

Cilantro-Lime Rice with Avocado & Toasted Chickpeas

20 Minutes to the Table

20 Minutes Hands On

1 Whisk Super Easy

One of our favorite rice bowls. We're making cilantro-lime rice with plenty of avocado for a mellow dinner inspired by the flavors of Mexico's Yucatan Peninsula. (Think Caribbean blue water, sandy beaches and fresh margaritas.) Toasted chickpeas and sautéed kale round out this delicious dinner just right for a summer's night.

Getting Organized

EQUIPMENT

Large Skillet
Saucepan
Bowl

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Rice
Avocado
Lime
Kale
Seasoned Chickpeas
Cilantro-Lime Crema

Make The Meal Your Own

Omnivore's Option – Pulled chicken breast is delicious in this recipe. Roast it with the chickpeas and kale.

Cooking with a picky eater? This dish is a crowd pleaser. If your picky eater doesn't love kale, try serving it with sweet potatoes or sautéed peppers.

Good To Know

If you're making the vegan version, we've left the sour cream out of your crema. A little vegenaïse or soy yogurt would add nice creaminess, or just add an extra drizzle of olive oil.

Health snapshot per serving – 580 Calories, 25g Fat, 15g Protein, 17 WW+ Points

Lightened up snapshot – 500 Calories, 20g Fat and 13 WW+ Points with half of the avocado.

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

INGREDIENTS: Chickpeas, Kale, Avocado, Lime, Rice, Sour Cream, Onion, Cilantro, Garlic, Spices

meez meals

1. Getting Organized

Put a saucepan of water on to boil.

2. Make the Rice

Add the **Rice** to the boiling water with a pinch of salt. Simmer on medium-low heat until tender, about 15 to 20 minutes. Set aside.

Cut the **Avocado** in half. Mash half in a bowl, then add to the rice and mix in. Slice the other half and save as a topper for the final dish.

3. Toast the Chickpeas and Sauté the Kale

While the rice is cooking, heat 2 Tbsp of olive oil in a large skillet over medium-high heat. Add the **Seasoned Chickpeas** and cook until crispy and browned, about 10 minutes.

Add the **Kale** and cook until it turns bright green, about 3 to 5 minutes.

4. Put It All Together

Serve the chickpeas and kale over the rice, and top with the sliced avocado. Cut the **Lime** into wedges and have everyone squeeze over their own plates. Top with **Cilantro-Lime Crema** to taste. Enjoy!

We like our kale firm. If you prefer yours soft, cook it for a few extra minutes.

*Love this recipe? *meezmagic*

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois * Prepare by October 20

Mediterranean Chicken Strata

Our newest hands-free dinner. We're roasting chicken and sweet cherry tomatoes, then baking them up with basil, Parmesan, eggs and crusty bread. It's a comfort casserole you'll just love. (P.S. This makes an impressive make-ahead brunch, as well.)

60 Minutes to the Table

10 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Loaf Pan or 10x10
Casserole Dish
Large Skillet

FROM YOUR PANTRY

1 Cup Milk or
Half & Half
Salt & Pepper

5 MEEZ CONTAINERS

Chicken Breast
Grape Tomatoes
Sourdough Bread
Cheese & Basil
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 degrees when you are ready to eat.

Our cage-free 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

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. If you're cooking for a crowd, you can split the ingredients between two loaf pans. 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 – 875 Calories, 30g Fat, 70g Protein, 70g Carbs, 21 WW+ Points

Lightened up snapshot – 500 Calories, 20g Fat and 13 WW+ points using no bread or cheese.

INGREDIENTS: Chicken Breast, Grape Tomatoes, Sourdough Bread, Eggs, Cheddar Cheese, Parmesan Cheese, Mayonnaise, Basil, Herbs

meezmeals

1. Getting Organized

Preheat your oven to 375 degrees.

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 1/4" 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 1/4 tsp salt and 1/4 tsp pepper, so use about half per side, or more if you like).

3. Bake the Chicken and Tomatoes

Put the chicken cubes and 3/4 of the **Grape Tomatoes** into your loaf pan or casserole dish, add 1 Tbsp of olive oil and stir to coat.

Bake the chicken and tomatoes until the chicken is starting to color on the outside, about 5 to 7 minutes.

Add the **Sourdough Bread** to the pan and stir to incorporate. Return the pan to the oven and bake 2 minutes.

4. Assemble the Strata

Add half of the **Cheese & Basil** to the pan and stir to incorporate. Sprinkle the remaining cheese and basil on top. Open the **Egg Mix** and pour into a mixing bowl. Add 1 cup milk or half & half. Season with two pinches of Kosher salt and up to 1/2 tsp of black pepper. Pour the egg mixture into the pan as evenly as possible.

5. Bake the Strata

Bake the strata until the top is brown and the eggs are set and spring back to the touch when pressed, about 45 to 50 minutes. Slice and serve. Enjoy!

We're giving you extra tomatoes. Enjoy them as a snack while your strata bakes.

You can adjust the black pepper amount based on your preferences. Chef Max likes the full 1/2 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 September 18

Pasta with Spinach Pesto

Haven't had spinach pesto before? Neither had we, but once we tried it we were hooked. It gives a layer of flavor to the classic basil pesto that we love, to say nothing of the extra vitamin boost. We're making our version with plenty of lemon to keep things bright and mixing it up with roasted cauliflower bits, toasted pecans and whole wheat pasta. Yum!

35 *Minutes to the Table*

5 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Saucepan
Rimmed Baking
Sheet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Cauliflower
Whole Wheat Pasta
Spinach Pesto
Pecans
Parmesan Cheese

Make The Meal Your Own

Cooking with a picky eater? This dinner is a crowd pleaser. If you want to sneak the cauliflower in, though, you could puree it instead of leaving it whole.

Omnivore's Option – Pancetta or bacon is delicious with this dinner.

Want to get a jump on dinner? Roast the cauliflower ahead of time. When you're ready to eat, reheat it in the microwave until warm.

Good To Know

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

If you're making the vegan version, we've left the Parmesan out of your meal. Just use an extra pinch of salt and pepper as you cook.

Health snapshot per serving – 645 Calories, 30g Protein, 20g Fiber, 12 WW+ Points

Lightened up snapshot – 500 Calories, 10 g Fat and 10 WW+ points with ½ pasta and no pecans.

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

INGREDIENTS: Cauliflower, Whole Wheat Pasta, Spinach, Pecans, Parmesan Cheese, Olive Oil, Lemon, Basil, Garlic, Spices

meezmeals

1. Getting Organized

Preheat your oven to 450 and put a saucepan of water on to boil.

2. Roast the Cauliflower

Put the **Cauliflower** on to a rimmed baking sheet, drizzle with olive oil and sprinkle with salt and pepper. Toss well and arrange in a single layer. Bake until the cauliflower is golden brown in places, about 15 to 25 minutes; stir once or twice while it's cooking.

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

3. Cook the Pasta

While the cauliflower is roasting, salt the pasta water generously, add the **Whole Wheat Pasta** and cook until al dente, 7 to 9 minutes. Reserve 1 cup of pasta water. Drain the pasta and then return to the pan.

When we say "salt generously," we mean it. Chef Max says it should taste like salt water.

4. Put It All Together

Add the **Spinach Pesto** along with 1 to 2 Tbsp of olive oil to the cooked pasta. Mix well, then add some of the reserved pasta water if you'd like the sauce looser.

Don't skip the olive oil! It brings out the flavors of the pasta.

Mix in the roasted cauliflower, **Pecans** and salt and pepper to taste. Top with **Parmesan Cheese**.

Love this recipe? #meezmagic

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois * Prepare by October 20

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 soup 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

meezmeals

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). Season with ¼ tsp salt.

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 cup 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 September 17

Kung Pao Edamame with Udon Noodles

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

15 Minutes to the Table

15 Minutes Hands On

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet
Saucepan

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

4 MEEZ CONTAINERS

Asian Vegetables
Sesame Soy Sauce
Udon Noodles
Peanuts

Make The Meal Your Own

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

Omnivore's Option – Shrimp is great in this dish. Cook it along with the vegetables and sauce.

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

Good To Know

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

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

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

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

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

meezmeals

1. Getting Organized

Bring a large pot of water to a boil.

2. Cook the Udon Noodles

Salt the boiling water and add the **Udon Noodles**. Cook until they are soft, about 5 to 7 minutes, then drain.

3. Cook the Vegetables

As soon as the noodles are cooking, heat 1 Tbsp olive oil in a large skillet over high heat. When the oil is smoking, add the **Asian Vegetables** and cook until the edamame are tender, about 5 to 7 minutes. Add the **Sesame Soy Sauce** and cook until hot, about 2 to 3 minutes. Season with salt and pepper to taste.

4. Put It All Together

Plate the udon noodles, then add the veggies and finish the dish with a sprinkling of **Peanuts**. Enjoy!

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

Love this recipe? #meezmagic

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois * Prepare by October 20

Buttermilk Salad with Nut Crusted Chicken

How to make a delicious salad into a hearty dinner? Toss together a buttermilk broccoli salad and serve it topped with nut-crusted chicken breast. With walnuts, almonds, pecorino and panko, this crunchy coating makes for a meal that's extra special.

30 Minutes to the Table

15 Minutes Hands On

2 Whisks *Easy*

Getting Organized

EQUIPMENT

Mixing Bowl
2 Shallow Bowls
or Pie Pans
Baking Sheet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper
1 Egg

5 MEEZ CONTAINERS

Chicken Breast
Nut Crust
Broccoli
Dates & Walnuts
Buttermilk Dressing

Make The Meal Your Own

The buttermilk broccoli salad is just as delicious cold as it is at room temperature. If you want to chill it, mix everything together a day before you cook the chicken to let the flavors meld.

Our cage-free 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

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 – 808 Calories, 45g Fat, 55g Protein, 50g Carbs, 21 WW+ Points

Lightened up snapshot – 500 Calories, 30g Fat and 15 WW+ Points with no Dates & Walnuts and half the Buttermilk Dressing

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

INGREDIENTS: Free-Range Chicken, Broccoli, Dates, Walnuts, Buttermilk, Mayonnaise, Almonds, Panko Breadcrumbs, Pecorino Cheese, Cider Vinegar, Sugar

meez meals

1. Getting Organized

Preheat your oven to 400.

2. Prep the Chicken and Dredge

Rinse the **Chicken Breast** under cold water and pat dry with a towel. 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).

Whisk 1 egg with 2 Tbsp water in a shallow bowl or pie pan. In a second bowl or pie pan, pour out the **Nut Crust**.

3. Dredge and Bake the Chicken

Put each piece of chicken into the nut crust, then into the egg mixture and then return to the bowl with the nut crust. Press down to make sure the crust adheres to each chicken breast.

Carefully transfer the chicken to a baking sheet. Drizzle the top of each piece with olive oil (or, if you prefer, you can put ½ Tbsp of butter on each piece). Bake until the crust is brown and the chicken is fully cooked, about 15 to 20 minutes.

Keep a baking sheet nearby, so you can quickly transfer the breaded chicken to it.

When you put the chicken into the nut crust the first time, much of it won't stick, but the flavors are getting in there.

4. Make the Broccoli Salad

While the chicken is baking, open the **Buttermilk Dressing** and reserve 2 Tbsp for finishing the chicken. Combine the **Broccoli, Dates & Walnuts** and remaining buttermilk dressing in a mixing bowl. Season with salt and pepper to taste.

We like the broccoli salad at room temp, but you can chill it if you prefer.

5. Put It All Together

Serve the broccoli salad topped with the baked chicken. Drizzle the reserved buttermilk dressing over the top.

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois * Prepare by September 18

Massaman Steak Curry

We think of Massaman curry as a tasty blend of Thai and Indian flavors. With cardamom, cinnamon, cloves, and cumin (to name a few of the spices), it's heavily influenced Indian curries, yet still distinctly Thai. This week we're tossing it with peppers, almonds and grass-fed beef for a dinner the whole family will love.

25 Minutes to the Table

10 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Two Saucepans
Large Skillet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Jasmine Rice
Massaman Curry
Sauce
Sirloin
Peppers & Almonds
Herbs & Coconut

Make The Meal Your Own

For extra rich beef flavor, add 2 Tbsp water to the skillet with the peppers and almonds as soon as they are done cooking. Using a spatula, give everything a good stir, scraping all the flavorful bits off the bottom of the pan.

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 – 650 Calories, 50g Protein, 30g Fat, 50g Carbs, 17 WW+ Points

Lightened up snapshot – 500 Calories, 25g Fat and 15 WW+ points if you skip the rice for a low-carb version.

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

INGREDIENTS: Coconut Milk, Grass-Fed Beef Sirloin, Jasmine Rice, Red Bell Pepper, Green Bell Pepper, Yellow Bell Pepper, Red Onion, Almonds, Rice Wine Vinegar, Brown Sugar, Soy Sauce, Lime Juice, Coconut, Ginger, Cilantro, Basil, Garlic

meezmeals

1. Get Organized

Put a saucepan of water on to boil.

2. Cook the Rice

Add the **Jasmine Rice** to the boiling water with a pinch of salt. Reduce the heat to low, cover and simmer until the water is absorbed, about 20 to 25 minutes. Remove the rice from the heat, but keep covered.

3. Heat the Sauce

While the rice is cooking, pour the **Massaman Curry Sauce** into a small saucepan. Simmer the sauce over medium-low heat until rapidly bubbling and slightly thickened, about 12 to 15 minutes.

4. Cook the Vegetables

Heat 1 Tbsp. oil in the now-empty skillet over high heat. When the oil is hot, add the **Peppers & Almonds** and cook, stirring constantly, until the onions are translucent and the peppers are starting to brown on the edges, about 4 to 6 minutes.

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.

5. Cook the Beef

Heat a dry skillet over high heat. While the skillet is heating, season the **Sirloin** 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 30 to 45 seconds.

The sirloin cooks very quickly, so if you're not sure how well done you like it, start testing it after just 1 minute.

- **If you prefer your beef medium-rare**, flip it, then immediately remove to a bowl or plate to rest.
- **If you prefer your beef medium**, flip it and continue cooking for 45 seconds to 1 minute until fully browned. Remove to a bowl or plate to rest.
- **If you prefer your beef well done**, flip it and continue cooking for 2 minutes. Remove to a bowl or plate to rest.

6. Put It All Together

Serve the rice topped with sirloin and peppers. Spoon the curry sauce over the top the garnish with the **Herbs & Coconut**.

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois * Prepare by September 18

Country Stack

The idea for this dinner came from some roasted root veggie fries Chef Max prepared in the test kitchen. As we were nibbling the roasted parsnips and beets straight from the sheet pan, we started brainstorming ways to turn them into a main course meal. When we hit on serving them over sautéed spinach with sunny-side up eggs and a delectable aioli, we knew we had a winner.

30 Minutes to the Table

15 Minutes Hands On

2 Whisks *Easy*

Getting Organized

EQUIPMENT

- 2 Rimmed Baking Sheets
- Large Skillet

FROM YOUR PANTRY

- Olive Oil
- Vegetable Oil
- Salt & Pepper
- 2 Eggs

4 MEEZ CONTAINERS

- Beets & Parsnips
- Cornbread
- Spinach
- Aioli

Make The Meal Your Own

If you'd like to speed up dinner, roast the beets and parsnips ahead of time. Dinner will be on the table in 15 minutes.

Kids and picky eaters might prefer their aioli on the side.

Omnivore's Option – Irish or center cut bacon would add a traditional note. Serve it under the fried egg.

Good To Know

Health snapshot per serving – 570 Calories, 10 Protein, 10g Fiber, 15 WW+ Points

Lightened up snapshot – 485 Calories, 15 g Fat and 10 WW+ Points if you use just half of the aioli.

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

INGREDIENTS: Spinach, Parsnips, Cornbread, Beets, Mayonnaise, Red Wine Vinegar, Honey, Garlic, Herbs, Spices, Mustard

meezmeals

1. Getting Organized

Preheat your oven to 400.

2. Roast the Beets & Parsnips

Put the **Beets & Parsnips** on to a rimmed baking sheet. Drizzle generously with oil (about 2 Tbsp), plus salt and pepper. Toss, then arrange in a single layer and roast until golden in places, about 15 to 20 minutes. Stir once about halfway through.

3. Toast the Cornbread

While the veggies are cooking, crumble the **Cornbread** and bake it on a rimmed baking sheet until golden and crispy, 7 to 10 minutes.

4. Sauté the Spinach

While the veggies are cooking, heat ½ Tbsp oil a large skillet over high heat. Add the **Spinach** and cook until it wilts, about 2 to 3 minutes. Remove from heat and stir in 1 Tbsp of the **Aioli**. Plate the spinach on top of the cornbread, then top with the roasted beets and parsnips.

5. Fry Your Eggs

Wipe out the spinach pan and return to high heat. Cover the bottom with vegetable oil (about ¼ cup) and heat until it's fragrant.

Crack your eggs into the oil and cook for 90 seconds, then flip carefully and cook for 45 more seconds, then plate immediately on top of the cornbread and vegetables. Finish with a generous dollop of the aioli over everything. Enjoy!

*Don't skimp on the oil.
Use enough so the
vegetables become shiny.
That will help them crisp.*

*Crumble the cornbread into
dime size pieces.*

*You can also serve the
eggs poached. (Don't know
how to poach an egg? Give
us a call!)*

*These times are for a
runny yolk. You can cook
it longer for a firmer egg.*

Love this recipe? #meezmagic

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois * Prepare by October 20

Ricotta Personal Pizza

25 *Minutes to the Table*

10 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Baking Sheet

FROM YOUR PANTRY

Olive Oil

Flour

3 MEEZ CONTAINERS

Grape Tomatoes

Pizza Dough

Ricotta &

Mozzarella

Good to Know

Take the pizza dough out of the fridge 15 minutes before you're ready to start cooking.

Go Green - Spinach, kale or other greens are a great addition. If you have extra salad greens, like arugula, pile them on after the pizza bakes.

Health Snapshot per serving (serves 1)

460 Calories, 20g Fat, 50g Carbs, 20g Protein

12 WW+ Points

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

INGREDIENTS: Whole Wheat Pizza Dough, Grape Tomatoes, Ricotta Cheese, Mozzarella Cheese, Lemon Juice, Lemon Zest, Oregano, Basil

meezmeals

1. **Getting Organized**

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

2. **Roast the Tomatoes**

Toss the **Grape Tomatoes** with 1 Tbsp of oil and spread in a single layer on a baking sheet. Bake until some of the tomatoes start to burst, about 7 minutes, then move to the side of the pan so you have room to build the pizza.

3. **Make the Pizza**

While the tomatoes 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.

Transfer the dough to the baking sheet. Brush the dough with 1 ½ Tbsp olive oil and season with salt and pepper. Top with **Ricotta & Mozzarella** and then the roasted tomatoes. Bake until the crust is brown, about 12 to 15 minutes.

Love this recipe? #meezmagic

Prepare by September 20

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

Black Bean Quesadilla

20 *Minutes to the Table*

5 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Baking Sheet

FROM YOUR PANTRY

Vegetable Oil

5 MEEZ CONTAINERS

Avocado

Tortillas

Cheese & Spices

Black Beans

Salsa Crema

Good to Know

Want to save the oven time? You can cook this on the stovetop, instead.

Health Snapshot per serving (serves 1)

945 Calories, 55g Fat, 90g Carbs, 30g Protein,
25 WW+ Points

Lightened up snapshot (1 tortilla, no avocado)

500 Calories, 25g Fat, 50g Carbs, 20g Protein,
13 WW+ Points

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

INGREDIENTS: Flour Tortillas, Avocado, Black Beans, Chihuahua Cheese, Tomato, Sour Cream, Lime Juice, Garlic, Herbs and Spices

meezmeals

1. **Getting Organized**

Preheat your oven to 400 and slice your **Avocado**.

2. **Prep the Tortillas**

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.

3. **Build the Quesadilla**

Sprinkle the **Cheese & Spices** on the tortilla then top with the **Black Beans** and half of the sliced avocado. 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 with **Salsa Crema** and the remaining avocado. Enjoy!

Love this recipe? #meezmagic

Prepare by September 20

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

Shaved Brussels Sprout Salad

5 Minutes to the Table

5 Minutes Hands On

Getting Organized

EQUIPMENT

Mixing Bowl

FROM YOUR PANTRY

Salt & Pepper

4 MEEZ CONTAINERS

Brussels & Cauliflower

Chickpeas & Dates

Lemon & Feta

Vinaigrette

Tortilla Chips

Put It All Together

Toss the **Brussels & Cauliflower** and **Chickpeas & Dates** in a mixing bowl with half of the **Lemon & Feta Vinaigrette**. Mix well, and then add more vinaigrette to taste. Crumble the **Tortilla Chips** on top to serve.

Good to Know

Health Snapshot per serving (serves 2)

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

Have Questions?

We're standing by at 773.916.6339

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

Prepare by September 20

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

Health Snapshot

Cilantro Lime Rice

580 Calories
15 g Protein
25 g Fat
80 g Carbs.
15 g Fiber
485 mg Sodium

17 WW+ Points

320% Vitamin A
130% Vitamin C
25% Calcium

Chicken Strata

875 Calories
70 g Protein
30 g Fat
70 g Carbs.
5 g Fiber
1,245 mg Sod.

21 WW+ Points

115% Vitamin C
60% Calcium
60% Vitamin B6

Pasta with Spinach Pesto

645 Calories
30 g Protein
30 g Fat
80 g Carbs.
20 g Fiber
1,000 mg Sod.

12 WW+ Points

180% Vitamin C
95% Folate
85% Vitamin A

Pozole de Pescado

670 Calories
55 g Protein
20 g Fat
70 g Carbs.
15 g Fiber
525 mg Sod.

16 WW+ Points

100% Vitamin A
40% Vitamin C
10% Calcium

Kung Pao Edamame

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

13 WW+ Points

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

Lighten Up Option

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

Rice

$\frac{3}{4}$ rice

500 Calories
20 g Fat
13 WW+ Points

Strata

No bread or cheese

500 Calories
20 g Fat
13 WW+ Points

Pasta

No pecans, $\frac{1}{2}$ pasta

315 Calories
10 g Fat
10 WW+ Points

Pozole

$\frac{1}{2}$ tortilla chips

515 Calories
10 g Fat
12 WW+ Points

Kung Pao

$\frac{1}{2}$ the peanuts

445 Calories
15 g Fat
11 WW+ Points

Health Snapshot

Nut-Crusted Chicken	Massaman Beef Curry	Country Stack	Roasted Squash Pizza	Black Bean Quesadilla	Brussels Sprout Salad	Thai Coconut Kale
808 Calories	650 Calories	570 Calories	695 Calories	945 Calories	350 Calories	240 Calories
55 g Protein	50 g Protein	10 g Protein	40 g Protein	30 g Protein	10 g Protein	5 Protein
45 g Fat	30 g Fat	20 g Fat	20 g Fat	55 g Fat	15 g Fat	5 g Fat
50 g Carbs.	50 g Carbs.	85 g Carbs.	90 g Carb.	90 g Carbs.	50 g Carbs.	40 g Carbs.
10 g Fiber	5 g Fiber	10 g Fiber	20 g Fiber	20 g Fiber	10 g Fiber	10 g Fiber
350 mg Sod.	1,025 mg Sod.	1,060 mg Sod.	1,530 mg Sod.	1,300 mg Sod.	425 mg Sod.	50 mg Sod.
21 WW+ Points	17 WW+ Points	15 WW+ Points	18 WW+ Points	25 WW+ Points	9 WW+ Points	9 WW+ Points
225% Vit- C	140% Vitamin C	220% Vitamin A	190% Vitamin A	70% Folate	90% Vitamin C	540% Vitamin A
70% Vit. B-6	95% Vit. B12	80% Vitamin C	80% Calcium	60% Calcium	35% Vitamin B6	140% Vitamin C
45% Vitamin A	45% Vitamin B6	40% Calcium	40% Vitamin C	35% Vitamin C	15% Calcium	20% Calcium

Lighten Up Option

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

Chicken	Beef Curry	Stack	Pizza	Quesadilla	Brussel Salad	Thai Coconut
<i>No nuts, half dressing</i>	<i>No rice</i>	<i>½ Aioli</i>	<i>¼ cheese, ½ alfredo</i>	<i>1 tortilla, no avocado</i>	<i>No changes</i>	<i>No changes</i>
500 Calories	500 Calories	485 Calories	500 Calories	500 Calories	350 Calories	240 Calories
30 g Fat	25 g Fat	15 g Fat	10 g Fat	25 g Fat	15 g Fat	5 g Fat
13 WW+Points	15 WW+ Points	10 WW+ Points	12 WW+ Points	13 WW+ Points	9 WW+ Points	9 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

Cilantro Lime Rice with Avocado and Toasted Chickpeas

20 Min to Table	20 Min Hands On	1 Whisk Super Easy
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Getting Started Put a saucepan of water on to boil.

Omnivore Option Pulled chicken breast is delicious in this meal.

Pozole de Pescado

30 Min to Table	10 Min Hands On	1 Whisk Super Easy
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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!

Mediterranean Chicken Strata

60 Min to Table	5 Min Hands On	1 Whisk Super Easy
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Getting Started Preheat oven to 350.

Make Ahead Tip Prepare strata ahead of time and reheat.

From Your Pantry You'll need $\frac{3}{4}$ cup of milk or half & half per person

Pasta with Spinach Pesto

35 Min to Table	5 Min Hands On	1 Whisk Easy
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Getting Started Preheat oven to 450 & put a pot on to boil.

Omnivore Option Pancetta or bacon is delicious in this.

Kung Pao Edamame with Udon Noodles

15 Min to Table	15 Min Hands On	1 Whisk Super Easy
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Getting Started Bring a large pot of water to a boil.

Omnivore Option Shrimp is great in this dish.


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Buttermilk Salad with Nut-Crusted Chicken

30 Min to Table	15 Min Hands On	2 Whisks Super Easy
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Getting Started Preheat your oven to 400.

Leftovers Tip This meal is delicious cold!

Massaman Beef Curry

20 Min to Table	10 Min Hands On	1 Whisk Super Easy
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Getting Started Put a saucepan of water on to boil.

Meal Tip For extra flavor, add water with the peppers and almonds.

Country Stack

30 Min to Table	15 Min Hands On	2 Whisks Super Easy
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Getting Started Set your oven to 400.

Omnivore Option Irish or center cut bacon is a good fit.

From Your Pantry You'll need an egg per serving.

Black Bean Quesadilla

20 Min to Table	5 Min Hands On	1 Whisk Super Easy
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Getting Started Preheat your oven to 400.

Meal Tip If you want to save oven time, you can cook this stovetop.

Shaved Brussels Sprout Salad

10 Min to Table	10 Min Hands On	1 Whisk Super Easy
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Getting Started Preheat your oven to 400.

Thai Coconut Kale

5 Min to Table	5 Min Hands On	1 Whisk Super Easy
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Getting Started Throw together and serve!

Thai Coconut Kale

10 Minutes to the Table

10 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** in batches (about 3 total) until lightly browned, about 2 minutes per batch (6 minutes total). Once the kale is wilted, add the **Coconut** and cook until it starts to brown, about 2 more minutes, stirring frequently. 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

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