

Creamy Spinach Bowl

This gem is a cozy bowl of goodness that started with Chef Max's no-cream creamed spinach. It's guilt-free comfort food just asking to be turned into a main course. Enter nutty wild rice. It's the perfect counterpoint to the spinach and delicious with chunks of roasted butternut squash. Put them all together, and it's comfort food the whole family will love.

35 Minutes to the Table

10 Minutes Hands On

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Saucepan
Baking Sheet
Food Processor

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Wild Rice
Butternut Squash
Spinach
Beans & Onions
Seasoning Mix

Make The Meal Your Own

Want to get a jump on dinner? Cook the wild rice up to 3 days in advance. You can also cook the squash in advance – roast for 20 minutes at 400 degrees. When it's time to eat, bring the rice to room temperature and heat the sweet potatoes for 10 minutes, then make the spinach.

Omnivore's Option – Broiled salmon is a tasty addition. Serve the rice with the salmon on top and then cover both with the creamed spinach.

Good To Know

Health snapshot per serving – 340 Calories, 20g Protein, 70g Carbs, 20g Fiber, 9 WW+ Points

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

INGREDIENTS: Butternut Squash, Spinach, Great Northern Beans, Wild Rice Blend, Onion, Garlic, Lemon Juice, Concentrated Vegetable Stock, Herbs

meezmeals

1. Getting Organized

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

2. Cook the Rice and Squash

Add the **Wild Rice** to the boiling water and cook for 20 to 25 minutes, covering the pot after the first 10 minutes of cooking. Drain well and remove rice to a bowl. Return the empty pot to the stove.

While the rice is cooking, toss the **Butternut Squash** with 2 Tbsp of olive oil and spread on a baking sheet. Cook for 20 to 25 minutes until caramelized and slightly crispy.

3. Make the Creamed Spinach

In the now-empty rice pot, add the **Spinach, Beans & Onions** and ½ cup water. Bring to a boil, cover and reduce the heat. Simmer for 5 minutes.

Drain most of the water and then put the spinach mixture into the bowl of a food processor with the **Seasoning Mix**. Puree until creamy. If the mix seems too thick, thin it with 1 to 2 Tbsp of water. Season with salt and pepper to taste.

Use a pot lid to drain most of the water from the vegetables, but try to leave a little behind - it helps make the puree extra smooth.

4. Put It All Together

Serve the rice topped with the butternut squash and the creamed spinach. Enjoy!

Love this recipe? #meezmagic

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois * Prepare by December 14

Thai Peanut and Sweet Potato Rice Bowl

This gem is humble and oh-so delicious. It's all about the Asian peanut butter sauce, which we could eat with a spoon. But since we're supposed to be grown ups, we're restraining ourselves. (Mostly.) Instead, we're tossing it with roasted sweet potatoes, toasted organic tofu, wilted kale and brown rice. The result is crazy good.

40 Minutes to the Table

20 Minutes Hands On

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Saucepan
Large Skillet
Rimmed Baking Sheet
Mixing Bowl

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Baked Tofu
Brown Rice
Kale
Peanut Sauce
Sweet Potatoes

Make The Meal Your Own

Cooking with a picky eater? This peanut sauce makes even the scariest vegetable delicious. Try chopping the kale into small bites so it's more approachable for cautious eaters.

Love peanuts? Try sprinkling some more on top of the dish for an extra crunch.

Good To Know

Chef's Note -- You'll see our method for cooking brown rice is a little unusual. It's faster than the traditional method, and we think the rice ends up fluffier.

Health snapshot per serving – 530 Calories, 30g Protein, 10g Fiber, 13 WW+ Points

Lightened up snapshot – 440 Calories, 15 g Fat and 11 WW+ points when you use three-quarters of the baked tofu.

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

INGREDIENTS: Sweet Potatoes, Kale, Baked Tofu, Brown Rice, Peanut Butter, Rice Vinegar, Soy Sauce, Brown Sugar, Garlic, Ginger, Spices

meezmeals

1. Getting Organized

Preheat your oven to 450 and put a saucepan of water on to boil.

2. Cook the Rice

Rinse the rice under cold water using a strainer. Add the **Brown Rice** to the saucepan of boiling water and simmer uncovered over medium heat for 30 minutes. Drain, then return it to the pot. Cover and let sit 5 minutes.

We cook our brown rice like pasta. Make sure the water is boiling and you're good to go. Remember: brown rice has a firmer texture than white rice.

3. Roast the Sweet Potatoes

Put the **Sweet Potatoes** on to a rimmed baking sheet and drizzle with olive oil, salt and pepper. Toss well, then arrange in a single layer and bake until tender, about 20 to 25 minutes.

4. Cook the Kale & Tofu

When you're about 10 minutes away from eating, heat 1 Tbsp olive oil in a large skillet over medium-high heat. Add the **Kale** and cook until it's bright green. Season with salt and pepper and transfer to a bowl.

If you prefer softer kale, cook it for a few extra minutes.

Heat another 1 Tbsp olive oil in the same skillet. Add the **Baked Tofu** to the pan (still over medium-high heat) and cook until it crisps in places, about 3 to 5 minutes on each side. Set aside until you're ready to assemble the bowls.

5. Put It All Together

Put the **Peanut Sauce** into a mixing bowl and thin with a little water. Now give everyone some rice, kale, sweet potatoes and baked tofu. Drizzle with the peanut sauce and enjoy!

We found 2 to 4 Tbsp water is just right.

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois * Prepare by December 14

Artichoke & Green Pea Farfalle

Familiar ingredients like artichokes and peas take on a delicious new flavor when cooked up in classic a white wine sauce. Tossed with farfalle and chickpeas and topped with shaved Parmesan, it's an elegant dinner perfect for any night of the week.

20 Minutes to the Table

20 Minutes Hands On

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet
Large Saucepan

FROM YOUR PANTRY

Butter (optional)
Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Farfalle
Olives & Sun-Dried
Tomatoes
Artichokes, Peas &
Chickpeas
White Wine Braise
Lemon
Parmesan Cheese

Make The Meal Your Own

Cooking with someone who likes a milder flavor? Skip the olives and sun-dried tomatoes in their portion.

Omnivore's Option – Sliced chicken is great with this. Cook it with the artichokes.

Good To Know

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

if you're making the vegan version, use olive oil instead of butter, just add 1 Tbsp of olive oil when cooking and add another tablespoon when serving. We've also left the Parmesan out of your meal, so you may want to add an extra pinch of salt to the finished dish.

Health snapshot per serving – 580 Calories, 20g Protein, 70g Carbs, 15g Fat, 13 WW+ Points

Lightened up snapshot – 495 Calories, 15g Fat and 11 WW+ Points with half the cheese and half of the pasta.

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

INGREDIENTS: Artichoke Hearts, Lemon, Farfalle, Chickpeas, Peas, Parmesan Cheese, Kalamata Olives, Sundried Tomatoes, White Wine, Champagne Vinegar, Sambal

*meez*meals

1. Getting Organized

Put a large saucepan of water on to boil.

2. Cook the Farfalle

Once the saucepan of water is boiling, add the **Farfalle** and cook until al dente, about 7 to 8 minutes.

3. Sauté the Olives and Sun-Dried Tomatoes

Heat 1 ½ Tbsp of olive oil over high heat. Add the **Olives & Sun-Dried Tomatoes** and cook until the sun-dried tomatoes brown at the edges and the garlic is fragrant, about 4 to 5 minutes. While the olives and sun-dried tomatoes are cooking, drain the water from the **Artichokes, Peas & Chickpeas** in a colander and set aside.

4. Cook the Artichokes, Peas & Chickpeas

Add the drained artichokes, peas & chickpeas to the olive tomato mix and sauté until the artichokes and chickpeas begin to brown, about 8 to 10 minutes.

5. Add the White Wine Braise

Add the **White Wine Braise** and mix well. When it cooks down to half the volume, add 1 ½ Tbsp butter by sticking the pat to a wooden spoon and stirring well until the butter almost completely dissolves.

Don't forget to scrape the bottom of the pan - all those bits are packed with flavor!

6. Put It All Together

Turn off the heat, add the farfalle to the pan and toss well. Quarter the **Lemon**, top with **Parmesan Cheese** and a squeeze of lemon to taste. Enjoy!

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois * Prepare by December 14

Mediterranean Foldover

The River Cottage cookbook introduced us to the magic of foldovers, and we've never looked back. They're made by cooking flatbread dough on a skillet, then folding it over hot ingredients to create a dinner that's part calzone, part sandwich and totally delicious. We're making a Mediterranean version this week with broccoli, cauliflower and goat cheese with a tasty Mediterranean sumac vinaigrette. Yum!

35 *Minutes to the Table*

15 *Minutes Hands On*

2 Whisks *Easy*

Getting Organized

EQUIPMENT

Rimmed Baking Sheet
Large Skillet or Griddle

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Spiced Chickpeas
Broccoli & Cauliflower
Whole Wheat Dough
Goat Cheese
Sumac Vinaigrette

Make The Meal Your Own

Omnivore's Option – Chef Max loves ground lamb with this recipe. Roast it with the chickpeas.

Cooking with a picky eater? Kids love foldovers. If yours aren't fans of the sumac vinaigrette, marinara would be another great choice.

Good To Know

If you're making the vegan version, skip the goat cheese and add an extra drizzle of olive oil.

Be sure to roll your dough to ½" thickness or thinner, so it cooks evenly.

Health snapshot per serving – 645 Calories, 30g Protein, 15g Fiber, 16 WW+ Points

Lightened up snapshot – 490 Calories, 20 g Fat and 12 WW+ Points when you leave out the cheese.

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

INGREDIENTS: Broccoli, Cauliflower, Chickpeas, Whole Wheat Dough, Goat Cheese, Dates, Olive Oil, Cider Vinegar, Green Onions, Brown Sugar, Spices, Garlic

meezmeals

1. Getting Organized

Preheat your oven to 400.

2. Make the Filling

Add 1 Tbsp of olive oil to the **Spiced Chickpeas** bag and shake to mix, then pour on to a rimmed baking sheet. Arrange in a single layer and cook for 5 minutes.

Add the **Broccoli & Cauliflower** to the baking sheet and mix well. Drizzle with more olive oil, salt and pepper, and bake until the broccoli is golden brown in places, about 18 to 25 minutes.

3. Make the Foldovers

After you add the veggies to the baking sheet, heat a large skillet or griddle over high heat with 1 Tbsp of oil. As it's heating, cut and roll out your **Whole Wheat Dough** into personal-size flatbreads.

When your pan is smoking hot, put one of the flatbreads into the dry skillet. Cook for 2 minutes, until bubbly on top with some brown (or black) spots. Flip and cook for 1 to 2 minutes until the other side has some dark patches as well. Transfer to a plate and spread some of the **Goat Cheese** on top.

Fill with the hot veggies and drizzle some of the **Sumac Vinaigrette** over top, then fold the dough over the filling. We like to lay a small pan or a plate on top to keep it closed while we cook the rest of the foldovers. Enjoy!

We target ½" thick pieces, but the actual size is up to you.

Turn on your stove fan while the foldover is cooking, otherwise your smoke detector may go off.

Love this recipe? #meezmagic

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois * Prepare by December 14

Cheesy Tomatillo Casserole

Simply said, this Mexican casserole is a cheesy bit of heaven. We're toasting up tortillas to form a crunchy base, then topping them with poblanos, beans, pepper jack cheese and a fresh tomatillo salsa. Easy, delicious, and lighter than you'd think - that's our kind of dinner!

30 Minutes to the Table

15 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Baking Sheet
Large Skillet
Casserole Dish

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Corn Tortillas
Poblano Peppers
Corn and Bean Mix
Creamy Tomatillo Salsa
Pepper Jack Cheese

Make The Meal Your Own

Omnivore's Option – Chorizo is right at home in this dish. Cook it up separately and add it with the corn mix.

Make ahead tip – Cook the casserole up through the first half of step 4. After you add the pepper jack, refrigerate the casserole. When you're ready to eat, bake for a final 20 minutes.

This dish has a kick from the poblanos and pepper jack cheese. If you'd like a mellower version, you can serve the corn and beans on the tortillas as tacos or tostadas.

Good To Know

The size of the casserole dish is up to you. We used a 9x13 pan for 2 servings. However, eyeball the ingredients and find the right size one in your pantry. (The smaller the dish, the moister and more "casserole" the final finish. The bigger the dish, the faster it'll cook and crispier it'll be.)

Health snapshot per serving – 655 Calories, 30g Protein, 20g Fiber, 17 WW+ Points

Lightened up snapshot – 500 Calories, 15 g Fat and 12 WW+ Points with ½ the corn and bean mix and ¾ the cheese.

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

INGREDIENTS: Poblano Peppers, Tomatillos, Corn Tortillas, Black Beans, Corn, Pepper Jack Cheese, Cream Cheese, Sundried Tomatoes, Lime, Garlic, Cilantro, Spices

meezmeals

1. Getting Organized

Preheat your oven to 450.

2. Bake the Corn Tortillas

Lay the **Corn Tortillas** on a baking sheet and brush with olive oil on each side. Bake until crisp, about 5 to 10 minutes, then remove from your oven.

3. Cook the Vegetables

Heat 1 Tbsp olive oil in a large skillet over high heat. Add the **Poblano Peppers** and sauté until they are browned, about 5 to 7 minutes.

Turn the heat down to medium-high and add the **Corn and Bean Mix**. Cook for 2 more minutes, until hot. Add salt and pepper and set aside.

4. Assemble the Casserole

Turn your oven down to 375 and lay 2 of the corn tortillas on the bottom of your casserole dish, breaking them into pieces if you need to make them fit. Top with half of the cooked vegetables and half of the **Creamy Tomatillo Salsa**.

Add 2 more tortillas (break these up a bit so they resemble large chips) and the rest of the vegetables and salsa. Break the remaining tortillas into dime-size pieces, sprinkle on top and finish with the **Pepper Jack Cheese**. Bake at 375 until the cheese begins to bubble, about 15 minutes. If you'd like a crispier topping, turn on your broiler for an additional 5 minutes or until the top is golden brown. Enjoy!

Not sure which casserole dish to use? See our note on the other side about choosing the perfect size pan.

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois * Prepare by December 14

Edamame Hummus with Fresh Pita

10 Minutes to the Table

10 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Large Skillet

FROM YOUR PANTRY

Salt & Pepper

Olive Oil

3 MEEZ CONTAINERS

Whole Wheat

Pita Dough

Edamame

Hummus

Olive Tapenade

Make This Meal Your Own

If you want to use less oil, you can use cooking spray in your skillet to brown the pita. Just be sure to add additional spray in between batches.

Good to Know

Health Snapshot per serving (serves 2)

290 Calories, 20g Carbs, 10g Protein, 8 WW+ Points

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

INGREDIENTS: Whole Wheat Pita Dough, Edamame, Tahini, Kalamata Olives, Lemon Juice, Green Onion, Garlic, Spices

meezmeals

1. **Getting Started**

Heat 1 Tbsp of olive oil in a large skillet over high heat.

2. **Make the Pita**

While the oil is heating, shape the **Whole Wheat Pita Dough** into 4 balls. Flatten them into ½" thick disks, and cook them two at a time for 3 to 5 minutes, until golden brown. Flip them and cook for 2 more minutes. Repeat until you've cooked all the dough.

3. **Put It All Together**

Drizzle 1 to 2 Tbsp of olive oil on top of the **Edamame Hummus** and add plenty of salt and pepper to taste (it's an important step).

Serve the hummus with the warm pita and top with **Olive Tapenade** to taste. Enjoy!

Cook by December 14

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

Sunny Salad

5 Minutes to the Table

5 Minutes Hands On

Getting Organized

EQUIPMENT

Mixing Bowl

FROM YOUR PANTRY

Salt & Pepper

3 MEEZ CONTAINERS

Tropical Dressing

Veggies

Cannellini Beans

Dried Mango

Put It All Together

Put half of the **Tropical Dressing** in a mixing bowl and then toss in the **Veggies** and the **Cannellini Beans**. Top with the **Dried Mango** and season with salt and pepper and more dressing to taste. Enjoy!

Good to Know

Health Snapshot per serving (serves 1)

590 Calories, 30g Fat, 70g Carbs, 10g Protein,
15 WW+ Points

Have Questions?

We're standing by at 773.916.6333

INGREDIENTS: Broccoli, Cannellini Beans, Pineapple, Jicama, Dried Mango, Carrots, Olive Oil, Lime Juice, Apple Cider Vinegar, Herbs and Spices

Prepare by December 14

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

3 MEEZ CONTAINERS

Brussels & Cauliflower

Dates

Lemon Feta Dressing

Put It All Together

Put the **Brussels & Cauliflower** into a mixing bowl with the **Dates**. Add half of the **Lemon Feta Dressing** and mix well. Then add salt and pepper to taste, and more dressing if you'd like.

Good to Know

Health Snapshot per serving (serves 2)

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

Have Questions?

We're standing by at 773.916.6333

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

Prepare by December 14

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

Butterscotch Baked Pears

30 *Minutes to the Table*

15 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Rimmed Baking
Sheet
Saucepan

FROM YOUR PANTRY

Milk
Canola or
Vegetable Oil
White Sugar

4 MEEZ CONTAINERS

Pears
Butterscotch Chips
Pizzelle Cookies
Yogurt

Good to Know

Make ahead tip – You can roast the pears in advance. Cook for 20 minutes and then another 10 when reheating. We don't recommend making the butterscotch ahead – the taste just isn't the same.

Don't be concerned if your cookies are broken. We're crumbling them anyway.

Health Snapshot per serving (serves 4)

160 Calories, 5g Fat, 25g Carbs, 20g Sugar
4 WW+ Points

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

INGREDIENTS: Pears, Butterscotch Chips, Pizzelle Cookies, Yogurt

meezmeals

1. Getting Organized

Preheat your oven to 400.

2. Roast the Pears

Wash and dry the **Pears** well, then cut each in half the long way, and cut each half into 4 long slices. Cut the core out of each slice.

Put on to a rimmed baking sheet and drizzle with canola or vegetable oil and sprinkle a little sugar over each slice. Toss, then bake until slightly wrinkly and well caramelized at the edges, about 20 to 25 minutes. (Turn once halfway through.) Once they're roasted, cut each piece in half.

3. Make the Butterscotch

While the pears are roasting, put the **Butterscotch Chips** into a saucepan with 1 1/4 cup milk. Bring to a boil, then turn down to simmer until it cooks to a gravy consistency, about 7 to 10 minutes, stirring while it cooks.

4. Put It All Together

Crumble the **Pizzelle Cookies** on to each diner's plate, then top with the pears, butterscotch sauce and a dollop of **Yogurt**. Enjoy!

Love this recipe? #meezmagic

Prepare by December 14

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

Butterscotch Baked Pears

30 *Minutes to the Table*

15 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Rimmed Baking
Sheet
Saucepan

FROM YOUR PANTRY

Milk
Canola or
Vegetable Oil
White Sugar

4 MEEZ CONTAINERS

Pears
Butterscotch Chips
Pizzelle Cookies
Yogurt

Good to Know

Make ahead tip – You can roast the pears in advance. Cook for 20 minutes and then another 10 when reheating. We don't recommend making the butterscotch ahead – the taste just isn't the same.

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Health Snapshot per serving (serves 4)

160 Calories, 5g Fat, 25g Carbs, 20g Sugar
4 WW+ Points

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INGREDIENTS: Pears, Butterscotch Chips, Pizzelle Cookies, Yogurt

meezmeals

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Love this recipe? #meezmagic

Prepare by December 14

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

Health Snapshot

Creamy Spinach Bowl

340 Calories
20 g Protein
5 g Fat
70 g Carbs
20 g Fiber
865 mg Sodium

9 WW+ Points

435% Vitamin A
80% Vitamin C
70% Folate

Thai Peanut Bowl

530 Calories
30 g Protein
15 g Fat
70 g Carbs.
10 g Fiber
160 mg Sodium

13 WW+ Points

270% Vitamin A
25% Vitamin C
20% Iron

Artichoke Farfalle

580 Calories
20 g Protein
20 g Fat
70 g Carbs.
10 g Fiber
1,750 mg Sod.

13 WW+ Points

40% Vitamin C
40% Vitamin A
30% Vitamin B6

Mediterranean Foldover

645 Calories
30 g Protein
30 g Fat
65 g Carbs.
15 g Dietary Fiber
690 mg Sodium

16 WW+ Points

325% Vitamin C
80% Vitamin A
25% Calcium

Cheesy Tomatillo Casserole

655 Calories
30 g Protein
20 g Fat
90 g Carbs.
20 g Fiber
700 mg Sod.

17 WW+ Points

200% Vitamin C
50% Calcium
40% Folate

Lighten Up Option

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

Spinach Bowl

No Changes

340 Calories
5 g Fat
9 WW+ Points

Thai Bowl

¾ Tofu

440 Calories
15 g Fat
11 WW+ Points

Farfalle

½ Cheese and Pasta

495 Calories
15 g Fat
11 WW+ Points

Foldover

No Cheese

490 Calories
20 g Fat
12 WW+ Points

Casserole

½ Corn & Bean mix, ¾ Cheese

500 Calories
15 g Fat
12 WW+ Points

Health Snapshot

Edamame Hummus

290 Calories
10 g Protein
20 g Fat
20 g Carbs.

8 WW+ Points

Sunny Salad

590 Calories
10 g Protein
30 g Fat
70 g Carbs.

15 WW+ Points

280% Vitamin C
120% Vitamin A
30% Folate

Shaved Brussels Salad

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

10 WW+ Points

85% Vitamin C
25% Folate
10% Calcium

Butterscotch Baked Pears

160 Calories
20g Sugar
5 g Fat
25 g Carbs.

4 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.