

Barbeque Pizza

An all-time favorite, back by popular demand. A BBQ sauce base, 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!).

We've given you a lot of kale. If you have more than you can use, serve it on the side.

Health snapshot per serving – 900 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 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, 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 April 5

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 they're 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 & Jalapenos
- 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

meez *meals*

1. Getting Organized

Preheat your oven to 375.

2. Sauté the Mushrooms

Heat 1Tbsp 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 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, then assemble your tacos. Spread the black beans on the tortillas, then top with the mushrooms, a dollop of **Goat Cheese & Jalapenos**, scallions and the **Salsa Fresca**. Enjoy!

Love this recipe? #meezmagic

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois * Prepare by April 5

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 topped over the rice 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 April 5

Weeknight Cheesy Veggie Pancakes

There's nothing we like better than breakfast for dinner, and savory pancakes are one of our favorite twists. This week it's cheddar pancakes with tiny bites of cauliflower and green beans, finished with a creamy parsley chevre. (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

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 onto the griddle and cook until golden, 2 to 3 minutes on each side. Transfer the cooked pancakes to a baking sheet and bake for 7 to 10 minutes, until the pancakes 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 April 5

Balsamic Glazed Chicken Caprese Pasta

This deliciously quick-to-the-table dish is sure to be a new family favorite. With all-organic chicken breast, fresh mozzarella, sweet grape tomatoes, and a balsamic glaze, it's the perfect partner for whole-wheat penne pasta. NOM NOM!

20 Minutes to the Table

10 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

- Saucepan
- Deep Skillet or Large
Saucepan with Lid

FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper

6 MEEZ CONTAINERS

- Chicken Breast
- Whole Wheat Penne
- Fresh Mozzarella
- Pesto
- Grape Tomatoes
- Balsamic Glaze

Make The Meal Your Own

We think this pasta is just as good cold as it is warm, so we like it as a make-ahead lunch or dinner.

Our 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.

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

Health snapshot per serving – 750 Calories, 30g Fat, 85g Carbs, 40g Protein, 20 WW+ Points

Lightened up snapshot – 465 Calories, 25g Fat, 13 WW+ Points to make a low-carb option with no pasta and ½ the mozzarella.

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

INGREDIENTS: Free-Range Chicken, Grape Tomatoes, Whole Wheat Penne Pasta, Fresh Mozzarella Cheese, Balsamic Vinegar, Brown Sugar, Olive Oil, Basil, Almonds, Parmesan, Lemon Juice, Spices

meez *meals*

1. Getting Organized

Put a saucepan of water on to boil.

2. Cook the Pasta

Add the **Whole Wheat Penne** to the boiling water. Cook until al dente, about 7 to 9 minutes, and then drain and return to the now-empty saucepan.

Add the **Fresh Mozzarella** and **Pesto** and mix well, then set aside.

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 medium-high heat. Generously sprinkle the **Chicken Breast** with salt and pepper (we use ¼ tsp salt and ¼ tsp pepper, so use about half per side, or more if you like). When the oil is hot, add the chicken breast and **Grape Tomatoes** and cover. Cook until the chicken is browned on one side, about 6 minutes, and then flip. Continue cooking, uncovered, until the chicken is fully cooked, about 4 more minutes.

Add the **Balsamic Glaze** and cook, stirring continuously, until chicken and tomatoes are coated, about 2 minutes. Season with salt and pepper to taste.

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

If you want to check the doneness of the chicken, use a thermometer. You want it to read 165 degrees or above.

4. Put It All Together

Serve the pesto pasta topped with the chicken and tomatoes. Drizzle any extra glaze from the pan over the top to taste. Enjoy!

Love this recipe? #meezmagic

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois * Prepare by April 5

Bangkok Sirloin Steak

Thai flavors at their best. We're pairing an irresistible basil peanut sauce with free-range sirloin steak and fresh peppers. Served over a bed of udon noodles, it's a dinner you'll crave again and again.

20 Minutes to the Table

20 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Saucepan
Large Skillet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

4 MEEZ CONTAINERS

Udon Noodles
Sirloin
Peppers & Onions
Thai Basil Peanut Sauce

Make The Meal Your Own

Want to add something extra? Chopped toasted nuts are a fun addition to the finished dish. Use whatever you have on hand – peanuts, cashews and almonds all work – and sprinkle over the dish before serving.

We're working with farmers like Lacy & Chris Meyer, who farm with care and dedication to their animals, with open pastures and never any 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.

If you're making the gluten-free version, we've given you rice noodles, instead.

Health snapshot per serving – 1,135 Calories, 60g Fat, 50g Protein, 100g Carbs, 30 WW+ Points

Lightened up snapshot – 470 Calories, 30g Fat, and 13 WW+ Points with no udon and 1/3 of the Thai basil peanut sauce.

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

INGREDIENTS: Bell Peppers, Grass-Fed Beef, Udon Noodles, Red Onion, Peanuts, Vegetable Oil, Rice Wine Vinegar, Soy Sauce, Brown Sugar, Basil, Ginger, Garlic, Sesame Oil

meez *meals*

1. Getting Organized

Put a saucepan of water on to boil.

2. Cook the Udon

Salt the boiling water and add the **Udon Noodles**. Cook until they are soft, about 6 to 8 minutes, then drain.

3. Cook the Beef and Peppers

While the udon is cooking, heat 2 Tbsp olive oil in a large skillet over medium-high heat. Season the **Sirloin** generously with salt and pepper (we recommend ½ tsp of each).

When the oil is smoking, add the **Peppers & Onions** and cook until starting to brown, 4 to 7 minutes. Add the sirloin and cook 4 minutes without stirring. Stir, and then cook an additional minute. Turn off the heat.

Add the **Thai Basil Peanut Sauce** to the pan and stir to incorporate. Let the dish rest for 5 minutes in the pan.

4. Put It All Together

Serve the udon noodles topped with Thai basil beef, peppers and onions.

We're cooking the beef to medium because that's how we like it. If you like it medium-well, cook an additional minute before adding the sauce.

Sirloin has the most flavor right after it's cooked, so we recommend eating right away.

Love this recipe? #meezmagic

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois * Prepare by April 5

Pan Roasted Salmon and Cauliflower "Almondine"

Inspired by the classic French almondine sauce. We're making our version with wild caught salmon cooked up in a sophisticated almond and parsley white wine sauce, served over carb-free cauliflower "rice". It's a dinner guaranteed to make everyone smile.

30 Minutes to the Table

30 Minutes Hands On

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Shallow Pie Dish or Plate
Large Skillet

FROM YOUR PANTRY

½ Cup of Flour
Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Cauliflower & Cherries
Salmon
Onion & Garlic
Almonds & Parsley
Lemon & Wine
Coconut Milk

Make The Meal Your Own

Leftovers tip – Serve your leftovers over lettuce for a light next-day lunch.

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

Good To Know

If you want to test the doneness of the salmon, a thermometer is the best gauge. Test the salmon once it's removed from the pan. You want the internal temperature to be at least 140 degrees.

Health snapshot per serving – 450 Calories, 25g Fat, 30g Protein, 30g Carbs, 12 WW+ Points

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

INGREDIENTS: Cauliflower, Wild-Caught Salmon, Coconut Milk, Red Onion, Almonds, Dried Cherries, Parsley, White Wine, Lemon Juice, Garlic, Concentrated Vegetable Stock, Herbs

*meez*meals

1. Cook the Cauliflower

Heat 1 Tbsp of oil in a large skillet over high heat. Add the **Cauliflower & Cherries** and cook, stirring occasionally, until well browned, 10 to 12 minutes , then divide among the diners' plates.

2. Dredge and Cook the Salmon

Pour ½ cup flour in a shallow pie pan or on a plate and add a generous pinch of salt and pepper. Coat the **Salmon** with the flour, making sure the entire fillet is covered on both sides. Gently shake off any excess.

Heat 2 Tbsp of oil in the now-empty skillet on high heat. Add the salmon, cook 4 minutes and then flip. After you flip the salmon, add the **Onion & Garlic** to the pan and cook an additional 3 minutes. Add the **Almonds & Parsley** and cook 1 minute. Add the **Lemon & Wine** to the pan and cook until the sauce has reduced by half, about 1 to 3 minutes. Remove the salmon to a plate, leaving the sauce and almonds behind.

Cut into portions and serve over the cauliflower and cherries.

3. Finish the Sauce and Serve

Add the **Coconut Milk** to the sauce in the pan and cook until bubbling and thickened, about 3 to 5 minutes. Pour over the salmon and cauliflower and enjoy!

Any kind of flour will work here: all-purpose, rice flour, even chickpea. Use your favorite.

Make sure to place the salmon in the pan gently to avoid any oil splashing.

Love this recipe? #meezmagic

Instructions for two servings.

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

Pesto Grilled Cheese

25 *Minutes to the Table*

10 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Baking Sheet

FROM YOUR PANTRY

Vegetable Oil

4 MEEZ CONTAINERS

Parsnips

Whole Wheat

Baguette

Spinach Pesto

Asadero Cheese

Good to Know

Grilled cheese with tomato soup is a match made in heaven. Serve this sandwich alongside a warm bowl of tomato soup for the perfect comfort food dinner.

Health Snapshot per serving (serves 1)

1,130 Calories, 55g Fat, 10g Fiber, 30 WW+ Points

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

INGREDIENTS: Whole Wheat Baguette, Parsnip, Asadero Cheese, Spinach, Olive Oil, Parmesan, Lemon Juice, Garlic

meezmeals

1. **Getting Organized**

Preheat your oven to 400.

2. **Roast the Parsnips and Toast the Bread**

Toss the **Parsnips** with 1 Tbsp of oil and spread in a single layer on a baking sheet. Roast for 7 to 10 minutes until just starting to brown. Remove to a bowl or plate.

While the parsnips are roasting, cut the **Whole Wheat Baguette** about $\frac{3}{4}$ of the way through horizontally, leaving the edges of the two halves connected. Place the bread directly on your oven rack, cut-side-down, and toast until warm, about 90 seconds.

3. **Make the Sandwich**

Spread the **Spinach Pesto** on one side of the baguette and then top with half of the **Asadero Cheese** and all of the roasted parsnips. Sprinkle the remaining half of the taco cheese on top. Place the sandwich on the baking sheet and gently press down to close.

Bake until the cheese is melted, about 8 to 10 minutes. Remove from the oven and, using a spatula, press down on the sandwich once more to create a cohesive sandwich. Remove to a serving plate and enjoy!

Prepare by April 5

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

Southwestern Salad

5 Minutes to the Table

5 Minutes Hands On

Getting Organized

EQUIPMENT

Mixing Bowl

FROM YOUR PANTRY

Salt & Pepper

5 MEEZ CONTAINERS

Avocado

Spinach

Tortilla Chips

Corn & Beans

Buttermilk Chipotle

Dressing

Put It All Together

Dice the **Avocado** and break the **Tortilla Chips** into pieces. Combine the **Spinach, Corn & Beans**, the broken chips and half the diced avocado in a mixing bowl with half of the **Buttermilk Chipotle Dressing**. Season with salt and pepper and dressing to taste.

Good to Know

Health Snapshot per serving (serves 1)

520 Calories, 20g Protein, 10g Fiber, 30g Fat,
14 WW+ Points

Have Questions?

We're standing by at 773.916.6333

INGREDIENTS: Avocado, Spinach, Black Beans, Corn, Queso Fresco, Buttermilk, Mayonnaise, Tortilla Chips, Red Onion, Chipotle Peppers, Garlic, Herbs and Spices

Prepare by April 5

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

Health Snapshot

Barbeque Pizza

900 Calories
40 g Protein
20 g Fat
140 g Carbs
20 g Fiber
1,700 mg Sodium

18 WW+ Points

480% Vitamin A
130% Vitamin C
70% Calcium

Mushroom Tacos

525 Calories
30 g Protein
15 g Fat
75 g Carbs.
20 g Fiber
235 mg Sod.

13 WW+ Points

60% Folate
30% Vitamin C
20% Calcium

Cauliflower Chickpea Curry

600 Calories
20 g Protein
15 g Fat
105 g Carbs.
20 g Fiber
760 mg Sodium

16 WW+ Points

400% Vitamin A
400% Vitamin C
65% Calcium

Cheesy Veggie Pancakes

490 Calories
26 g Protein
22 g Fat
49 g Carbs.
7 g Fiber
782 mg Sod.

11 WW+ Points

140% Vit. C
54% Calcium
45% Folate

Balsamic Chicken Pasta

750 Calories
40 g Protein
30 g Fat
85 g Carbs.
10 g Fiber
235 mg Sodium

20 WW+ Points

115% Vitamin C
30% Vitamin A
30% 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.

BBQ Pizza

1/2 of the cheese

500 Calories
10 g Fat
20 WW+ Points

Tacos

1/2 cheese

455 Calories
10 g Fat
11 WW+ Points

Curry

1/2 curry sauce, 3/4 rice

490 Calories
15 g Fat
13 WW+ Points

Pancakes

1/2 the goat cheese spread

410 Calories
16 g Fat
9 WW+ Points

Chicken Pasta

No pasta, 1/2 the cheese

465 Calories
25 g Fat
13 WW+ Points

Health Snapshot

Bangkok Sirloin Steak	Salmon Almondine	Pesto Grilled Cheese	Southwestern Salad
1,135 Calories	450 Calories	1,130 Calories	520 Calories
50 g Protein	30 g Protein	50 g Protein	20 g Protein
60 g Fat	25 g Fat	55 g Fat	30 g Fat
100 g Carbs.	30 g Carbs.	110 g Carbs.	40 g Carbs.
10 g Fiber	10 g Fiber	10 g Fiber	10 g Fiber
990 mg Sod.	435 mg Sodium	1,920 mg Sod.	915 mg Sodium
30 WW+ Points	12 WW+ Points	30 WW+ Points	14 WW+ Points
250% Vitamin C	75% Vitamin C	125% Vitamin A	45% Folate
55% Vit. B-12	65% Vit. B-6	90% Calcium	30% Vitamin A
50% Vitamin A	60% Vit. B-12	50% Vitamin C	25% Vitamin C

Lighten Up Option

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

Steak	Salmon	Sandwich	Salad
<i>1/3 peanut sauce, no udon</i>	<i>No changes</i>	<i>No changes</i>	<i>No changes</i>
470 Calories	450 Calories	1,130 Calories	520 Calories
30 g Fat	25 g Fat	55 g Fat	30 g Fat
13 WW+ Points	12 WW+ Points	30 WW+ Points	14 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.