

Sneaky Mac & Cheese

We love mac & cheese, but can't exactly put it in the "healthy dinner" category. Then we came up with a version that adds pureed parsnips and sweet peas to the mix. They add a fresh flavor and boost of nutrition to classic comfort food.

35 *Minutes to the Table*

15 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Oven-Safe
Saucepan

FROM YOUR PANTRY

Olive Oil
½ Cup Milk
Salt & Pepper

5 MEEZ CONTAINERS

Pasta Shells
Parsnips
Panko Breadcrumbs
Peas & Herbs
Cheese

Make The Meal Your Own

This is a great make-ahead meal. Make the mac and cheese and top with the breadcrumb topping. Cover and refrigerate for up to 2 days. When you're ready to eat, cook for 10 to 12 minutes in a 375-degree oven until brown on top and warm throughout.

Good To Know

If you've ordered the gluten-free version, we've given you gluten-free pasta and left the breadcrumbs out of your meal.

Health snapshot per serving – 785 Calories, 30g Fat, 35g Protein, 95g Carbs, 20 WW+ Points

Lightened up snapshot – 500 Calories, 20g Fat and 12 WW+ points with ¾ cheese and milk, 2/3 pasta, and no panko.

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

INGREDIENTS: Parsnip, Peas, Whole Wheat Pasta, Onion, Cream Cheese, Panko Breadcrumbs, White Cheddar Cheese, Parmesan Cheese, Miso, Garlic, Herbs

*meez*meals

1. Getting Organized

Put a large saucepan of water on to boil.

2. Cook the Parsnips

Add the **Parsnips** to the boiling water and cook until fork tender, about 10 to 12 minutes. Remove the parsnips to a bowl with a slotted spoon.

If you have a steamer basket, you can steam the parsnips instead.

3. Cook the Pasta

Return the water to a boil and add the **Pasta Shells**. Cook 7 to 8 minutes until al dente. Drain and set aside in a colander.

You want the pasta to be very firm because it's going to cook again.

4. Make the Mac & Cheese

Preheat your broiler. Heat 1 Tbsp of oil in the now-empty saucepan over high heat. Add the parsnips and cook until lightly browned, 2 to 3 minutes. Using a fork or a potato masher, mash the parsnips. Add the **Peas & Miso** and cook 1 minute. Add the drained pasta shells, **Cheese Mix** and ½ cup of milk. Cook, stirring, until the cheese melts.

5. Put It All Together

Pour the **Panko Breadcrumbs** on top of the pasta and press down gently to create an even layer. Place under the broiler and cook until the top is browned, about 5 to 7 minutes. Enjoy!

Love this recipe? #meezmagic

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois * Prepare by February 8

Cauliflower Chowder

There's something irresistible about a hot bowl of soup this time of year. This week we're hooked on a creamy cauliflower chowder topped with fresh sourdough croutons. Cauliflower gives body, making the soup full of flavor and amazingly low fat. What can be better than that?

35 Minutes to the Table

15 Minutes Hands On

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Saucepan or
Stock Pot
Baking Sheet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper
2 Tbsp Flour
1 cup of Milk

5 MEEZ CONTAINERS

Sourdough Bread
Cauliflower
Onion & Tomatoes
Soup Mix
Parsley

Make The Meal Your Own

This is a great make-ahead dinner. Make the soup up to 5 days in advance and just reheat in a saucepan while you make the croutons.

Kids tip – Serve their croutons on the side so they can dip them into the soup.

Omnivore's Option – Add diced bacon or pancetta to the pot with the onions and garlic and let crisp while the onions cook.

Good To Know

Health snapshot per serving – 380 Calories, 5g Fat, 15g Protein, 60g Carbs, 8 WW+ Points

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

INGREDIENTS: Cauliflower, Onion, Sourdough Bread, White Wine, Celery, Sundried Tomatoes, Parsley, Apple Cider Vinegar, Garlic, Miso, Vegetable Base, Spices

*meez*meals

1. Getting Organized

Preheat your oven to 400.

2. Make the Croutons

Toss the **Sourdough 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, 7 to 10 minutes.

3. Cook the Soup

While the croutons are baking, heat 3 Tbsp of oil in a large saucepan over high heat. Add the **Onion & Tomatoes** and cook until browned for 5 to 7 minutes. Add the **Cauliflower** and cook until lightly browned, about 5 to 7 minutes. Add 2 Tbsp of flour, stir to distribute evenly, and cook an additional 90 seconds.

Add the **Soup Mix** and stir well, making sure to scrape all the brown bits off the bottom of the pot. Add 1 cup milk and 1 ½ cups water and bring the soup to a boil. Reduce heat and simmer for 15 minutes, stirring occasionally. Season with salt and pepper to taste.

Don't worry if you have dark bits on the bottom of the pan - that's where all the flavor is!

To get the most flavorful soup, we recommend 2% or full fat milk.

4. Put It All Together

Portion the soup into bowls and serve each bowl topped with **Parsley** and croutons. Enjoy!

Love this recipe? #meezmagic

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois * Prepare by February 8

Roasted Brussels Sprout Tacos with Sriracha Aioli

An all-time member favorite, back by popular demand. We discovered the magical pairing of Brussels sprouts and sriracha aioli on a food-mission to Mercadito here in Chicago and had to put our spin on it for Meez. The creamy, spicy sauce is a wonderful counterpoint to shredded Brussels sprouts. Add in some baked tofu and feta, and it's a deliciously crazy cross-cultural taco dinner.

20 Minutes to the Table

15 Minutes Hands On

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet
Small Skillet
Mixing Bowl

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Brussels Sprouts
Baked Tofu
Aioli
Sriracha
Corn Tortillas
Feta

Make The Meal Your Own

We like the Sriracha aioli on its own, but it can be made with some soy sauce added, as well. Try adding a splash of it if you want a little extra saltiness.

Omnivore's Option – Bacon is a great fit for this meal. Just cook it separately and add at the end.

Good To Know

The trick to the brussels sprouts is to have your pan really, really hot before adding them. Trust us, it makes a big difference.

If you're making the vegan version, we're skipping the feta and mayonnaise in the aioli. Add a little olive oil instead, or use 2 to 3 Tbsp of Veganaise per diner.

Health snapshot per serving – 635 Calories, 35g Protein, 15g Fiber, 19 WW+ Points

Lightened up snapshot – 490 Calories, 20g Fat, 11 WW+ Points with no feta and using ¾ of the tofu.

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

INGREDIENTS: Brussels Sprouts, Baked Tofu, Corn Tortillas, Feta Cheese, Mayonnaise, Sriracha, Lime, Cinnamon

meez *meals*

1. Cook the Brussels Sprouts and Baked Tofu

Heat a large skillet over medium-high heat. Once the skillet is good and hot, add 1 to 2 Tbsp of olive oil. Add the **Brussels Sprouts** and cook until just tender, about 3 to 5 minutes. Set aside.

Add the **Baked Tofu** to the now-empty pan and cook until hot, 1 to 2 minutes.

2. Make the Aioli

While the sprouts are cooking, put the **Aioli** into a mixing bowl and stir in as much of the **Sriracha** as you'd like.

Sriracha is spicy. Start with a ¼ of the container and add more as you go.

3. Assemble the Tacos

Heat up your **Corn Tortillas**. We put them directly on the stove grate, but you can also use a small, dry skillet.

Make sure your tortillas are warm or they may be prone to break.

Fill the warm tortillas with the Brussels sprouts, and top with the tofu, sriracha aioli and **Feta**. Enjoy!

*Love this recipe? *meezmagic*

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois * Prepare by February 8

Southwestern Chili

Chili is one of those recipes that has endless delicious variations. We asked Max for his favorite Southwestern spin, and he came up with this recipe, with a classically seasoned tomato base chock full of black beans, roasted butternut squash and fresh spinach. Topped with cheddar cheese, it's a classic recipe you'll want to eat again and again.

35 Minutes to the Table

15 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Large Saucepan or
Stockpot

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Black Beans
Spinach
Squash & Onions
Seasoned Tomatoes
Cheddar Cheese

Make The Meal Your Own

This is a great make-ahead dinner. Cook the chili up to two days in advance. When it's time for dinner, just heat and serve topped with the shredded cheese.

Dedicated omnivores can add their favorite ground meat – beef, pork and turkey are all at home in this chili.

This chili is flavorful but not spicy. If you'd like to add an extra kick, a pinch of crushed red pepper is the perfect thing.

Good To Know

If you're making the vegan version, we've skipped the cheese.

Health snapshot per serving – 340 Calories, 15g Protein, 10g Fat, 55g Carbs, 8 WW+ Points

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

INGREDIENTS: Tomato, Butternut Squash, Spinach, Black Beans, Onion, Cheddar Cheese, White Wine, Cilantro, Chipotle Peppers, Vegetable Base, Garlic, Herbs and Spices

meezmeals

1. Getting Organized

Heat 2 Tbsp oil in a large saucepan or stockpot on high heat.

2. Make the Chili

Add the **Squash & Onions** to the hot oil and cook for 10 minutes, stirring occasionally, until the onions are translucent and the squash is lightly caramelized on the edges. Add the **Seasoned Tomatoes** and 1 ½ cups water to the pot and bring to a boil. Add the **Black Beans** and reduce the heat to a simmer. Cook, uncovered, until slightly thickened, about 15 minutes.

If you want to add even more flavor to your chili, Chef Max suggests replacing the water with vegetable or chicken stock.

3. Put It All Together

Add the **Spinach** in batches and allow each handful to wilt slightly before adding the next. Cover the chili and cook until the spinach is incorporated, 2 to 3 minutes.

Add the spinach one handful at a time and keep stirring so it doesn't clump.

Serve topped with **Cheddar Cheese**. Enjoy!

Love this recipe? #meezmagic

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois * Cook by February 8

Crispy Polenta with Spinach Pesto

We're hooked on crispy polenta. It has that crispy-on-the-outside, tender-on-the-inside texture that everyone loves, and it's the perfect vehicle for any sauce. This week we're topping it with spinach pesto over sautéed mushrooms and roasted parsnips. The result is crazy delicious.

25 Minutes to the Table

25 Minutes Hands On

2 Whisks *Easy*

Getting Organized

EQUIPMENT

- Rimmed Baking Sheet
- Large Skillet
- Small Mixing Bowl

FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper

6 MEEZ CONTAINERS

- Polenta
- Parsnips
- Pecans
- Mushrooms
- Balsamic Drizzle
- Spinach Pesto

Make The Meal Your Own

Cooking with a picky eater? The mushrooms aren't key to this dish. The parsnips and the pesto are a delicious combo on their own.

Omnivore's Option – Shredded beef complements these flavors. Cook it after the mushrooms have browned and add to the pesto.

Good To Know

Health snapshot per serving – 600 Calories, 15g Protein, 10g Fiber, 18 WW+ Points.

Lightened up snapshot – 405 Calories, 20g Fat and 13 WW+ points when you skip the pecans.

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

INGREDIENTS: Mushrooms, Parsnips, Polenta, Spinach, Pecan, Balsamic Vinegar, Lemon Juice, Basil, Olive Oil, Garlic

meezmeals

1. Getting Organized

Put a large saucepan of water on to boil.

2. Roast the Parsnips

Put the **Parsnips** on a rimmed baking sheet. Drizzle with olive oil, salt and pepper and toss well, then arrange in a single layer. Bake for 15 to 20 minutes, until golden brown in places.

3. Make the Mushroom Pesto

Once the parsnips are in the oven, heat 1 ½ Tbsp olive oil in a large skillet over medium-high heat. Add the **Mushrooms** and cook until lightly browned, about 7 to 10 minutes.

Add the **Spinach Pesto** and turn the heat to high. Mix together, then transfer the mushroom pesto to a bowl.

4. Crisp the Polenta

Cut the **Polenta** into 8 rounds. Then wipe out the mushroom pan with a paper towel (no need to wash) and heat 1 Tbsp olive oil over high heat. Add the polenta in a single layer. (Work in batches if you need to.) Sauté until the pieces are golden brown and release from the pan, about 5 minutes, then flip and do the same on the other side. Set aside.

5. Put It All Together

Serve the crispy polenta topped with the mushroom pesto, parsnips, **Pecans** and the **Balsamic Drizzle** to taste.

Love this recipe? #meezmagic

If you want your mushrooms browned, make sure not to add salt and pepper before cooking.

Be sure to shake the balsamic drizzle before adding to your meal.

You can test if oil is hot by sprinkling a few grains of salt in. If it sizzles, it's ready.

Be sure to shake the balsamic drizzle before adding to your meal.

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois * Prepare by February 8

Portobello Grilled Cheese

15 Minutes to the Table

15 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Non-Stick Skillet

FROM YOUR PANTRY

Vegetable Oil

5 MEEZ CONTAINERS

Sourdough

Cheese

Portobellos

Cranberry Aioli

Balsamic

Vinaigrette

Good to Know

We like the way mushrooms cook in a skillet, roast the mushrooms and then bake the grilled cheese for 5 minutes at 375.

Health Snapshot per serving (serves 1)

675 Calories, 35g Fat, 55g Carbs, 30g Protein

18 WW+ Points

Lightened up snapshot (1/2 aioli)

450 Calories, 20g Fat, 50g Carbs, 12 WW+ Points

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

INGREDIENTS: Whole Wheat Sourdough, Portobello, Mozzarella, Balsamic Vinegar, Gruyere, Mayonnaise, Dried Cranberries, Brown Sugar, Vinegar, Herbs and Spices

meezmeals

1. Cook the Mushrooms

Heat ½ Tbsp of oil in a skillet over medium-high heat. Add the **Portobellos** and cook 5 to 6 minutes until lightly browned. Add the **Balsamic Vinaigrette**, and stir to coat the mushrooms. Set aside.

2. Make the Sandwich

Heat 1 Tbsp of oil in the same skillet over medium-high heat. Put one piece of **Sourdough** in the oil and then top with half of the **Cheese**. Spoon the mushrooms into the center of the cheese and sprinkle with remaining cheese. Top with the second piece of bread and gently press down to close.

Cook 1 to 2 minutes, then flip and cook another 3 to 4 minutes until the bread is golden brown. Turn off the heat, cover the sandwich and let sit for 1 minute.

3. Put It All Together

Remove the top piece of bread and spread the inside of the slice with **Cranberry Aioli** to taste. Enjoy!

Love this recipe? #meezmagic

Prepare by February 8

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

Italian 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

Tortillas

Chihuahua

Cheese

Cauliflower

Chickpea Spread

Good to Know

We love the way this recipe sneaks cauliflower into a snack, but you can skip it and enjoy with just the chickpea spread, instead.

Health Snapshot per serving (serves 1)

770 Calories, 40g Fat, 75g Carbs, 10g Fiber

16 WW+ Points

Lightened up snapshot (1 tortilla folded in half)

480 Calories, 20g Fat, 65g Carbs, 20g Protein,

10 WW+ Points

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

INGREDIENTS: Flour Tortillas, Cauliflower, Chihuahua Cheese, Chickpeas, Tomato, White Wine, Garlic, Herbs and Spices

meezmeals

1. Getting Organized

Preheat your oven to 400.

2. Roast the Cauliflower

Toss the **Cauliflower** with 1 Tbsp of oil and place close together on a baking sheet (to prevent it from burning). Bake until just starting to brown, about 7 to 10 minutes. Remove to a plate.

3. Build the Quesadilla

Oil the baking sheet with 1-2 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 **Chickpea Sauce** on the tortilla and then top with half of the **Chihuahua Cheese** and all of the cauliflower. Sprinkle the remaining cheese on top of the cauliflower. 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, 6 to 8 minutes. Flip the quesadilla, and cook an additional 3 to 4 minutes. Cut into wedges and serve. Enjoy!

Prepare by February 8

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

Chimichurri Side Salad

5 Minutes to the Table

5 Minutes Hands On

Getting Organized

EQUIPMENT

Mixing Bowl

FROM YOUR PANTRY

Salt & Pepper

4 MEEZ CONTAINERS

Veggies

Sunflower Seeds

Chimichurri Dressing

Queso Fresco

Put It All Together

Toss the **Jicama & Celery Root** in a mixing bowl with half of the **Chimichurri Dressing**. Top with the **Sunflower Seeds** and **Queso Fresco** and season with salt and pepper and more dressing to taste. Enjoy!

Good to Know

Health Snapshot per serving (serves 2)

500 Calories, 15g Protein, 45g Fat, 20g Carbs
14 WW+ Points

Have Questions?

We're standing by at 773.916.6333

INGREDIENTS: Celery Root, Jicama, Queso Fresco, Olive Oil, Sunflower Seeds, Red Wine Vinegar, Red Onion, Lime Juice, Garlic, Herbs and Spices

Prepare by February 8

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

Guacamole and Homemade Chips

10 Minutes to the Table

10 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Mixing Bowl
Baking Sheet

FROM YOUR PANTRY

Salt & Pepper
Olive Oil

3 MEEZ CONTAINERS

Avocado
Tortillas
Fresh Salsa

Make This Meal Your Own

If you want to use less oil, cooking spray is a great alternative. Give the tortilla chips a light coating before they go into the oven.

Good to Know

If you want your avocado to ripen faster put it into a paper bag.

Health Snapshot per serving (serves 2)

315 Calories, 30g Carbs, 5g Protein, 9 WW+ Points

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

INGREDIENTS: Corn Tortillas, Avocado, Tomatoes, Onion, Lime Juice, Cilantro, Olive Oil, Spices

meezmeals

1. **Getting Started**

Preheat your oven to 400.

2. **Make the Chips**

Stack the **Tortillas** and cut them into wedges (we cut ours so we have 8 chips from each tortilla). Brush or spray the tortilla wedges with oil, sprinkle generously with salt and bake until crispy, 7 to 10 minutes.

3. **Make the Guacamole**

While the chips are baking, mash the **Avocado** in a bowl. Stir in $\frac{3}{4}$ of the **Fresh Salsa**. Season with salt and pepper to taste and top with the remaining salsa.

Serve the guacamole with the warm tortilla chips. Enjoy!

Love this recipe? #meezmagic

Cook by February 8

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

Peanutty Chocolate Chip Blondies

45 *Minutes to the Table*

5 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

9x9 or 9x13
Baking Pan
Mixing Bowl

FROM YOUR PANTRY

2 Eggs
2 Sticks of Butter

4 MEEZ CONTAINERS

Brown Sugar
Peanut Butter Mix
Flour & Chips
Peanuts

Good to Know

This dessert is great on its own, but we also love it topped with a scoop of ice cream.

Health Snapshot per serving (serves 8-10)

370 Calories, 20g Fat, 55g Carbs, 11 WW+ Points

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

INGREDIENTS: Brown Sugar, Flour, Chocolate Chips, Peanuts,
Peanut Butter, Vanilla Extract, Almond Extract, Salt

meezmeals

1. **Getting Started**

Preheat your oven to 360 and butter the baking pan.

2. **Mix the Batter**

Melt 2 sticks of butter (16 Tbsp.), then mix in the **Brown Sugar** until the sugar is no longer lumpy.

Add 2 eggs and stir until smooth. Add the **Peanut Butter Mix** and mix until combined, then add the **Flour & Chips** and stir with a rubber spatula until all of the dry pockets are dissolved. (We prefer to mix this by hand. If you use an electric mixer, mix until just combined.) Finally, stir in the **Peanuts**.

3. **Bake and Enjoy**

Bake until a toothpick comes out mostly clean, for a 9x9 pan: 30 to 35 minutes, or for 9x13: 18 to 22 minutes. (Don't worry if they are a little soft, they will firm up.) Cool 5 minutes in the refrigerator, then cut and enjoy!

Love this recipe? #meezmagic

Prepare by February 8

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

Health Snapshot

Sneaky Mac and Cheese

785 Calories
35 g Protein
30 g Fat
95 g Carbs
20 g Fiber
1,290 mg Sodium

20 WW+ Points

60% Vitamin A
55% Calcium
30% Vitamin C

Cauliflower Chowder

380 Calories
15 g Protein
5 g Fat
60 g Carbs.
10 g Fiber
970 mg Sod.

8 WW+ Points

180% Vitamin C
30% Vitamin B-6
25% Calcium

Sprout Tacos

635 Calories
35 g Protein
40 g Fat
60 g Carbs
15 g Fiber
860 mg Sodium

19 WW+ Points

250% Vitamin C
110% Calcium
40% Vitamin B-6

Southwestern Chili

340 Calories
15 g Protein
10 g Fat
55 g Carbs.
15 g Fiber
780 mg Sod.

8 WW+ Points

260% Vitamin A
85% Vitamin C
30% Calcium

Crispy Polenta

600 Calories
15 g Protein
10 g Fat
120 g Carbs.
10 g Fiber
1,000 mg Sod.

18 WW+ Points

850% Vitamin A
140% Vitamin C
55% Calcium

Lighten Up Option

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

Mac and Cheese

¾ cheese, 2/3 pasta, no panko

500 Calories
20 g Fat
12 WW+ Points

Chowder

No changes

380 Calories
5 g Fat
8 WW+ Points

Sprout Tacos

No cheese, ¾ tofu

490 Calories
20 g Fat
11 WW+ Points

Chili

No changes

340 Calories
10 g Fat
8 WW+ Points

Polenta

No pecans

405 Calories
20 g Fat
13 WW+ Points

Health Snapshot

Grilled Cheese

675 Calories
30 g Protein
35 g Fat
55 g Carbs.
< 5 g Fiber
725 mg Sod.

18 WW+ Points

35% Calcium
20% Folate
10% Vit. B-12

Italian Quesadilla

770 Calories
35 g Protein
40 g Fat
75 g Carbs.
10 g Fiber
1, 715 mg Sod.

16 WW+ Points

120% Vitamin C
75% Calcium
35% Vitamin B-6

Bangkok Crunch Salad

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

12 WW+ Points

440% Vitamin C
300% Vitamin A
25% Calcium

Chimichurri Side Salad

500 Calories
15 g Protein
45 g Fat
20 g Carbs.
10 g Fiber
410 mg Sod.

14 WW+ Points

85% Vitamin E
15% Vitamin C
15% Vit. B-6

Fresh Guacamole

315 Calories
5 g Protein
20 g Fat
30 g Carbs.
10 g Fiber
35 mg Sod.

9 WW+ Points

20% Folate
20% Vitamin C
20% Vitamin B-6

PB Blondies

370 Calories
45 g Sugar
20 g Fat
55 g Carb.
< 5 g Fiber
140 mg Sod.

11 WW+ Points

Lighten Up Option

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

Sandwich

½ aioli

450 Calories
20 g Fat
12 WW+ Points

Quesadilla

1 tortilla

480 Calories
20 g Fat
10 WW+ Points

Bangkok Salad

No changes

570 Calories
20 g Fat
12 WW+ Points

Chimichurri

No changes

500 Calories
45 g Fat
14 WW+ Points

Guacamole

No changes

315 Calories
20 g Fat
9 WW+ Points

Blondies

No changes

370 Calories
20 g Fat
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.