

# Fajita Bowl with Tomatillo Rice

There's something irresistible about fajita flavors fresh from the skillet. Between the sizzle of bell peppers and the smell of Mexican spices, it's the perfect recipe for a mouthwatering meal. Paired with tomatillo-spiked rice and queso fresco, the result is a bowl of goodness you'll fall head over heels for.

**25** Minutes to the Table

**10** Minutes Hands On

**1 Whisk** *Super Easy*

## Getting Organized

### EQUIPMENT

Saucepan  
Large Skillet

### FROM YOUR PANTRY

Vegetable Oil  
Salt & Pepper

### 5 MEEZ CONTAINERS

Rice  
Bell Peppers  
Fajita Seasoning  
Tomatillo Salsa  
Queso Fresco

## Make The Meal Your Own

**If you want to get a jump on dinner**, cook the rice in advance. That way, you'll have dinner ready in 10 minutes when you make the fajitas.

**Omnivore's Option** – Chicken breast is a tasty addition. Cook it in your skillet before adding the peppers, and leave it so it gets coated with the fajita seasoning as well.

## Good To Know

**If you're making the vegan version**, we've left the queso and sour cream out of your meal. The salsa will be less creamy, but equally delicious.

**Health snapshot per serving** – 570 Calories, 10g Fat, 20g Protein, 90g Carbs, 14 WW+ Points

**Lightened up snapshot** – 500 Calories, 5g Fat and 14 WW+ points with ½ the queso fresco.

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

INGREDIENTS: Bell Peppers, White Rice, Red Onion, Queso Fresco, Tomatillo, Sour Cream, Cornstarch, Lime Juice, Sugar, Cilantro, Jalapeno, Spices

meezmeals

### 1. Getting Organized

Put a saucepan of water on to boil.

### 2. Cook the Rice

Add the **Rice** to the boiling water and simmer uncovered for 20 to 25 minutes. Drain, transfer to a mixing bowl and set aside.

### 3. Cook the Peppers

Heat 3 Tbsp of oil in a large skillet over high heat. When the oil is smoking, add the **Bell Peppers** and cook 2 minutes. Sprinkle half of the **Fajita Seasoning** over the peppers and stir to coat. Cook 2 minutes then sprinkle the remaining seasoning over the peppers. Cook an additional 4 minutes, stirring frequently. Drain any excess oil from the pan.

*Your oil has to be really hot, or else the peppers will absorb it all. Turn on your stove fan in case it gets smoky.*

### 4. Put It All Together

Stir half of the **Tomatillo Salsa** into the rice. Season with salt and pepper to taste. Serve the rice topped with the seasoned peppers, **Queso Fresco** and remaining salsa. Enjoy!

*Love this recipe? #meezmagic*

Instructions for two servings.

**Meez Meals \* 1459 N. Elmwood Avenue \* Evanston \* Illinois \* Prepare by January 18**

## Pasta Fresca

We're hooked on fresh pasta (pasta fresca). It has a fresh flavor light years away from traditional semolina. We're cooking it up this week with a peppery parmesan cream sauce, roasted butternut squash and fresh spinach. The result? Simply delicious.

**40** Minutes to the Table

**20** Minutes Hands On

**2 Whisks** *Easy*

### Getting Organized

#### EQUIPMENT

Saucepan  
Large Skillet  
Rimmed Baking Sheet

#### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

#### 6 MEEZ CONTAINERS

Butternut Squash  
Fresh Pasta  
Onion  
Cream Sauce  
Spinach  
Parmesan Cheese

### Make The Meal Your Own

**Kids and picky eaters tip** – This cream sauce is a crowd pleaser, but if someone in your family doesn't love it, serve the dish with a simple olive oil drizzle, instead. The spinach, squash and Parmesan will still be delicious.

**Omnivore's Option** – Broiled salmon is great with this dinner. Serve it over the pasta and top with the Parmesan crisp.

### Good To Know

**If you're making the gluten-free version**, we've given you gluten-free pasta. Boil your pasta as you normally would while the squash is roasting and then toss with the spinach and sauce before serving topped with the Parmesan crisp.

**Health snapshot per serving** – 680 Calories, 25g Protein, 30g Fat, 70g Carbs, 17 WW+ Points

**Lightened up snapshot** – 505 Calories, 20g Fat and 13 WW+ Points when you use ½ the Parmesan and 2/3 of the cream sauce.

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

INGREDIENTS: Butternut Squash, Spinach, Fresh Egg Pasta, Half & Half, Parmesan, White Wine, Garlic, Concentrated Vegetable Stock, Black Pepper

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### 1. Getting Organized

Preheat your oven to 425.

### 2. Roast the Squash

Put the **Butternut Squash** on to a rimmed baking sheet, drizzle with 2 Tbsp. olive oil, and season with salt and pepper. Bake until crispy and golden, 15 to 25 minutes.

*Flip the squash halfway through the roasting time.*

While the squash is roasting, cut the **Fresh Pasta** into 1-inch strips.

### 3. Make the Sauce

Heat 1 Tbsp olive oil in a large skillet over high heat. Add the **Onion** and sauté 3 to 5 minutes until translucent. Add 1 Tbsp of flour and the butternut squash and cook 1 more minute. Add the **Cream Sauce** and bring to a boil, scraping the bottom of the pan. Lower heat and simmer for 3 to 5 minutes, until thickened.

*If the sauce is looking dry and clumpy, add another ½ cup of water.*

Stir the **Spinach** into the sauce until the spinach is mostly wilted and the sauce is thick, about 3 minutes. Add the fresh pasta into the sauce and stir to coat. Cook an additional 2 minutes.

### 4. Make the Parmesan Crisp

Heat a nonstick skillet over medium heat. Sprinkle the **Parmesan** into the pan, overlapping some pieces. Cook until it turns golden, flip and then cook until golden on the other side. Remove to a plate and break into large pieces. Serve pasta topped with Parmesan crisp. Enjoy!

*This step is optional. We love the crunch of the crisp, but you could just sprinkle the Parmesan over top of your finished dish.*

*Love this recipe? #meezmagic*

Instructions for two servings.

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# Crispy Wonton Cups with Peanut Satay Sauce

Back by popular demand! We're making crispy wonton tartlets, and filling them with kale, toasted coconut and edamame, then topping it all off with our favorite Thai peanut sauce. One taste and you'll be hooked. (Do note, a muffin tin is key to the magic on this one.)

**25** Minutes to the Table

**15** Minutes Hands On

**1 Whisk** *Super Easy*

## Getting Organized

### EQUIPMENT

Rimmed Baking Sheet  
Muffin Tin  
Mixing Bowl

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### 5 MEEZ CONTAINERS

Kale  
Coconut  
Wonton Wrappers  
Edamame  
Peanut Sauce

## Make The Meal Your Own

**Cooking with a picky eater?** This dinner is a crowd pleaser, and kids tell us the peanut sauce makes every veggie tasty.

**Want to put a different spin on this meal?** Serve the veggies and sauce over rice and top with crispy wonton strips.

## Good To Know

**Health snapshot per serving** – 570 Calories, 20g Protein, 15g Fiber, 16 WW+ Points.

**Lightened up snapshot** – 480 Calories, 20 g Fat and 15 WW+ Points by using just ¾ of the peanut sauce.

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

INGREDIENTS: Wontons, Kale, Edamame, Coconut, Peanut Butter, Rice Vinegar, Soy Sauce, Brown Sugar, Garlic, Ginger, Spices

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### 1. Getting Organized

Preheat your oven to 350.

### 2. Bake the Kale

Put your **Kale** onto a rimmed baking sheet and drizzle with olive oil, salt and pepper. Arrange in a single layer and bake it for 15 to 20 minutes until it's crispy in places. Five minutes before the kale is done, sprinkle the **Coconut** on top.

### 3. Bake the Wonton Cups

While the kale is cooking, brush or spray a muffin tin and the **Wonton Wrappers** with oil. Arrange 3 wonton wrappers in each muffin cup so that all of the sides of the tin are covered and an inch or two of overhang exists over the top. You should have 3 cups per person. Bake for 3 minutes.

Put the **Edamame** into a mixing bowl along with half of the **Peanut Sauce**. Mix it all together, then distribute the filling between the cups.

Bake until the wontons are caramel colored and you can lift the cups out a little bit without the bottoms falling out, about 10 to 15 minutes.

Fill the cups with the crisped kale, coconut and a little more sauce, if you'd like. Enjoy!

*Your goal is a single layer of wonton, except where the edges overlap.*

*We've given you plenty of sauce, so add more on top of the finished cups if you'd like. Chef Max says a little goes a long way, though, so go slow.*

*Love this recipe? #meezmagic*

Instructions for two servings.

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## Parmesan Risotto

Classic risotto with a twist. Tiny bites of sautéed cauliflower mixed up with creamy Parmesan risotto make a meal that's wholesome, filling and flat out delicious.

**30** Minutes to the Table

**30** Minutes Hands On

**2 Whisks** *Easy*

### Getting Organized

#### EQUIPMENT

- 2 Large Saucepans
- Skillet

#### FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper

#### 6 MEEZ CONTAINERS

- Onions & Garlic
- Arborio Rice
- White Wine
- Parmesan & Parsley
- Cauliflower
- Butter Beans

### Make The Meal Your Own

**Turn the leftovers into risotto cakes** - Add an egg for every four cups of risotto, form into cakes and then coat in breadcrumbs. These are great pan-fried or baked.

**Omnivore's Option** – Ground meat (chicken, turkey, pork) is a great addition. Cook it with the onion and garlic until browned. Drain the excess fat before adding the arborio.

**Want to save time on cleanup?** Sauté the cauliflower first, set aside and reuse the skillet to make the risotto.

### Good To Know

**If you're making the vegan version**, we've left the Parmesan out of your meal. Add an extra drizzle of olive oil to finish the risotto.

**Health snapshot per serving** – 710 Calories, 15g Fat, 35g Protein, 110g Carbs, 18 WW+ Points

**Lightened up snapshot** – 500 Calories, 20g Protein and 12 WW+ points without the Parmesan and parsley and  $\frac{3}{4}$  of the beans.

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

INGREDIENTS: Cauliflower, Butter Beans, Arborio Rice, Red Onion, Parmesan Cheese, White Wine, Lemon Juice, Parsley, Concentrated Vegetable Stock, Garlic, Herbs and Spices

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## 1. Getting Organized

Bring 3 cups of water to a boil and then reduce to a simmer.

## 2. Make the Risotto

Heat 1.5 Tbsp of olive oil in a saucepan or Dutch oven over medium heat. Add the **Onions & Garlic** and cook, stirring, until translucent and fragrant, about 5 minutes.

Add the **Arborio Rice** and cook, stirring frequently, 3 to 4 minutes, until lightly browned. Stir in the **White Wine**.

Add about a cup of your simmering water to the rice and stir. Let it cook 3 to 5 minutes, until the water is below the level of the rice. Add another cup and repeat until the rice is nice and creamy, about 20 minutes. When you're adding the last cup of water, add half of the **Parmesan & Parsley** with it.

*Max likes to use a skillet for his risotto. He uses a 10" skillet for a 2-serving meal.*

*Chef Max says, "Do not stir vigorously. A gentle treatment makes for a better end result."*

## 3. Sauté the Beans and Cauliflower

While the risotto is cooking, heat 2 Tbsp of oil in another skillet over high heat. Add **Cauliflower** and cook until lightly browned, about 10 minutes. Add **Butter Beans** and sauté an additional 5 minutes until lightly crispy.

## 4. Put It All Together

Lightly stir the cauliflower and beans into the risotto. Serve topped with the remaining Parmesan and parsley. Enjoy!

*Love this recipe? #meezmagic*

Instructions for two servings.

**Meez Meals \* 1459 N. Elmwood Avenue \* Evanston \* Illinois \* Prepare by January 18**



# Lemon Chai Brussels Sprouts Over Pearl Couscous

We crave the sunny flavors of the Mediterranean this time of year. One bite of this gem, and we were transported. The magic comes from a lemon-chai vinaigrette, which has a depth of flavor that pairs perfectly with crispy brussels sprouts. We're serving it over pearl couscous with feta and walnuts. The result is simple and delicious.

**15** Minutes to the Table

**10** Minutes Hands On

**1 Whisk** *Super Easy*

## Getting Organized

### EQUIPMENT

Rimmed Baking Sheet  
Saucepan

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### 5 MEEZ CONTAINERS

Brussels Sprouts  
Couscous  
Lemon-Chai  
Vinaigrette  
Feta Cheese  
Walnuts

## Make The Meal Your Own

**Cooking with a picky eater?** Try serving this over pasta, instead.

**Omnivore's Option** – Broiled halibut is delicious on top of this dinner.

## Good To Know

**If you're making the gluten-free version**, we've given you quinoa. Cooking it up is easy. Just bring 2.5\* cups of water to a boil, then add the quinoa and a dash of salt. Cover and lower the heat to a simmer. Cook for 12-15 minutes, until the grain blooms and most of the liquid is absorbed. Fluff it up and let it sit covered for 5 minutes more. (If you have leftover liquid, simply drain it off.)

**If you're making the vegan version**, we're skipping the feta. Add an extra pinch of salt and you'll be all set.

**Health snapshot per serving** – 835 Calories, 30g Protein, 10g Fiber, 25 WW+ Points

**Lightened up snapshot** – 500 Calories, 45 g Fat and 17 WW+ points with half the couscous and no cheese.

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

INGREDIENTS: Brussels Sprouts, Couscous, Feta Cheese, Olive Oil, Walnuts, Lemon, Green Onions, Brown Sugar, Garlic, Spices

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**1. Get Organized**

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

**2. Roast the Brussels Sprouts**

Put the **Brussels Sprouts** onto a rimmed baking sheet and drizzle with olive oil, salt and pepper. Toss well, then arrange in a single layer and bake for 10 to 12 minutes, until lightly brown.

**3. Cook the Couscous**

While the sprouts are cooking, bring a large pot of water to a boil. Salt generously and add the **Couscous**. Cook for 5 to 10 minutes until al dente. Drain and return to the saucepan and set aside until the sprouts are done cooking.

**4. Put It All Together**

When the sprouts are done, add to the cooked couscous and the **Lemon-Chai Vinaigrette**. Toss well and heat medium for 2 minutes.

Top with the **Feta Cheese** and **Walnuts** and enjoy!

*Love this recipe? #meezmagic*

Instructions for two servings.

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# Fresh Orchard Salad

5 Minutes to the Table

5 Minutes Hands On

## Getting Organized

### EQUIPMENT

Mixing Bowl

### FROM YOUR PANTRY

Salt & Pepper

### 5 MEEZ CONTAINERS

Apple

Cooked Farro

Feta

Celery & Beets

Strawberry

Vinaigrette

## Put It All Together

Wash and cut the **Apple** into bite-size pieces, then put into a mixing bowl with **Cooked Farro, Feta, Celery & Beets** and half of the **Strawberry Vinaigrette**. Add salt and pepper and more vinaigrette to taste. Enjoy!

## Good to Know

### **Health Snapshot per serving (serves 1)**

570 Calories, 5g Protein, 20g Fat, 70g Carbs  
12 WW+ Points

### **Have Questions?**

We're standing by at 773.916.6333

INGREDIENTS: Celery, Cooked Farro, Apple, Beets, Feta Cheese, Strawberry Jam, Pecans, Olive Oil, White Vinegar, Lime, Garlic, Spices

Prepare by January 18

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# Chevre Side Salad

5 Minutes to the Table

5 Minutes Hands On

## Getting Organized

### EQUIPMENT

Mixing Bowl

### FROM YOUR PANTRY

Salt & Pepper

### 4 MEEZ CONTAINERS

Carrots & Kohlrabi

Goat Cheese

Vinaigrette

Sesame Croutons

## Put It All Together

Put the **Carrots & Kohlrabi** into a large mixing bowl and toss with half of the **Goat Cheese Vinaigrette**. Add salt and pepper and more vinaigrette to taste. Top with the **Sesame Croutons**. That's it, enjoy!

## Good to Know

### **Health Snapshot per serving (serves 2)**

275 Calories, 10g Protein, 10g Fat, 10g Fiber  
16 WW+ Points

### **Have Questions?**

We're standing by at 773.916.6333

INGREDIENTS: Carrots, Kohlrabi, Goat Cheese, Olive Oil, Sesame Sticks, Champagne Vinegar, Brown Sugar, Basil, Spices

Prepare by January 18

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

# Peanut Butter Cup Pie

**35** *Minutes to the Table*

**15** *Minutes Hands On*

**2 Whisks** *Easy*

## Getting Organized

### EQUIPMENT

Baking Sheet  
Saucepan

### FROM YOUR PANTRY

Parchment  
Paper  
2 Tbsp Butter

### 4 MEEZ CONTAINERS

Peanut Butter Mix  
Oats & Dates  
Peanut Butter  
Frosting  
Chocolate Chips

## Good to Know

**Make this treat when you have time** – Make the crust in advance, then spread with the chocolate chips and frosting when you're about ready to eat.

### **Health Snapshot per serving (serves 4)**

710 Calories, 35g Fat, 90g Carbs, 10g Fiber  
20 WW+ Points

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

INGREDIENTS: Oats, Peanut Butter, Chocolate Chips, Agave, Dates,  
Cream Cheese, Brown Sugar, Butter, Spices

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### 1. **Getting Organized**

Preheat your oven to 375 and line a baking sheet with parchment paper or a silicone baking mat. Take the **Peanut Butter Frosting** (the tub with the chocolate chip in it) out of the fridge to warm up.

### 2. **Make the Cookie Crust**

Heat the **Peanut Butter Mix** in a small saucepan over low heat with 2 Tbsp butter until just melted. Cook 3 to 5 minutes, stirring constantly, until melted. Add the **Oats & Dates** and stir until the mixture comes together like a dough.

Remove the dough to your parchment-lined baking sheet and press into a large, flat cookie. You can make it square, round or any shape in between, but we recommend aiming for ¼" thickness.

### 3. **Finish the Dessert**

Bake the cookie crust for 10 minutes. Remove from the oven and let cool for 5 minutes. Sprinkle the **Chocolate Chips** evenly over the top and return to the oven for 3 additional minutes. Remove from the oven and use a knife to spread the chocolate evenly over the cookie crust. Let cool for 5 minutes. Cut into wedges and serve with peanut butter frosting spread on top. Enjoy!

*Love this recipe? #meezmagic*

Prepare by January 18

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

# Black Bean and Pineapple Quesadilla

**20** *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

Tortillas

Cheese

Corn & Pineapple

Spiced Beans

## Good to Know

**Want a simpler version of this?** Skip the corn and pineapple and serve as a salsa on the side instead.

### **Health Snapshot per serving (serves 1)**

900 Calories, 40g Fat, 10g Fiber, 24 WW+ Points

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

INGREDIENTS: Flour Tortillas, Black Beans, Quesadilla Cheese, Corn, Pineapple, Water, Herbs and Spices

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### 1. Getting Organized

Preheat your oven to 400.

### 2. Prep the Tortillas

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.

### 3. Build the Quesadilla

Spread the **Spiced Black Beans** on the tortilla. Sprinkle the **Corn & Pineapple Mix** on top of the beans and then top everything with **Cheese**. Top with the second tortilla, oiled-side up, and gently press down.

### 4. Put It All Together

Bake the quesadilla 8 to 10 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!

*Love this recipe? #meezmagic*

Prepare by January 18  
**Meez Meals \* 1459 N. Elmwood Avenue \* Evanston \* Illinois**



# Butternut Squash Grilled Cheese with Basil Pesto

## Getting Organized

### EQUIPMENT

Baking Sheet

### FROM YOUR PANTRY

Vegetable Oil

### 4 MEEZ CONTAINERS

Whole Wheat

Baguette

Butternut Squash

Mozzarella

Basil Pesto

## Good to Know

### **Health Snapshot per serving (serves 1)**

685 Calories, 35g Fat, 55g Carbs, 40g Protein

18 WW+ Points

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

**25** *Minutes to the Table*

**5** *Minutes Hands On*

**1 Whisk** *Super Easy*

INGREDIENTS: Whole Wheat Baguette, Butternut Squash, Mozzarella, Basil, Olive Oil, Parmesan, Lemon Juice, Garlic

meezmeals

### 1. Getting Organized

Preheat your oven to 400.

### 2. Roast the Squash and Toast the Bread

Toss the **Butternut Squash** with 1 Tbsp of oil and spread in a single layer on a baking sheet. Roast for 7 to 10 minutes until soft. Move to one side of the baking sheet.

While the squash is roasting, slice the **Whole Wheat Baguette** in half horizontally and toast directly on your oven rack cut-side down until warm and lightly toasted, about 90 seconds.

### 3. Make the Sandwich

Spread the **Basil Pesto** on one side of the baguette and then top with half of the **Mozzarella** and all of the roasted squash. Sprinkle the remaining half of the mozzarella on top. Place the sandwich on the baking sheet and gently press down to close.

Bake 8 to 10 minutes until the cheese is melted. Remove from the oven and, using a spatula, press down on the sandwich to flatten. Enjoy!

*Love this recipe? #meezmagic*

Prepare by January 18

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

# Three Kale Salad

**5** Minutes to the Table

**5** Minutes Hands On

## Getting Organized

### EQUIPMENT

Mixing Bowl

### FROM YOUR PANTRY

Salt & Pepper

### 5 MEEZ CONTAINERS

Kale

Fennel

Almonds

Radish

Dressing

## Put It All Together

Toss the **Kale** and **Fennel** with half of the **Dressing** in a mixing bowl. Top with **Radish** and **Almonds** and season with salt and pepper and more dressing to taste. Enjoy!

## Good to Know

### **Health Snapshot per serving (serves 2)**

295 Calories, 5g Protein, 25g Fat, 10g Fiber  
16 WW+ Points

### **Have Questions?**

We're standing by at 773.916.6333

INGREDIENTS: Kale, Fennel, Avocado, Almonds, Radish, Olive Oil, White Wine Vinegar,  
Lemon Juice, Green Onion, Garlic, Herbs, Honey

Prepare by January 18

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

## Health Snapshot

### Fajita Bowl with Tomatillo Rice

570 Calories  
20 g Protein  
10 g Fat  
90 g Carbs  
< 5 g Fiber  
240 mg Sodium

14 WW+ Points

530% Vitamin C  
40% Folate  
25% Calcium

### Pasta Fresca

680 Calories  
25 g Protein  
30 g Fat  
70 g Carbs.  
10 g Fiber  
1,460 mg Sodium

17 WW+ Points

435% Vitamin A  
120% Vitamin C  
100% Calcium

### Crispy Wonton Cups

570 Calories  
20 g Protein  
25 g Fat  
80 g Carbs.  
15 g Fiber  
1,110 mg Sodium

16 WW+ Points

155% Vitamin A  
105% Vitamin C  
10% Calcium

### Parmesan Risotto

710 Calories  
35 g Protein  
15 g Fat  
110 g Carbs.  
15 g Fiber  
1,415 mg Sod.

18 WW+ Points

160% Vitamin C  
65% Folate  
60% Calcium

### Lemon Chai Brussels Sprouts

835 Calories  
30 g Protein  
55 g Fat  
80 g Carbs.  
10 g Fiber  
700 mg Sod.

25 WW+ Points

300% Vitamin C  
45% Folate  
35% Vitamin A

### Lighten Up Option

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

#### Fajita Bowl

*½ cheese*

500 Calories  
5 g Fat  
14 WW+ Points

#### Pasta Fresca

*½ Parmesan, 2/3 cream sauce*

505 Calories  
20 g Fat  
13 WW+ Points

#### Wonton Cups

*¾ of peanut sauce*

480 Calories  
20 g Fat  
15 WW+ Points

#### Risotto

*No Parmesan, ¾ beans*

500 Calories  
< 5 g Fat  
12 WW+ Points

#### Brussels

*½ couscous, no cheese*

500 Calories  
45 g Fat  
17 WW+ Points

# Health Snapshot

## **Fresh Orchard Salad**

570 Calories  
5 g Protein  
20 g Fat  
70 g Carbs.  
20 g Fiber  
300 mg Sod.

12 WW+ Points

440% Vitamin C  
300% Vitamin A  
25% Calcium

## **Chevre Side Salad**

275 Calories  
10 g Protein  
10 g Fat  
45 g Carbs.  
10 g Fiber  
215 mg Sod.

16 WW+ Points

275% Vitamin A  
40% Vitamin C  
15% Calcium

## **Grilled Cheese with Basil Pesto**

685 Calories  
40 g Protein  
35 g Fat  
55 g Carbs.  
10 g Fiber  
1,280 mg Sodium

18 WW+ Points

170% Vitamin A  
110% Calcium  
35% Vitamin C

## **Black Bean Quesadilla**

900 Calories  
40 g Protein  
40 g Fat  
105 g Carbs.  
10 g Fiber  
1,445 mg Sod.

24 WW+ Points

70% Calcium  
50% Folate  
20% Vitamin C

## **Peanut Butter Cup Pie**

710 Cal.  
50 g Sugar  
35 g Fat  
90 g Carb.  
10 g Fiber  
705 g Sod.

20 WW+ Pts.

80% Vitamin B-6  
70% Vitamin A  
35% Calcium

*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.*