

Triple Mushroom Flatbread

Ever wonder what they teach in culinary school? Chef Max tells us it's all about the sauces. And this flatbread is all about a rich gorgonzola sauce that makes this pizza extra special.

25 Minutes to the Table

25 Minutes Hands On

2 Whisks Easy

Getting Organized

EQUIPMENT

Large Skillet
Saucepan
Baking Sheet

FROM YOUR PANTRY

Olive Oil
1 ½ Flour + More for
Dusting
½ Tbsp Butter

7 MEEZ CONTAINERS

Pizza Dough
Onion & Garlic
Mushrooms
White Wine
Mozzarella Cheese
Cream Sauce
Gorgonzola Cheese

Make The Meal Your Own

Kids and picky eaters can top their own flatbread with plain cheese, and as many veggies as they like. You may want to serve the gorgonzola sauce on the side.

Dedicated omnivores can add roasted chicken to this dish. Use it as a topper with the mushrooms.

Good To Know

We've been generous with the toppings because everyone rolls their pizza out a little differently, and we want to be sure you have enough toppings to cover it all. Apply the toppings with a light hand and use the leftovers for another dish.

Health snapshot per serving - 600 Calories, 30g Protein, 10g Fiber, 14 WW+ Points.

Lightened up snapshot – 450 Calories, 15g Fat, 11 WW+ Points with ½ the cheese.

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

INGREDIENTS: Pizza Dough, Mushrooms, Red Onion, Mozzarella Cheese, Half and Half, White Wine, Gorgonzola Cheese, Concentrated Vegetable Stock, Garlic, Thyme

meezmeals

1. Getting Organized

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

2. Shape and Bake Your Dough

Sprinkle your counter with a little flour and roll out your pizza dough into flatbreads. Transfer the dough on to a baking sheet. Bake for 10 minutes; remove, then turn the oven up to 450.

The size of the flatbread is up to you. We target 1/4" thickness, and our two-person flatbreads are about 8" wide and 14" long.

3. Cook the Mushroom Topping & Assemble the Pizza

While the pizza dough is baking, start the mushroom topping. Heat 1 Tbsp olive oil in a large skillet over medium heat. Add the **Onion & Garlic** and cook for 2 minutes.

Add the **Mushrooms** and cook for 5 minutes. Add the **White Wine** and cook over high heat until the wine evaporates, then set aside.

Once the pizza dough is out of the oven, sprinkle with the **Mozzarella Cheese** and top with the cooked vegetables. Bake until the cheese melts, about 5 to 10 minutes.

4. Make the Gorgonzola Sauce

While the pizza is cooking, prepare the cream sauce. Melt ½ Tbsp butter in a saucepan over medium heat. Add 1 ½ tsp flour and whisk for a minute. Whisk in the **Cream Sauce** and **Gorgonzola Cheese**. Keep stirring and simmer until it thickens. Drizzle the flatbread with as much sauce as you'd like and enjoy!

Love this recipe? #meezmagic

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois * Cook by August 2

Hands Free BBQ Couscous Casserole

Is there anything better than a hands-free dinner? How about when it's cooked up with barbeque sauce and mozzarella? Add in broiled sweet potatoes and plenty of fresh kale, and it's a recipe the family will love.

40 Minutes to the Table

10 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Oven-Safe
Saucepan
Rimmed Baking
Sheet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Sweet Potatoes
Pearl Couscous
Barbeque Sauce
Mozzarella & Cherries
Kale

Make The Meal Your Own

Want this meal in a flash? Prepare the sweet potatoes and couscous in advance. When it's time for dinner, assemble the casserole and sauté the kale. You'll be eating in 15 minutes.

Kids and picky eaters can eat their kale on the side.

Good To Know

If you're making the vegan version, we've left the cheese out. It's just as delicious without it.

If you're making the gluten-free version, we've given you quinoa instead of couscous. Cooking it up is easy. Just bring 2 ½ cups of water to a boil, then add the quinoa and a dash of salt. Cover and lower the heat to a simmer. Cook for 12 to 15 minutes, until the grain looks spiraled. Fluff and let sit covered for 5 minutes.

Health snapshot per serving – 680 Calories, 25g Protein, 10g Fiber, 17 WW+ Points

Lightened up snapshot – 500 Calories, 10g Fat and 13 WW+ Points using ½ the couscous.

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

INGREDIENTS: Sweet Potatoes, Kale, Pearl Couscous, Barbeque Sauce, Mozzarella Cheese, Parmesan Cheese, Cherries, Garlic

meezmeals

1. Getting Organized

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

2. Roast the Sweet Potatoes

Put the **Sweet Potatoes** on to a rimmed baking sheet. Drizzle with olive oil, salt and pepper and bake until the edges are crispy, about 15 to 25 minutes.

3. Cook the Couscous

Once the sweet potatoes are cooking, start the couscous. Salt the boiling water generously, then add the **Pearl Couscous** and cook for 5 minutes, then drain and rinse.

The couscous won't be done cooking in this first step. We're just par-cooking it.

4. Assemble the Casserole

Turn the oven down to 300 and put the couscous back into the saucepan or, if it's not oven-safe, into a casserole dish. Add the cooked sweet potatoes, **Barbeque Sauce** and ¼ cup water and mix well, then top with the **Mozzarella & Cherries**. Bake until the top is lightly browned and melty, about 12 to 15 minutes.

5. Sauté the Kale

Once the gratin gets into the oven, arrange the **Kale** on your rimmed baking sheet. Drizzle with olive oil, salt and pepper, and bake until softened and crisp on the edges, about 15 minutes. Serve the gratin topped with the kale and enjoy!

Love this recipe? #meezmagic

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois * Cook by August 2

Oven Roasted Cauliflower and Chickpea Curry

Our super simple, super delicious roasted vegetable curry. It's cooked in the oven, so there's no stove to stay close to or saucepan to clean up. And because the vegetables are roasted, they have an extra intensity that's just delicious. Cauliflower, carrots, chickpeas, raisins and cashews all come together over jasmine rice. It's hands-free heaven!

40 Minutes to the Table

5 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Saucepan
Rimmed Baking Sheet(s)

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Jasmine Rice
Carrots & Peppers
Cauliflower
Chickpeas & Onions
Coconut Curry Sauce
Cashews & Raisins

Make The Meal Your Own

Make ahead tip – Cook the rice and roast the vegetables up until you would add the curry sauce. When you're ready to eat, roast the vegetables an additional 5 minutes before adding the sauce.

Have leftovers? Turn this into a creamy curry soup by pureeing your leftovers and adding a can of coconut milk.

Omnivore's Option – Ground lamb is a traditional addition to this dish. Brown it separately, drain the fat and add with the Coconut Curry Sauce.

Good To Know

Health snapshot per serving – 600 Calories, 20 g Protein, 15 g Fiber, 16 WW+ Points

Lightened up snapshot – 490 Calories, 15 g Fat and 13 WW+ Points when you use half the curry sauce and a handful less of the rice.

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

INGREDIENTS: Tomatoes, Coconut Milk, Cauliflower, Chickpeas, Carrots, Rice, Red Bell Peppers, Onion, Cashews, Raisins, Ginger, Spices

meezmeals

1. Getting Organized

Preheat your oven to 450 and bring 2 cups of water to a boil for the rice.

2. Cook the Rice

When the water for the rice 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 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 Vegetables

While the rice is cooking, put the **Carrots & Peppers** and **Cauliflower** on to a rimmed baking sheet. Drizzle with olive oil, salt and pepper and toss well. Then arrange in a single layer and bake for 15 minutes.

After 5 minutes, add the **Chickpeas & Onions** to the roasting veggies. Stir well, then return the baking sheet to the oven until the veggies are looking golden in places and are fork tender, about 20 minutes.

4. Finish the Curry

Pour the **Coconut Curry Sauce** over everything, (if you're using 2 baking sheets divide the sauce evenly between them as best you can) and give the vegetables a good stir. Cook for another 5 minutes, then serve over the rice topped with the **Cashews & Raisins**.

Resist the temptation to crowd the vegetables. They need to be in a single layer for this recipe to work, so use two sheets, if necessary.

If you divided your veggies between two baking sheets, you can combine them on to one to mix before serving, or use a mixing bowl.

If you want to mix things up, try slicing some banana on top of the curry as well.

Love this recipe? #meezmagic

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois * Prepare by August 2

Summer Cheddar Veggie Cakes

How do you make dinner fun? Cook up savory cheddar pancakes with tiny bites of cauliflower and green beans. It's a fun dinner that's perfect with our creamy parsley chevre. (Not a goat cheese fan? Set your ingredient preferences to no chevre and we'll send you cream cheese, instead).

35 *Minutes to the Table*

35 *Minutes Hands On*

2 Whisks *Easy*

Getting Organized

EQUIPMENT

Baking Sheet
Griddle or Skillet
Mixing Bowl

FROM YOUR PANTRY

Olive Oil
Salt & Pepper
Butter
¼ cup Milk + 2 Eggs

4 MEEZ CONTAINERS

Cauliflower & Green Beans
Onions & Garlic
Flour & Cheddar
Goat Cheese Spread

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 be the same size, but your kids will get a kick out of eating their creations.

Good To Know

If you're cooking without goat cheese, we sent you cream cheese, instead.

Health snapshot per serving – 490 Calories, 22g Fat, 26 g Protein, 7 g Fiber, 11 WW+ Points

Lightened up snapshot – 410 Calories, 16 g Fat and 9 WW+ Points when using half the goat cheese spread.

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

INGREDIENTS: Cauliflower, Flour, Green Beans, Onion, White Cheddar, Goat Cheese, Lemon Juice, Parsley, Baking Powder, Garlic, Brown Sugar

meez *meals*

1. Getting Organized

Preheat the oven to 375 and heat your skillet on high heat.

2. Make the Pancake Batter

Add 1 Tbsp of olive oil to the skillet and add the **Cauliflower & Green Beans** and **Onions & Garlic** and cook until the vegetables are lightly browned, 7 to 10 minutes, stirring occasionally. Remove veggies to a mixing bowl and add the **Flour & Cheddar**, 2 Tbsp melted butter, ¼ cup milk and 1 tsp salt. Separate the whites from the yolks of 2 eggs, putting the yolks in the batter and the whites in a separate bowl. Mix the batter well. It should be thick.

Beat the egg whites into peaks using an electric mixer or whisk by hand, then gently fold into the batter.

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.

3. Cook the Pancakes

Melt 1 to 2 Tbsp butter on your griddle or skillet over medium-high heat.

Ladle the batter on to 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 are firm.

4. Put It All Together

Serve the pancakes topped with **Goat Cheese Spread**. Enjoy!

Love this recipe? #meezmagic

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois * Prepare by August 2

Tahitian Chicken Paella

Tropical flavors give the classic Spanish paella a twist we just love. With caramelized pineapple, sweet bell peppers, free-range chicken breast and a coconut soy ginger sauce, this rice casserole is bursting with flavor.

30 *Minutes to the Table*

10 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Oven-Safe Large Skillet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Chicken Breast
Pineapple & Peppers
Rice
Coconut Soy Ginger Sauce
Cashews

Make The Meal Your Own

Leftovers from this dish make a delicious snack or next-day lunch. If you plan to save some for a later meal, reserve a bit of the coconut soy ginger sauce to moisten the paella when you reheat it.

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

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 – 710 Calories, 50g Protein, 5 g Fiber, 19 WW+ Points

Lightened up snapshot – 460 Calories, 8g Fat and 11 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: Chicken Breast, Coconut Milk, Pineapple, Bell Peppers, Rice, Pineapple Juice, Onion, Soy Sauce, Cashews, Brown Sugar, Cilantro, Garlic, Herbs and Spices

meez *meals*

1. Getting Organized

Preheat your oven to 375.

2. Prep the Chicken

Rinse the **Chicken Breast** under cold water and pat dry with a towel. Place the chicken on a cutting board. Using a sharp knife, cut the chicken breast lengthwise into long strips, about ¼" wide. Rotate the chicken breast 90 degrees and then cut across to create small, even cubes of chicken.

Once the chicken is cut, generously sprinkle with salt and pepper (we use ¼ tsp salt and ¼ tsp pepper, so use about half per side, or more if you like).

3. Cook the Chicken and Vegetables

Heat 1 Tbsp oil in a large, oven-safe skillet over high heat. Add the cubed chicken breast and cook, stirring occasionally, until no longer pink on the outside, about 3 to 5 minutes. Add the **Pineapple & Peppers** and continue cooking until the vegetables are soft and fragrant, 3 to 5 minutes.

4. Prepare and Bake the Paella

Stir the **Rice** in to the pan along with ¾ of the **Coconut Soy Ginger Sauce** and 1 cup of water. Bring to a boil and then cover (if your skillet doesn't have a lid, use aluminum foil).

Put the skillet into the oven and cook the paella until the rice is tender and the water has been absorbed, about 15 minutes. If the rice isn't fully cooked once the water has been absorbed, you can add a little more water and continue cooking until the rice is tender. Once the rice is to your liking, turn the oven off, but leave the skillet in for an additional 5 minutes.

5. Put It All Together

Uncover the skillet and return to the stove over high heat for 2 to 3 minutes. Top the paella with **Cashews** and drizzle with the remaining sauce. Enjoy!

Be sure to save ¼ of the coconut soy ginger sauce. You'll need it at the end to finish the dish.

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

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 July 31

Pozole de Pescado

Think modern Mexican. We're serving up mild tilapia in a bowl of delicately flavored Mexican tomato broth (pozole), corn, black beans and crispy tortilla chips. The result is a dinner that's bright, light and just what you're craving.

30 *Minutes to the Table*

15 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Saucepan or
Dutch Oven

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Carrots & Celery
Tilapia
Tomatoes & Spices
Corn & Beans
Tortilla Chips

Make The Meal Your Own

Want to make the meal more fun? Serve with tortilla chips as dippers.

Like it hot? Add a pinch of crushed red pepper or a dash of your favorite hot sauce to your pozole once it's cooked.

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 – 670 Calories, 55g Protein, 15g Fat, 15g Fiber, 16 WW+ Points

Lightened up snapshot – 515 Calories, 55g Protein, 10g Fat. 12 WW+ Points when using half the tortilla chips.

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

INGREDIENTS: Tilapia, Tomatoes, Onion, Corn, Black Beans, Celery, Carrot, Tortilla Chips, White Wine, Apple Cider Vinegar, Lime Juice, Cilantro, Garlic, Spices

meez *meals*

1. Prep the Tilapia

Cut each **Tilapia** fillet in half lengthwise and then cut each half horizontally into 2 to 3 equal pieces (tilapia fillets typically have one side that is longer than the other, so you should get 3 to 4 pieces out of the longer side and 2 to 3 pieces from the shorter side, about 5 to 7 pieces total per fillet).

2. Make the Pozole

Heat 2 Tbsp of oil in a large saucepan or Dutch oven over medium-high heat. Add **Carrots & Celery** and cook until the onions are translucent and the vegetables have softened, about 5 minutes. Add the tilapia and let cook, without stirring, until the outside begins to color, about 4 to 5 minutes.

Add **Tomatoes & Spices** and **Corn & Beans** and 1 ¼ cups water. Bring to a boil and then reduce heat and simmer until the tilapia flakes easily with a fork, about 15 minutes. Season with salt and pepper to taste.

3. Put It All Together

Serve pozole topped with crushed **Tortilla Chips**.

Love this recipe? #meezmagic

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois * Prepare by July 30

Chimichurri Sirloin Steak with Fingerling Potatoes

An irresistible update on an Argentinian classic. With a zesty chimichurri puree, mouthwatering free-range sirloin strips and tender fingerling potatoes, it's a sinfully delicious meal without all the calories. Seconds, anyone?

30 Minutes to the Table

25 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Large Skillet

FROM YOUR PANTRY

Olive Oil

Salt & Pepper

4 MEEZ CONTAINERS

Fingerling Potatoes

Onions & Garlic

Sirloin

Chimichurri

Make The Meal Your Own

The leftovers from this meal make a great casserole. Layer everything in a casserole dish, top with your favorite cheese (Chef Max recommends Chihuahua) and bake for 10 minutes in a 375-degree oven.

Our beef comes from a local farm down the road in Aurora, Ill. These cows are raised on open pastures with care and dedication and are free of antibiotics and 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 – 495 Calories, 20g Fat, 45g Protein, 40g Carbs, 12 WW+ Points

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

INGREDIENTS: Fingerling Potatoes, Grass-Fed Beef, Red Onion, Cherry Tomatoes, Corn, Red Wine Vinegar, Lime Juice, Olive Oil, Parsley, Garlic, Cilantro, Spices

meezmeals

1. Slice the Potatoes

Slice the **Fingerling Potatoes** into small, even rounds (about 8 to 10 rounds per potato).

2. Cook the Potatoes and Onions

Heat 2 Tbsp of oil in a large skillet over high heat. Add the sliced potatoes and cook, stirring occasionally, until starting to brown, about 5 minutes. Add the **Onions & Garlic** to the skillet and continue cooking until the onions are translucent and the potatoes are fork tender, about 5 more minutes. Remove to a bowl and set aside.

3. Cook the Beef

Return the now-empty skillet to the stove 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.

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

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 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.

4. Put It All Together

Serve the beef and potatoes topped with the **Chimichurri** to taste. Enjoy!

Love this recipe? #meezmagic

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois * Prepare by July 31

Thai Coconut Kale

5 Minutes to the Table

5 Minutes Hands On

Getting Organized

EQUIPMENT

Skillet

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, about 2 minutes, then add the **Coconut** and cook until it starts to brown, 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 773.916.6339

INGREDIENTS: Kale, Sweet Chili Sauce, Coconut

Prepare by August 2

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

Fresh Orchard Salad

5 Minutes to the Table

5 Minutes Hands On

Getting Organized

EQUIPMENT

Mixing Bowl

FROM YOUR PANTRY

Salt & Pepper

5 MEEZ CONTAINERS

Apple

Cooked Farro

Feta

Celery & Beets

Strawberry

Vinaigrette

Put It All Together

Wash and cut the **Apple** into bite-size pieces, then put into a mixing bowl with **Cooked Farro, Feta, Celery & Beets** and half of the **Strawberry Vinaigrette**. Add salt and pepper and more vinaigrette to taste. Enjoy!

Good to Know

Health Snapshot per serving (serves 1)

570 Calories, 5g Protein, 20g Fat, 70g Carbs
12 WW+ Points

Have Questions?

We're standing by at 773.916.6333

INGREDIENTS: Celery, Cooked Farro, Apple, Beets, Feta Cheese, Strawberry Jam, Pecans,
Olive Oil, White Vinegar, Lime, Garlic, Spices

Prepare by August 2

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

Bangkok Basil Crunch Salad

5 Minutes to the Table

5 Minutes Hands On

Getting Organized

EQUIPMENT

Mixing Bowl

FROM YOUR PANTRY

Salt & Pepper

4 MEEZ CONTAINERS

Asian Veggies

Organic Tofu

Bangkok Basil

Dressing

Peanuts

Put It All Together

Put the **Asian Veggies** into a large mixing bowl with the **Organic Tofu** and half of the **Bangkok Basil Dressing**. Add salt and pepper and more dressing to taste. Serve topped with the **Peanuts** and enjoy!

Good to Know

Health Snapshot per serving (serves 1)

570 Calories, 5g Protein, 20g Fat, 20g Fiber
12 WW+ Points

Have Questions?

We're standing by at 773.916.6339

INGREDIENTS: Organic Tofu, Cabbage, Carrots, Sugar Snap Peas, Peanuts, Vegetable Oil, Rice Wine Vinegar, Soy Sauce, Brown Sugar, Basil, Ginger, Sesame Oil, Garlic

Prepare by August 2

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

Single Serve Pesto Grilled Cheese

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

Butternut Squash

Whole Wheat

Baguette

Basil Pesto

Mozzarella

Good to Know

Health Snapshot per serving (serves 1)

685 Calories, 35g Fat, 55g Carbs, 40g Protein

18 WW+ Points

Lightened up snapshot (1/2 baguette, 1/2 cheese)

455 Calories, 25g Fat, 35g Carbs, 25g Protein

12 WW+ Points

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

INGREDIENTS: Whole Wheat Baguette, Butternut Squash, Mozzarella, Basil, Olive Oil, Parmesan, Lemon Juice, Garlic

meezmeals

1. Getting Organized

Preheat your oven to 400.

2. Roast the Squash and Toast the Bread

Toss the **Butternut Squash** with 1 Tbsp of oil and spread in a single layer on a baking sheet. Roast until soft, 7 to 10 minutes.

While the squash is roasting, slice the **Whole Wheat Baguette** in half horizontally and toast directly on your oven rack cut-side down until warm and lightly toasted, about 90 seconds.

3. Make the Sandwich

Spread the **Basil Pesto** on one side of the baguette and then top with half of the **Mozzarella** and all of the roasted squash. Sprinkle the remaining mozzarella on top. Place the sandwich on the baking sheet and gently press down to close.

Bake until the cheese is melted, 8 to 10 minutes. Remove from the oven and, using a spatula, press down on the sandwich to flatten. Enjoy!

Love this recipe? #meezmagic

Prepare by August 2

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

Health Snapshot

Mushroom Flatbread

600 Calories
30 g Protein
20 g Fat
75 g Carbs.
10 g Fiber
1,320 mg Sodium

14 WW+ Points

45% Vitamin A
60% Folate
90% Calcium

BBQ Couscous Casserole

680 Calories
25 g Protein
15 g Fat
50 g Carbs.
10 g Fiber
1,050 mg Sodium

17 WW+ Points

90% Vitamin A
50% Vitamin C
30% Calcium

Cauliflower Chickpea Curry

600 Calories
20 g Protein
20 g Fat
60 g Carbs.
15 g Fiber
1000 mg Sodium

16 WW+ Points

70% Folate
45% Calcium
25% Vitamin D

Cheddar Veggie Cakes

490 Calories
25 g Protein
20 g Fat
80 g Carbs.
10 g Fiber
870 mg Sodium

11 WW+ Points

715% Vitamin A
110% Vitamin C
40% Vitamin B-6

Tahitian Chicken Paella

720 Calories
50 g Protein
30 g Fat
65 g Carbs.
5 g Fiber
1,530 mg Sodium

19 WW+ Points

290% Vitamin C
60% Vitamin A
60% Vitamin B-6

Lighten Up Option

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

Flatbread

½ cheese

450 Calories
15 g Fat
11 WW+ Points

Gratin

½ couscous

500 Calories
10 g Fat
13 WW+ Points

Curry

½ the curry sauce

490 Calories
15 g Fat
13 WW+ Points

Cakes

½ goat cheese spread

410 Calories
16 g Fat
9 WW+ Points

Chicken Paella

leave out the cashews

460 Calories
8 g Fat
11 WW+ Points

Health Snapshot

| Pozole de Pescado | Sirloin Steak with Potatoes | Thai Coconut Kale | Fresh Orchard Salad | Basil Crunch Salad | Pesto Grilled Cheese |
|--------------------------|------------------------------------|--------------------------|----------------------------|---------------------------|-----------------------------|
| 670 Calories | 495 Calories | 240 Calories | 570 Calories | 570 Calories | 685 Calories |
| 55 g Protein | 45 g Protein | 5 Protein | 5 g Protein | 5 Protein | 40 g Protein |
| 20 g Fat | 20 g Fat | 5 g Fat | 20 g Fat | 20 g Fat | 35 g Fat |
| 70 g Carbs. | 40 g Carbs. | 40 g Carbs. | 70 g Carbs. | 70 g Carbs. | 55 g Carbs. |
| 15 g Fiber | 5 g Fiber | 10 g Fiber | 20 g Fiber | 20 g Fiber | 20 g Fiber |
| 525 mg Sod. | 80 mg Sodium | 50 mg Sod. | 300 mg Sod. | 300 mg Sod. | 1,530 mg Sod. |
| 16 WW+ Points | 12 WW+ Points | 9 WW+ Points | 12 WW+ Points | 12 WW+ Points | 18 WW+ Points |
| 100% Vitamin A | 65% Vitamin C | 540% Vitamin A | 440% Vitamin C | 440% Vitamin C | 190% Vitamin A |
| 40% Vitamin C | 55% Vit. B-12 | 140% Vitamin C | 300% Vitamin A | 300% Vitamin A | 80% Calcium |
| 10% Calcium | 40% Vit. B-6 | 20% Calcium | 25% Calcium | 25% Calcium | 40% Vitamin C |

Lighten Up Option

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

| Pozole | Steak | Thai Coconut | Salad | Salad | Grilled Cheese |
|-------------------------|-------------------|---------------------|-------------------|-------------------|-----------------------------|
| <i>½ tortilla chips</i> | <i>No changes</i> | <i>No changes</i> | <i>No changes</i> | <i>No changes</i> | <i>½ baguette, ½ cheese</i> |
| 515 Calories | 495 Calories | 240 Calories | 570 Calories | 570 Calories | 455 Calories |
| 10 g Fat | 20 g Fat | 5 g Fat | 20 g Fat | 20 g Fat | 25 g Fat |
| 12 WW+ Points | 12 WW+ Points | 9 WW+ Points | 12 WW+ Points | 12 WW+ Points | 12 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

Triple Mushroom Flatbread

| | | |
|---------------------------|---------------------------|-------------------------|
| 25 Min to Table | 25 Min Hands On | 2 Whisks Easy |
|---------------------------|---------------------------|-------------------------|

Getting Started Preheat your oven to 400 and take dough out of the fridge.

Omnivore Option Roasted chicken tastes delicious with this meal.

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

Cheddar Veggie Cakes

| | | |
|---------------------------|---------------------------|-------------------------|
| 35 Min to Table | 35 Min Hands On | 2 Whisks Easy |
|---------------------------|---------------------------|-------------------------|

Getting Started Preheat your oven to 375 and heat your skillet.

Omnivore Option We like this dish as is.

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

BBQ Couseous Casserole

| | | |
|---------------------------|---------------------------|------------------------------|
| 40 Min to Table | 10 Min Hands On | 1 Whisk Super Easy |
|---------------------------|---------------------------|------------------------------|

Getting Started Preheat your oven to 400 and put water on to boil .

Omnivore Option Ribs are a great addition.

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

Cauliflower and Chickpea Curry

| | | |
|---------------------------|--------------------------|------------------------------|
| 40 Min to Table | 5 Min Hands On | 1 Whisk Super Easy |
|---------------------------|--------------------------|------------------------------|

Getting Started Preheat your oven to 450 and bring water to a boil.

Omnivore Option Ground lamb is a traditional addition to this.

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

Takitian Chicken Paella

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

Getting Started Preheat your oven to 375.

Omnivore Option Pork loin is a tasty addition.

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



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Pozole de Pescado

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

Getting Started Prep the tilapia, see recipe card for full instructions.

Add spice Add a few pinches of crushed red pepper to the pozole for a kick!

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

Fresh Orchard Salad

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

Getting Started This one is toss and serve!

From Your Pantry You'll need salt and pepper.

Sirloin Steak with Fingerling Potatoes

| | | |
|---------------------------|---------------------------|------------------------------|
| 30 Min to Table | 25 Min Hands On | 1 Whisk Super Easy |
|---------------------------|---------------------------|------------------------------|

Getting Started No pre-work needed.

Leftover tip Layer everything to make a casserole.

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

Bangkok Basil Crunch Salad

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

Getting Started Toss and serve!

From Your Pantry You'll need salt and pepper.

Thai Coconut Kale

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

Getting Started Throw together and serve!

From Your Pantry You'll need salt and pepper.

Pesto Grilled Cheese

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

Getting Started Preheat oven to 400.

From Your Pantry You'll need Vegetable oil.