

# Vegetable Pot Pie

Is there anything cozier than a classic pot pie? Start with a warm, creamy filling dotted with fresh vegetables and top it with a buttery, flaky pie crust, and you've got magic. This week's recipe is a delicious medley of sweet potatoes, green edamame, sweet corn and earthy mushrooms. Yum!

**45** Minutes to the Table

**20** Minutes Hands On

**1 Whisk** *Super Easy*

## Getting Organized

### EQUIPMENT

Large Skillet  
Casserole Dish or  
Loaf Pan

### FROM YOUR PANTRY

Olive Oil or Butter  
1 ½ Tbsp of Flour  
Salt & Pepper

### 6 MEEZ CONTAINERS

Onions & Garlic  
Sweet Potatoes  
Cream Sauce  
Mushrooms  
Edamame & Corn  
Pie Crust

## Make The Meal Your Own

**This is a great make-ahead dinner.** You can cook the filling up to a day ahead. When you're ready to eat, just top with the pie dough and bake.

**Picky eaters tip** – We love the earthiness from the mushrooms, but if you're eating with someone who doesn't love the, puree them in a food processor and add to the filling before you top with the crust and bake.

**Omnivore's Option** – Roasted chicken is a traditional addition. Stir sliced, cooked chicken in with the edamame and corn before the pot pie goes into the oven.

## Good To Know

**A note on pan sizes.** Chef Max prefers to bake his pot pie in a deep, narrow pan like a loaf pan, but he says a casserole dish or oven-safe saucepan will work well too.

**Health snapshot per serving** – 680 Calories, 15g Protein, 30g Fat, 85g Carbs, 18 WW+ Points

**Lightened up snapshot** – 400 Calories, 10 g Fat and 10 WW+ points replacing the pie dough with ½ cup of panko breadcrumbs sprinkled over the filling before baking.

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

INGREDIENTS: Sweet Potato, Mushrooms, Edamame, Onion, Corn, White Wine, Half and Half, Pie Crust, Garlic, Miso, Concentrated Vegetable Stock, Herbs and Spices

*meez* meals

### 1. Getting Organized

Preheat your oven to 400.

### 2. Make the Filling

Heat 2 Tbsp of oil or butter in a large skillet on high heat. Add **Onion & Garlic** and cook until well browned, about 7 to 10 minutes. Add the **Sweet Potatoes** and cook for 4 minutes, stirring constantly. Add 1 ½ Tbsp of flour and cook for one minute while stirring and distributing the flour evenly around the pan.

Add the **Cream Sauce** and stir, scraping the browned bits off the bottom of the pan, until thick, about one minute. Add the **Mushrooms** and 1 ½ cup water and bring the mixture to a boil. Reduce heat and simmer for 5 to 7 minutes. Add the **Edamame & Corn** and mix well. Season with salt and pepper to taste.

### 3. Bake the Pot Pie

Transfer the filling to a casserole dish or loaf pan (see note on pan sizes) and top with the **Pie Crust**. Bake until crust is golden brown and flaky, about 20 to 25 minutes. Let cool slightly before serving. Enjoy!

*You'll want to use your biggest skillet or a large saucepan because all of the ingredients are cooked together.*

*We provide a thinner pie crust for the flakiness without all the calories.*

*Love this recipe? #meezmagic*

Instructions for two servings.

**Meez Meals \* 1459 N. Elmwood Avenue \* Evanston \* Illinois \* Prepare by January 25**

# Cashew Crusted Tofu with Thai Coconut Broth

Tofu goes center stage this week with a delicious cashew and panko crust. The meaty cashews and Japanese breadcrumbs create a nutty crisp crust for our tofu steak that we can't get enough of. What makes this dinner really magical, though, is the Thai coconut broth we're serving it in. Inspired by the classic Tom Kha, this dinner is unusual and ridiculously good.

**30** Minutes to the Table

**10** Minutes Hands On

**1 Whisk** Super Easy

## Getting Organized

### EQUIPMENT

Large Skillet  
Rimmed Baking Sheet  
Shallow Bowl

### FROM YOUR PANTRY

Olive Oil, Salt & Pepper  
Egg (optional)  
Sesame Oil (optional)

### 5 MEEZ CONTAINERS

Tofu Steaks  
Cashew Crust  
Cabbage  
Mushroom Medley  
Coconut Ginger Broth

## Make The Meal Your Own

**Picky eaters tip** – Add their favorite vegetable to the coconut ginger broth in place of the cabbage and mushrooms.

**If you want to simplify dinner**, make the soup ahead of time and cook the tofu when you're ready to eat.

## Good To Know

**If you're making the gluten-free version**, we've left the panko breadcrumbs out of your meal.

**If you're making the vegan version**, or if you don't have an egg in the house, skip the egg wash. Olive oil will work great too.

**Health snapshot per serving** – 650 Calories, 35 g Protein, 15 g Fiber, 20 WW+ Points

**Lightened up snapshot** – 495 Calories, 20 g Fat and 20 WW+ Points with  $\frac{3}{4}$  Tofu and Cashew Crust.

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

INGREDIENTS: Coconut Milk, Organic Tofu, Cabbage, Mushrooms, Cashews, Lime Juice, Soy Sauce, Brown Sugar, Panko Breadcrumbs, Lemongrass, Basil, Garlic, Ginger

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### 1. Getting Organized

Preheat your oven to 375.

### 2. Bake the Tofu

Break an egg into a small bowl along with 1 Tbsp. sesame oil (or use olive oil) and mix well, then brush the **Tofu Steaks** with the mix.

Put the **Cashew Crust** into a shallow bowl and add a pinch of salt and pepper. Put each piece of tofu into the bowl and pat the cashew crust so it covers all sides.

Put the tofu onto a rimmed baking sheet and pat the remaining cashew crust on the top and sides of the tofu. Bake until crispy, about 15 to 20 minutes.

### 3. Make the Broth

Once the tofu is cooking, heat 2 Tbsp. olive oil in a large skillet over medium-high heat. Add the **Cabbage** and cook until it's translucent, about 5 minutes. Add the **Mushroom Medley** and cook until they release their water, another 5 to 7 minutes.

Add the **Coconut Ginger Broth** and bring to a low simmer until hot to the touch.

### 4. Put It All Together

When the tofu is ready to go, it's time to plate. Put the tofu in bowls, and pour broth over the top. Enjoy!

*Love this recipe? #meezmagic*

*The cashew crust may not stick to the tofu steaks completely. That's OK.*

*We line our baking sheets with parchment paper to make clean up a breeze.*

Instructions for two servings.

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## Mediterranean Flatbread

How many yummy flavors can you put on one flatbread? We're rubbing a delicious sage glaze over fresh pizza dough, and then topping it with crispy kale, dates, capers and plenty of gouda cheese. A final drizzle of glaze on top finishes off this sunny, sophisticated flatbread.

**40** *Minutes to the Table*

**10** *Minutes Hands On*

**2 Whisks** *Easy*

### Getting Organized

#### EQUIPMENT

Rimmed Baking  
Sheet

#### FROM YOUR PANTRY

Flour  
Olive Oil  
Salt & Pepper

#### 5 MEEZ CONTAINERS

Kale  
Pizza Dough  
Sage Glaze  
Gouda & Mozzarella  
Dates & Capers

### Make The Meal Your Own

**Omnivore's Option** – Shrimp is a tasty addition. Add it in the last 10 minutes of cooking, tucked under the cheese.

**Cooking with a picky eater?** Skip the dates and capers on their portion.

### Good To Know

**If you're making the vegan version**, we've left the cheese out of your meal.

**Health snapshot per serving** – 745 Calories, 30g Protein, 10g Fiber, 20 WW+ Points

**Lightened up snapshot** – 490 Calories, 25 g Fat and 14 WW+ Points with half the cheese and half of the glaze.

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

INGREDIENTS: Kale, Whole Wheat Pizza Dough, Olive Oil, Gouda Cheese, Mozzarella Cheese, Dates, Cider Vinegar, Dates, Brown Sugar, Capers, Herbs and Spices

meez *meals*

### 1. Getting Organized

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

*Don't forget to take out the dough. Warmer dough is easier to work with!*

### 2. Bake the Kale

Put the **Kale** on a baking sheet and drizzle with 1 Tbsp olive oil, 1 Tbsp of water, and a generous pinch of salt. Toss well and bake until it starts to turn crisp, about 10 to 15 minutes.

### 3. Assemble the Flatbread

While 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 and ours are about 8" wide and 14" long.*

Spread 1/3 of the **Sage Glaze** over the dough, rubbing in with your fingers. Top with the baked kale, pushing it down on to the dough a bit. Top with the **Gouda & Mozzarella, Dates & Capers** and half of the remaining sage glaze. Bake until the crust is golden brown and the cheese melts, about 15 to 20 minutes.

*We may have given you extra toppings, don't worry! They make a great side dish!*

Drizzle more glaze over top if you'd like and enjoy!

*Love this recipe? #meezmagic*

Instructions for two servings.

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# Pasta with Spinach Pesto

Haven't had spinach pesto before? Neither had we, but once we tried it we were hooked. It gives a layer of flavor to the classic basil pesto that we love, to say nothing of the extra vitamin boost. We're making our version with plenty of lemon to keep things bright and mixing it up with roasted cauliflower bits, toasted pecans and whole wheat pasta. Yum!

**35** Minutes to the Table

**5** Minutes Hands On

**1 Whisk** *Super Easy*

## Getting Organized

### EQUIPMENT

Saucepan  
Rimmed Baking  
Sheet

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### 5 MEEZ CONTAINERS

Cauliflower  
Whole Wheat Pasta  
Spinach Pesto  
Pecans  
Parmesan Cheese

## Make The Meal Your Own

**Cooking with a picky eater?** This dinner is a crowd pleaser. If you want to sneak the cauliflower in, though, you could puree it instead of leaving it whole.

**Omnivore's Option** – Pancetta or bacon would be delicious with this dinner.

**Want to get a jump on dinner?** – Roast the cauliflower ahead of time. When you're ready to eat, reheat it in the microwave until warm.

## 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 Parmesan out of your meal. Just use an extra pinch of salt and pepper as you cook.

**Health snapshot per serving** – 645 Calories, 30g Protein, 20g Fiber, 12 WW+ Points

**Lightened up snapshot** – 500 Calories, 10 g Fat and 10 WW+ points with ½ pasta and no pecans.

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

INGREDIENTS: Cauliflower, Whole Wheat Pasta, Spinach, Pecans, Parmesan Cheese, Olive Oil, Lemon, Basil, Garlic, Spices

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## 1. Getting Organized

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

## 2. Roast the Cauliflower

Put the **Cauliflower** on to a rimmed baking sheet, drizzle with olive oil and sprinkle with salt and pepper. Toss well and arrange in a single layer. Bake until the cauliflower is golden brown in places, about 15 to 25 minutes; stir once or twice while it's cooking.

*We line our baking sheets with parchment paper to make clean up a breeze.*

## 3. Cook the Pasta

When the cauliflower is about 10 minutes away from being done, salt the pasta water generously, then add the **Whole Wheat Pasta** and cook until al dente, 7 to 9 minutes. Reserve a cup of pasta water and drain, then return to the pan.

*When we say "salt generously," we mean it. Chef Max says it should taste like salt water.*

## 4. Put It All Together

Add the **Spinach Pesto** along with 1 to 2 Tbsp of olive oil to the cooked pasta. Mix well, then add some of the reserved pasta water if you'd like the sauce looser.

*Don't skip the olive oil step! It brings out the flavors of the pasta.*

Mix in the roasted cauliflower, the **Pecans** and salt and pepper to taste. Top with the **Parmesan Cheese**.

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Instructions for two servings.

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# Puerto Rican Black Bean Burger

Inspired by a classic Puerto Rican jibarito, a sandwich made with flattened, fried green plantains instead of bread. We're making the Meez version with roasted plantains for a fuss-free preparation, and topping them with a baked black bean burger, fresh guacamole and mellow tomato salsa. It's a taste of the tropics just right for a cold night.

**30** Minutes to the Table

**20** Minutes Hands On

**2 Whisks** *Easy*

## Getting Organized

### EQUIPMENT

Baking Sheet  
Food Processor  
Mixing Bowl

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper  
1 Egg

### 5 MEEZ CONTAINERS

Black Beans  
Panko Breadcrumbs  
Plantains  
Salsa  
Avocado

## Make The Meal Your Own

**Want to make this more familiar?** Serve the burger on wheat buns and enjoy the roasted plantains on the side.

**Omnivore's Option** – Make it a Cuban by adding thinly sliced ham on top of the burger.

## Good To Know

**Health snapshot per serving** – 410 Calories, 20g Fat, 15g Protein, 50g Carbs, 10 WW+ Points

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

INGREDIENTS: Black Beans, Plantain, Avocado, Onion, Panko Breadcrumbs, Tomatoes, Lime Juice, Cilantro, Olive Oil, Garlic, Herbs and Spices

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### 1. Getting Organized

Preheat your oven to 400.

### 2. Crisp the Plantains

Split each of the **Plantains** in half horizontally. Remove the skins and, using the bottom of a skillet, flatten each half to about ½" thickness. Oil both sides of the plantains well and place on a baking sheet. Bake until the plantains are crispy, about 20 to 25 minutes.

### 3. Make the Burgers

While the plantains are cooking, add **Black Beans**, half the **Panko Breadcrumbs** and 1 egg to the bowl of your food processor. Pulse until the mixture comes together.

Form the mixture into 2 oblong patties, matching the shape of the plantains, and coat with remaining breadcrumbs. Place on a baking sheet cook until burgers are lightly browned, about 12 to 15 minutes.

*If the mixture seems too loose, let it rest for a few minutes - it will thicken up.*

*Cook the burgers until they start to brown. They'll be soft - that's how we like them.*

### 4. Make the Salsa and Serve

While everything is in the oven, put the **Avocado** and half of the **Salsa** in a mixing bowl and mash to combine. To serve, top one plantain with the avocado salsa, a black bean patty and the reserved salsa. Place a second plantain on top to sandwich. Enjoy!

*Love this recipe? #meezmagic*

Instructions for two servings.

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# Baked Rigatoni

A simple dinner the family will love. It starts with a classic tomato pomodoro sauce with fresh spinach pureed in for an extra boost of flavor and extra nutrition. The sauce is tossed with fresh broccoli and whole-wheat pasta, then served up with melted fontina cheese. The result is classic Italian made simple, healthy and delicious. (Did we mention the oven does all the work?)

**30** *Minutes to the Table*

**10** *Minutes Hands On*

**1 Whisk** *Super Easy*

## Getting Organized

### EQUIPMENT

Skillet  
Baking Sheet  
Casserole Dish

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### 4 MEEZ CONTAINERS

Rigatoni  
Fontina  
Broccoli  
Pomodoro Sauce

## Make The Meal Your Own

**This is a great make-ahead meal.** Make the pasta and sauce in advance. When you're ready to eat, roast the broccoli and assemble the pasta bake (step 4).

**Omnivore's Option** – Grilled or roasted chicken breast is a great addition. Toss it with the broccoli before serving with the baked pasta.

## Good To Know

**Health snapshot per serving** – 475 Calories, 15g Fat, 25g Protein, 60g Carbs, 12 WW+ Points

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

INGREDIENTS: Broccoli, Whole Wheat Rigatoni, Tomatoes, Fontina Cheese, Spinach, Onion, Garlic, Herbs

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## 1. Getting Organized

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

## 2. Cook the Pasta

Add the **Rigatoni** to the boiling water and cook 6 to 8 minutes until very al dente. Drain and return to the saucepan.

*The pasta will be cooked again, so you want it to have a bite.*

## 3. Bake the Pasta and Sauce

While the pasta is cooking, put ½ of the **Pomodoro Sauce** in a casserole dish and bake for 7 minutes. Remove from the oven and add the cooked rigatoni, mixing to coat. Bake until hot, about 5 minutes. Add the **Fontina** and cook until the cheese is melted, an additional 5 to 7 minutes.

*We're precooking the sauce to make sure the pasta stays al dente when they're baked together.*

## 4. Cook the Broccoli

While the pasta is baking, toss the **Broccoli** with 2 Tbsp of oil and spread on a baking sheet in a single layer. Bake the broccoli until bright green and fork tender, about 7 minutes. Mix the remaining pomodoro sauce into the broccoli and cook 1 to 2 more minutes until hot throughout.

## 5. Put It All Together

Serve the broccoli topped with a scoop of the pasta bake. Enjoy!

*Love this recipe? #meezmagic*

Instructions for two servings.

**Meez Meals \* 1459 N. Elmwood Avenue \* Evanston \* Illinois \* Prepare by January 25**

# Enchilada Casserole

Classic Mexican flavors in a no-fuss casserole. With sautéed mushrooms, sweet corn and a delicious enchilada sauce baked up with crispy tortillas and plenty of chihuahua cheese, this is a cozy dinner perfect for any day of the week.

**45** *Minutes to the Table*

**15** *Minutes Hands On*

**1 Whisk** *Super Easy*

## Getting Organized

### EQUIPMENT

Large Skillet  
Casserole Dish

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### 6 MEEZ CONTAINERS

Corn Tortillas  
Mushrooms  
Corn & Onions  
Enchilada Sauce  
Hot Sauce  
Chihuahua Cheese

## Make The Meal Your Own

**This is a great make-ahead meal.** Assemble the casserole through the first half of step 4. When you're ready to eat, top with the remaining tortillas and cheese and bake.

**Cooking with someone who doesn't love spice?** We've packed your hot sauce separately so you can choose your own heat level, but if you're cooking with someone who is spice-averse, you can leave it out completely; the enchilada sauce still packs plenty of flavor.

## Good To Know

**A note on pan sizes** – We recommend a 9x9 casserole dish if you're cooking for 1 or 2. If you're cooking for a crowd, a 9x13 pan will work best, but be sure to add a few minutes to your cook time.

**Health snapshot per serving** – 400 Calories, 10g Fat, 15g Protein, 65g Carbs, 10 WW+ Points

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

INGREDIENTS: Corn Tortillas, Corn, Button Mushrooms, Prepared Enchilada Sauce, Onion, Chihuahua Cheese, Tomato, Sriracha, Lemon Juice, Cilantro, Garlic, Herbs and Spices

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### 1. Getting Organized

Preheat your oven to 400.

### 2. Crisp the Tortillas

Brush or spray the **Tortillas** with oil and spread on a baking sheet. Bake 7 to 10 minutes until crispy.

### 3. Cook the Vegetables

While the tortillas are baking, heat 2 Tbsp of oil in a large skillet on high heat. Add the **Mushrooms** and cook until well browned, 7 to 10 minutes. Add the **Corn Mix** to the mushrooms and cook 5 minutes.

While the veggies are cooking, open the **Enchilada Sauce** and add the desired amount of **Hot Sauce** to taste.

*The mushrooms cook best undisturbed - don't stir more than once.*

*Half of the hot sauce makes this spicy, all of it makes it red hot.*

### 4. Assemble and Bake the Casserole

Break up 2 of the tortillas and spread on the bottom of your casserole dish. Top with ½ of the mushroom and corn mix and ¼ of the enchilada sauce. Repeat with a second layer: 2 broken up tortillas, the remaining mushroom and corn mix, and the rest of the enchilada sauce. Bake until the sauce is bubbling, 15 to 20 minutes.

Break up the last tortilla and sprinkle on top of the casserole. Top with **Chihuahua Cheese** and bake until the cheese is melted, about 5 to 7 minutes. Enjoy!

*Love this recipe? #meezmagic*

Instructions for two servings.

**Meez Meals \* 1459 N. Elmwood Avenue \* Evanston \* Illinois \* Prepare by January 25**

# Butternut & Black Bean Tacos

Classic and delicious. This recipe pairs roasted butternut squash with Mexican spiced black beans, all brought together with a creamy tomatillo salsa and fresh avocado. It's the way dinner should be.

**20** *Minutes to the Table*

**10** *Minutes Hands On*

**1 Whisk** *Super Easy*

## Getting Organized

### EQUIPMENT

Baking Sheet  
Skillet

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### 5 MEEZ CONTAINERS

Butternut Squash  
Spiced Beans  
Tomatillo Salsa  
Corn Tortillas  
Avocado

## Make The Meal Your Own

**Want to get a jump on dinner?** Roast the butternut squash in advance. We do, however, recommend waiting to cook the beans until you're ready to eat.

## Good To Know

**Your avocado will ripen best** if you take it out of the bag and leave it on the counter. If you're trying to ripen it faster, put it into a paper bag.

**Health snapshot per serving** – 520 Calories, 20g Fat, 80g Carbs, 15 g Protein, 13 WW+ Points

**Lightened up snapshot** – 440 Calories, 20g Fat and 11 WW+ points with ½ the tortillas.

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

INGREDIENTS: Butternut Squash, Corn Tortillas, Black Beans, Avocado, Tomatillo, Sour Cream, Lime Juice, Cilantro, Jalapeno, Spices

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### 1. Getting Organized

Preheat your oven to 400.

### 2. Roast the Squash

Toss the **Butternut Squash** with 2 Tbsp of olive oil and spread in a single layer on a baking sheet. Roast until crispy and lightly browned, 15 to 20 minutes.

### 3. Cook the Beans

While the squash is roasting, heat 1 Tbsp of oil in a skillet over medium-high heat. Add the **Spiced Beans** and cook 4 minutes, stirring occasionally (it's okay if some of the spices come off). Add 2 Tbsp of water and stir. Turn off heat and set aside.

### 4. Heat the Tortillas and Slice the Avocado

Wrap the **Tortillas** in foil and heat them in the oven until warm, about 3 to 5 minutes. (Alternatively, you can heat them directly over a low gas burner, about 30 seconds per side.) While the tortillas are heating, slice your avocado (see note).

*Cut the avocado in half.  
Whack your knife into the  
pit and twist gently to  
remove. Slice while still in  
the skin and then slide the  
slices out.*

### 5. Put It All Together

Taste the **Tomatillo Salsa** and season with salt and pepper to taste. Serve tortillas filled with beans, squash and avocado and top with tomatillo salsa to taste. Enjoy!

*Love this recipe? #meezmagic*

Instructions for two servings.

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# Greek Salad

5 Minutes to the Table

5 Minutes Hands On

## Getting Organized

### EQUIPMENT

Mixing Bowl

### FROM YOUR PANTRY

Salt & Pepper

### 4 MEEZ CONTAINERS

Brown Rice

Feta

Pita Chips

Marinated

Vegetables

## Put It All Together

Break the **Pita Chips** into pieces. Combine the **Brown Rice, Feta**, half of the broken chips and half of the **Marinated Vegetables** in a mixing bowl. Season with salt and pepper and top with the remaining chips and marinated veggies to taste.

## Good to Know

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

520 Calories, 15g Protein, 60g Carbs, 25g Fat, 14 WW+ Points

### **Have Questions?**

We're standing by at 773.916.6333

INGREDIENTS: Cucumber, Brown Rice, Pita Chips, Feta, Yogurt, Mayonnaise, Red Wine Vinegar, Brown Sugar, Lemon Juice, Garlic, Herbs

Prepare by January 25

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

# Meals for Good Triple 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 25

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

# Pumpkin Bread with Spiced Brown Sugar Butter

## Getting Organized

### EQUIPMENT

8 x 8 or 9 x 9 Baking  
Pan

### FROM YOUR PANTRY

2 Eggs  
½ Cup Melted  
Butter  
Butter or Spray Oil

### 3 MEEZ CONTAINERS

Bread Mix  
Pumpkin Mix  
Brown Sugar  
Butter

INGREDIENTS: Pumpkin, Flour, Sugar, White Chocolate Chips,  
Sour Cream, Brown Sugar, Baking Soda, Almond Extract,  
Vanilla, Spices

## Good to Know

**Prefer cupcakes?** Cook these up in muffin tins for 20 to 30 minutes. If you have cupcake liners, make sure to use them. Otherwise, spray or butter the muffin tins before you pour in the batter.

### **Health Snapshot per serving (serves 4-8)**

540 Calories, 30g Fat, 70g Carbs, 35 g Sugar  
15 WW+ Points

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

**45** Minutes to the Table

**5** Minutes Hands On

**1 Whisk** Super Easy

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### 1. **Getting Started**

Preheat your oven to 350 and oil or butter your baking pan.

### 2. **Bake the Bread**

Put the **Bread Mix** into a large mixing bowl and stir.

Add the **Pumpkin Mix**, along with 2 eggs and ½ cup melted butter. Mix until just incorporated and pour into the prepared pan.

Bake until a toothpick comes out clean, 30 to 40 minutes. Let cool.

### 3. **Put It All Together**

When ready to serve, spread a thin layer of the **Brown Sugar Butter** over the top of the pumpkin bread. A little goes a long way, so spread it thin. Enjoy!

*Love this recipe? #meezmagic*

Prepare by January 25

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

# Single Serve Thai Pizza

**30** Minutes to the Table

**5** Minutes Hands On

**1 Whisk** Super Easy

## Getting Organized

### EQUIPMENT

Baking Sheet

### FROM YOUR PANTRY

Olive Oil

Flour

### 4 MEEZ CONTAINERS

Carrots

Pizza Dough

Peanut Sauce

Coconut

## Good to Know

**Make it your own** – Chopped cilantro, bean sprouts or chopped peanuts are all great toppers if you want to add something extra.

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

775 Calories, 20g Protein, 35g Fat, 22 WW+ Points

### **Lightened up snapshot** (1/4 coconut, 1/2 sauce)

500 Calories, 15g Protein, 15g Fat, 13 WW+ Points

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

INGREDIENTS: Whole Wheat Pizza Dough, Carrot, Peanut Butter, Coconut, Rice Vinegar, Soy Sauce, Brown Sugar, Garlic, Herbs and Spices

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### 1. **Getting Organized**

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

### 2. **Roast the Carrots**

Toss the **Carrots** with 1 Tbsp of oil and spread in a single layer on a baking sheet. Roast until lightly browned at the edges, about 7 to 10 minutes, and then move the carrots to one side of the baking sheet to make room for the pizza.

### 3. **Make the Pizza**

While the carrots 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. Spread the **Peanut Sauce** on the dough and then top with roasted carrots. Bake 10 minutes, sprinkle the top with **Coconut** and then bake until the crust is brown, another 3 to 5 minutes. Enjoy!

*Love this recipe? #meezmagic*

Prepare by January 25

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

# Single Serve 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 & Beans

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 (serves 1)**

805 Calories, 40g Fat, 75g Carbs, 40g Protein

22 WW+ Points

### **Lightened up snapshot** (1 tortilla, ½ the cheese)

490 Calories, 20g Fat, 60g Carbs, 13 WW+ 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

meezmeals

## 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 & Beans** 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!

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## Health Snapshot

<b>Vegetable Pot Pie</b>	<b>Cashew Crusted Tofu</b>	<b>Mediterranean Flatbread</b>	<b>Pasta with Spinach Pesto</b>	<b>Black Bean Burger</b>
680 Calories	650 Calories	745 Calories	645 Calories	410 Calories
15 g Protein	35 g Protein	30 g Protein	30 g Protein	15 g Protein
30 g Fat	35 g Fat	45 g Fat	30 g Fat	20 g Fat
85 g Carbs	80 g Carbs.	60 g Carbs.	80 g Carbs.	50 g Carbs.
10 g Fiber	15 g Fiber	10 g Fiber	20 g Fiber	15 g Fiber
825 mg Sodium	960 mg Sodium	950 mg Sodium	1,000 mg Sod.	65 mg Sod.
18 WW+ Points	20 WW+ Points	20 WW+ Points	12 WW+ Points	10 WW+ Points
460% Vitamin A	120% Calcium	395% Vitamin A	180% Vitamin C	60% Folate
60% Vitamin C	90% Vitamin C	100% Vitamin	95% Folate	20% Vitamin B-6
25% Vitamin B-6	40% Iron	70% Calcium	85% Vitamin A	20% Vitamin C

### Lighten Up Option

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

<b>Pot Pie</b>	<b>Crusted Tofu</b>	<b>Flatbread</b>	<b>Pasta</b>	<b>Burger</b>
<i>Replace pie crust with panko</i>	<i>¾ Tofu and Cashew Crust</i>	<i>½ Cheese, ½ Date Glaze</i>	<i>No Pecans, ½ Pasta</i>	<i>No changes</i>
400 Calories	430 Calories	490 Calories	315 Calories	410 Calories
10 g Fat	20 g Fat	25 g Fat	10 g Fat	20 g Fat
10 WW+ Points	17 WW+ Points	14 WW+ Points	10 WW+ Points	17 WW+ Points

# Health Snapshot

<b>Greek Salad</b>	<b>3 Kale Salad</b>	<b>Thai Pizza</b>	<b>Green Quesadilla</b>	<b>Pumpkin Bread</b>
520 Calories	295 Calories	775 Calories	805 Calories	540 Cal.
15 g Protein	5 g Protein	20 g Protein	40 g Protein	35 g Sugar
25 g Fat	25 g Fat	35 g Fat	40 g Fat	30 g Fat
60 g Carbs.	20 g Carbs.	110 g Carbs.	75 g Carbs.	70 g Carbs.
10 g Fiber	10 g Fiber	15 g Fiber	10 g Fiber	
1,085 mg Sod.	65 mg Sod.	2,465 mg Sodium	1,625 mg Sod.	
14 WW+ Points	16 WW+ Points	22 WW+ Points	22 WW+ Points	15 WW+ Pts.
25% Calcium	390% Vitamin A		110% Vitamin A	
15% Vitamin B-6	115% Vitamin C		80% Calcium	
10% Vitamin A	30% Vitamin E		30% Vitamin C	

*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.*