

Pesto Skillet Lasagna

We've been hooked on skillet lasagna ever since the culinary gurus at America's Test Kitchen turned us onto them. They have all the flavors of lasagna in an easy 30-minute dinner. What's not to love? This week we're making a basil pesto version with fresh egg noodles, mushrooms and artichokes. It's simply delicious.

30 Minutes to the Table

20 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Large Skillet

FROM YOUR PANTRY

Olive Oil

Salt & Pepper

Flour & Milk

6 MEEZ CONTAINERS

Onions & Garlic

Mushrooms

Artichokes

Lasagna Noodles

Basil Pesto

Cheese &

Breadcrumbs

Make The Meal Your Own

We're putting the skillet into the oven for this recipe. If you don't have an oven-safe skillet, you can transfer the lasagna to a casserole dish for the final bake.

Cooking with a picky eater? Divide the ingredients and make single-serve dishes in ramekins, omitting any ingredients your eater doesn't love.

Good To Know

Making the vegan or gluten-free version? We've sent you egg-free, wheat-free pasta. Boil until al dente, and add to the sauce in step 4. We've skipped the cheese in the vegan version as well.

There's a little cutting tonight. We're using fresh lasagna noodles in this recipe, and they would get sticky if we cut them up for you. Slice them into strips about ½" wide and 2 to 4" long. Don't worry about being too fussy; this dish should be rustic.

Health snapshot per serving – 420 Calories, 20 g Protein, 10 Fiber, 11 WW+ Points

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

INGREDIENTS: Egg Lasagna Noodles, Mushrooms, Artichokes, Onion, Basil, Mozzarella Cheese, Breadcrumbs, White Wine, Parmesan Cheese, Lemon Juice, Olive Oil, Green Onions, Garlic, Spices

meezmeals

1. Getting Organized

Preheat your broiler.

2. Sauté the Vegetables

Heat 1 Tbsp olive oil in a large skillet over medium-high heat. Add the **Onions & Garlic** and cook until they are a little browned, about 5 to 6 minutes. Add the **Mushrooms** and **Artichokes** to the onions and cook until the mushrooms are slightly browned, about 5 to 7 minutes.

Resist the temptation to add salt until after the mushrooms are cooked. Salt added too early makes them soggy.

3. Make the Lasagna

Add 1 Tbsp of flour, salt and pepper to taste. Cook for a minute, mixing well. While the vegetables are cooking, slice the **Lasagna Noodles** into strips about 1" wide and 2" to 4" long. Add 1 cup of milk, half of the **Basil Pesto**, and the sliced lasagna noodles to the skillet. Cook until the sauce begins to thicken and the lasagna noodles are warm, about 5 to 10 minutes.

If you are gluten-free, make a 1 tsp cornstarch: 1 tsp water slurry instead of adding flour.

4. Finish and Serve

Sprinkle the **Cheese & Breadcrumbs** over top, then place in the oven 4 inches from the broiler and cook until golden brown, about 5 minutes.

If your skillet isn't oven safe, transfer everything to your casserole dish at this step.

Top with as much of the remaining pesto as you'd like and serve straight from the skillet. Enjoy!

Love this recipe? #meezmagic

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois * Prepare by February 22

Yellow Curry with Mint Yogurt

A new hands-free favorite! We're making an oven-roasted yellow curry, with broccoli, cauliflower and tofu in a delicious curry sauce, all served over jasmine rice. Topped with mint yogurt, it's a dinner we just couldn't get enough of.

30 Minutes to the Table

5 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Saucepan
Rimmed Baking Sheet
Medium Skillet

FROM YOUR PANTRY

Olive or Vegetable Oil
Salt & Pepper

5 MEEZ CONTAINERS

Jasmine Rice
Broccoli & Cauliflower
Tofu
Yellow Curry Sauce
Mint Yogurt

Make The Meal Your Own

Omnivore's Option – Grilled, sliced top sirloin is a great addition. Plate it on top of the rice before you add the curry sauce.

Cooking with a picky eater? Serve all the ingredients separately and let them pick what they like!

Leftover Tip – Turn this into a salad the next day by mixing in some fresh veggies and serving it cold.

Good To Know

If you're making the vegan version, we're sending you mint without the yogurt. Finish your curry by sprinkling it on top before serving.

Health snapshot per serving – 550 Calories, 21g Protein, 8g Fiber, 15 WW+ Points

Lightened up snapshot – 390 Calories, 7g Fat and 11 WW+ Points with half the rice.

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

INGREDIENTS: Broccoli, Cauliflower, Coconut Milk, Tofu, Greek Yogurt, Rice Wine Vinegar, Brown Sugar, Yellow Curry Paste, Soy Sauce, Lime Juice, Herbs and Spices

meezmeals

1. Getting Organized

Preheat your oven to 400 and put 2 cups of water on to boil.

2. Cook the Rice

When the water is boiling, add the **Jasmine Rice** and a pinch of salt. Reduce the heat to a simmer and cover. Cook until all the water has been absorbed, about 20 to 25 minutes. Remove from heat and fluff with a fork, cover again and set aside until it's time to eat.

3. Roast the Veggies

Toss the **Broccoli & Cauliflower** in 2 Tbsp oil and spread evenly on a rimmed baking sheet. Roast until caramelized, approximately 15 to 17 minutes.

Add the **Tofu** to the veggies, stir and cook for another 5 to 7 minutes or until the tofu is lightly puffed.

Stir gently when you add the tofu, so it doesn't break.

4. Put It All Together

Heat a medium skillet over medium heat and add **Yellow Curry Sauce**. Bring the sauce to a boil and then reduce to a simmer and cook for 5 to 7 minutes.

Top rice with veggies and tofu and then spoon curry sauce over the top. Serve with **Mint Yogurt** to taste. Enjoy!

Love this recipe? #meezmagic

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois * Prepare by February 22

Spinach Pancakes with Basil Corn Relish

We're mixing up savory pancakes with spinach and fontina, and then topping them with a citrus cream cheese spread that's pure magic. We top it all with a simple basil & corn relish, and the result is sophisticated comfort food at its best.

30 Minutes to the Table

30 Minutes Hands On

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Baking Sheet
Griddle or Skillet

FROM YOUR PANTRY

Salt & Pepper
Milk
2 Eggs & Butter

5 MEEZ CONTAINERS

Basil Corn Relish
Citrus Cream Cheese
Fontina & Flour
Onion & Garlic
Spinach

Make The Meal Your Own

The size of the pancakes is up to you. Jen thinks smaller ones are easier to turn, so she makes four small pancakes at a time. Chef Max likes the look of bigger pancakes for dinner so he makes one big one at a time.

Kid's Tip – If your kids are old enough, put them in charge of making the pancakes. The pancakes may not all be the same size, but your kids will get a kick out of eating their creation.

Good To Know

Health snapshot per serving – 545 Calories, 35g Protein, 20g Fiber, 17 WW+ Points

Lightened up snapshot – 500 Calories, 10g Fat and 13 WW+ Points when you use half of the citrus cream cheese.

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

INGREDIENTS: Corn, Spinach, Flour, Onion, Fontina Cheese, Cream Cheese, Apple Cider Vinegar, Orange Juice, Olive Oil, Herbs, Garlic, Baking Powder

*meez*meals

1. Getting Organized

Preheat your oven to 375 and heat your griddle or skillet.

2. Mix the Pancake Batter

Melt 2 Tbsp butter in the microwave or on the stove, then put it in a large mixing bowl. Squeeze all the water from the **Spinach** and add it to the butter in the large bowl. Separate the whites from the yolks of 2 eggs, putting the yolks with the spinach and butter and the whites in a separate bowl. (Need help with this? Give us a call!)

Add the **Fontina & Flour, Onion & Garlic**, 1 tsp salt and ¼ cup milk to the spinach mix and mix well. This should make a thick batter. If it's too stiff, add little more milk. Beat the egg whites into soft peaks using an electric mixer or whisk, then gently fold into the batter.

3. Cook the Pancakes

Melt 1 to 2 Tbsp butter on your griddle or skillet over medium high heat. Ladle the batter onto the griddle and cook until golden, 2 to 3 minutes on each side. Transfer the cooked pancakes to a baking sheet and bake for 7 to 10 minutes, until the pancakes bounce back when you touch the middle.

4. Put It All Together

Serve topped with the **Citrus Cream Cheese** and **Basil Corn Relish**.

Love this recipe? #meezmagic

Chef Max's pancake secret is to beat the egg whites separately. It lightens up the batter and makes the pancakes extra delicious.

Don't have an electric mixer? Beat the whites by hand with a whisk or, if your arm gets tired, mix the eggs in without beating. The texture will be a little different but they'll still be delicious.

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois * Prepare by February 22

Caribbean Pot Pie

What's even better than a Caribbean stew? How about a Caribbean stew topped with a buttery, flaky pie crust? We're putting the two together with a classic jerk-spiced sweet potato stew, and then topping it with a delicious pie crust. Together, the two are pure magic, just right for a cold winter night.

45 Minutes to the Table

10 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Rimmed Baking
Sheet
Casserole Dish

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

4 MEEZ CONTAINERS

Chickpeas
Coconut Milk Mix
Pie Crust Squares
Caribbean
Vegetables

Make The Meal Your Own

Leftover Tip – Transform this dish into a Jerk Bread Salad by adding cornbread chunks to any leftovers.

Omnivore's Option – Pork is right at home in this dish. Broil or pan-fry it, then add to the pot pie when you add the cooked veggie mix.

We use just enough pie crust to make this dinner delicious. If you want a bite of pie crust in every bite, cut it into pieces before topping your pie.

Cooking with a picky eater? This dinner is a crowd pleaser.

With sweet potatoes and raisins, this recipe has the classic Jamaican sweetness to it. If you prefer more acid, add a squeeze of fresh lime juice before this goes into the oven.

Good To Know

Health snapshot per serving – 490 Calories, 15g Protein, 15g Fiber, 13 WW+ Points.

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

INGREDIENTS: Sweet Potato, Pie Crust, Chickpeas, Coconut Milk, Jicama, Raisins, Jerk Spice

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1. **Getting Organized**

Preheat your oven to 400.

2. **Roast the Caribbean Vegetables and Chickpeas**

Put the **Caribbean Vegetables** onto a rimmed baking sheet and drizzle with 2 Tbsp olive oil. Toss well and then bake until the vegetables are brown and fork tender, about 20 minutes.

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

Add the **Chickpeas** and cook for another 5 minutes.

3. **Assemble the Pot Pie**

Turn down the heat to 350 and take the vegetables out of the oven. Move them into a casserole dish and add the **Coconut Milk Mix**. Stir well and top with the **Pie Crust Squares**.

Bake until golden and bubbly, about 15 to 20 minutes. Enjoy!

Love this recipe? #meezmagic

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois * Prepare by February 22

Couscous Tagine

Our spin on a traditional Moroccan stew. We're making our version with sautéed fingerling potatoes, edamame, raisins and plenty of North African spices, all mixed up with al dente couscous. It's a simple dinner guaranteed to warm you up on even the chilliest night.

55 Minutes to the Table

25 Minutes Hands On

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Oven-Safe
Skillet
Saucepan

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Couscous
Fingerling Potatoes
Carrots & Celery
Raisin & Edamame
Tagine Spices

Make The Meal Your Own

Omnivore's Option – Cooked ground lamb is perfect in this dish. Add it to the pan when you add the couscous.

This is a great make-ahead meal. Cook this dish ahead of time and keep refrigerated in the pan. Reheat in the oven for 10 minutes before serving.

This recipe has a kick. If you want to balance out the heat, top your serving with a dollop of yogurt.

Good To Know

If you're making the gluten-free version, we've given you quinoa instead of couscous.

Health snapshot per serving – 445 Calories, 95g Carbs, 15g Protein, 10g Fiber, 11 WW+ Points

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

INGREDIENTS: Fingerling Potatoes, Edamame, Israeli Couscous, Onion, Raisins, Carrot, Celery, Brown Sugar, Garlic, Spices

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1. Getting Organized

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

2. Cook the Couscous

Add the **Couscous** to the boiling water and cook 7 to 8 minutes until al dente. Drain and set aside.

The couscous should still have some bite to it.

3. Make the Tagine

As soon as the couscous is cooking, slice the **Fingerling Potatoes** into small, even rounds (about 8 to 10 rounds per potato).

Heat 2 Tbsp oil in a large skillet over high heat. Add the sliced potatoes and cook until golden brown, 6 to 8 minutes. Add the **Carrots & Celery** and cook, stirring, until fragrant, about 5 to 7 minutes. Stir in the **Raisins & Edamame** and half of the **Tagine Spices** and cook 2 minutes. Stir in the cooked couscous, 1.5 cups of water and the rest of the tagine spices.

4. Put It All Together

Cover the pan with foil and bake the tagine 20 to 25 minutes until it's lightly browned on top and there is a little liquid in the bottom of the pan. Enjoy!

Resist the urge to remove the foil during cooking.

Love this recipe? #meezmagic

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois * Prepare by February 22

Vietnamese Cilantro Salad

5 Minutes to the Table

5 Minutes Hands On

Getting Organized

EQUIPMENT

Mixing Bowl

FROM YOUR PANTRY

Salt & Pepper

5 MEEZ CONTAINERS

Broccoli & Jicama

Organic Tofu

Radish Chips

Vietnamese

Vinaigrette

Nut Crunch

Put It All Together

Put the **Broccoli & Jicama** into a large mixing bowl with the **Organic Tofu, Radish Chips** and half of the **Vietnamese Vinaigrette**. Add salt and pepper and more dressing to taste. Serve topped with the **Nut Crunch** and enjoy!

Good to Know

Health Snapshot per serving (serves 1)

655 Calories, 45g Fat, 40g Carbs, 30g Protein,
17 WW+ Points

Have Questions?

We're standing by at 773.916.6339

INGREDIENTS: Broccoli Slaw, Jicama, Carrots, Tofu, Vegetable Oil, Radish, Panko Breadcrumbs, Rice Wine Vinegar, Cilantro, Mirin, Ginger, Red Curry, Garlic

Prepare by February 22

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

Buttermilk Blue Cheese & Apple Salad

5 Minutes to the Table

5 Minutes Hands On

Getting Organized

EQUIPMENT

Mixing Bowl

FROM YOUR PANTRY

Salt & Pepper

3 MEEZ CONTAINERS

Apple

Celery, Cranberries
and Pecans

Buttermilk Blue
Cheese Dressing

Put It All Together

Make the salad up to 2 days ahead. Wash and cut the **Apple** into bite-size pieces, then put into a mixing bowl with the **Celery, Cranberries and Pecans** and half of the **Buttermilk Blue Cheese Dressing**. Add salt and pepper and more vinaigrette to taste.

Good to Know

Want to make it to your own? Crumbled bacon or sliced chicken are both great on this.

Health Snapshot per serving (serves 2)

655 Calories, 45g Fat, 40g Carbs, 30g Protein, 17 WW+ Points

Have Questions?

We're standing by at 773.916.6339

INGREDIENTS: Apple, Celery, Buttermilk, Cranberries, Pecans, Mayonnaise, Blue Cheese, Garlic, Herbs and Spices

Prepare by February 22

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

Lemon Chai Roasted Carrots

20 Minutes to the Table

5 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Mixing Bowl
Baking Sheet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

3 MEEZ CONTAINERS

Carrots
Lemon Chai
Dressing
Toasted Pecans

Make This Meal Your Own

Want to put a twist on this recipe? Make a puree by running the roasted carrots through a food processor and then top with the nuts.

Save on oven space – Cook this in advance and serve at room temperature.

Good to Know

Health Snapshot per serving (serves 2)

265 Calories, 35g Carbs, 5g Protein, 5g Sugar
5 WW+ Points

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

INGREDIENTS: Carrots, Pecans, Olive Oil, Lemon Juice, Scallion,
Brown Sugar, Garlic, Herbs and Spices

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1. **Getting Started**

Preheat your oven to 400.

2. **Roast the Carrots**

Toss the **Carrots** with 2 Tbsp of olive oil and spread in a single layer on a baking sheet. Roast until lightly browned, 12 to 15 minutes.

Drain the excess oil from the pan, add half of the **Lemon Chai Dressing** and return carrots to the oven for an additional 5 minutes.

3. **Put It All Together**

Season with salt and pepper and more dressing to taste and serve topped with **Toasted Pecans**.

Love this recipe? #meezmagic

Cook by February 22

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

Single Serve Pesto & Potato Pizza

25 Minutes to the Table

5 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Baking Sheet

FROM YOUR PANTRY

Salt & Pepper

Olive Oil

4 MEEZ CONTAINERS

Potatoes

Pizza Dough

Basil Spinach

Pesto

Mozzarella

Make It Your Own

If you're a meat eater, this pizza is great topped with your favorite sausage or pepperoni.

Good to Know

Health Snapshot per serving (serves 1)

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

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

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

INGREDIENTS: Fingerling Potatoes, Whole Wheat Pizza Dough, Mozzarella, Spinach, Parmesan, Olive Oil, Basil, Lemon Juice, Garlic

meezmeal.

1. **Getting Started**

Preheat your oven to 425.

2. **Prep and Cook the Potatoes**

Cut the **Potatoes** into small rounds – you should get about 8 to 10 rounds per potato. (If you have a mandoline, you can use it here.) Toss the potato rounds with 1 Tbsp of olive oil and salt and pepper. Spread the potatoes in a single layer on a baking sheet and roast for 5 to 7 minutes. Move the potatoes to one the side of the baking sheet.

3. **Make the Pizza**

While the potatoes are cooking, sprinkle your counter with a little flour and stretch the **Pizza Dough** into shape. The size and thickness are up to you, but we target about ¼" thickness. Our pizzas are usually about 4" wide and 7" long, but you can make yours however you like it.

Put the dough on the baking sheet. Top with ¾ of the **Basil Spinach Pesto** and the roasted potatoes. Spoon dollops of the remaining pesto around the top of the pizza and then top with **Mozzarella**. Bake until the crust is brown and the cheese is melted, 12 to 15 minutes. Enjoy!

Love this recipe? #meezmagic

Cook by February 22

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

Hawaiian 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

Lighten up snapshot (1 tortilla, 1/3 cheese)

500 Calories, 15g Fat, 14 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

meezmeal.

1. Getting Organized

Preheat your oven to 400.

2. Prep the Tortillas

Oil the baking sheet with 1 to 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 until the top and edges are golden brown, 8 to 10 minutes. Flip the quesadilla, and cook an additional 3 to 4 minutes. Cut into wedges and serve. Enjoy!

Love this recipe? #meezmagic

Prepare by February 22

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

Health Snapshot

Pesto Skillet Lasagna

420 Calories
20 g Protein
20 g Fat
45 g Carbs.
10 g Fiber
420 mg Sod.

11 WW+ Points

130% Vitamin C
95% Vitamin A
25% Vitamin B-6

Yellow Curry w/ Mint Yogurt

550 Calories
21 g Protein
7 g Fat
108 g Carbs.
8 g Fiber
1200 mg Sod.

15 WW+ Points

245% Vit. C
93% Calcium
42% Vitamin A

Spinach Pancakes

650 Calories
35 g Protein
40 g Fat
50 g Carbs.
10 g Fiber
735 mg Sod.

17 WW+ Points

135 Vit. C
50% Folate
25% Calcium

Caribbean Pot Pie

490 Calories
15 g Protein
10 g Fat
95 g Carbs.
15 g Fiber
480 mg Sod.

13 WW+ Points

400% Vitamin A
75% Vitamin C
50% Vitamin B

Couscous Tagine

445 Calories
15 g Protein
< 5 g Fat
95 g Carbs.
10 g Fiber
50 mg Sodium

11 WW+ Points

40% Vitamin C
20% Vitamin B-6
10% Folate

Lighten Up Option

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

Lasagna

No changes

420 Calories
20 g Fat
11 WW+ Points

Yellow Curry

Half the rice

390 Calories
7 g Fat
11 WW+ Points

Pancakes

Half the cream cheese

500 Calories
10 g Fat
13 WW+ Points

Pot Pie

No changes

490 Calories
10 g Fat
13 WW+ Points

Couscous

No changes

445 Calories
< 5 g Fat
11 WW+ Points

Health Snapshot

Vietnamese Salad	Blue Cheese Salad	Lemon Chai Carrots	Pesto & Potato Pizza	Hawaiian Quesadilla	S'mores Banana Bread
655 Calories	250 Calories	385 Calories	730 Calories	900 Calories	630 Calories
30 g Protein	5 g Protein	5 g Protein	25 g Protein	40 g Protein	20 g Protein
45 g Fat	15 g Fat	35 g Fat	30 g Fat	40 g Fat	35 g Fat
40 g Carbs.	20 g Carbs.	20 g Carbs.	90 g Carbs.	105 g Carbs.	95 g Carbs.
10 g Fiber	10 g Fiber	10 g Fiber	10 g Fiber	10 g Fiber	5 g Fiber
130 mg Sod.	715 mg Sod.	575 mg Sod.	990 mg Sodium	1,445 mg Sod.	300 mg Sod.
17 WW+ Points	7 WW+ Points	6 WW+ Points	19 WW+ Points	24 WW+ Points	18 WW+ Points
140% Vitamin C	25% Vitamin C	310% Vitamin A	55% Vitamin C	70% Calcium	
70% Calcium	20% Vitamin A	30% Vitamin C	50% Calcium	50% Folate	
40% Vitamin A	15% Vitamin B-6	10% Calcium	20% 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.

Salad	Salad	Carrots	Pizza	Quesadilla	Banana Bread
<i>No changes</i>	<i>No changes</i>	<i>No changes</i>	<i>1/3 cheese, 1/2 pesto, 1/2 potatoes</i>	<i>1 tortilla, 1/3 cheese</i>	<i>No changes</i>
655 Calories	250 Calories	385 Calories	495 Calories	500 Calories	630 Calories
45 g Fat	15 g Fat	35 g Fat	20 g Fat	15 g Fat	35 g Fat
12 WW+ Points	7 WW+ Points	6 WW+ Points	13 WW+ Points	14 WW+ Points	18 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.

INGREDIENTS: Egg Lasagna Noodles, Mushrooms, Artichokes, Onion, Basil, Mozzarella Cheese, Breadcrumbs,
White Wine, Parmesan Cheese, Lemon Juice, Olive Oil, Green Onions, Garlic, Spices

meez *meals*