

Barbeque Pizza

An all-time favorite, back by popular demand. A BBQ sauce base, topped with black beans, crispy kale, smoked gouda and dried cherries. Sounds unusual? Definitely. But together these ingredients are magic.

30 *Minutes to the Table*

10 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Baking Sheet

FROM YOUR PANTRY

Olive Oil

Salt & Pepper

Flour for Dusting

5 MEEZ CONTAINERS

Pizza Dough

Kale

Barbeque Sauce

Black Beans

Cheese & Cherries

Make The Meal Your Own

Kids and picky eaters tip – Serve their portion with the crispy kale on the side.

Omnivore's Option – Barbeque chicken pizza is about as classic as it gets. If you have some leftover roast chicken, it would be great on this pizza.

Good To Know

If you're making the vegan version, we've left out the cheese. Cook the kale and pizza separately, rather than finishing them together, the way we recommend for folks using cheese. Cook the kale until it's crispy and browned. While it's cooking, bake the pizza with just the sauce, beans and cherries. Top it with the cooked kale and enjoy! (Need help? Give us a call!).

We've given you a lot of kale. If you have more than you can use, serve it on the side.

Health snapshot per serving – 900 Calories, 35g Protein, 20g Fiber, 22 WW+ Points

Lightened up snapshot – 500 Calories, 10 g Fat and 20 WW+ Points with ½ the cheese.

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

INGREDIENTS: Kale, Whole Wheat Pizza Dough, Black Beans, Barbeque Sauce, Gouda Cheese, Mozzarella Cheese, Dried Cherries, Granulated Garlic

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1. Getting Organized

Preheat your oven to 400 and take the **Pizza Dough** out of the refrigerator.

Warming up your pizza dough is important! It makes it easier to roll.

2. Bake the Kale

Put the **Kale** on to a rimmed baking sheet and drizzle with 2 Tbsp olive oil. Toss well, then arrange the kale in a single layer and bake for 10 minutes. Transfer to a plate.

The kale will finish cooking on top of the pizza, so don't let it get fully toasted and browned.

3. Prepare the Pizza Dough

Once the kale is cooking, shape your 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 (even if we're making the 4-serving size) and ours are about 8" wide and 14" long, but you can make yours however they suit you.

Sprinkling your counter with flour is important! It keeps the dough from sticking, making a clean up nightmare!

4. Bake the Pizza

Put the pizza onto the now-empty baking sheet. Spread some of the **Barbeque Sauce** over the pizza. (Use just as much as you need. Too much will get soggy.)

Keep an eye on the pizza as it cooks. If the kale is turning too brown, turn the heat down.

Top with the **Black Beans** and cooked kale. Sprinkle the **Cheese & Cherries** and bake for 15 to 20 minutes, until the crust is golden and the cheese is melty. Enjoy!

We line our baking sheets to make clean up a breeze!

Love this recipe? #meezmagic

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois * Prepare by November 23

Cheesy Carrot Soup

We crave cozy soups this time of year, particularly when they pair our favorite cheeses: cheddar and gruyere. Together with a carrot puree base, this gem cooks up as a surprisingly light dinner the whole family will love. (A blender or food processor is helpful for this soup, but not necessary.)

35 *Minutes to the Table*

25 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Saucepan or
Stock Pot
Food Processor or
Blender

FROM YOUR PANTRY

Olive Oil
2 Tbsp Flour

5 MEEZ CONTAINERS

Carrot & Celery
Onion & Garlic
Wine Mix
Cheese Mix
Radishes & Olives

Make The Meal Your Own

This is a great make-ahead dinner. The soup will keep in the refrigerator for 5 days. Just reheat in a saucepan when you're ready to eat.

Want a heartier dinner? Serve with your favorite bread or mix some cooked rice into the soup.

Cooking with a picky eater? Reserve a bit of the cheese mix and use it to top their portion instead of using the radishes and olives.

Omnivore's Option – Add a bone-in ham shank to the soup before you add the cheese. After it simmers, you can pull it apart with a fork. If you're a bacon lover, chopped crisp bacon would be a great topping as well.

Good To Know

Health snapshot per serving – 290 Calories, 15g Fat, 10g Protein, 5g Fiber, 7 WW+ Points

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

INGREDIENTS: Carrot, Onion, Celery, White Wine, Half and Half, White Cheddar, Gruyere, Kalamata Olives, Radish, Vegetable Base, Garlic, Herbs and Spices

meezmeals

1. Getting Organized

Fill your saucepan with 3 cups of water and put on the stove to boil.

2. Cook the Vegetables

Add the **Carrots & Celery** to the boiling water. When the water returns to a boil, reduce the heat to a simmer and cook for 10 to 15 minutes until the vegetables are tender.

Working in batches, pour the vegetables from the saucepan – water included – into the bowl of a food processor or blender. Puree until smooth. Set aside.

If you have an immersion blender, you can puree the vegetables right in the saucepan.

3. Make the Soup

Dry the saucepan and return it to the stove on high heat with 2 Tbsp of olive oil. Add the **Onions & Garlic** and cook, stirring, for 4 to 6 minutes, until lightly browned. Add 2 Tbsp of flour and cook, stirring, for 2 additional minutes.

Add the **Wine Mix** and boil for 3 minutes. Add 1 cup of water, the carrot puree and the **Cheese Mix**. Bring to a boil and then reduce to a simmer and cook until slightly thickened, about 5 to 7 minutes.

After you add the cheese, make sure to stir frequently. This prevents anything from getting stuck on the bottom of the pot and burning.

4. Put It All Together

Season the soup with salt and pepper to taste and serve topped with the **Radishes & Olives**. Enjoy!

Love this recipe? #meezmagic

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois * Prepare by November 23

Green and White Penne

Broccoli, edamame, snow peas, oh my! This super fast pasta dinner has everyone's favorite veggies, brought together with creamy mascarpone cheese and fresh basil. It's a simple one-pot meal that will have everyone asking for seconds.

20 Minutes to the Table

10 Minutes Hands On

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Saucepan

FROM YOUR PANTRY

Salt & Pepper

6 MEEZ CONTAINERS

Whole Wheat Penne

Edamame

Broccoli & Snow Peas

Parmesan

Lemon

Basil Mascarpone

Make The Meal Your Own

Picky eaters love this dish, but if you have someone who doesn't like broccoli or snow peas, replace them with their favorite veggies.

Leftovers tip – Bake your leftovers in a casserole dish topped with breadcrumbs for a delicious next-day pasta bake.

Omnivore's Option – Sliced cooked chicken breast would be a great addition to this dish. Mix it in when you add the mascarpone.

Good To Know

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

Health snapshot per serving – 670 Calories, 30g Protein, 15g Fiber, 18 WW+ Points

Lightened up snapshot – 420 Calories, 20g Fat and 11 WW+ points with no parmesan and half the pasta.

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

INGREDIENTS: Broccoli, Edamame, Whole Wheat Penne, Snow Peas, Mascarpone, Parmesan, Lemon, Lemon Juice, Herbs and Spices

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1. Getting Organized

Put a large saucepan of water on to boil.

Use the biggest pot you have because everything cooks together.

2. Cook the Pasta and Vegetables

Salt the boiling water and add the **Penne Pasta**. Cook until al dente, about 7 to 9 minutes. Add the **Edamame** and **Broccoli & Peas** and cook 2 to 3 additional minutes. Drain, reserving $\frac{1}{4}$ cup pasta water.

Keep a ladle and measuring cup nearby while the pasta cooks. That way, you'll remember to reserve some of the pasta water before draining.

3. Put It All Together

Return the pasta and veggies to the pot with the reserved pasta water and cook on low for one minute. Add $\frac{1}{2}$ of the **Parmesan** and the juice from $\frac{1}{2}$ of the **Lemon** and cook 30 seconds more.

Turn off the heat and stir in the **Basil Mascarpone**. Season with salt and pepper and squeeze in juice from remaining $\frac{1}{2}$ lemon to taste. Top with the remaining Parmesan. Enjoy!

Love this recipe? #meezmagic

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois * Prepare by November 23

Mushroom Tacos with Salsa Fresca

Classic and delicious. With Mexican spiced black beans, cremini mushrooms and spicy chevre, these tacos are incredibly tasty. A little salsa fresca on top, and they're over-the-top good.

25 Minutes to the Table

25 Minutes Hands On

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

- 2 Skillets
- Rimmed Baking Sheet

FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper

6 MEEZ CONTAINERS

- Mushrooms
- Scallions
- Spiced Black Beans
- Corn Tortillas
- Spicy Goat Cheese
- Salsa Fresca

Make The Meal Your Own

Picky eaters tip – Skip the goat cheese and use cheddar or queso fresco, instead.

Omnivore's Option – Sliced pork loin would be delicious in these tacos.

Good To Know

If you're making the vegan version, sauté the jalapenos (step 2) for a minute before you add the mushrooms.

Health snapshot per serving – 525 Calories, 30g Protein, 20g Fiber, 13 WW+ Points

Lightened up snapshot – 455 Calories, 10 g Fat and 11 WW+ Points when you only use half of the spicy goat cheese.

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

INGREDIENTS: Mushrooms, Black Beans, Corn Tortillas, Diced Tomatoes, Goat Cheese, Scallions, Lime, Cilantro, Jalapeno, Garlic, Spices

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1. Getting Organized

Preheat your oven to 375.

2. Sauté the Mushrooms

Heat 1 Tbsp olive oil in a large skillet over high heat. Add the **Mushrooms** and cook until golden brown and caramelized, about 15 to 20 minutes.

3. Roast the Scallions

While the mushrooms are cooking, arrange the **Scallions** on a rimmed baking sheet and drizzle with 1 Tbsp olive oil. Toss well, then cook until crispy, about 12 to 15 minutes.

4. Cook the Black Beans

Once the scallions are in the oven, heat 2 Tbsp olive oil in a second skillet. Add the **Spiced Black Beans** and ½ cup water. Cook, mashing the beans with a slotted spoon or fork, until the beans resemble refried beans and the mixture thickens.

Add a little bit more water to the beans if you'd like them to be creamier.

5. Put It All Together

Heat the **Corn Tortillas** for a few seconds in a dry skillet or directly on a gas burner, then assemble your tacos. Spread the black beans on the tortillas, then top with the mushrooms, a dollop of **Spicy Goat Cheese**, scallions and the **Salsa Fresca**. Enjoy!

Love this recipe? #meezmagic

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois * Prepare by November 23

Chana Gobi

Our super simple, super delicious roasted vegetable curry. It's cooked in the oven, so there's no stove to stay close to or saucepan to clean up. And because the vegetables are roasted, they have an extra intensity that's just delicious. Cauliflower, carrots, chickpeas, raisins and cashews all come together over jasmine rice. It's hands-free heaven!

40 Minutes to the Table

5 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Saucepan
Rimmed Baking Sheet(s)

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

MEEZ CONTAINERS

Cashews & Raisins
Cauliflower
Chickpeas & Onions
Coconut Curry Sauce
Jasmine Rice
Carrots & Peppers

Make The Meal Your Own

Make ahead tip – Cook the rice and roast the vegetables up until you would add the curry sauce. When you're ready to eat, roast the vegetables an additional 5 minutes before adding the sauce.

Have leftovers? Turn this into a creamy curry soup by pureeing your leftovers and adding a can of coconut milk.

Omnivore's Option – Ground lamb is a traditional addition to this dish. Brown it separately, drain the fat and add with the Coconut Curry Sauce.

Good To Know

Health snapshot per serving – 600 Calories, 20 g Protein, 15 g Fiber, 16 WW+ Points

Lightened up snapshot – 490 Calories, 15 g Fat and 13 WW+ Points when you use half the curry sauce and a handful less of the rice.

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

INGREDIENTS: Tomatoes, Coconut Milk, Cauliflower, Chickpeas, Carrots, Rice, Red Bell Peppers, Onion, Cashews, Raisins, Ginger, Spices

meezmeals

1. Getting Organized

Preheat your oven to 450 and bring 2 cups of water to a boil for the rice.

2. Cook the Rice

When the water for the rice is boiling, add the **Jasmine Rice** and a pinch of salt. Reduce the heat to a simmer and cover. Cook for 20-25 minutes or until all the water has absorbed. Remove from heat and fluff with a fork, cover again and set aside until it's time to eat.

3. Roast the Vegetables

While the rice is cooking, put the **Carrots & Peppers** and **Cauliflower** onto a rimmed baking sheet. Drizzle with olive oil, salt and pepper and toss well. Then arrange in a single layer and bake for 15 minutes.

After 5 minutes, add the **Chickpeas & Onions** to the roasting veggies. Stir well, then return the baking sheet to the oven until the veggies are looking golden in places and are fork tender, about 20 minutes.

4. Finish the Curry

Pour the **Coconut Curry Sauce** over everything, (if you're using 2 baking sheets divide the sauce evenly between them as best you can) and give the vegetables a good stir. Cook for another 5 minutes, then serve topped over the rice with the **Cashews & Raisins**.

Resist the temptation to crowd the vegetables. They need to be in a single layer for this recipe to work, so use two sheets, if necessary.

If you divided your veggies between two baking sheets, you can combine them on to one to mix before serving, or use a mixing bowl.

If you want to mix things up, try slicing some banana on top of the curry as well.

Love this recipe? #meezmagic

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois * Prepare by November 23

Broccoli with Marinated Feta

5 Minutes to the Table

5 Minutes Hands On

Getting Organized

EQUIPMENT

Large Skillet
Mixing Bowl

FROM YOUR PANTRY

Salt & Pepper
Olive Oil

2 MEEZ CONTAINERS

Broccoli
Marinated Feta

Put It All Together

Heat 1 Tbsp of olive oil in a large skillet over high heat. Add the **Broccoli** and cook until it's bright green, about 2 to 3 minutes. Add 1 Tbsp of water and cook until it evaporates, about 30 seconds. Transfer to a mixing bowl and toss with the **Marinated Feta**. Drizzle with ½ Tbsp of olive oil and season with salt and pepper to taste.

Good to Know

Health Snapshot per serving (serves 2)

340 Calories, 30g Fat, 15g Carbs, 10g Protein,
5 WW+ Points

Have Questions?

We're standing by at 773.916.6333

INGREDIENTS: Broccoli, Feta Cheese, Olive Oil, Almonds, Lemon, Brown Sugar,
Herbs & Spices

Prepare by November 23

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

Marrakesh Salad

5 Minutes to the Table

5 Minutes Hands On

Getting Organized

EQUIPMENT

Mixing Bowl

FROM YOUR PANTRY

Salt & Pepper

5 MEEZ CONTAINERS

Apple

Spiced Pistachios

Beans & Raisins

Carrots & Celery

Raisin Vinaigrette

Put It All Together

Wash and cut the **Apple** into bite-size pieces, then put into a mixing bowl with **Spiced Pistachios, Beans & Raisins, Carrots & Celery** and half of the **Raisin Vinaigrette**. Add salt and pepper and more vinaigrette to taste. Enjoy!

Good to Know

Health Snapshot per serving (serves 1)

662 Calories, 14g Protein, 18g Fiber, 28g Fat,
18 WW+ Points

Have Questions?

We're standing by at 773.916.6333

INGREDIENTS: Celery, Chickpeas, Carrots, Apple, Raisins, Olive Oil, Pistachios,
Apple Cider Vinegar, Lemon Juice, Herbs and Spices

Prepare by November 23

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

Shaved Brussels and Dijon Side Salad

5 Minutes to the Table

5 Minutes Hands On

Getting Organized

EQUIPMENT

Mixing Bowl

FROM YOUR PANTRY

Salt & Pepper

3 MEEZ CONTAINERS

Brussels

French Vinaigrette

Dates & Capers

Put It All Together

Put the **Brussels** into a large mixing bowl and toss with half of the **French Vinaigrette**. Add salt and pepper and more vinaigrette to taste, then add the **Dates & Capers**. Enjoy!

Good to Know

Health Snapshot per serving (serves 2)

335 Calories, 10g Protein, 5g Fiber, 30g Fat
10 WW+ Points

Have Questions?

We're standing by at 773.916.6333

INGREDIENTS: Brussels Sprouts, Olive Oil, Dates, Capers, Red Wine Vinegar, Brown Sugar, Dijon Mustard, Herbs & Spices

Prepare by November 23

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

Ginger Berry Trifle

10 Minutes to the Table

10 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Large Skillet

4 MEEZ CONTAINERS

Pound Cake

Berries

Ginger Yogurt

Candied Ginger

Good to Know

If you want to prep your dessert ahead, toast the pound cake and mix everything except the cake. When ready to eat, add the pound cake to the fruit and yogurt.

Health Snapshot per serving (serves 4)

150 Calories, 5g Fat, 30g Carbs, 5g Fiber

6 WW+ Points

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

INGREDIENTS: Blueberries, Blackberries, Pound Cake, Greek Yogurt, Candied Ginger, Strawberry Jam, Confectioner's Sugar, Spices

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1. Toast the Pound Cake

Cut the **Pound Cake** into $\frac{3}{4}$ " to 1" cubes. Toast in a dry skillet over medium-high heat until the corners are lightly browned and crispy, about 5 to 7 minutes.

2. Put It All Together

Combine the toasted pound cake, **Berries** and **Ginger Yogurt** together in a mixing bowl. Serve topped with the **Candied Ginger**. Enjoy!

Love this recipe? #meezmagic

Prepare by November 23

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

Health Snapshot

Barbeque Pizza	Carrot Soup	Green Pasta	Goat Cheese Mushroom Tacos	Chana Gobi
900 Calories	290 Calories	670 Calories	525 Calories	600 Calories
40 g Protein	10 g Protein	30 g Protein	30 g Protein	20 g Protein
20 g Fat	15 g Fat	30 g Fat	15 g Fat	15 g Fat
140 g Carbs	20 g Carbs.	75 g Carbs	75 g Carbs.	105 g Carbs.
20 g Fiber	5 g Fiber	15 g Fiber	20 g Fiber	20 g Fiber
1,700 mg Sodium	1,200 mg Sodium	535 mg Sodium	235 mg Sod.	760 mg Sodium
18 WW+ Points	7 WW+ Points	18 WW+ Points	13 WW+ Points	16 WW+ Points
480% Vitamin A		100% Vitamin C	60% Folate	400% Vitamin A
130% Vitamin C	180% Vitamin A	50% Calcium	30% Vitamin C	400% Vitamin C
70% Calcium	30% Calcium	45% Vitamin A	20% Calcium	65% Calcium

Lighten Up Option

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

Pizza	Carrot Soup	Green Pasta	Tacos	Chana Gobi
<i>½ of the Cheese</i>	<i>No Changes</i>	<i>No Parmesan, ½ Pasta</i>	<i>½ Cheese</i>	<i>½ Curry Sauce, ¾ Rice</i>
500 Calories	290 Calories	420 Calories	455 Calories	490 Calories
10 g Fat	15 g Fat	20 g Fat	10 g Fat	15 g Fat
20 WW+ Points	7 WW+ Points	11 WW+ Points	11 WW+ Points	13 WW+ Points

Health Snapshot

Broccoli with Marinated Feta

340 Calories
10 g Protein
30 g Fat
15 g Carbs.

5 WW+ Points

265% Vitamin C
50% Vitamin A
30% Folate

Marrakesh Salad

662 Calories
14 g Protein
34 g Fat
96 g Carbs.

18 WW+ Points

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

Brussels Dijon Side Salad

335 Calories
10 g Protein
30 g Fat
15 g Carbs.

10 WW+ Points

85% Vitamin C
25% Folate
10% Calcium

Ginger Berry Trifle

150 Calories
5 g Protein
5 g Fat
30 g Carbs.

6 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.