

Bangkok Kale Chips with Himalayan Red Rice

Our favorite rice bowl. It all starts with an Asian-inspired basil crunch made from plenty of fresh basil, ginger, coconut and ground peanuts, mixed up with Himalayan red rice, baked organic tofu and crisp green kale chips. Unusual and totally delicious.

30 *Minutes to the Table*

10 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

- 3 Rimmmed Baking Sheets
- Saucepan

FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper

5 MEEZ CONTAINERS

- Basil Peanut Crunch
- Red Rice
- Kale
- Tofu
- Coconut

Make The Meal Your Own

Want to get dinner on the table in a flash? Cook the red rice up to two days in advance.

Kids and picky eaters will enjoy this dinner deconstructed - everyone can eat the parts they love best.

Dedicated omnivores can serve this up with chicken drumsticks, baked and served with the same sauce.

Good To Know

Health snapshot per serving – 620 Calories, 20g Protein, 10g Fiber, 18 WW+ Points

Lightened up snapshot – 500 Calories, 15g Fat and 15 WW+ Points with no coconut and $\frac{3}{4}$ rice

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

INGREDIENTS: Organic Tofu, Kale, Himalayan Red Rice, Peanuts, Coconut Milk, Coconut, Gluten Free Soy Sauce, Rice Wine Vinegar, Brown Sugar, Basil, Ginger, Garlic, Spices

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1. Getting Organized

Preheat your oven to 425, put a saucepan of water on to boil and take the **Basil Peanut Crunch** out of the refrigerator to warm up.

2. Cook the Red Rice

Salt the boiling water, then add the **Red Rice**. Simmer uncovered until tender, about 15 to 20 minutes. Drain, then return to the pot and let sit, covered, for 5 minutes.

We like to line our baking sheets with parchment to make clean up easier.

3. Roast the Kale, Tofu and Coconut

Put the **Kale** on to a rimmed baking sheet and drizzle with olive oil, salt and pepper. Cook until it just starts to crisp at the edges, about 12 to 15 minutes.

Start the tofu as soon as the kale goes into the oven. Put the **Tofu** on to a rimmed baking sheet. Drizzle with olive oil and arrange in a single layer, then bake until it's golden brown at the edges and puffs a little, about 7 to 15 minutes. When the tofu is about 3 minutes away from coming out of the oven, add the **Coconut** to the baking sheet. Bake until fragrant and golden brown, about 3 minutes.

Keep an eye on the coconut while it cooks! Even Chef Max has burned it once or twice!

4. Put It All Together

Serve the rice topped with the kale, tofu and half of the basil peanut crunch. Mix together, then add more basil peanut crunch to taste. Serve topped with the toasted coconut. Enjoy!

Love this recipe? #meezmagic

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois * Cook by July 26

Southern Sweet Corn and Cheddar Strata

Stratas are one of our favorites hands-free dinners – just layer your ingredients and the oven does all the work for you. We're making this Southern style strata with local sourdough, corn, scallions and a cheddar and Parmesan cheese mix. The best part? The leftovers are perfect for brunch the next day. (Don't be scared off by the long cook time on this one. It's just 5 minutes of hands-on cooking and can be made in advance.)

60 Minutes to the Table

5 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Loaf Pan or 10x10
Casserole Dish
Mixing Bowl

FROM YOUR PANTRY

Salt & Pepper
Butter or
Cooking Spray
1 ½ cup Milk or
Half & Half

4 MEEZ CONTAINERS

Sourdough Bread
Corn & Scallions
Cheddar & Parmesan
Egg Mix

Make The Meal Your Own

This is a great make-ahead dinner. Prepare the strata ahead of time, and reheat it for 10 minutes at 350 when you are ready to eat.

Dedicated omnivores can add cooked, crumbled bacon along with the corn.

Looking for a brunch idea? This is a delicious breakfast as well. Add some sausage to give it a breakfast feeling.

Want to boost the veggies in this dish? Cherry tomatoes, sliced zucchini and diced sweet potatoes are all delicious additions.

Good To Know

A note on pan size – To keep the strata moist, Chef Max likes to make his in a narrow, deep pan, like a loaf pan. You can also build your strata in a shallower 10x10 casserole dish, but start checking it a bit earlier, as it may cook faster.

Health snapshot per serving – 830 Calories, 45g Protein, 5g Fiber, 22 WW+ Points

Lightened up snapshot – 495 Calories, 20g Fat and 14 WW+ points using ½ the bread and no cheese.

INGREDIENTS: Corn, Eggs, Sourdough Bread, White Cheddar Cheese, Green Onion, Parmesan Cheese, Mayonnaise

meezmeals

1. Getting Organized

Preheat your oven to 350 degrees and grease your pan using butter or cooking spray.

2. Assemble the Strata

Put 1/3 of the **Sourdough Bread** on the bottom of the pan. Layer 1/3 of the **Corn & Scallions** on top of the bread and then layer with 1/3 of the **Cheddar & Parmesan**. Repeat these layers two more times – bread, corn, cheese – until you've used up your ingredients.

Open the **Egg Mix** and pour into a mixing bowl. Add 1 ½ cup milk or half & half. Season with two pinches of Kosher salt and up to ½ tsp of black pepper. Pour the egg mixture into the pan as evenly as possible.

3. Bake the Strata

Bake the strata until the eggs are set and it's brown on top, about 50 to 60 Minutes. Slice and serve. Enjoy!

You can adjust the black pepper amount based on your preferences. Chef Max likes the full ½ tsp, but if you're not a black pepper fan, go with just a pinch or two.

Love this recipe? #meezmagic

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois * Cook by July 26

Barbeque Flatbread Pizza

Back by popular demand! A whole-wheat crust spread with a delicious BBQ sauce and topped with black beans, crispy kale, smoked gouda and dried cherries. Sound unusual? Definitely. But together these ingredients are magic.

30 Minutes to the Table

10 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Baking Sheet

FROM YOUR PANTRY

Olive Oil

Salt & Pepper

Flour for Dusting

5 MEEZ CONTAINERS

Pizza Dough

Kale

Barbeque Sauce

Black Beans

Cheese & Cherries

Make The Meal Your Own

Kids and picky eaters tip – Serve their portion with the crispy kale on the side.

Omnivore's Option – Barbeque chicken pizza is about as classic as it gets. If you have some leftover roast chicken, it would be great on this pizza.

Good To Know

If you're making the vegan version, we've left out the cheese. Cook the kale and pizza separately, rather than finishing them together, the way we recommend for folks using cheese. Cook the kale until it's crispy and browned. While it's cooking, bake the pizza with just the sauce, beans and cherries. Top it with the cooked kale and enjoy! (Need help? Give us a call!).

Health snapshot per serving – 730 Calories, 35g Protein, 20g Fiber, 22 WW+ Points

Lightened up snapshot – 500 Calories, 10 g Fat and 20 WW+ Points with ½ the cheese.

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

INGREDIENTS: Kale, Whole Wheat Pizza Dough, Black Beans, Barbeque Sauce, Gouda Cheese, Mozzarella Cheese, Dried Cherries, Granulated Garlic

meez meals

1. Getting Organized

Preheat your oven to 400 and take the **Pizza Dough** out of the refrigerator.

Warming up your pizza dough is important! It makes it easier to roll.

2. Bake the Kale

Put the **Kale** on to a rimmed baking sheet and drizzle with 2 Tbsp olive oil. Toss well, then arrange the kale in a single layer and bake for 10 minutes. Transfer to a plate.

The kale will finish cooking on top of the pizza, so don't let it get fully toasted and browned.

3. Prepare the Pizza Dough

Once 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 ¼" thickness. We usually make two-person pizzas (even if we're making the 4-serving size) and ours are about 8" wide and 14" long, but you can make yours however you like.

Sprinkling your counter with flour is important! It keeps the dough from sticking.

4. Bake the Pizza

Put the pizza onto the now-empty baking sheet. Spread some of the **Barbeque Sauce** over the pizza. Use just as much as you need, too much and it will get soggy.

We line our baking sheets to make clean up a breeze!

Top with the **Black Beans** and cooked kale. Sprinkle the **Cheese & Cherries** and bake for 15 to 20 minutes or until the crust is golden and the cheese is melted. Enjoy!

Keep an eye on the pizza as it cooks. If the kale is turning too brown, turn the heat down.

Love this recipe? #meezmagic

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois * Prepare by July 26

SoCal Cremini Mushroom Tacos with Salsa Fresca

Classic and delicious. Southern California dreams are envisioned with spiced black beans, Cremini mushrooms and spicy chevre. A little salsa Fresca on top, and these tacos are over-the-top good.

25 Minutes to the Table

25 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

- 2 Skillets
- Rimmed Baking Sheet

FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper

6 MEEZ CONTAINERS

- Mushrooms
- Scallions
- Spiced Black Beans
- Corn Tortillas
- Goat Cheese & Jalapeno
- Salsa Fresca

Make The Meal Your Own

Picky eaters tip – Skip the goat cheese and use cheddar or queso fresco, instead.

Omnivore's Option – Sliced pork loin is delicious in these tacos.

Good To Know

If you're making the vegan version, we've left the goat cheese out of your meal. Before you cook the mushrooms in step 2, sauté the jalapenos for a minute. They'll add great flavor.

Health snapshot per serving – 525 Calories, 30g Protein, 20g Fiber, 13 WW+ Points

Lightened up snapshot – 455 Calories, 10 g Fat and 11 WW+ Points when you only use half of the spicy goat cheese.

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

INGREDIENTS: Mushrooms, Black Beans, Corn Tortillas, Diced Tomatoes, Goat Cheese, Scallions, Lime, Cilantro, Jalapeno, Garlic, Spices

meezmeals

1. Getting Organized

Preheat your oven to 375.

2. Sauté the Mushrooms

Heat 1 Tbsp olive oil in a large skillet over high heat. Add the **Mushrooms** and cook until golden brown and caramelized, about 15 to 20 minutes.

3. Roast the Scallions

While the mushrooms are cooking, arrange the **Scallions** on a rimmed baking sheet and drizzle with 1 Tbsp olive oil. Toss well, then cook until crispy, about 12 to 15 minutes.

4. Cook the Black Beans

Once the scallions are in the oven, heat 2 Tbsp olive oil in a second skillet. Add the **Spiced Black Beans** and ½ cup of water. Cook, mashing the beans with a slotted spoon or fork, until the beans resemble refried beans and the mixture thickens.

Add a little bit more water to the beans if you'd like them to be creamier.

5. Put It All Together

Heat the **Corn Tortillas** for a few seconds in a dry skillet or directly on a gas burner, and then assemble your tacos. Spread the black beans on the tortillas, then top with the mushrooms, a dollop of **Goat Cheese & Jalapeno**, scallions and the **Salsa Fresca**. Enjoy!

Love this recipe? #meezmagic

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois * Prepare by July 26

Mediterranean Stuffed Tilapia

We're hooked on artichokes, and when Chef Max suggested stuffing tilapia with a fresh artichoke tapenade, we couldn't wait to try it. One bite and we were sold. With honey Dijon broccoli on the side, it's a meal just right for summer.

30 *Minutes to the Table*

10 *Minutes Hands On*

2 Whisks *Easy*

Getting Organized

EQUIPMENT

Baking Sheet

FROM YOUR PANTRY

Olive Oil

Salt & Pepper

5 MEEZ CONTAINERS

Broccoli

Almonds

Honey Dijon Dressing

Tilapia

Artichoke Tapenade

Make The Meal Your Own

Want to make a simpler version of this dish? Skip the stuffing step and spread the artichoke tapenade on top of the fish fillets, instead.

For an extra bit of salt and smoke, try adding bacon bits to the artichoke tapenade before stuffing the fish.

Our tilapia is responsibly fished, so it's free from dyes, antibiotics and any industrial grain-based diets.

Good To Know

Health snapshot per serving – 630 Calories, 45g Fat, 35g Protein, 20g Carbs, 17 WW+ Points

Lightened up snapshot – 430 Calories, 25g Fat, and 11 WW+ Points with ½ the honey Dijon.

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

INGREDIENTS: Wild-Caught Tilapia, Broccoli, Artichoke Hearts, Olive Oil, Panko Breadcrumbs, Almonds, Red Wine Vinegar, Parmesan Cheese, Dijon Mustard, Honey, Lemon Juice, Herbs and Spices

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1. Get Organized

Preheat your oven to 400 degrees.

2. Make the Broccoli Salad

Combine the **Broccoli**, **Almonds** and **Honey Dijon** in a mixing bowl. Stir well and set aside.

The broccoli salad is best at room temperature, so leave it out while you cook.

3. Stuff the Tilapia

Place the **Tilapia** on a lightly oiled (or parchment-lined) baking sheet. Use a knife to cut a slit lengthwise down the center of the wider side of the fish, leaving 1-inch on either end. Put 3 heaping Tbsp of the **Artichoke Tapenade** in the center of the opposite side of the fillet (the uncut side). Fold the cut-side of the fish over the tapenade, sandwiching it between both sides of the fish. Repeat this process with the other fillet (you will have tapenade left over). Top the fish with remaining tapenade and drizzle with olive oil.

One side of the tilapia is slightly wider and longer than the other - cut this wider and longer side.

Make sure to cut the slit all the way through the fish. This opening allows the fish and tapenade to cook evenly.

4. Bake the Fish

Bake the stuffed tilapia until the tapenade on top starts to brown, about 15 to 20 minutes. Serve the stuffed tilapia alongside the broccoli salad. Enjoy!

If you want to make sure the fish is fully cooked, flake off a few pieces toward the center to check or use a thermometer - you're looking for an internal temp. of 145 or above.

Love this recipe? #meezmagic

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois * Prepare by July 23

Fusilli di Modena with Chicken and Spinach

This gem starts with a creamy balsamic sauce members have gone wild for. Paired with sautéed chicken breast, sautéed spinach and fusilli pasta, it's a speedy recipe the family will love.

20 Minutes to the Table

10 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Saucepan
Mixing Bowl
Deep Skillet or Large
Saucepan with Lid

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Fusilli Pasta
Chicken Breast
Spinach
Grape Tomatoes
Balsamic Cream
Goat Cheese

Make The Meal Your Own

This dish tastes just as great cold as it does hot, so it's perfect as a make-ahead dinner or a quick pack-and-go lunch.

Leftovers Tip – Toss your leftovers in a small casserole dish, top with shredded cheese (Chef Max recommends mozzarella) and bake until the pasta is hot and the cheese is melted, about 10 to 15 minutes.

Our free-range chickens thrive on an all-natural diet. They are never fed growth hormones and receive no antibiotics in their feed, their water, through intramuscular injection, or even the egg...ever.

Good To Know

If you're making the gluten-free version, we sent you gluten-free pasta.

Be sure to generously season your chicken with salt and pepper before cooking. Chef Max recommends using ¼ tsp of each.

Health snapshot per serving – 618 Calories, 36g Fat, 33g Protein, 10g Carbs, 13 WW+ Points

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

INGREDIENTS: Free-Range Chicken Breast, Grape Tomatoes, Whole Wheat Fusilli Pasta, Spinach, Heavy Cream, Goat Cheese, Balsamic Vinegar, Brown Sugar, Concentrated Vegetable Stock, Garlic, Herbs

meez meals

1. Getting Organized

Put a saucepan of water on to boil.

2. Cook the Pasta

Add the **Fusilli Pasta** to the boiling water. Cook until al dente, about 7 to 9 minutes, and then drain.

Combine the warm, cooked pasta with the **Spinach** in a mixing bowl.

3. Cook the Chicken and Tomatoes

While the pasta is cooking, heat 1 ½ Tbsp olive oil in a deep skillet (or large saucepan) over high heat. When the oil is smoking, add the **Chicken Breast** and **Tomatoes** and cover. Cook until the chicken is browned on one side, about 6 minutes, and then flip. Continue cooking, uncovered, until chicken is fully cooked, about 4 more minutes.

Add the tomatoes and chicken gently; the oil will be extremely hot and you want to avoid splashes.

Add the **Balsamic Cream** and bring to a boil. Turn off the heat. Season with salt and pepper to taste.

4. Put It All Together

Add the chicken and tomatoes to the bowl with the pasta and spinach and mix well to coat. Serve pasta with **Goat Cheese** crumbled on top. Enjoy!

Love this recipe? #meezmagic

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois * Prepare by July 24

Jamaican Sirloin Steak

A taste of the tropics. Sirloin steak gets cooked up with a delicious mango sauce, and then served up with a warm pineapple slaw and traditional black beans and rice. Fresh, light and just right for summer.

20 Minutes to the Table

20 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Large Skillet
Mixing Bowl

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Pineapple & Celery
Cabbage
Sirloin
Cooked Rice
Black Beans
Mango Vinaigrette

Make The Meal Your Own

Traditional Jamaican dishes are very spicy. Chef Max kept our version mild, but if you want to kick up the heat, it's the perfect vehicle for chopped jalapeno or habanero peppers. Cook them with the pineapple, celery and cabbage. If you don't have any on hand, drizzle your favorite hot sauce on the finished dish.

Our beef comes from a local farm down the road in Aurora, Ill. The cows are raised on open pastures with care and dedication and are free of any antibiotics or growth-promoting hormones.

Good To Know

Be sure to generously season your beef with salt and pepper before cooking; the salt adds flavor while also keeping the meat tender. Chef Max recommends using ½ tsp of each.

Health snapshot per serving – 791 Calories, 50g Protein, 40g Fat, 60g Carbs, 21 WW+ Points

Lightened up snapshot – 670 Calories, 25g Fat and 15 WW+ points if you use half the mango vinaigrette

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

INGREDIENTS: Grass-Fed Beef Sirloin, Rice, Cabbage, Black Beans, Pineapple, Celery, Onion, Dried Mango, Olive Oil, Lime Juice, Sherry Vinegar, Cilantro, Garlic, Spices

meez meals

1. Cook the Vegetables

Heat 1 Tbsp of oil in a large skillet over high heat. Add the **Pineapple & Celery** and cook, stirring occasionally, until well caramelized, about 5 to 7 minutes. Add the **Cabbage** and cook, stirring, until wilted and starting to brown, about 3 minutes. Remove everything to a bowl and set aside.

Use the biggest skillet you have because everything gets cooked together in step 3.

2. Cook the Beef

Return the now-empty skillet to the stove with 1 tsp oil over high heat. While the skillet is heating, pat the **Sirloin** dry with a towel and season generously with salt and pepper (we recommend ½ tsp of each). When the skillet is very hot, add the beef. Cook it, without stirring, until the bottom browns and the sides start to color, about 45 to 60 seconds.

To test if the skillet is hot enough for the beef, hold your hand about 6 inches above the skillet. If you can feel serious heat, it's ready to go.

- **If you prefer your beef medium-rare**, flip it, give it a good stir, and then immediately remove to the bowl with the vegetables.
- **If you prefer your beef medium**, flip it and continue cooking for 30 seconds to 1 minute until fully browned. Remove to the bowl with the vegetables.
- **If you prefer your beef well done**, flip it and continue cooking for 1 minute. Remove to the bowl with the vegetables.

If you have a digital timer or a stopwatch, use it while you cook the beef - a minute goes by faster than you think.

Beef continues to cook as it rests, so remove it from the heat when it's a little less done than you like to prevent it from overcooking.

3. Heat the Rice and Beans

Return the skillet to the stove and heat 2 Tbsp of oil over medium-high heat. When the pan is very hot, add the **Cooked Rice** and **Black Beans** and cook, stirring constantly, for 1 minute. Add the vegetables and sirloin back to into the pan and stir to combine. Remove from the heat.

Season with salt and pepper and drizzle with **Mango Vinaigrette** to taste.

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois * Prepare by July 24

Shaved Brussels Sprout Salad

10 Minutes to the Table

10 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Mixing Bowl
Baking Sheet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

4 MEEZ CONTAINERS

Tortillas
Brussels &
Cauliflower
Chickpeas & Dates
Lemon & Feta
Vinaigrette

Make The Meal Your Own

This is a great make-ahead salad. Toast the tortillas in advance, and just toss and serve when you're ready to eat.

Good to Know

Health Snapshot per serving (serves 2)

350 Calories, 15g Fat, 50g Carbs, 9 WW+ Points

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

INGREDIENTS: Brussels Sprouts, Cauliflower, Chickpeas, Corn Tortillas,
Olive Oil, Dates, Feta, Lemon, White Wine Vinegar,
Green Onions

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1. **Getting Started**

Preheat your oven to 400.

2. **Crisp the Tortillas**

Cut the **Tortillas** into ½" strips and toss with olive oil, salt and pepper. Bake until crispy and golden brown, about 5 to 7 minutes.

3. **Put It All Together**

Toss the **Brussels & Cauliflower** and **Chickpeas & Dates** in a mixing bowl With half of the **Lemon & Feta Vinaigrette**. Mix well, then add more Vinaigrette to taste. Serve topped with the crispy tortillas. Enjoy!

Love this recipe? #meezmagic

Prepare by July 26

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

Brazilian Chimichurri Salad

5 Minutes to the Table

5 Minutes Hands On

Getting Organized

EQUIPMENT

Mixing Bowl

FROM YOUR PANTRY

Salt & Pepper

4 MEEZ CONTAINERS

Veggies

Corn & Black Beans

Chimichurri Dressing

Queso Fresco

Put It All Together

Toss the **Veggies** and **Corn & Black Beans** in a mixing bowl with half of the **Chimichurri Dressing**. Top with **Queso Fresco** and season with salt and pepper and more dressing to taste. Enjoy!

Good to Know

Health Snapshot per serving

850 Calories, 60g Fat, 55g Carbs, 30g Protein, 23 WW+ Points

Have Questions?

We're standing by at 773.916.6333

INGREDIENTS: Celery Root, Jicama, Black Beans, Corn, Queso Fresco, Olive Oil, Red Wine Vinegar, Red Onion, Lime, Parsley, Cilantro, Garlic, Spices

Prepare by July 26

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

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

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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 build 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 1/4" thickness. Our pizzas are usually about 4" wide and 7" long, but you can make yours however you like.

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 July 26

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

Cauliflower

Tortillas

Chickpea Spread

Chihuahua

Cheese

Good to Know

We love the way this recipe sneaks cauliflower into a snack, but you can skip it and enjoy the quesadilla 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 in the center of a baking sheet (to prevent it from burning). Bake until just starting to brown, about 7 to 10 minutes. Move the cauliflower to one side of the baking sheet to allow room to build the quesadilla.

3. Build the Quesadilla

Oil the 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 **Chickpea Spread** 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 July 26

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

Health Snapshot

Bangkok Kale Chips & Rice

620 Calories
20 g Protein
10 g Fat
10 g Carbs.
5 g Fiber
1140 mg Sodium

18 WW+ Points

130% Vitamin C
30% Calcium

Corn & Cheddar Strata

830 Calories
45 g Protein
1g Fat
60 g Carbs.
5 g Fiber
800 mg Sod.

22 WW+ Points

220% Vitamin A
75% Folate
65% Vitamin C.

Barbeque Flatbread Pizza

730 Calories
40 g Protein
20 g Fat
95 g Carbs
20 g Fiber
1450 mg Sodium

22 WW+ Points

200% Vitamin A
60% Calcium
55% Vitamin C

Mushroom Tacos with Salsa Fresca

525 Calories
30 g Protein
10 g Fat
70 g Carbs
20 g Fiber
1,440 mg Sodium

13 WW+ Points

355% Vitamin A
40% Vitamin C
55% Calcium

Mediterranean Stuffed Tilapia

630 Calories
35 g Protein
45 g Fat
20 g Carbs.
10 g Fiber
845 mg Sod.

17 WW+ Points

90% Vitamin C
30% Vitamin A
40% Iron

Lighten Up Option

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

Rice

No coconut, $\frac{3}{4}$ rice

500 Calories
15 g Fat
15 WW+ Points

Strata

Half the bread,
no cheese

495 Calories
20 g Fat
14 WW+ Points

Pizza

Half the cheese

500 Calories
10 g Fat
20 WW+ Points

Tacos

Half goat cheese

455 Calories
10 g Fat
11 WW+ Points

Salmon

Half the honey
Dijon

430 Calories
25 g Fat
11 WW+ Points

Health Snapshot

| Fusilli di Modena | Jamaican Sirloin Steak | Shaved Brussels Sprout Salad | Brazilian Chimichurri Salad | Spinach Pesto Pizza | Italian Quesadilla |
|---|---|--|--|--|--|
| 618 Calories 33 g Protein 36 g Fat 15 g Carbs. 4 g Fiber 330 mg Sod. | 790 Calories 50 g Protein 40 g Fat 60 g Carbs. 7 g Fiber 150 mg Sod. | 350 Calories 10 g Protein 15 g Fat 50 g Carbs. 10 g Fiber 425 mg Sod. | 850 Calories 30 g Protein 60 g Fat 55 g Carbs. 15 g Fiber 790 mg Sodium | 805 Calories 40 g Protein 35 g Fat 80 g Carbs. 15 g Fiber 1,300 mg Sod. | 770 Calories 35 g Protein 40 g Fat 75 g Carbs. 10 g Fiber 1,715 mg Sod. |
| 13 WW+ Points | 21 WW+ Points | 9 WW+ Points | 23 WW+ Points | 21 WW+ Points | 16 WW+ Points |
| 50% Vitamin C 100% Vitamin A 50% Calcium | 115% Vitamin C 130% Vitamin-B12 70% Iron | 90% Vitamin C 35% Vitamin B6 15% Calcium | 55% Vitamin C 55% Calcium 25% Vitamin E | 405% Vitamin A 80% Calcium 65% Vitamin C | 120% Vitamin C 75% Calcium 35% Vitamin B6 |

Lighten Up Option

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

| Fusilli | Steak | Brussel Salad | Chimichurri | Pizza | Quesadilla |
|---|---|--|---|---|---|
| <i>No Changes</i> | <i>1/2 the vinaigrette</i> | <i>No changes</i> | <i>No changes</i> | <i>1/4 cheese, 1/2 pesto cream</i> | <i>1 tortilla</i> |
| 618 Calories 36 g Fat 13 WW+ Points | 670 Calories 25 g Fat 15 WW+ Points | 350 Calories 15 g Fat 9 WW+ Points | 850 Calories 60 g Fat 23 WW+ Points | 500 Calories 15 g Fat 13 WW+ Points | 480 Calories 20 g Fat 10 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.

Quick Tips

Bangkok Kale Chips with Himalayan Red Rice

| | | |
|---------------------------|---------------------------|------------------------------|
| 30 Min to Table | 10 Min Hands On | 1 Whisk Super Easy |
|---------------------------|---------------------------|------------------------------|

Getting Started Preheat your oven to 425 & put saucepan on to boil.

Omnivore Option Shrimp is a great addition.

From Your Pantry You'll need olive oil, salt and pepper.

SoCal Mushroom Tacos with Salsa Fresca

| | | |
|---------------------------|---------------------------|------------------------------|
| 25 Min to Table | 25 Min Hands On | 1 Whisk Super Easy |
|---------------------------|---------------------------|------------------------------|

Getting Started Preheat oven to 375.

Omnivore Option Sliced pork loin goes very well with this mean

Southern Sweet Corn & Cheddar Strata

| | | |
|---------------------------|--------------------------|------------------------------|
| 60 Min to Table | 5 Min Hands On | 1 Whisk Super Easy |
|---------------------------|--------------------------|------------------------------|

Getting Started Preheat oven to 350 & grease loaf pan.

Omnivore Option Crumbled bacon is delicious in this.

From Your Pantry You'll need olive oil, salt, pepper, milk, and cooking spray / butter

Barbeque Flatbread Pizza

| | | |
|---------------------------|---------------------------|------------------------------|
| 30 Min to Table | 10 Min Hands On | 1 Whisk Super Easy |
|---------------------------|---------------------------|------------------------------|

Getting Started Preheat your oven to 400 and take pizza dough out of refrigerator.

Omnivore Option Chicken is a great option.

From Your Pantry You'll need some olive oil, salt, pepper, and flour.

Mediterranean Stuffed Tilapia

| | | |
|---------------------------|---------------------------|------------------------|
| 30 Min to Table | 10 Min Hands On | 2 Whisk Easy |
|---------------------------|---------------------------|------------------------|

Getting Started Preheat oven to 400.

Meal Tip Try adding bacon to the artichoke tapenade.



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From Your You'll need olive oil, salt
Pantry and pepper.

Fusilli di Modena with Chicken & Spinach

| | | |
|---------------------------|---------------------------|------------------------------|
| 20 Min to Table | 10 Min Hands On | 1 Whisk Super Easy |
|---------------------------|---------------------------|------------------------------|

Getting Started Put a saucepan on to boil.

Leftovers Tip Extras from this meal make a great addition to a pasta

From Your You'll need olive oil, salt,
Pantry and pepper.

Brazilian Chimichurri Salad

| | | |
|--------------------------|--------------------------|------------------------------|
| 5 Min to Table | 5 Min Hands On | 1 Whisk Super Easy |
|--------------------------|--------------------------|------------------------------|

Getting Started This one is toss and serve!

From Your You'll need salt and
Pantry pepper.

Jamaican Sirloin Steak

| | | |
|---------------------------|---------------------------|------------------------------|
| 20 Min to Table | 20 Min Hands On | 1 Whisk Super Easy |
|---------------------------|---------------------------|------------------------------|

Getting Started Pull pineapple, celery, and cabbage out to be cooked.

Leftovers Tip This dish is delicious cold.

From Your You'll need olive oil, salt,
Pantry and pepper.

Spinach Pesto Pizza

| | | |
|--------------------------|--------------------------|------------------------------|
| 5 Min to Table | 5 Min Hands On | 1 Whisk Super Easy |
|--------------------------|--------------------------|------------------------------|

Getting Started Preheat oven to 425 and take pizza dough out of refrigerator

From Your You'll need some olive oil.
Pantry

From Your You'll need flour, olive oil, salt,
Pantry and pepper.

Shaved Brussels Sprout Salad

| | | |
|---------------------------|---------------------------|------------------------------|
| 10 Min to Table | 10 Min Hands On | 1 Whisk Super Easy |
|---------------------------|---------------------------|------------------------------|

Getting Started Preheat your oven to 400.

From Your You'll need olive oil, salt, and
Pantry pepper.

Italian Quesadilla

| | | |
|---------------------------|--------------------------|------------------------------|
| 25 Min to Table | 5 Min Hands On | 1 Whisk Super Easy |
|---------------------------|--------------------------|------------------------------|

Getting Started Preheat oven to 400.

From Your You'll need Vegetable oil.
Pantry