

Quick Tips

Pozole de Pescado

30 Min to Table	15 Min Hands On	1 Whisk Super Easy
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Getting Started Prep the tilapia, see recipe card for full instructions.

Add spice Add a few pinches of crushed red pepper to the pozole for a kick!

Meal Tip Serve with Tortilla Chips for more fun!

All American BBQ Chicken Burrito

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

Leftovers Tip Coleslaw makes a great base for a salad.

Steak and Fingerling Potato Salad with Kale and Cranberries

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

Make Ahead Tip Prepare the potato salad ahead to save time before dinner.

Crispy Polenta with Feta & Mushrooms

30 Min to Table	30 Min Hands On	1 Whisk Super Easy
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Getting Started Preheat your oven to 425.

Omnivore Option Chicken thighs are delicious with this dish.

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

Country Stack

30 Min to Table	15 Min Hands On	2 Whisks Super Easy
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Getting Started Set your oven to 400.

Omnivore Option Irish or center cut bacon is a good fit.

From Your Pantry You'll need an egg per serving.


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Thai Red Curry Soup

25 Min <i>to Table</i>	10 Min <i>Hands On</i>	1 Whisk <i>Easy</i>
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Getting Started Put a saucepan of water on to boil.

Omnivore Option Shrimp is great with this.

Green 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 400.

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

From Your Pantry You'll need some vegetable oil.

Spinach Pesto Pizza

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 425 & take the dough out of the fridge.

Picky Eater Tip Use mozzarella instead of gouda.

Pozole de Pescado

Think modern Mexican. We're serving up mild tilapia in a bowl of delicately flavored Mexican tomato broth (pozole), corn, black beans and crispy tortilla chips. The result is a soup that's bright, light and just what you're craving.

30 Minutes to the Table

15 Minutes Hands On

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Saucepan or Dutch Oven

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Carrots & Celery
Tilapia
Tomatoes & Spices
Corn & Beans
Tortilla Chips

Make The Meal Your Own

Want to make the meal more fun? Serve with tortilla chips as dippers.

Like it hot? Add a pinch of crushed red pepper or a dash of your favorite hot sauce to your pozole once it's cooked.

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 – 425 Calories, 48g Protein, 7g Fat, 8g Fiber, 10 Smart Points

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

INGREDIENTS: Tilapia, Tomatoes, Onion, Corn, Black Beans, Celery, Carrot, Tortilla Chips, White Wine, Apple Cider Vinegar, Lime Juice, Cilantro, Garlic, Spices

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1. Prep 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 3 to 4 pieces out of the longer side and 2 to 3 pieces from the shorter side, about 5 to 7 pieces total per fillet). Season with ½ tsp salt.

2. Make the Pozole

Heat 2 Tbsp of oil in a large saucepan or Dutch oven over medium-high heat. Add **Carrots & Celery** and cook until the onions are translucent and the vegetables have softened, about 5 minutes. Add the tilapia and let cook, without stirring, until the outside begins to color, about 4 to 5 minutes.

Add **Tomatoes & Spices** and **Corn & Beans** and 2 cups water. Bring to a boil and then reduce heat and simmer until the tilapia flakes easily with a fork, about 15 minutes. Season with salt and pepper to taste.

3. Put It All Together

Serve pozole topped with crushed **Tortilla Chips**.

Love this recipe? #meezmagic

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois * Prepare by October 29

Steak and Fingerling Potato Salad with Kale and Cranberries

Meez's spin on classic steak and potatoes. We're starting with fresh fingerling potato salad tossed up with kale and cranberries in our favorite feta dressing. Then we're topping it with seared steak for a dinner that's packed with protein. Yum!

25 Minutes to the Table

20 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Saucepan
Large Skillet
Mixing Bowl

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Steak
Fingerling Potatoes
Kale
Onions and
Cranberries
Feta Dressing

Make The Meal Your Own

Want some extra crisp? Roast the potatoes and kale instead of boiling them, as we did in the main version of this recipe. It will take a few minutes longer, but adds a crisp texture and depth of flavor we just love.

Get a jump on dinner by cooking the potato salad ahead. When it's time for dinner, cook up the steak and serve over the chilled salad.

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 –665 Calories, 22g Fat, 37g Protein, 84g Carbs, 25 Smart Point

Lightened up snapshot – 520 Calories, 17g Fat, 33g Protein, 63g Carbs, 19 Smart Point by using half the dressing.

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

INGREDIENTS: Steak, Fingerling Potatoes, Kale, Red Onion, Feta, Mayonnaise, Cranberries, White Wine Vinegar, Brown Sugar, Garlic, Spices

meez meals

1. Getting Organized

Put a large saucepan of water on to boil.

2. Make the Potato Salad

Cut the **Fingerling Potatoes** into quarters. Add the potatoes to the boiling water and boil until fork tender, but not falling apart, about 10 to 12 minutes. Add the **Kale** and cook until bright green and tender, about 2 to 3 minutes. Drain and remove to a large mixing bowl.

Drain the kale and potatoes well to remove all the extra moisture.

3. As soon as the potatoes are in the water, heat 1Tbsp oil in a skillet over medium high heat. Add the **Onions and Cranberries** and cook, stirring, until the onions are translucent, about 5 to 6 minutes. Remove to the large mixing bowl with the kale and potatoes from step #2.

Add $\frac{3}{4}$'s of the **Feta Dressing** to the mixing bowl with the kale, potatoes, onions and cranberries, and mix until everything is evenly coated, and set aside.

4. Cook the Steak

Return the now-empty skillet to the stove and set over high heat. While the skillet is heating, pat the **Steaks** dry with a paper towel and season generously with salt and pepper (we recommend $\frac{1}{2}$ tsp of each). When the skillet is very hot, add the steaks. Cook until the bottoms brown and the sides start to color, about 3 minutes.

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

- **If you prefer your 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.

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.

5. Put It All Together

Put the potato salad on the plate, top with the steak, drizzle with remaining dressing

Love this recipe? #meezmagic

Instructions for two servings.

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

Crispy Polenta with Feta & Mushrooms

There's something incredibly elegant about polenta cooked up into crispy rounds that we can't resist. Particularly when that crispy polenta gets topped with sautéed mushrooms and a creamy feta sauce. It looks fancy, but it's an easy dinner everyone will love.

Getting Organized

EQUIPMENT

Rimmed Baking Sheet
Large Skillet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

4 MEEZ CONTAINERS

Sweet Potatoes
Polenta
Mushroom Mix
Feta & Cream

INGREDIENTS: Polenta, Sweet Potatoes, Mushrooms, Feta, Half & Half, Green Onion, Garlic, Spices

Make The Meal Your Own

Speed Tip - Use two skillets and cook the mushrooms and polenta at the same time.

Omnivore's Option – Sautéed chicken thighs are tasty with this. Slice them thin and cook with the mushrooms.

Cooking with a picky eater? Polenta and sweet potatoes are delicious topped with a traditional pasta sauce, as well.

Good To Know

Health snapshot per serving – 420 Calories, 14g Protein, 9g Fat, 9g Fiber, 14 Smart Points

Have questions? The dinner hotline is standing by between 5 & 8 every night at 773.916.MEEZ.

30 Minutes to the Table

30 Minutes Hands On

1 Whisk Super Easy

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1. Get Organized

Preheat your oven to 425.

2. Roast the Sweet Potatoes

Put the **Sweet Potatoes** onto a rimmed baking sheet and drizzle with olive oil, salt and pepper. Bake until crispy at the edges and golden brown in parts, about 20 to 25 minutes.

We line our baking sheets with parchment paper to make cleanup a breeze.

3. Crisp the Polenta

While the potatoes are roasting, cut the **Polenta** into approximately 8 pieces. Heat 2 Tbsp olive oil in a large skillet over high heat, then add the polenta in a single layer, working in batches if need be. Sauté until the pieces are golden, about 5 minutes, then flip and cook until golden as well. Set aside.

The more oil the better- it'll make cooking easier. Just be sure it's very hot before adding the polenta.

4. Cook the Mushrooms

In the now-empty polenta skillet, heat 1 Tbsp of olive oil over high heat. Add the **Mushroom Mix**. Cook until they are golden brown and the liquid has evaporated, about 7 to 12 minutes. Set aside.

We've given you a lot of mushrooms. If your pan is crowded, work in batches.

5. Heat the Sauce

Add the **Feta & Cream** to the now-empty mushroom skillet and cook over medium heat. Simmer until it's warm to the touch, about 3 to 5 minutes. Whisk every 2 to 3 minutes to get the cheese off the bottom of the pan and integrated into the sauce.

*Keep an eye on the sauce; we don't want it to burn!
Love this recipe?
#meezmagic*

Top the polenta with the veggies and sauce. Enjoy!

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 – 555 Calories, 15g Fat, 49g Protein, 58g Carbs, 16 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 1/4" - 1/2" slices). Once the chicken is sliced, 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. Make the Coleslaw

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

4. Cook the Chicken

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

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

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

5. Fill, Fold and Bake the Burrito

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

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

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

Instructions for two servings.

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

Country Stack

The idea for this dinner came from some roasted root veggie fries Chef Max prepared in the test kitchen. As we were nibbling the roasted parsnips and beets straight from the sheet pan, we started brainstorming ways to turn them into a main course meal. When we hit on serving them over sautéed spinach with sunny-side up eggs and a delectable aioli, we knew we had a winner.

Getting Organized

EQUIPMENT

- 2 Rimmed Baking Sheets
- Large Skillet

FROM YOUR PANTRY

- Olive Oil
- Vegetable Oil
- Salt & Pepper
- 2 Eggs

4 MEEZ CONTAINERS

- Beets & Parsnips
- Cornbread
- Spinach
- Aioli

INGREDIENTS: Spinach, Parsnips, Cornbread, Beets, Mayonnaise, Red Wine Vinegar, Honey, Garlic, Herbs, Spices, Mustard

30 Minutes to the Table

15 Minutes Hands On

2 Whisks *Easy*

Make The Meal Your Own

If you'd like to speed up dinner, roast the beets and parsnips ahead of time. Dinner will be on the table in 15 minutes.

Kids and picky eaters might prefer their aioli on the side.

Omnivore's Option – Irish or center cut bacon would add a traditional note. Serve it under the fried egg.

Good To Know

Health snapshot per serving – 410 Calories, 11 Protein, 8g Fiber, 14 WW+ Points

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

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1. Getting Organized

Preheat your oven to 400.

2. Roast the Beets & Parsnips

Put the **Beets & Parsnips** on to a rimmed baking sheet. Drizzle generously with oil (about 2 Tbsp), plus salt and pepper. Toss, then arrange in a single layer and roast until golden in places, about 15 to 20 minutes. Stir once about halfway through.

3. Toast the Cornbread

While the veggies are cooking, crumble the **Cornbread** and bake it on a rimmed baking sheet until golden and crispy, 7 to 10 minutes.

4. Sauté the Spinach

While the veggies are cooking, heat ½ Tbsp oil a large skillet over high heat. Add the **Spinach** and cook until it wilts, about 2 to 3 minutes. Remove from heat and stir in 1 Tbsp of the **Aioli**. Plate the spinach on top of the cornbread, then top with the roasted beets and parsnips.

5. Fry Your Eggs

Wipe out the spinach pan and return to high heat. Cover the bottom with vegetable oil (about ¼ cup) and heat until it's fragrant.

Crack your eggs into the oil and cook for 90 seconds, then flip carefully and cook for 45 more seconds, then plate immediately on top of the cornbread and vegetables. Finish with a generous dollop of the aioli over everything. Enjoy!

*Don't skimp on the oil.
Use enough so the
vegetables become shiny.
That will help them crisp.*

*Crumble the cornbread into
dime size pieces.*

*You can also serve the
eggs poached. (Don't know
how to poach an egg? Give
us a call!)*

*These times are for a
runny yolk. You can cook
it longer for a firmer egg.*

Love this recipe? #meezmagic

Instructions for two servings.

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

Thai Red Curry Soup

This gem is a fresh take on the Thai classic. We're cooking up our version of red curry soup with glass noodles, carrots, red peppers, mushrooms and tofu in a red curry and coconut milk base. It's rich and flavorful, and practically hands-free, not to mention an all-time member favorite.

25 *Minutes to the Table*

10 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

- 2 Saucepans
- Large Bowl

FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper

6 MEEZ CONTAINERS

- Shiitake Mushrooms
- Red Peppers & Carrots
- Red Curry
- Tofu
- Ginger-Coconut Broth
- Glass Noodles

Make The Meal Your Own

Want to get a jumpstart on dinner? Make the soup ahead, but keep the tofu and noodles separate until you're ready to eat.

Don't love spice? Go easy on the red curry paste and let everyone add to taste. (If it's still too spicy, you can mellow the soup by adding extra coconut milk.)

Omnivore's Option – Shrimp is a great addition to this dish. Cook it separately and add to the soup at the end.

Good To Know

Health snapshot per serving – 485 Calories, 19g Protein, 19g Fat, 64g Carbs, 17 Smart Points

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

INGREDIENTS: Coconut Milk, Tofu, Glass Noodles, Carrots, Peppers, Mushrooms, Lime Juice, Soy Sauce, Brown Sugar, Red Curry Paste, Lemongrass, Garlic, Basil, Concentrated Vegetable Base, Ginger

meez meals

1. Getting Organized

Put a saucepan of water on to boil.

2. Soak the Glass Noodles

Put the **Glass Noodles** into a bowl and pour the boiling water over top. Let the noodles soak until they are soft, about 2 to 5 minutes. Drain and set aside.

It's important to let the glass noodles soak. If you don't, they can get clumpy and hard to manage.

3. Cook the Thai Vegetables

In a separate saucepan, heat 1 Tbsp olive oil over medium-high heat. Add the **Shiitake Mushrooms** and **Thai Peppers & Carrots** and cook for 3 to 5 minutes. Add the **Red Curry** and cook until fragrant, about 1 minute. Add 1 ½ cups of water and bring to a boil. Reduce to a simmer and cook uncovered for 10 minutes.

The red curry has a kick. We use all of it, but if you don't love spice, you should start with just a touch.

4. Finish the Soup

Turn the heat back up to medium-high. Add the **Tofu** and **Ginger-Coconut Broth** to the vegetables and season with salt and pepper to taste. If you'd like a thinner soup, add more water. Cook until the vegetables are tender, about 2 to 5 minutes.

Put the noodles into each diner's bowl. Serve the soup over the noodles.

Love this recipe? #meezmagic

Instructions for two servings.

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

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 535 Calories, 19g Fat, 62g Carbs, 21g Protein, 18 Smart 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

Spinach Pesto Pizza

30 Minutes to the Table

5 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Baking Sheet

FROM YOUR PANTRY

Olive Oil

4 MEEZ CONTAINERS

Pizza Dough

Sweet Potatoes

Gouda

Spinach Pesto

Cream

Make The Meal Your Own

Want to get a jump on this meal? Cook everything in advance according to instructions. When you're ready to eat, just place the pizza in the oven.

We love gouda. If you're cooking with someone who doesn't, though, mozzarella is a tasty topper, too.

Good to Know

Health Snapshot per serving (serves 1)

710 Calories, 68g Carbs, 35 g Fat, 35g Protein, 24 Smart Points

Lightened up snapshot (1/2 cheese, 1/2 pesto cream)

500 Calories, 65 g Carbs, 19g Fat, 21g Protein, 16 Smart Points

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

INGREDIENTS: Whole Wheat Pizza Dough, Sweet Potato, Gouda, Half and Half, Spinach, Basil, Lemon Juice, Garlic, Spices

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1. **Getting Started**

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

2. **Roast the Potatoes**

Toss the **Sweet Potatoes** with 1 Tbsp of oil and spread in a single layer on a baking sheet. Roast 7 to 10 minutes and then move to one side of the baking sheet so you can build the pizza.

3. **Make the Pizza**

While the potatoes are roasting, 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.

Put the dough on the baking sheet. Top with half of the **Spinach Pesto Cream** and the roasted potatoes. Drizzle the remaining pesto around the top of the pizza and then top with **Gouda**. 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

Health Snapshot

Pozole de Pescado

425 Calories
48 g Protein
7 g Fat
43 g Carbs.
8 g Fiber
761 mg Sod.

10 Smart Points

72% Vitamin A
47% Vitamin C
13% Calcium

Steak and Potato Salad

665 Calories
37g Protein
22g Fat
84g Carbs.
7g Fiber
526mg Sodium

25 Smart Points

29% Calcium
232% Vitamin A
109% Vit C

Crispy Polenta with Feta

420 Calories
14g Protein
9 g Fat
76g Carbs.
9g Fiber
715mg Sodium

14 Smart Points

584% Vit. A
86% Vit. C
31% B6

BBQ Chicken Burrito

555 Calories
49 g Protein
15 g Fat
58 g Carbs.
5 g Fiber
685 mg Sod.

16 WW Smart Pts.

85% Vitamin C
0% Vit. B-12
112% Vitamin A

Country Stack

410 Calories
11 g Protein
11 g Fat
70 g Carbs.
8 g Fiber
722 mg Sod.

14 WW+ Points

216% Vitamin A
84% Vitamin C
38% Calcium

Lighten Up Option

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

Pozole

No change

Steak and Potato Salad

½ the sauce

520 Calories
17 g Fat
19 Smart Points

Crispy Polenta

No change

Burrito

No tortillas

500 Calories
30 g Fat
13 Smt. Pts.

Country Stack

No change

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

Thai Red Curry Soup

485 Calories
19g Protein
19g Fat
64g Carbs.
8g Fiber
1351mg Sod.

17 Smart Points

264% Vit. A
207% Vit. C
123% Calcium

Green Quesadilla

535Calories
20g Protein
19g Fat
62g Carbs.
7g Fiber
1325 mg Sod.

18 Smart Points

113% Vitamin A
53% Calcium
27% Vitamin C

Spinach Pesto Pizza

710 Calories
35 g Protein
35 g Fat
68 g Carbs.
10 g Fiber
866 mg Sod.

26 Smart Points

538% Vitamin A
81% Calcium
69% Vitamin C

Lighten Up Option

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

Red Curry

No change

Quesadilla

No change

Pizza

1/2 cheese, 1/2 pesto cream

500 Calories
19 g Fat