  
5 g Protein  
35 g Fat  
20 g Carbs.  
10 g Fiber  
575 mg Sodium

5 WW+ Points

310% Vitamin A  
30% Vitamin C  
10% Calcium

### Dijon Brussels Sprouts

390 Calories  
5 g Protein  
40 g Fat  
20 g Carbs.  
5 g Fiber  
170 mg Sod.

11 WW+ Points

125% Vitamin C  
20% Vitamin E  
15% Folate

### Thai Coconut Kale

240 Calories  
5 g Protein  
5 g Fat  
40 g Carbs.  
10 g Fiber  
50 mg Sod.

9 WW+ Points

540% Vitamin A  
140% Vitamin C  
20% Calcium

### Lighten Up Option

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

#### Quesadilla

1 tortilla, ½ cheese

490 Calories  
20 g Fat  
13 WW+ Points

#### Salad

No changes

660 Calories  
35 g Fat  
18 WW+ Points

#### Carrots

No changes

385 Calories  
35 g Fat  
5 WW+ Points

#### Brussels

No changes

390 Calories  
40 g Fat  
11 WW+ Points

#### Thai Coconut

No changes

240 Calories  
5 g Fat  
9 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.*