

Himalayan Red Rice with Bangkok Basil Crunch

Our favorite rice bowl. It all starts with an Asian-inspired basil crunch made from plenty of fresh basil, ginger, coconut and ground peanuts, mixed up with Himalayan red rice, baked organic tofu and roasted kale. Unusual and totally delicious.

35 Minutes to the Table

10 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

- 2 Rimmmed Baking Sheets
- Saucepan

FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper

5 MEEZ CONTAINERS

- Basil Peanut Crunch
- Red Rice
- Kale
- Tofu
- Coconut

Make The Meal Your Own

Want to get dinner on the table in a flash? Cook the red rice up to two days in advance.

Kids and picky eaters will enjoy this dinner deconstructed - everyone can eat the parts they love best.

Dedicated omnivores can serve this up with chicken drumsticks, baked and served with the same sauce.

Good To Know

Health snapshot per serving – 620 Calories, 20g Protein, 10g Fiber, 14 WW Smart Points

Lightened up snapshot – 500 Calories, 15g Fat and 11 WW Smart Pts with no coconut and $\frac{3}{4}$ rice

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

INGREDIENTS: Organic Tofu, Kale, Himalayan Red Rice, Peanuts, Coconut Milk, Coconut, Gluten Free Soy Sauce, Rice Wine Vinegar, Brown Sugar, Basil, Ginger, Sesame Oil, Garlic, Spices

meezmeals

1. Getting Organized

Preheat your oven to 425, put a saucepan of water on to boil and take the **Basil Peanut Crunch** out of the refrigerator to warm up.

2. Cook the Red Rice

Salt the boiling water and add the **Red Rice**. Simmer uncovered until tender, about 20 to 25 minutes. Drain, return to the pot and let sit, covered, for 5 minutes.

3. Roast the Kale, Tofu and Coconut

Put the **Kale** on a rimmed baking sheet and drizzle with olive oil, salt and pepper. Cook until it just starts to crisp at the edges, about 12 to 15 minutes.

Start the tofu as soon as the kale goes into the oven. Put the **Tofu** on to a rimmed baking sheet. Drizzle with olive oil and arrange in a single layer, then bake until it's golden brown at the edges and puffs a little, about 7 to 15 minutes. When the tofu is about 3 minutes away from coming out of the oven, add the **Coconut** to the baking sheet. Bake until fragrant and golden brown, about 3 minutes.

We like to line our baking sheets with parchment to make clean up easier.

Keep an eye on the coconut while it cooks! Even Chef Max has burned it once or twice.

4. Put It All Together

Serve the rice topped with the kale, tofu and half of the basil peanut crunch. Mix together, then add more basil peanut crunch to taste. Serve topped with the toasted coconut. Enjoy!

Love this recipe? #meezmagic

Instructions for two servings.

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

Toasted Corn and Zucchini Tacos with Mango Vinaigrette

Is there a more classic pairing than fresh corn and vine-ripened zucchini inside a corn tortilla? Chef Max told us we could step things up a notch by toasting the corn first so that it gets some great texture and a wonderfully deep flavor. Wow. The humble taco was transformed. The real magic, though, came when he topped the tacos with fresh mango-lime vinaigrette. Simply said, we've got a new favorite taco.

30 Minutes to the Table

5 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Rimmed Baking
Sheet(s)

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Corn & Beans
Corn Tortillas
Mango Vinaigrette
Queso Fresco
Zucchini

Make The Meal Your Own

Omnivore's Option – Pulled rotisserie chicken breast is great in this dish. Add it to the pan with the zucchini and beans during the last five minutes of baking to warm it up.

Cooking with a picky eater? If they don't love the vinaigrette, plain salsa is great on these tacos, as well.

Good To Know

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

Health snapshot per serving – 590 Calories, 16 g Protein, 14 g Fiber, 24 Smart Points.

Lightened up snapshot – 494 Calories, 20g Fat and 21 Smart Points when you only use 2 tortillas and leave out the cheese.

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

INGREDIENTS: Zucchini, Corn, Great Northern Beans, Mango, Queso Fresco, Apple Cider Vinegar, Vegetable Oil, Lime Juice, Corn Tortillas, Brown Sugar, Cilantro, Spices

meezmeals

1. Getting Organized

Preheat your oven to 400.

2. Roast the Vegetables

Put the **Zucchini** on to a rimmed baking sheet, preferably lined with parchment paper. Drizzle with olive oil, salt and pepper and bake until golden, about 12 to 15 minutes.

It's important to cook the veggies in a single layer, so use two baking sheets if necessary.

After the zucchini turns golden, add the **Corn & Beans** to the baking sheet. Stir and return to the oven. Bake until the beans burst and the corn is golden brown, about 5 to 10 minutes.

3. Assemble the Tacos

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

Fill the tortillas with the roasted zucchini, corn and beans. Serve drizzled with **Mango Vinaigrette** and topped with **Queso Fresco**.

Love this recipe? #meezmagic

Instructions for two servings.

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

Chimichurri Steak with Fingerling Potatoes

An irresistible update on an Argentinian classic. With a zesty chimichurri puree, mouthwatering sirloin and tender fingerling potatoes, it's a sinfully delicious meal without all the calories. Seconds, anyone?

30 Minutes to the Table

25 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Large Skillet

FROM YOUR PANTRY

Olive Oil

Salt & Pepper

4 MEEZ CONTAINERS

Fingerling Potatoes

Onions & Garlic

Sirloin

Chimichurri

Make The Meal Your Own

The leftovers from this meal make a great casserole. Layer everything in a casserole dish, top with your favorite cheese (Chef Max recommends Chihuahua) and bake for 10 minutes in a 375-degree oven.

It's important to let the steaks rest to keep them tender and juicy. Give them at least 3 to 5 minutes off the heat before you slice and serve.

Good To Know

Be sure to generously season your steak 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 – 510 Calories, 18g Fat, 48g Protein, 39g Carbs, 12 Smart Points

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

INGREDIENTS: Steak, Fingerling Potatoes, Onion, Grape Tomatoes, Corn, Red Wine Vinegar, Lime Juice, Olive Oil, Parsley, Garlic, Cilantro, Spices

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1. Slice the Potatoes

Slice the **Fingerling Potatoes** into small, even rounds (about 8 to 10 rounds per potato).

2. Cook the Potatoes and Onions

Heat 2 Tbsp of oil in a large skillet over high heat. Add the sliced potatoes and cook, stirring occasionally, until starting to brown, about 7 to 9 minutes. Add the **Onions & Garlic** to the skillet and continue cooking until the onions are translucent and the potatoes are fork tender, about 5 more minutes. Remove to a bowl and set aside.

3. Cook the Beef

Return the now-empty skillet to the stove with 1 Tbsp oil 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 steak. Cook it until the bottom browns and the sides start to color, about 3 minutes.

- **If you prefer your steak medium-rare**, flip and continue cooking 3 minutes. Remove from the heat and let rest for 5 minutes.
- **If you prefer your steak medium**, flip and continue cooking for 4 minutes. Remove from the heat and let rest for 5 minutes.
- **If you prefer your steak medium-well or well done**, flip and continue cooking for 5 to 6 minutes. Remove from the heat and let rest for 5 minutes.

After the steaks have rested, place them horizontally on a cutting board. Using a sharp knife, cut the steaks into even strips (we aim for ½" x 1" pieces).

4. Put It All Together

Serve the steak and potatoes topped with the **Chimichurri** to taste. Enjoy!

To test if the skillet is hot enough for the steak, hold your hand about 6 inches above the skillet. If you can feel serious heat, it's ready to go.

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.

Love this recipe?

#meezmagic

Instructions for two servings.

Meetz 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.

Good To Know

If you're making the gluten-free version, we've sent you quinoa. Bring 2 ½ cups of water to a boil, and 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 and let 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, 29 Smart Points

Lightened up snapshot – 588 Calories, 38g Fat and 17 Smart 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, Salmon, Couscous, Cherry Tomatoes, Feta Cheese, Olive Oil, Lemon Juice, Green Onion, Brown Sugar, Garlic, Herbs and Spices

meezmeals

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.

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!

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.

Love this recipe? #meezmagic

Instructions for two servings.

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

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.

30 Minutes to the Table

15 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, 23 Smart Points

Lightened up snapshot – 500 Calories, 30g Fat, 13 Smart 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

Place the **Chicken Breast** 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!

Hawaiian Paella

The idea for this dinner started with roasted pineapple. We told Chef Max how much we love roasting the tropical fruit and asked him to brainstorm more dishes. When he suggested paella cooked up in a Hawaiian soy-ginger sauce with roasted pineapple and baked tofu, we knew we had a winner.

30 *Minutes to the Table*

10 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Oven-Safe Skillet
Rimmed Baking Sheet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Pineapple & Celery
Coconut Soy Ginger
Sauce
Rice
Baked Tofu
Cashews

Make The Meal Your Own

Omnivore's Option – Pork loin is a tasty addition. Slice it thin, and then layer it on top of the vegetables. It will cook right on top.

Good To Know

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

Don't have an oven-safe skillet? No problem. Transfer the paella to a large casserole dish.

Health snapshot per serving – 500 Calories, 19g Protein, 5 g Fiber, 19 Smart Points

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

INGREDIENTS: Baked Tofu, Coconut Milk, Rice, Pineapple, Pineapple Juice, Celery, Onion, Soy Sauce, Cashews, Brown Sugar, Cilantro, Ginger, Garlic, Spices

meez *meals*

1. Getting Organized

Preheat your oven to 375.

2. Roast the Pineapple & Celery

Put the **Pineapple & Celery** on a rimmed baking sheet. Drizzle with olive oil, salt and pepper, and bake until the celery is tender and golden brown in places, about 17 to 23 minutes.

3. Prepare the Paella

While the veggies are roasting, heat a large skillet over high heat and add $\frac{3}{4}$ of the **Coconut Soy Ginger Sauce** and 1 cup of water. Bring to a boil and add the **Rice** and **Baked Tofu**. Cook for one minute, and then sprinkle the **Cashews** over top.

Be sure to save $\frac{1}{4}$ of the coconut soy ginger sauce. You'll need it at the end to finish the dish.

4. Bake the Paella

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

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

5. Put It All Together

Put the skillet back on to the stove over high heat for 2 to 3 minutes. Arrange the roasted pineapple and celery on top of the paella, and drizzle with the remaining sauce. Enjoy!

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

Instructions for two servings.

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

Blackened Tilapia with Cornbread and Carrots

A down-home spin on heart-healthy tilapia. We're dredging it with Cajun spices, then serving it over herbed carrots and toasted cornbread crumbles. With all the flavors of New Orleans in just 20 minutes, it's a dinner you don't want to miss.

20 Minutes to the Table

20 Minutes Hands On

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Shallow Pie Pan or Plate
Baking Sheet
Large Skillet

FROM YOUR PANTRY

2* Tbsp Butter
Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Carrots
Garlic & Herbs
Cajun Seasoning
Tilapia
Cornbread

Make The Meal Your Own

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

Want dinner on the table even faster? Use a second skillet and cook the carrots and the tilapia at the same time. You can even toast the cornbread while everything else is cooking.

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 – 540 Calories, 10g Fat, 51g Protein, 66g Carbs, 15 Smart Points

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

INGREDIENTS: Carrots, Tilapia, Cornbread, Cajun Spice, Brown Sugar, Garlic, Herbs & Spices

meezmeals

1. Getting Organized

Preheat your oven (or toaster oven) to 375.

2. Cook the Carrots

Heat 1 Tbsp oil and 2 Tbsp butter in a large skillet over medium-high heat. When the butter begins to brown, add the **Carrots** and cook, stirring occasionally, until bright orange, about 6 minutes. Add the **Garlic & Herbs** and cook, stirring, until fragrant, about 3 minutes. Season with salt and pepper to taste (we recommend ¼ tsp each). Remove to a bowl or plate.

The carrots should still be crisp and have a bite to them.

3. Season and Cook the Tilapia

Pour **Cajun Seasoning** on to a plate or in a shallow pie pan. Coat the **Tilapia** on all sides with the seasoning and then let sit in the seasoning for 2 minutes. Give the tilapia a second coat in the seasoning.

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

Heat 2 Tbsp of oil in the now-empty skillet over high heat. When the oil is hot, add the tilapia 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 seasoning gets very dark as it cooks, so don't worry if it starts to blacken. It's supposed to be that way.

4. Toast the Cornbread

While the tilapia is cooking, remove the paper from the cornbread and place on a baking sheet. Toast in a conventional or toaster oven until golden brown and warm, about 4 minutes.

5. Put It All Together

Crumble the toasted cornbread on to each diner's plate. Top with carrots, scraping the pan to get out any excess liquid and then top with tilapia.

*Love this recipe? *meezmagic*

Instructions for two servings.

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

Squash with Slow-Roasted Tomatoes and Goat Cheese

We're always looking forward to warm, rustic meals that are comforting, but still a breeze to make. And this one certainly fits the bill. We're roasting butternut squash, fresh grape tomatoes and goat cheese all together, then tossing them with nutty farro and a delectable balsamic cream sauce. The result? A delicious dinner where the oven does all the work.

35 *Minutes to the Table*

10 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Saucepan
Baking Sheet
Mixing Bowl

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Farro
Butternut Squash
Grape Tomatoes
Goat Cheese
Balsamic Cream

Make The Meal Your Own

This is a great make-ahead dinner. Cook the farro and squash ahead of time. When it's time for dinner, roast the tomatoes and add the goat cheese. You'll be eating in 10 minutes.

Kids and picky eaters tip – Let them add the balsamic cream themselves.

Omnivore's Option – Slice a few chicken thighs, drizzle them with olive oil, season with salt and pepper and roast them on the pan with the butternut squash.

Good To Know

If you're making the gluten-free version, we've given you brown rice.

If you're cooking with the mellow cheese, we've given you cream cheese instead.

Health snapshot per serving – 778 Calories, 18g Protein, 6g Fiber, 34 Smart Points

Lightened up snapshot – 588 Calories, 34 g Fat and 26 Smart points with no goat cheese.

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

INGREDIENTS: Butternut Squash, Farro, Heavy Cream, Goat Cheese, Balsamic Vinegar, Grape Tomatoes, Brown Sugar, Vegetable Base, Garlic, Herbs

meez *meals*

1. Getting Organized

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

2. Cook the Farro

Salt the boiling water and add the **Farro**. Cook until al dente, about 25 to 30 minutes. Drain and transfer to a mixing bowl. Keep the empty saucepan nearby.

We love farro when it's puffed up, but still firm in the center.

3. Roast the Squash

Mix the **Butternut Squash** with 2 Tbsp olive oil and spread evenly on a baking sheet. Roast until lightly caramelized, about 15 minutes. Add the **Grape Tomatoes** to your baking sheet, mix and cook until the tomatoes start to burst, about 5 minutes. Add the **Goat Cheese** and bake for 3 more minutes.

The balsamic cream will thicken slightly while it cooks, but it's meant to be pourable. Don't expect a gray-like consistency.

While the tomatoes are roasting, put your now-empty saucepan back on the stove and pour in the **Balsamic Cream**. Heat on medium until the mixture boils and then reduce to a simmer and cook for 5 minutes.

4. Put It All Together

Pour half of the balsamic cream over the roasted squash, tomatoes and goat cheese and then mix everything together with the farro. Serve with additional balsamic cream and season with salt and pepper to taste. Enjoy!

Love this recipe? #meezmagic

Instructions for two servings.

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

Pesto & Potato Pizza

25 Minutes to the Table

5 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Baking Sheet

FROM YOUR PANTRY

Salt & Pepper

Olive Oil

4 MEEZ CONTAINERS

Potatoes

Pizza Dough

Basil Spinach

Pesto

Mozzarella

Make It Your Own

If you're a meat eater, this pizza is great topped with your favorite sausage or pepperoni.

Good to Know

Health Snapshot per serving (serves 1)

916 Calories, 44g Fat, 41g Protein, 36 Smart Points

Lightened up snapshot (1/3 cheese, 1/2 pesto, 1/2 potatoes) 619 Calories, 24g Fat, 18 Smart Points

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

INGREDIENTS: Fingerling Potatoes, Whole Wheat Pizza Dough, Mozzarella, Spinach, Parmesan, Olive Oil, Basil, Lemon Juice, Garlic

meezmeals

1. Getting Started

Preheat your oven to 425.

2. Prep and Cook the Potatoes

Cut the **Potatoes** into small rounds – you should get about 8 to 10 rounds per potato. (If you have a mandoline, you can use it here.) Toss the potato rounds with 1 Tbsp of olive oil and salt and pepper. Spread the potatoes in a single layer on a baking sheet and roast for 5 to 7 minutes. Move the potatoes to one the side of the baking sheet to allow room to build the pizza.

3. Make the Pizza

While the potatoes are 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.

Put the dough on the baking sheet. Top with ¾ of the **Basil Spinach Pesto** and the roasted potatoes. Spoon dollops of the remaining pesto around the top of the pizza and then top with **Mozzarella**. Bake until the crust is brown and the cheese is melted, 12 to 15 minutes. Enjoy!

Love this recipe? #meezmagic

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

Shaved Brussels Sprout Salad

5 Minutes to the Table

5 Minutes Hands On

Getting Organized

EQUIPMENT

Mixing Bowl

FROM YOUR PANTRY

Salt & Pepper

4 MEEZ CONTAINERS

Brussels & Cauliflower

Chickpeas & Dates

Lemon & Feta

Vinaigrette

Tortilla Chips

Put It All Together

Toss the **Brussels & Cauliflower** and **Chickpeas & Dates** in a mixing bowl with half of the **Lemon & Feta Vinaigrette**. Mix well, and then add more vinaigrette to taste. Crumble the **Tortilla Chips** on top to serve.

Good to Know

Health Snapshot per serving (serves 2)

647 Calories, 29g Fat, 68g Carbs, 22 Smart Points

Have Questions?

We're standing by at 773.916.6339

INGREDIENTS: Brussels Sprouts, Cauliflower, Chickpeas, Tortilla Chips, Olive Oil, Dates, Feta, Lemon, White Wine Vinegar, Green Onions

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

Balsamic-Glazed Broccoli

20 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

Broccoli
Balsamic
Vinaigrette
Almonds
Parmesan Cheese

Make This Meal Your Own

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

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)

363 Calories, 20g Fat, 29g Carbs, 22g Protein,
12 Smart Points

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

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

meezmeals

1. **Getting Started**

Preheat your oven to 450.

2. **Roast the Broccoli**

Put the **Broccoli** 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, 12 to 15 minutes.

3. **Put It All Together**

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

Love this recipe? #meezmagic

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

Health Snapshot

Himalayan Red Rice

620 Calories
20 g Protein
20 g Fat
110 g Carbs.
10 g Fiber
1,400 Sodium

14 WW Smart Pts.

300% Vitamin A
75% Calcium
25% Folate

Chimichurri Steak

510 Calories
48 g Protein
18g Fat
39 g Carbs.
4 g Fiber
100 mg Sodium

12 Smart Points

64% Vitamin C
67% Vit. B-12
49% Vit. B-6

Toasted Corn & Zucchini Tacos

590 Calories
16 g Protein
27 g Fat
81 g Carbs
14 g Fiber
461 mg Sod.

24 Smart Points

46% Vit. C
19% Calcium
13% Folate

Lemon Chai Salmon

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

29 WW Smart Points

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

BBQ Chicken Burrito

730 Calories
35 g Protein
30 g Fat
70 g Carbs.
10 g Fiber
990 mg Sod.

23 WW Smart Pts.

250% Vitamin C
55% Vit. B-12
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.

Red Rice

*No coconut,
3/4 rice*

500 Calories
15 g Fat
11 WW Smt. Pts

Steak

No changes

510 Calories
18 g Fat
12 Smart Points

Tacos

*2 tortillas and no
cheese*

494 Calories
20 g Fat
21 WW Smart Pts

Salmon

*No Feta or
Couscous*

588 Calories
38 g Fat
17 WW Smart Points

Burrito

No tortillas

500 Calories
30 g Fat
13 Smt. Pts.

Health Snapshot

Hawaiian Paella

500 Calories
19 g Protein
18 g Fat
72 g Carbs.
5 g Fiber
2009 mg Sod.

19 Smart Points

47% Vitamin C
98% Calcium
40% Iron

Blackened Tilapia

540 Calories
51 g Protein
10 g Fat
66 g Carbs.
5 g Fiber
1,025 mg Sod.

15 Smart Points

140% Vitamin C
95% Vit. B12
45% Vitamin B6

Squash with Tomatoes

778 Calories
18g Protein
49 g Fat
75 g Carbs
6 g Fiber
317 mg Sodium

34 Smart Points

143% Vitamin C
25% Vitamin B-6
260% Vitamin A

Pesto Potato Pizza

916 Calories
41 g Protein
44 g Fat
96 g Carbs.
10 g Fiber
1507 mg Sodium

19 WW+ Points

93% Vitamin C
97% Calcium
119% Vitamin A

Brussels Sprout Salad

648 Calories
14 g Protein
39 g Fat
68 g Carbs.
13 g Fiber
689 mg Sod.

22 Smart Points

205% Vitamin C
50% Vitamin B6
24% Calcium

Balsamic Broccoli

363 Calories
22 g Protein
20 g Fat
29 g Carbs.
9g Fiber
549 mg Sod.

12 Smart Points

48% Vit. E
52% Calcium
308% Vit. C

Lighten Up Option

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

Paella

No changes

500 Calories
18 g Fat
19 Smart Points

Tilapia

No changes

540 Calories
10 g Fat
15 Smart Points

Squash

No goat cheese

588 Calories
34 g Fat
26 Smart Points

Pizza

½ pesto & potatoes, 1/3 cheese
495 Calories
20 g Fat
13 WW+ Points

Brussel Salad

No changes

648 Calories
39 g Fat
22 Smart Points

Broccoli

No changes

363 Calories
20 g Fat
12 Smart 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.

Quick Tips

Himalayan Red Rice with Bangkok Basil Crunch

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 425 and bring water to a boil.

Omnivore Option Chicken drumsticks are great in this.

Mediterranean Lemon Chai Salmon with Pearl Couscous

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

Chimichurri Steak with Fingerling Potatoes

25 Min <i>to Table</i>	25 Min <i>Hands On</i>	1 Whisk <i>Super Easy</i>
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Getting Started No pre-work needed.

Leftover tip Layer everything to make a casserole.

All American BBQ Chicken Burrito

25 Min <i>to Table</i>	10 Min <i>Hands On</i>	1 Whisk <i>Super Easy</i>
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Getting Started Preheat your oven to 400.

Leftovers Tip Coleslaw makes a great base for a salad.

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

Toasted Corn & Zucchini Tacos

30 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.

Omnivore Option Pulled rotisserie chicken breast is great with this.

Picky Eater Tip Plain salsa can take the place of the vinaigrette

Hawaiian Paella

30 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 375.

Omnivore Option Pork loin is a tasty addition.

Blackened Tilapia with Cornbread & Carrots

20 Min <i>to Table</i>	20 Min <i>Hands On</i>	1 Whisk <i>Super Easy</i>
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Getting Started Preheat the oven to 375.

Speed Tip Use a second skillet to save time.

Shaved Brussels Sprouts Salad

5 Min <i>to Table</i>	5 Min <i>Hands On</i>	1 Whisk <i>Super Easy</i>
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Getting Started Toss and Serve!

Squash with Slow Roasted Tomatoes and Goat Cheese

35 Min <i>to Table</i>	10 Min <i>Hands On</i>	1 Whisk <i>Super Easy</i>
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Getting Started Put a saucepan on to boil and preheat oven to 400.

Omnivore Option Chicken thighs are great with this.



Pesto and Potato Pizza

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 This pizza is great topped with sausage or pepperoni.

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

Balsamic Glazed Broccoli s

20 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 450.

Omnivore Option Pancetta would make a great addition.