

Tortilla Soup

A southwestern classic. This cozy soup stars roasted sweet potatoes and black beans in a Mexican-spiced tomato soup with crispy tortillas. Topped with white cheddar, it's a dinner the whole family will love.

30 *Minutes to the Table*

15 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Saucepan

FROM YOUR PANTRY

Olive Oil

Salt & Pepper

5 MEEZ CONTAINERS

Onions & Garlic

Sweet Potatoes

Tomatoes & Beans

Corn Tortilla

Cheddar Cheese

Make The Meal Your Own

This is a great make-ahead meal. Cook the soup up to 4 days ahead of time, leaving off the toppers. While the soup reheats, crisp the tortilla strips in the toaster or oven.

A note about leftovers – The soup will be thicker as the water absorbs, so thin it with a little water until the desired consistency is reached.

Omnivore's Option – Turn this into a classic tortilla soup with the addition of chicken. Use leftovers or chopped rotisserie chicken and add it with the tomato and beans.

Good To Know

Health snapshot per serving – 565 Calories, 15g Fat, 25g Protein, 85g Carbs, 14 WW+ Points

Lightened up snapshot – 440 Calories, 5g Fat and 10 WW+ points with ¼ of the cheese.

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

INGREDIENTS: Sweet Potato, Tomato, Black Beans, Onion, Corn Tortillas, White Cheddar, Concentrated Vegetable Base, Garlic, Herbs and Spices

meezmeals

1. Getting Organized

Preheat your toaster or conventional oven to 350.

2. Cook the Vegetables

Heat 2 Tbsp of oil in a large saucepan over high heat. Add the **Onions & Garlic** and cook until browned, 5 to 7 minutes. Add the **Sweet Potatoes** and cook for an additional 5 minutes, stirring frequently.

3. Make the Soup

Stir in 2 cups of water and the **Tomatoes & Beans**. Bring the soup to a boil, reduce heat and cook at a simmer for 10 minutes.

4. Toast the Tortillas

While the soup is simmering, stack the **Corn Tortillas** on a cutting board and cut into even strips. Brush or spray 2/3 of the strips with oil and toast in a toaster or conventional oven for 5 to 7 minutes until crispy.

Season the tortillas with salt and pepper to your taste.

Add the other third of the strips to the soup and cook until slightly thickened, 5 to 7 minutes. Season with salt and pepper to taste.

5. Put It All Together

Serve the soup with **Cheddar Cheese** and the remaining crispy tortilla strips on top. Enjoy!

Love this recipe? #meezmagic

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois * Prepare by February 1

Hawaiian Paella

The idea for this dinner started with roasted pineapple. We told Chef Max how much we love roasting the tropical fruit and asked him to brainstorm more dishes. When he suggested paella cooked up in a Hawaiian soy-ginger sauce, topped with roasted pineapple and baked tofu, we knew we had a winner.

30 *Minutes to the Table*

5 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet
Rimmed Baking Sheet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Pineapple & Celery
Coconut Soy Ginger
Sauce
Rice
Baked Tofu
Cashews

Make The Meal Your Own

Omnivore's Option – Pork loin is a tasty addition. Slice it thin, and then layer it on top of the vegetables. It will cook right on top.

Good To Know

The trick to this dish is to use a large skillet or frying pan that will be safe in the oven. The rice should fit in a thin layer so it can develop crusty bits on the bottom, which is our favorite part of paella.

Don't have an oven-safe skillet? No problem. You can transfer the paella to a large casserole dish, instead.

Health snapshot per serving – 660 Calories, 30g Protein, 10 g Fiber, 17 WW+ Points

Lightened up snapshot – 500 Calories, 10 g Fat and 14 WW+ Points when you leave out the cashews.

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

INGREDIENTS: Baked Tofu, Coconut Milk, Rice, Pineapple, Pineapple Juice, Celery, Onion, Soy Sauce, Cashews, Brown Sugar, Cilantro, Ginger, Garlic, Spices

meezmeals

1. Getting Organized

Preheat your oven to 375.

2. Roast the Pineapple & Celery

Put the **Pineapple & Celery** on a rimmed baking sheet. Drizzle with olive oil, salt and pepper, and bake until the celery is tender and golden brown in places, about 17 to 23 minutes.

3. Prepare the Paella

As soon as the veggies are in the oven, heat a large skillet over high heat and add $\frac{3}{4}$ of the **Coconut Soy Ginger Sauce** and 1 cup of water. Bring to a boil and add the **Rice** and **Baked Tofu**. Cook for one minute, and then sprinkle the **Cashews** over top.

Be sure to save $\frac{1}{4}$ of the Coconut Soy Ginger Sauce. You'll need it at the end to finish the dish.

4. Bake the Paella

Put the skillet into the oven for 15 minutes, then check to see if the water has been absorbed and the rice is tender. If it is, turn off the oven and let the rice sit in the oven for 5 more minutes.

If it's dry but not tender, add a little water and cook for 5 more minutes. If it's not dry and not tender, just let it cook another 5 minutes. Whenever the rice is done, turn off the oven and let the rice sit in the hot oven for 5 more minutes.

Resist the urge to stir the paella, let it cook undisturbed.

5. Put It All Together

Put the skillet back onto the stove over high heat for 2 to 3 minutes. Arrange the roasted pineapple and celery over the top of the paella, and drizzle with the remaining sauce. Enjoy!

The 2 to 3 minutes on the stove will help develop a bottom crust to the paella. It's our favorite part!

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois * Prepare by February 1

Toasted Gnocchi with Dates & Blue Cheese

If there's one flavor combination we love, it's dates and blue cheese. Salty and sweet, it's a classic pairing that we can't get enough of. Mix in some crispy-on-the-outside, tender-on-the-inside toasted gnocchi, spinach and an oregano vinaigrette, and you've got magic.

25 Minutes to the Table

10 Minutes Hands On

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Mixing Bowl
Large Skillet
Rimmed Baking Sheet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Whole Wheat
Gnocchi
Fennel
Spinach
Dates & Blue Cheese
Oregano Vinaigrette

Make The Meal Your Own

Not sure if you love fennel? Don't be scared. It has a reputation for tasting like licorice, but in this dish it simply adds a depth of flavor that we love.

Omnivore's Option – Pancetta or prosciutto is a classic addition to the dates and blue cheese in this dish. Fry in strips with the fennel.

Good To Know

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

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

Don't like blue cheese? We've sent you a mellow cheese, instead.

Health snapshot per serving – 570 Calories, 20g Fat, 15g Protein, 80g Carbs, 14 WW+ Points

Lightened up snapshot – 460 Calories, 15g Fat and 11 WW+ points with no cheese.

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

INGREDIENTS: Gnocchi, Spinach, Fennel, Blue Cheese, Dates, Red Wine Vinegar, Cider Vinegar, Herbs

meez meals

1. Getting Organized

Preheat your oven to 375.

2. Toast the Gnocchi

Put the **Whole Wheat Gnocchi** on a rimmed baking sheet, preferably lined with parchment paper, and drizzle with olive oil, salt and pepper. Bake until golden on the outside and tender on the inside, about 12 to 17 minutes. (Go ahead and test one out, just to be sure. But fair warning – it's hard to stop at just one.)

We love the crispy texture of toasted gnocchi. If you prefer softer gnocchi, though, boil it for 6-8 minutes.

3. Cook the Vegetables

After the gnocchi have been cooking for 10 minutes, get the vegetables cooking. Heat 2 Tbsp olive oil in a large skillet over medium-high heat. When it's good and hot, add the **Fennel** and cook until the edges are caramelized and the middle is tender, about 5 minutes. Add the **Spinach** and cook until it just starts to wilt, about one minute.

4. Put It All Together

Put the toasted gnocchi and cooked fennel and spinach into a large mixing bowl. Add the **Dates & Blue Cheese** and drizzle with half of the **Oregano Vinaigrette**. Toss well and add salt, pepper and olive oil to taste, along with more vinaigrette if you'd like. Enjoy!

Love this recipe? #meezmagic

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois * Prepare by February 1

Kung Pao Edamame with Udon Noodles

We're hooked on Kung Pao sauces. The spicy sweet flavor just makes stir fries come to life. We're cooking our version with edamame, carrots and red peppers, then serving it all over udon noodles with some peanuts to finish it all off. It's a speedy meal perfect any night of the week.

15 Minutes to the Table

15 Minutes Hands On

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet
Saucepan

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

4 MEEZ CONTAINERS

Asian Vegetables
Sesame Soy Sauce
Udon Noodles
Peanuts

Make The Meal Your Own

Cooking with a picky eater? Use just half the sauce and add more to taste.

Omnivore's Option – Shrimp is great in this dish. Add to the veggies and sauce.

Want a little extra kick? Add a pinch of crushed red pepper to the final dish.

Good To Know

If you're making the gluten-free version, we've given you rice noodles, instead. Cook until tender, about 5 minutes, drain and rinse under cold water.

Health snapshot per serving – 510 Calories, 20g Protein, 10g Fiber, 13 WW+ Points

Lightened up snapshot – 445 Calories, 15 g Fat and 11 WW+ Points when you use half the peanuts.

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

INGREDIENTS: Edamame, Udon Noodles, Carrots, Red Peppers, White Wine, Peanuts, Soy Sauce, Sambal, White Vinegar, Sesame Oil, Garlic

meez meals

1. Getting Organized

Bring a large pot of water to a boil.

A large pot of water gives the noodles lots of room to cook properly.

2. Cook the Vegetables

Heat 1 *Tbsp olive oil in a large skillet over medium-high heat. Add the **Asian Vegetables** along with a little salt and pepper and cook until the carrots are tender, about 5 to 7 minutes.

Add the **Sesame Soy Sauce** and cook until hot, about 2 to 3 minutes. Add salt and pepper to taste.

3. Cook the Udon Noodles

As soon as you add the sauce, cook the noodles. Salt the boiling water and add the **Udon Noodles**. Cook until they are soft, about 5 to 7 minutes, then drain.

Adding salt to the pasta water adds flavor to the noodles.

To serve, plate the udon noodles first, add the veggies and finish the dish with a sprinkling of **Peanuts**. Enjoy!

Love this recipe? #meezmagic

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois * Prepare by February 1

Falafel Banh Mi

Our newest cross cultural creation. We're taking inspiration from the traditional Vietnamese French bread sandwich, then filling it with lightly curried chickpea falafel, tahini spread and quick pickled parsnips. It's fresh, fun and crazy delicious.

30 Minutes to the Table

30 Minutes Hands On

2 Whisks *Easy*

Getting Organized

EQUIPMENT

Small Bowl
Food Processor
Large Skillet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Parsnips
Vinegar Mix
Baguette
Spiced Chickpeas
Spiced Applesauce
Tahini Aioli

Make The Meal Your Own

Make ahead tip – You can pickle the parsnips and make and form the falafel patties up to a day in advance. When you're ready to eat, just cook the patties and assemble the sandwiches. You'll have dinner ready in 10 minutes!

Good To Know

If you're making the vegan version, we've left the mayo and honey out of your tahini spread. It's delicious on its own, but if you'd like it creamier, you can add your favorite vegan mayo or yogurt, along with ½ teaspoon per serving to the tahini sauce.

If you're cooking for a crowd, it will be easiest to process your patty mix in batches. Once you remove the mix to a bowl, give everything a good stir to ensure it's all well combined.

Health snapshot per serving – 610 Calories, 15g Protein, 25g Fat, 80g Carbs, 16 WW+ Points

Lightened up snapshot – 470 Calories, 10g Protein, 15g Fat. 12 WW+ Points when using half tahini aioli.

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

INGREDIENTS: Chickpeas, Baguette, Parsnip, White Wine Vinegar, Onion, Mayonnaise, Tahini, Lemon Juice, Brown Sugar, Honey, Yellow Curry, Apple Cider Vinegar, Garlic, Cornstarch, Herbs and Spices

meezmeals

1. Pickle the Parsnips

Combine the **Parsnips** and **Vinegar Mix** in a small bowl and then place in the refrigerator while you make the patties.

2. Make the Burger Mix

Cut off a 1-inch slice from each piece of **Baguette** and tear it into pieces. Place the torn bread into the bowl of a food processor with 1 Tbsp of olive oil and pulse until the bread is in pea-sized pieces.

Add the **Spiced Chickpeas** to the breadcrumbs and process until the mix is in small, ground-up pieces, about 1 minute. Add the **Spiced Applesauce** and 1 Tbsp of olive oil and pulse until the mix comes together. Remove to a bowl.

If your mix isn't coming together, add an additional ½ Tbsp of oil.

3. Form and Cook the Patties

Form the mix into 4 even patties. Heat 1 Tbsp of oil in a large skillet on medium-high heat. Working with as many patties as will comfortably fit at a time, sauté the patties for 3 minutes, or until they release easily from the pan. Flip them and cook an additional 3 minutes. Repeat this process with remaining falafel patties, adding 1 Tbsp of oil to the pan before each batch.

Make sure the patties aren't touching each other in the pan.

The patties will get a little crispy on the outside, but the insides will still be soft, which is a texture we love.

4. Put It All Together

Cut a slit down each piece of bread and toast in either a conventional or toaster oven. Spread the **Tahini Aioli** on both sides of the bread and top with the falafel patties and the pickled parsnips. Enjoy!

Love this recipe? #meezmagic

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois * Prepare by February 1

Mediterranean Chopped Salad

10 Minutes to the Table

5 Minutes Hands On

Getting Organized

EQUIPMENT

Mixing Bowl

FROM YOUR PANTRY

Salt & Pepper

5 MEEZ CONTAINERS

Bread Cubes

Lima Beans

Broccoli & Cabbage

Capers & Tomatoes

Balsamic Aioli

Put It All Together

Put the **Bread Cubes** into a mixing bowl with 2 Tbsp olive oil and a generous pinch of salt and pepper. Toss well, then toast in a toaster oven until crispy. Toss the toasted bread with the veggies and half of the **Balsamic Aioli**. Add salt and pepper and more aioli to taste. Enjoy!

Good to Know

Health Snapshot per serving (serves 1)

325 Calories, 10g Protein, 15g Fat, 10g Fiber
8 WW+ Points

Have Questions?

We're standing by at 773.916.6333

INGREDIENTS: Broccoli, Lima Beans, Bread, Green Cabbage, Mayonnaise, Balsamic Vinegar, Brown Sugar, Sundried Tomatoes, Capers, Blue Cheese, Herbs

Prepare by February 1

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 February 1

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

Thai Coconut Kale

5 Minutes to the Table

5 Minutes Hands On

Getting Organized

EQUIPMENT

Skillet or
Rimmed Baking Sheet

FROM YOUR PANTRY

Salt & Pepper

3 MEEZ CONTAINERS

Kale
Coconut
Sweet Chili Sauce

Put It All Together

Heat 1 Tbsp olive oil in a large skillet over high heat. Cook the **Kale** until lightly browned and flaky, about 2 minutes, then add the **Coconut** and cook until it appears a caramel color and is crispy, about 3 more minutes. Add the **Sweet Chili Sauce** and cook for one minute, then serve.

Good to Know

Health Snapshot per serving (serves 2)

240 Calories, 5g Protein, 5g Fat, 10g Fiber
9 WW+ Points

Have Questions?

We're standing by at 773.916.6333

INGREDIENTS: Kale, Sweet Chili Sauce, Coconut

Prepare by February 1

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

Spinach Pesto Pizza

30 Minutes to the Table

5 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Baking Sheet

FROM YOUR PANTRY

Olive Oil

4 MEEZ CONTAINERS

Pizza Dough

Sweet Potatoes

Gouda

Spinach Pesto

Cream

Make The Meal Your Own

Want a jump start on this meal? Cook everything in advance according to instructions. When you're ready to eat, just place the pizza in the oven.

We love gouda. If you're cooking with someone who doesn't, though, mozzarella is a tasty topper, too.

Omnivore's Option – Pancetta is a great addition. Cook it with the sweet potatoes.

Good to Know

Health Snapshot per serving (serves 1)

805 Calories, 80g Carbs, 40g Protein, 21 WW+ Points

Lightened up snapshot (1/4 cheese, 1/2 pesto cream)

500 Calories, 15g Fat, 20g Protein, 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, Sweet Potato, Gouda, Half and Half, Spinach, Basil, Lemon Juice, Garlic, Spices

meezmeals

1. **Getting Started**

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

2. **Roast the Potatoes**

Toss the **Sweet Potatoes** with 1 Tbsp of oil and spread in a single layer on a baking sheet. Roast 7 to 10 minutes and then move to one side of the baking sheet so you can fit the pizza.

3. **Make the Pizza**

While the potatoes are roasting, 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 half of the **Spinach Pesto Cream** and the roasted potatoes. Drizzle the remaining pesto around the top of the pizza and then top with **Gouda**. Bake until the crust is brown and the cheese is melted, 12 to 15 minutes. Enjoy!

Love this recipe? #meezmagic

Cook by February 1

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

Mediterranean Grilled Cheese

10 *Minutes to the Table*

5 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Non-Stick Skillet

FROM YOUR PANTRY

2 Tbsp Butter or
Vegetable Oil

3 MEEZ CONTAINERS

Sourdough Bread
Mozzarella &
Tomatoes
Artichoke Pesto

Good to Know

Health Snapshot per serving (serves 1)

575 Calories, 30g Fat, 40g Carbs, 30g Protein
15 WW+ Points

Lightened up snapshot (1/2 cheese)

465 Calories, 25g Fat, 40g Carbs, 12 WW+ Points

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

INGREDIENTS: Sourdough Bread, Mozzarella, Artichoke Hearts, Parmesan,
Olive Oil, Sundried Tomato, Lemon Juice, Parsley, Spices

meezmeals

1. Getting Organized

Heat 1 Tbsp of butter or oil in a non-stick skillet over medium heat.

2. Make the Sandwich

Spread the **Artichoke Pesto** on both slices of **Sourdough Bread**.

Place one piece of bread in the pan (pesto-side up) and top with the **Mozzarella & Tomatoes**, keeping them toward the middle of the bread. Top with the second slice of bread (pesto-side down) and press down gently.

Allow the bread to cook until brown, about 1 to 2 minutes, and then hold the top of the bread and flip. (We do this so nothing falls out of the sandwich). Cook an additional 3 to 4 minutes until the second side is brown. Turn off the heat, cover and let sit for 1 minute in order to make the sandwich cohesive. Remove to a plate and serve. Enjoy!

Love this recipe? #meezmagic

Prepare by February 1

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

Triple Chocolate Bread Pudding

55 Minutes to the Table

5 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

10x10 Casserole
Dish

FROM YOUR PANTRY

Vegetable Oil
Butter or Spray Oil
for the Pan

3 MEEZ CONTAINERS

Bread Cubes
Cocoa Egg Mix
Chocolate Chips

Good to Know

Serving Suggestion – This dessert is even better topped with whipped cream or vanilla ice cream.

Health Snapshot per serving (serves 4)

395 Calories, 15g Fat, 60g Carbs, 35g Sugar
11 WW+ Points

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

INGREDIENTS: Egg, Whole Wheat Bread, Sugar, Milk Chocolate Chips,
White Chocolate Chips, Milk, Cocoa Powder, Vanilla Extract

meezmeals

1. **Getting Started**

Preheat your oven to 375.

2. **Bake the Bread**

Butter or spray-oil a 10x10 casserole dish. Open the **Bread Cubes** bag and add 2 Tbsp vegetable oil. Shake until the bread is coated, then put into the casserole dish. Toast the bread until lightly crispy, about 7 to 10 minutes.

3. **Put It All Together**

Turn the oven down to 360, then add the **Cocoa Egg Mix** and half of the **Chocolate Chips** to the bread. Mix well, then bake for 35 minutes. Add the remaining chocolate and bake an additional 5 minutes.

Remove the bread pudding from the oven. If you like the pockets of chocolate chips, allow the bread pudding to cool 5 to 10 minutes before serving. If you'd prefer an even coating of chocolate, spread the melted chips over the top of the entire pudding with a butter knife and then allow to cool. Enjoy!

Love this recipe? #meezmagic

Prepare by February 1

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

Health Snapshot

Tortilla Soup

565 Calories
25 g Protein
15 g Fat
85 g Carbs
20 g Fiber
1,480 mg Sodium

14 WW+ Points

665% Vitamin A
70% Vitamin C
50% Calcium

Hawaiian Paella

660 Calories
30 g Protein
20 g Fat
95 g Carbs.
10 g Fiber
2, 795 mg Sod.

17 WW+ Points

55% Vitamin C
50% Calcium
45% Iron

Toasted Gnocchi

570 Calories
15 g Protein
20 g Fat
80 g Carbs.
10 g Dietary Fiber
985 mg Sodium

14 WW+ Points

415% Vitamin A
40% Vitamin C
20% Calcium

Kung Pao Edamame

510 Calories
20 g Protein
20 g Fat
65 g Carbs.
10 g Fiber
1,200 mg Sod.

13 WW+ Points

140% Vit. A
85% Vit. C
10% Calcium

Falafel Banh Mi

610 Calories
15 g Protein
25 g Fat
80 g Carbs.
20 g Fiber
1,400 mg Sod.

16 WW+ Points

50% Vitamin B-6
45% Vitamin C
40% Folate

Lighten Up Option

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

Tortilla Soup

¼ cheese

440 Calories
5 g Fat
10 WW+ Points

Paella

No cashews

500 Calories
10 g Fat
14 WW+ Points

Gnocchi

No cheese

460 Calories
15 g Fat
11 WW+ Points

Kung Pao

½ the peanuts

445 Calories
15 g Fat
11 WW+ Points

Falafel

½ tahini aioli

470 Calories
15 g Fat
12 WW+ Points

Health Snapshot

Chopped Salad	3 Kale Salad	Thai Coconut Kale	Spinach Pesto Pizza	Grilled Cheese	Bread Pudding
325 Calories	295 Calories	240 Calories	805 Calories	575 Calories	395 Calories
10 g Protein	5 g Protein	5 Protein	40 g Protein	30 g Protein	35 g Sugar
15 g Fat	25 g Fat	5 g Fat	35 g Fat	30 g Fat	15 g Fat
40 g Carbs.	20 g Carbs.	40 g Carbs.	80 g Carbs.	40 g Carbs.	60 g Carb.
10 g Fiber	10 g Fiber	10 g Fiber	15 g Fiber	< 5 g Fiber	10 g Fiber
575 mg Sod.	65 mg Sod.	50 mg Sod.	1,300 mg Sod.	1,065 mg Sod.	970 mg Sod.
8 WW+ Points	16 WW+ Points	9 WW+ Points	21 WW+ Points	15 WW+ Points	11 WW+ Points
85% Vitamin C	390% Vitamin A	540% Vitamin A	405% Vitamin A	60% Calcium	
25% Folate	115% Vitamin C	140% Vitamin c	80% Calcium	25% Vitamin C	
10% Calcium	30% Vitamin E	20% Calcium	65% Vitamin C	20% Folate	

Lighten Up Option

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

Salad	Kale Salad	Coconut Kale	Pizza	Grilled Cheese	Pudding
No changes	No changes	No changes	¼ cheese, ½ pesto cream	½ cheese	No Changes
325 Calories	295 Calories	240 Calories	500 Calories	465 Calories	395 Calories
15 g Fat	25 g Fat	5 g Fat	15 g Fat	25 g Fat	15 g Fat
8 WW+ Points	16 WW+ Points	9 WW+ Points	13 WW+ Points	12 WW+ Points	11 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.