

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 ½ 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

Yellow Curry with Mint Yogurt

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

30 Minutes to the Table

5 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Saucepan
Rimmed Baking Sheet
Medium Skillet

FROM YOUR PANTRY

Olive or Vegetable Oil
Salt & Pepper

5 MEEZ CONTAINERS

Jasmine Rice
Broccoli
Tofu
Yellow Curry Sauce
Mint Yogurt

Make The Meal Your Own

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

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

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

Good To Know

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

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

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

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

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

meez *meals*

1. Getting Organized

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

2. Cook the Rice

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

3. Roast the Veggies

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

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

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

4. Put It All Together

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

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

Love this recipe? #meezmagic

Instructions for two servings.

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

Quinoa with Asiago Roasted Vegetables

It doesn't get any easier, or more delicious, than this. Chef Max's Asiago vinaigrette adds a spark that makes roasted broccoli, peppers and tomatoes irresistible. We're tossing them with crunchy croutons, toasted quinoa and shaved Parmesan for ridiculously tasty dinner we just love.

25 Minutes to the Table

5 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Rimmed Baking
Sheet(s)
Mixing Bowl

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Broccoli & Tomatoes
Peppers & Quinoa
Cannellini Beans
Bread Cubes
Asiago Vinaigrette
Parmesan Cheese

Make The Meal Your Own

Want to get a jump on dinner? Cook the vegetables ahead and serve as a cold salad.

Leftovers tip – Members tell us they love this dish served cold with sliced chicken and raw spinach.

Good To Know

Health snapshot per serving – 630 Calories, 35g Protein, 20g Fiber, 15 WW+ Points

Lightened up snapshot – 440 Calories, 5 g Fat and 11 WW+ Points when you leave out the Parmesan cheese and ½ of the bread cubes.

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

INGREDIENTS: Bell Peppers, Cannellini Beans, Broccoli, Quinoa, Bread, Asiago Cheese, Parmesan Cheese, White Wine Vinegar, Tomatoes, Green Onions, Olive Oil, Lemon, Miso, Garlic, Spices

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1. Getting Organized

Preheat your oven to 400.

2. Roast the Vegetables

Put the **Broccoli & Tomatoes, Peppers & Quinoa** and **Cannellini Beans** into a large mixing bowl and drizzle with olive oil, salt and pepper. Toss well, then arrange on a rimmed baking sheet (or two) in a single layer. Cook until the tomatoes burst, the peppers are lightly browned and the broccoli is a little crispy, about 15 to 20 minutes, then return to the large mixing bowl.

We're cooking the quinoa right along with the vegetables. It's a hands-free trick that gives the quinoa a crunchy, nutty texture.

3. Make the Croutons

While the vegetables are roasting, mix 2 Tbsp olive oil, 2 pinches of salt and 2 big pinches of pepper in a mixing bowl and add the **Bread Cubes**. Stir it all together, then transfer to a baking sheet and arrange in a single layer. Bake until lightly crunchy, about 7 to 10 minutes.

4. Put It All Together

Toss the cooked vegetables with half of the **Asiago Vinaigrette**. Serve topped with the croutons, **Parmesan Cheese** and more vinaigrette to taste. Enjoy!

Love this recipe? #meezmagic

Instructions for two servings.

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

Sweet Basil Chicken Tacos with French Style Slaw

A delicious spin on a chicken taco. We're cooking free-range chicken in an Asian inspired sauce, then pairing it with a French-style crunchy broccoli and cabbage slaw. All packed into a taco, it's sure to become a household favorite.

35 Minutes to the Table

15 Minutes Hands On

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

- Mixing Bowl
- Medium Saucepan with Lid
- Small Skillet (optional)

FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper

5 MEEZ CONTAINERS

- Cabbage & Carrots
- Coleslaw Dressing
- Chicken Breast
- Sweet Basil Sauce
- Tortillas

Make The Meal Your Own

Picky eater tip - Mix the carrots and cabbage with the saucy chicken instead of the coleslaw dressing.

Leftovers tip - Coleslaw makes a great base for a salad. Mix it with your favorite greens and veggies to create a whole new meal.

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

Health snapshot per serving – 660 Calories, 30g Fat, 30g Protein, 70g Carbs, 17 WW+ Points

Lightened up snapshot – 490 Calories, 15g Fat, 12 WW+ Points with one less tortilla and ½ coleslaw dressing.

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

INGREDIENTS: Free-Range Chicken, Corn Tortillas, Green Cabbage, Carrot, Mirin, Mayonnaise, White Wine Vinegar, Brown Sugar, Soy Sauce, Apple Cider Vinegar, Lemon Juice, Basil, Garlic, Spices

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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 until ready to eat.

2. Prep the Chicken

Rinse the **Chicken Breast** under cold water and pat dry with a paper towel. Place the chicken on a cutting board. Using a sharp knife, cut the chicken breast evenly into strips, about ¼" to ½" wide.

Sprinkle with salt and pepper. (We recommend 1/8 tsp salt and 1/8 tsp pepper on each side, but you can use more if you like).

3. Cook the Chicken

Heat 1 Tbsp of oil in a medium saucepan over high heat. Add the Chicken Strips and cook until brown on the bottom, about 3 to 5 minutes. Flip the chicken and cook until completely browned, 3 to 5 more minutes.

Add the **Sweet Basil Sauce** and ½ cup of water to the pan. Reduce heat to medium, cover and cook until chicken is cooked through and tender, about 8 to 10 minutes. Remove the cover, add a generous pinch of salt and pepper and continue to cook until the sauce thickens, about 3 to 5 minutes. Remove from the heat.

The easiest way to tell if the chicken is fully cooked is to use tongs or two forks to see if it pulls apart. If it does, it's done.

4. Heat the Tortillas

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

5. Put It All Together

Serve the tacos filled with sweet basil chicken topped with coleslaw. Enjoy!

Love this recipe? #meezmagic

Instructions for two servings.
Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois

Mediterranean Lemon Chai Salmon with Pearl Couscous

Back by popular demand, Meez's signature lemon-chai dressing brings a sunny flavor to seared salmon. Served up with cherry tomatoes, broccoli and pearl couscous, it's an easy dinner the whole family will love.

20 Minutes to the Table

20 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Saucepan
Shallow Pie Dish or Plate
Large Skillet

FROM YOUR PANTRY

½ Cup of Flour
Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Couscous
Salmon
Broccoli
Lemon Chai Sauce
Feta Cheese

Make The Meal Your Own

Leftovers Tip – Serve your leftovers over lettuce for a light next-day lunch.

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

Good To Know

If you're making the gluten-free version, we've sent you quinoa instead. Bring 2 ½ cups of water to a boil, then add the quinoa and a dash of salt. Cover and lower the heat to a simmer. Cook for 12 to 15 minutes, until the grain looks spiraled. Fluff it and let it sit covered for 5 minutes.

If you want to test the doneness of the salmon, use a thermometer. You want the internal temperature to be at least 140 degrees. If you don't have a thermometer, you can cut the fish in half to check the doneness.

Health snapshot per serving – 890 Calories, 50g Fat, 40g Protein, 65g Carbs, 24 WW+ Points

Lightened up snapshot – 475 Calories, 40g Fat and 13 WW+ Points with no feta or couscous.

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

INGREDIENTS: Broccoli, Wild-Caught Salmon, Couscous, Cherry Tomatoes, Feta Cheese, Olive Oil, Lemon Juice, Green Onion, Brown Sugar, Garlic, Herbs and Spices

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1. Getting Organized

Put a saucepan of water on to boil.

2. Cook the Couscous

Salt the boiling water and add the **Couscous**. Cook 7 to 8 minutes until al dente. Drain and set aside.

3. Dredge and Cook the Salmon

While the couscous is cooking, pour ½ cup flour in a shallow pie pan or on a plate and add a generous pinch of salt and pepper. Coat the **Salmon** with the flour, making sure each fillet is covered.

Heat 2 Tbsp of oil in a large skillet on high heat. Add the salmon and cook 4 minutes. Flip and cook an additional 2 minutes. Turn off the heat and let sit for 5 minutes. Remove from the pan and set aside.

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

If you want to check the doneness of the fish, use a thermometer (you're looking for 140 degrees or higher) or cut the fish in half.

4. Cook the Broccoli

Heat the same skillet that you used to cook the salmon over medium-high heat. (Don't wipe it out. You want all those bits of flavor.) Add the **Broccoli** and cook until bright green but still crisp, about 3 to 5 minutes. Add the **Lemon Chai Sauce** to the pan and cook until hot, about 1 minute.

Serve the couscous topped with salmon, broccoli and **Feta Cheese**. Enjoy!

Love this recipe? #meezmagic

Instructions for two servings.

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

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!

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

Buttermilk Blue Cheese & Apple Salad

5 Minutes to the Table

5 Minutes Hands On

Getting Organized

EQUIPMENT

Mixing Bowl

FROM YOUR PANTRY

Salt & Pepper

3 MEEZ CONTAINERS

Apple

Celery, Cranberries
and Pecans

Buttermilk Blue

Cheese Dressing

Put It All Together

Make the salad up to 2 days ahead. Wash and cut the **Apple** into bite-size pieces, then put into a mixing bowl with the **Celery, Cranberries and Pecans** and half of the **Buttermilk Blue Cheese Dressing**. Add salt and pepper and more vinaigrette to taste.

Good to Know

Want to make it to your own? Crumbled bacon or sliced chicken are both great on this.

Health Snapshot per serving (serves 2)

655 Calories, 45g Fat, 40g Carbs, 30g Protein, 17 WW+ Points

Have Questions?

We're standing by at 773.916.6339

INGREDIENTS: Apple, Celery, Buttermilk, Cranberries, Pecans, Mayonnaise, Blue Cheese, Garlic, Herbs and Spices

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

Thai Peanut Carrots

20 *Minutes to the Table*

5 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Mixing Bowl
2 Baking Sheets

FROM YOUR PANTRY

Salt & Pepper
Olive Oil

3 MEEZ CONTAINERS

Carrots
Coconut
Peanut Sauce

Good to Know

If you have any leftovers, toss them with your favorite pasta (linguine works well) for a tasty, Asian-inspired noodle salad.

Health Snapshot per serving (serves 2)

490 Calories, 30g Fat, 55g Carbs, 15g Protein,
14 WW+ Points

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

INGREDIENTS: Carrots, Peanut Butter, Coconut, Rice Vinegar, Soy Sauce,
Brown Sugar, Garlic, Ginger, Spices

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1. **Getting Started**

Preheat your oven to 400.

2. **Roast the Carrots and Coconut**

Toss **Carrots** with 2 Tbsp olive oil and spread in a single layer on a baking sheet. Roast until starting to brown, about 10 minutes.

Add the **Coconut** to the baking sheet and cook just until the coconut turns golden brown, about 3 to 5 minutes. (Watch carefully - coconut burns easily!)

3. **Make the Peanut Sauce**

While the carrots are cooking, put the **Peanut Sauce** in a bowl and add 1 to 2 Tbsp water, until it's the consistency you like.

4. **Put It All Together**

Top the carrots with the peanut sauce and the coconut. Enjoy!

Love this recipe? #meezmagic

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

Parmesan Skillet Corn

15 Minutes to the Table

5 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Non-Stick Skillet
Fine Mesh
Strainer

FROM YOUR PANTRY

Salt & Pepper

2 MEEZ CONTAINERS

Corn
Parmesan &
Chives

Good to Know

We're cooking the Parmesan until it's a deep brown, which may feel like you're burning it. That's on purpose! This brings out a smoky, deep flavor that makes this dish sing.

Omnivore's Option – Bacon bits are the perfect addition. Crumble them on top of the creamed corn before serving.

Health Snapshot per serving (serves 2)

339 Calories, 44g Carbs, 12g Protein, 10 WW+ Points

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

INGREDIENTS: Corn, Heavy Cream, Parmesan, Green Onion, Basil, Sugar, Spices

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1. Prep the Corn

Rinse the **Corn** and drain well in a fine mesh strainer.

2. Cook the Corn

Combine the corn and **Parmesan & Chives** in a non-stick skillet over medium heat. Cook, without stirring, until the Parmesan is deep brown on the bottom of the pan and most of the cream has been absorbed, about 7 to 10 minutes. Add 2 Tbsp water, stirring with a rubber spatula or wooden spoon to combine. Season with salt and pepper to taste.

Love this recipe? #meezmagic

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

Dijon Roasted Broccoli

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

Broccoli

Almonds

Dijon Vinaigrette

Make This Meal Your Own

Omnivore's Option – Bacon and broccoli 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)

368 Calories, 7g Carbs, 5g Protein, 10 WW+ Points

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

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

meezmeals

1. Getting Started

Preheat your oven to 400.

2. Roast the Broccoli

Toss the **Broccoli** with 1 1/2 Tbsp of olive oil and season with salt and pepper. Spread the broccoli in a single layer on a baking sheet and roast until it is beginning to brown on the sides, about 15 minutes, stirring once halfway through.

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

Pour the **Dijon Vinaigrette** on to your broccoli and mix well. Bake for 5 more minutes.

3. Put It All Together

Season the broccoli with salt and pepper to taste. Enjoy!

Love this recipe? #meezmagic

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

Quick Tips

Sweet Basil Chicken Tacos with French Style Slaw

35 Min to Table	15 Min Hands On	1 Whisk Super Easy
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Getting Started No pre-work needed.

Leftovers Tip Coleslaw makes a great base for a salad.

Roasted Vegetable Salad with Asiago Vinaigrette

25 Min to Table	5 Min Hands On	1 Whisk Super Easy
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Getting Started Preheat your oven to 400.

Omnivore Option We love this dish as is.

Yellow Curry with Mint Yogurt

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

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

Mediterranean Lemon Chai Salmon with Pearl Couscous

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

Leftovers Tip Serve leftovers over lettuce.

From Your Pantry You'll need about 1/4 cup of flour per serving

Southern Sweet Corn & Cheddar Strata

65 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.



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Single Serve Green Quesadilla

25 Min to Table	5 Min Hands On	1 Whisk 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.

Dijon Roasted Broccoli Florets

30 Min to Table	5 Min Hands On	1 Whisk Super Easy
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Getting Started Preheat your oven to 400.

Omnivore Option Bacon would make a great addition.

Buttermilk Blue Cheese & Apple Salad

5 Min to Table	5 Min Hands On	1 Whisk Super Easy
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Getting Started Cut the apple into bite-sized pieces.

Omnivore Option Crumbled Bacon or sliced chicken go great with this.

Thai Peanut Carrots

20 Min to Table	5 Min Hands On	1 Whisk Super Easy
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Getting Started Preheat oven to 400

Leftover Tip Add some pasta for an easy lunch.

Parmesan Skillet Corn

15 Min to Table	5 Min Hands On	1 Whisk Super Easy
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Getting Started Rise corn and strain well.

Omnivore Option Bacon Bits would make a great addition.

Health Snapshot

Chicken Tacos

660 Calories
30 g Protein
30 g Fat
70 g Carbs.
10 g Fiber
975 mg Sodium

17 WW+ Points

90% Vitamin C
45% Vitamin A
30% Vitamin B-6

Yellow Curry with Mint Yogurt

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

15 WW+ Points

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

Lemon Chai Salmon

890 Calories
40 g Protein
50 g Fat
65 g Carbs.
5 g Fiber
570 mg Sod.

24 WW+ Points

100% Vit. B6
100% Vit. B12
80% Vitamin C

Roasted Vegetables

630 Calories
35 g Protein
25 g Fat
60 g Carbs.
20 g Fiber
1,300 mg Sodium

15 WW+ Points

260% Vitamin C
50% Calcium
30% Vitamin A

Southern Strata

680 Calories
25 g Protein
10 g Fat
125 g Carbs.
10 g Fiber
1,070 mg Sodium

17 WW+ Points

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

Lighten Up Option

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

Tacos

½ coleslaw dressing, 1 less tortilla

490 Calories
15 g Fat
12 WW+ Points

Yellow Curry

½ the rice

390 Calories
7 g Fat
11 WW+ Points

Salmon

No Feta or Couscous

475 Calories
40 g Fat
13 WW+ Points

Vegetables

No Parmesan, ½ the bread cubes

440 Calories
5 g Fat
11 WW+ Points

Strata

½ bread, no cheese

495 Calories
20 g Fat
14 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.

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

Blue Cheese & Apple Salad

250 Calories
5 g Protein
15 g Fat
20 g Carbs.
10 g Fiber
715 mg Sod.

7 WW+ Points

25% Vitamin C
20% Vitamin A
15% Vitamin B-6

Parmesan Skillet Corn

339 Calories
12 g Protein
15 g Fat
44 g Carbs.
5 g Fiber
308 mg Sodium

10 WW+ Points

23% Vitamin A
25% Vitamin C
25% Calcium

Dijon Roasted Broccoli

368 Calories
5 g Protein
35 g Fat
7 g Carbs.
4 g Fiber
200 mg Sod.

10 WW+ Points

17% Vit. E
6% Calcium
50% Vit. C

Thai Peanut Carrots

490 Calories
15 g Protein
30 g Fat
55 g Carbs.
10 g Fiber
1,535 mg Sod.

14 WW+ Points

540% Vitamin A
30% Vitamin B6
25% Folate

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

250 Calories
15 g Fat
7 WW+ Points

Corn

No changes

339 Calories
15 g Fat
10 WW+ Points

Broccoli

No changes

368 Calories
35 g Fat
10 WW+ Points

Carrots

No changes

490 Calories
30 g Fat
14 WW+ Points