

Quinoa Enchilada Bake

Classic enchilada flavors, cooked up in a crazy delicious casserole with black beans, protein-packed quinoa, mushrooms and fresh spinach. Topped with just the right amount of melted cheese, it's a healthy take on a classic the whole family will love.

45 Minutes to the Table

15 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Saucepan
Large Skillet
Mixing Bowl
Casserole Dish

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Quinoa
Mushrooms
Spinach
Beans & Corn
Enchilada Sauce
Asadero Cheese

Make The Meal Your Own

This is a great make-ahead dinner. You can cook all the vegetables and assemble the casserole ahead of time. Just top with the cheese, cover and refrigerate until ready to bake and serve. When ready to bake, plan an extra five minutes of cook time.

Kids tip – This is a family-friendly recipe, but if someone in your family doesn't love mushrooms, prepare their portion without them.

Omnivore's Option – Chorizo works perfectly in this dish. Crumble it in the mixing bowl with the veggies before baking.

Good To Know

Health snapshot per serving – 770 Calories, 25g Fat, 40g Protein, 95g Carbs, 19 WW+ Points

Lightened up snapshot – 500 Calories, 10g Fat and 12 WW+ points with no cheese, $\frac{3}{4}$ beans and corn, and $\frac{3}{4}$ enchilada sauce.

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

INGREDIENTS: Prepared Enchilada Sauce, Quinoa, Mushrooms, Spinach, Tomatoes, Black Beans, Corn, Asadero Cheese, Cilantro, Garlic, Herbs and Spices

meez *meals*

1. Getting Organized

Preheat your oven to 375 and put a pot of water on to boil.

2. Cook the Quinoa

Add the **Quinoa** to the boiling water and cook for 6 to 8 minutes. Drain and set aside.

3. Cook the Vegetables

While the quinoa is cooking, heat 1 Tbsp of oil in a skillet on high heat. Add the **Mushrooms** and cook 5 to 8 minutes until lightly browned. Turn off the heat and add the **Spinach**. Gently mix the spinach until it's just starting to wilt.

Remove the mushrooms and spinach to the casserole dish. Add the **Beans & Corn** and cooked quinoa. Stir in the **Enchilada Sauce**.

4. Put It All Together

Sprinkle the **Asadero Cheese** over the top and bake for 25 to 30 minutes until the cheese is melted and it's bubbling around the edges.

Don't season the mushrooms while they cook - it prevents them from browning.

This works in everything from a loaf pan to a 10x10 casserole dish

Love this recipe? #meezmagic

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois * Prepare by January 11

Thai Green Curry Soup

You're in for a treat. We're making a green curry version of the classic Thai soup. Glass noodles, snow peas and crispy tofu all come together in flavorful green curry and coconut soup. It's fresh and flavorful and we absolutely love it.

30 *Minutes to the Table*

15 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Saucepan

FROM YOUR PANTRY

Olive Oil

Salt & Pepper

6 MEEZ CONTAINERS

Organic Tofu

Asian Vegetables

Mushrooms

Green Curry Paste

Glass Noodles

Coconut Mix

Make The Meal Your Own

Speed Tip – Use two pans and cook the tofu and vegetables at the same time. You'll be eating 10 minutes faster.

Omnivore's Option – Bay scallops are tasty in this soup. Sear them first and add to the soup at the end.

Good To Know

Health snapshot per serving – 440 Calories, 30g Protein, 20g Fat, 50g Carbs, 13 WW+ Points

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

INGREDIENTS: Coconut Milk, Organic Tofu, Carrots, Bamboo Shoots, Mushrooms, Glass Noodles, Red Peppers, Snow Peas, Soy Sauce, Lime Juice, Brown Sugar, Lemongrass, Herbs, Garlic, Ginger, Spices

meezmeals

1. Cook the Tofu

Heat 2 Tbsp olive oil in a large saucepan or pot over high heat. Add the **Organic Tofu** and cook until it's crisp on one side, about 4 minutes. Then turn each piece over and cook until the other side crisps, about 3 more minutes.

Be sure the oil is good and hot before adding the tofu. You can test it by adding a pinch of salt. If it sizzles, you're ready.

2. Make the Soup

Add the **Asian Vegetables** to the tofu pan with the tofu and cook until they are hot but still crisp, about 5 minutes. Add the **Mushrooms** and cook another 5 minutes.

The curry paste has a kick, so use a little less if your family is very spice averse. Jen uses it all, Chef Max uses about 2/3.

Add 2 cups of water and half of the **Green Curry Paste**. Bring to a boil, then add the **Glass Noodles**. When the noodles are just pliable, add another ½ cup of water and the **Coconut Mix**. Taste and add more green curry if you'd like.

If you decide to add more curry to your soup, make sure to mix it with a tablespoon of water or broth in a separate bowl before adding to the soup.

Simmer for 5 final minutes. Enjoy!

Love this recipe? #meezmagic

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois * Prepare by January 11

Cauliflower and Farro Bowl

Inspired by a recipe from Heidi Swanson's 101 Cookbooks blog, this recipe is the perfect way to kick-start the new year. With nutty farro, raw cauliflower and chickpeas slathered in a delicious cucumber yogurt dressing, it's a simple meal you'll just love.

30 Minutes to the Table

5 Minutes Hands On

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Saucepan

FROM YOUR PANTRY

Salt & Pepper

4 MEEZ CONTAINERS

Farro

Cauliflower

Parsley Chickpeas

Yogurt Dressing

Make The Meal Your Own

This is a great make-ahead meal. This dish can be made up to 4 days in advance and it tastes great cold or at room temp, so it's the perfect pack-and-go lunch. If you want to eat it hot, keep the farro separate and reheat before mixing with the cauliflower and dressing.

Kids Tip – Serve this dish as individual components with pita on the side. They can dip the pita and the veggies into the dressing for a more interactive meal.

Omnivore's Option – Broiled salmon served on top with a spoonful of dressing over the top is the perfect addition.

Good To Know

Health snapshot per serving – 490 Calories, 20g Fat, 20g Protein, 75g Carbs, 14 WW+ Points

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

INGREDIENTS: Cauliflower, Chickpeas, Cucumber, Farro, Greek Yogurt, Radish, Vegetable Oil, Red Wine Vinegar, Lemon Juice, Honey, Green Onion, Parsley, Garlic, Spices

meezmeals

1. Getting Organized

Put a large 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.

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

3. Put it All Together

When the farro is done, drain and rinse with cold water and then return to the saucepan. Mix in the **Cauliflower, Parsley Chickpeas** and **Yogurt Dressing**. Season with salt and pepper to taste. Enjoy!

We think this dish tastes best served at room temperature.

Love this recipe? #meezmagic

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois * Prepare by January 11

Parmesan Shells

A kissing cousin of mac & cheese. This gem starts with a cream-free Parmesan sauce thanks to our secret ingredient: pureed white beans. They add protein and a guilt-free creamy texture we just love. With whole wheat shells, roasted butternut squash and a hint of sage, it's irresistible.

35 Minutes to the Table

15 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Large Saucepan
Baking Sheet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Butternut Squash
Pasta Shells
Bean Sauce Mix
Parmesan
Parsley

Make The Meal Your Own

If you want to get ahead on dinner, you can precook the squash. When you're ready to serve, add it to the white bean sauce after you've mashed the beans in step 3.

Omnivore's Option – Ground pork is a tasty addition. Brown it before you cook the bean sauce.

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, we've left the cheese and cream out of your dish. Add 1 Tbsp of olive oil to the bean sauce mix when you mash it.

Health snapshot per serving – 640 Calories, 30g Protein, 15g Fat, 105g Carbs, 16 WW+ Points

Lightened up snapshot – 470 Calories, 10g Fat, 90g Carbs and 12 WW+ points with no Parmesan and $\frac{3}{4}$ of the pasta.

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

INGREDIENTS: Butternut Squash, Great Northern Beans, Whole Wheat Pasta, Parmesan Cheese, Onion, Heavy Cream, Parsley, White Wine, Garlic, White Miso, Herbs

meez *meals*

1. Getting Organized

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

2. Roast the Squash and Cook the Pasta

Toss the **Butternut Squash** with 2 Tbsp of oil and spread in a single layer on a baking sheet. Roast 20 to 25 minutes until browned and crispy.

While the squash is roasting, add the **Pasta Shells** to the boiling water and cook 7 to 10 minutes until al dente. Drain, reserving 1 cup of pasta water

Keep a ladle and measuring cup by the stove to remind you to save some of the pasta water.

3. Finish the Sauce

Return the now-empty saucepan to the stove with 1 Tbsp of oil on high heat. Add the **Bean Sauce Mix** and cook 4 minutes. Add ½ cup of the reserved pasta water and half of the **Parmesan**. Using a fork or a potato masher, mash the beans to incorporate everything and cook until hot and bubbling. Use the remaining pasta water to thin the sauce if desired. Season with salt and pepper to taste.

4. Put It All Together

Add the pasta shells and roasted squash to the sauce and stir to combine. Serve the pasta topped with the remaining Parmesan and **Parsley** to taste. Enjoy!

The parsley finish is optional. We love the green finish, but some diners might prefer it plain.

Love this recipe? #meezmagic

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois * Prepare by January 11

Edamame Foldover

Have you fallen for foldovers yet? They're made by cooking flatbread dough on a skillet, then folding it over a delicious filling to create a dinner that's part calzone, part sandwich and totally delicious. We're filling this one with fresh edamame hummus, marinated broccoli and toasted coconut. It's fresh, delicious and on the table in just 15 minutes.

15 Minutes to the Table

15 Minutes Hands On

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet

FROM YOUR PANTRY

Vegetable Oil
Salt & Pepper

5 MEEZ CONTAINERS

Broccoli & Carrots
Vinaigrette
Whole Wheat Dough
Edamame Hummus
Coconut

Make The Meal Your Own

Cooking with a picky eater? Serve their foldover plain and let them dip it into the hummus, with the broccoli and carrots on the side.

Omnivore's Option – Lamb is a great addition. Layer it on your foldover between the hummus and veggies.

Good To Know

Health snapshot per serving – 715 Calories, 20 g Protein, 40g Fat, 75g Carbs, 20 WW+ Points

Lightened up snapshot – 470 Calories, 25 g Fat and 14 WW+ Points when you use half of the hummus and vinaigrette.

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

INGREDIENTS: Whole Wheat Pizza Dough, Broccoli, Carrots, Edamame, Raisins, Tahini, Olive Oil, Coconut, Lemon, Water, Apple Cider Vinegar, Garlic, Herbs and Spices

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1. Prepare the Broccoli and Carrots

Put the **Broccoli & Carrots** into a large mixing bowl with the **Vinaigrette**. Toss well and set aside.

2. Make the Foldovers

Heat ½ Tbsp vegetable oil in a large skillet or griddle over high heat. 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 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 **Edamame Hummus** on top.

Fill with the broccoli and carrots and some of the vinaigrette from the bowl over top, then fold the dough over the filling. We like to lay a small pan or a plate on it to keep it closed while we cook the rest of the foldovers. Oil the pan between batches.

3. Put It All Together

When you've cooked the last foldover, heat the **Coconut** in the now-empty skillet or griddle. Cook until fragrant, stirring constantly, about 2 to 3 minutes, then sprinkle inside each foldover. That's it. Enjoy!

Love this recipe? #meezmagic

We target 1-2" 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.

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois * Prepare by January 11

Single Serve 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)

730 Calories, 30g Fat, 25g Protein, 19 WW+ Points

Lightened up snapshot (1/3 cheese, 1/2 pesto, 1/2 potatoes) 495 Calories, 20g Fat, 15g Protein, 13 WW+ 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.

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 12 to 15 minutes until the crust is brown and the cheese is melted. Enjoy!

Love this recipe? #meezmagic

Cook by January 11

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

Single Serve Artichoke 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

Carrots &

Parsnips

Tortillas

Artichoke Pesto

Cheese Mix

Good to Know

We like hands-free oven cooking, but this quesadilla cooks just as well in a skillet on the stove.

Health snapshot per serving (serves 1)

835 Calories, 45g Fat, 75g Carbs, 23 WW+ Points

Lightened up snapshot (1 folded tortilla, 1/3 cheese, 3/4 pesto)

490 Calories, 25g Fat, 50g Carbs, 14 WW+ Points

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

INGREDIENTS: Flour Tortillas, Carrot, Artichoke Hearts, Mozzarella, Parsnip, Feta, Parmesan, Olive Oil, Parsley, Lemon Juice, Spices

meezmeals

1. **Getting Organized**

Preheat your oven to 400.

2. **Roast the Veggies**

Toss the **Carrots & Parsnips** with 1 Tbsp of oil and season with salt and pepper. Spread in a single layer on a baking sheet and roast for 7 to 10 minutes and then remove to a plate.

3. **Build the Quesadilla**

Oil the baking sheet with 1-2 Tbsp 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 **Artichoke Pesto** on the tortilla and then top with half of the **Cheese Mix** and the carrots and parsnips. Sprinkle the remaining cheese mix on top of the veggies. Top with the second tortilla, oiled-side up, and gently press down.

4. **Put It All Together**

Bake the quesadilla 6 to 8 minutes, until the top and edges are golden brown. Flip the quesadilla, and cook an additional 3 to 4 minutes. Cut into wedges and serve. Enjoy!

Prepare by January 11

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

Double Green Caesar Salad

15 Minutes to the Table

10 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Mixing Bowl
Baking Sheet
Large Skillet

FROM YOUR PANTRY

2 Eggs (optional)
Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Bread Cubes
Chickpeas
Kale & Spinach
Radish
Caesar Dressing

Good to Know

Hard-boiling made easy – Place eggs in a small saucepan and cover with cold water. Bring water to a boil, and then remove from heat and cover. Let stand 12 minutes and then drain and cold rinse the eggs. Refrigerate until ready to use.

You could serve this salad topped with chicken, salmon or shrimp in place of the eggs if you prefer.

Health Snapshot per serving (serves 1, including eggs) 960 Calories, 50g Fat, 90g Carbs, 40g Protein, 25 WW+ Points

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

INGREDIENTS: Kale, Spinach, Chickpeas, Sourdough Bread, Olive Oil, Radish, Parmesan, White Wine Vinegar, Lemon, Miso, Black Pepper

meezmeals

1. **Getting Started**

Preheat your oven to 400 and hard-boil your eggs, if using.

2. **Make the Croutons**

Toss the **Bread Cubes** with 2 Tbsp of olive oil and a generous pinch of salt and pepper. Mix thoroughly until coated.

Spread bread cubes in a single layer on a baking sheet and bake until golden brown, about 7 to 10 minutes.

3. **Cook the Greens**

Heat a large skillet over medium-high heat with 1 Tbsp of oil. When the oil is hot and smoking, add the **Chickpeas** and cook for 3 to 4 minutes. Mix in the **Kale & Spinach** and cook until partially wilted. Transfer the greens and chickpeas to a bowl and refrigerate for 5 minutes (or longer).

4. **Put It All Together**

When ready to serve, peel and slice your hard-boiled eggs. Toss greens with **Radish**, eggs, croutons, **Caesar Dressing** and salt and pepper to taste. Enjoy!

Cook by January 11

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

Southwestern Side Salad

5 Minutes to the Table

5 Minutes Hands On

Getting Organized

EQUIPMENT

Mixing Bowl

FROM YOUR PANTRY

Salt & Pepper

4 MEEZ CONTAINERS

Avocado

Spinach

Corn Mix

Buttermilk Chipotle

Dressing

Put It All Together

Dice the **Avocado** into small pieces.

Combine the **Spinach, Corn Mix**, diced avocado and half of the **Buttermilk Chipotle Dressing**. Season with salt and pepper and top with the remaining dressing to taste.

Good to Know

Health Snapshot per serving (serves 2)

340 Calories, 10g Protein, 25g Fat, 15g Carbs
9 WW+ Points

Have Questions?

We're standing by at 773.916.6333

INGREDIENTS: Avocado, Spinach, Black Beans, Corn, Queso Fresco, Buttermilk, Mayonnaise, Red Onion, Chipotles, Garlic, Herbs and Spices

Prepare by January 11

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

Apple Blueberry Cobbler

40 *Minutes to the Table*

10 *Minutes Hands On*

2 Whisks *Easy*

Getting Organized

EQUIPMENT

Mixing Bowl
Oven-Safe Skillet
(or 10x10
casserole dish)

From Your Pantry
6 Tbsp Butter

3 MEEZ CONTAINERS
Apples & Berries
Cobbler Topping
Balsamic Yogurt

Good to Know

Keep your butter cold until you're ready to add it to the topping mix – this will ensure a super crumbly texture.

The balsamic yogurt is optional. Try it in small dollops first. If it's not your thing, the cobbler is great topped with vanilla ice cream.

Health Snapshot per serving (serves 4)

220 Calories, 10g Fat, 40g Carbs, 35g Sugar
6 WW+ Points

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

INGREDIENTS: Apples, Blueberries, Greek Yogurt, Brown Sugar, Flour, Oats,
Balsamic Vinegar

meezmeals

1. **Getting Started**

Preheat your oven to 375.

2. **Cook the Fruit**

Put the **Apples & Berries** in a small oven-safe skillet. (Ideally, they should be snug, but in a single layer.) Bake 10 minutes.

3. **Make the Cobbler**

Put the **Cobbler Topping** into a mixing bowl. Cut 6 Tbsp cold butter into small pieces. Toss the butter into the topping mix using your hands (or a fork), mixing for a minute or two until the butter is in pea-sized pieces.

Spread over the cooked fruit and return to the oven until golden brown and lightly flaky, about 25 minutes.

Serve topped with the **Balsamic Yogurt** and enjoy!

Love this recipe? #meezmagic

Prepare by January 11

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

Health Snapshot

Quinoa Enchilada Bake

770 Calories
40 g Protein
25 g Fat
95 g Carbs
10 g Fiber
1,035 mg Sodium

19 WW+ Points

230% Vitamin A
75% Vitamin C
50% Calcium

Thai Green Curry Soup

440 Calories
30 g Protein
20 g Fat
50 g Carbs.
10 g Fiber
280 mg Sodium

13 WW+ Points

200% Vitamin A
80% Calcium
25% Vitamin C

Cauliflower Farro Bowl

490 Calories
20 g Protein
20 g Fat
75 g Carbs.
10 g Fiber
290 mg Sod.

14 WW+ Points

155% Vitamin C
40% Folate
40% Vitamin B6

Parmesan Shells

640 Calories
30 g Protein
15 g Fat
105 g Carbs.
20 g Fiber
685 mg Sod.

16 WW+ Points

260% Vitamin A
50% Vitamin C
45% Calcium

Edamame Foldover

715 Calories
20 g Protein
40 g Fat
75 g Carbs.
20 g Fiber
145 mg Sodium

20 WW+ Points

255% Vitamin A
245% Vitamin C
30% Calcium

Lighten Up Option

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

Enchilada

No cheese, $\frac{3}{4}$
beans & corn, $\frac{3}{4}$
enchilada sauce

500 Calories
10 g Fat
12 WW+ Points

Curry Soup

No changes

440 Calories
20 g Fat
13 WW+ Points

Bowl

No changes

490 Calories
20 g Fat
14 WW+ Points

Shells

No Parmesan, $\frac{3}{4}$
pasta

470 Calories
10 g Fat
12 WW+ Points

Foldover

$\frac{1}{2}$ Hummus and
Vinaigrette

470 Calories
25 g Fat
14 WW+ Points

Health Snapshot

Pesto Pizza

730 Calories
25 g Protein
30 g Fat
90 g Carbs.
10 g Fiber
990 mg Sodium

19 WW+ Points

55% Vitamin C
50% Calcium
20% Vitamin A

Artichoke Quesadilla

835 Calories
35 g Protein
45 g Fat
70 g Carbs.
5 g Fiber
2,000 mg Sod.

23 WW+ Points

220% Vitamin A
80% Calcium
25% Vitamin C

Double Green Caesar

960 Calories
40 g Protein
50 g Fat
90 g Carbs.
15 g Fiber
1,380 mg Sodium

25 WW+ Points

595% Vitamin A
170% Vitamin C
140% Folate

Southwestern Side Salad

340 Calories
10 g Protein
25 g Fat
15 g Carbs.
10 g Fiber
475 mg Sod.

9 WW+ Points

30% Folate
25% Calcium
20% Vitamin A

Apple Berry Cobbler

220 Cal.
35 g Sugar
10 g Fat
40 g Carb.
>1 g Fiber
35 g Sod.

6 WW+ Pts.

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.