

Green Spring Vegetables with Toasted Gnocchi

Hurray for Spring! We're welcoming the season with a wonderful mix of asparagus, peas and edamame. We sauté them with just enough cream and Parmesan to add some richness, then serve them over toasted gnocchi. The result is fresh, filling and downright delicious. Dinner doesn't get much better than this.

20 Minutes to the Table

10 Minutes Hands On

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet
Rimmed Baking Sheet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Whole Wheat
Gnocchi
Peas & Edamame
Asparagus
Lemon
Cream & Parmesan

Make The Meal Your Own

Dedicated omnivores can add tilapia. Bread it, then pan-sauté and serve over the gnocchi.

Cooking with a picky eater? This is a crowd-pleaser. If you're eating with someone who doesn't love asparagus, though, cook it separately and serve on the side.

Good To Know

If you're making the vegan version, we've left the cream and Parmesan out of your meal. The result is a light, bright meal that we love. Just use a little extra olive oil as you cook.

If you're making the gluten-free version, we've given you gluten-free gnocchi. Check it after 12 to 15 minutes because it cooks a bit faster than regular gnocchi.

Health snapshot per serving – 655 Calories, 30g Protein, 15g Fiber, 16 WW+ Points

Lightened up snapshot – 500 Calories, 10 g Fat and 13 WW+ Points when you use half of the sauce and a fistful less of the gnocchi.

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

INGREDIENTS: Asparagus, Whole Wheat Gnocchi, Edamame, Peas, Heavy Cream, Lemon, Parmesan Cheese

meezmeals

1. Getting Organized

Preheat your oven to 375.

2. Toast the Gnocchi

Put the **Whole Wheat Gnocchi** on to a rimmed baking sheet and drizzle with olive oil, salt and pepper. Toss, then arrange in a single layer and bake until golden and crispy on the outside, about 15 to 20 minutes.

You can pan-fry the gnocchi, instead. It's a little faster, but be sure to use plenty of oil so the gnocchi don't stick.

3. Sauté the Vegetables

Heat 1 Tbsp olive oil in a large skillet over medium-high heat. Add the **Peas & Edamame** and cook for 2 to 3 minutes. Add the **Asparagus** and cook until it turns bright green and has a sear on it, about 5 minutes. Set aside.

Cut the **Lemon** into wedges and squeeze the juice into the pan and add 1 of the wedges into the pan, as well. Add the **Cream & Parmesan** and the toasted gnocchi. Turn the heat back to medium high and cook for 2 minutes. Add salt and pepper to taste. Take out the lemon wedge and enjoy!

Add a few tablespoons of water if you'd like the sauce looser at the very end.

Love this recipe? #meezmagic

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois * Cook by April 12

Sweet & Tangy BBQ Tofu Tacos

The name says it all in this one. We're baking tofu 'til crisp, with a delicious barbecue sauce so it's "finger lickin' good". Then we're serving it up in a warm corn tortilla, topped with a fresh cabbage slaw. It's the flavors of a down-home barbecue, cooked up Meez-style. Yum!

35 Minutes to the Table

5 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Casserole Dish
Large Mixing Bowl

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Organic Tofu
BBQ Sauce
Carrots & Cabbage
Creamy Vinaigrette
Corn Tortillas

Make The Meal Your Own

Picky eaters tip – Try tossing a portion of the slaw in ranch or Thousand Island dressing.

Make ahead tip – Make the slaw and bake the tofu for 20 minutes in advance. When ready to eat, add 1 Tbsp water to the tofu and mix well. Put in an oven-safe skillet and reheat in toaster or conventional oven for 5 to 7 minutes.

Have leftover slaw? Mix it with quinoa or farro to make a tasty grain salad.

Good To Know

If you're making the vegan version, we've left the mayonnaise out of your creamy vinaigrette. If you'd like a creamy slaw, a dollop of soy yogurt would mix well.

Health snapshot per serving – 830 Calories, 20g Protein, 10g Fiber, 22 WW+ Points.

Lightened up snapshot – 500 Calories, 20g Fat and 14 WW+ Points with 4 tortillas, ½ the creamy vinaigrette and BBQ sauce.

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

INGREDIENTS: Organic Tofu, Corn Tortillas, Barbecue Sauce, Cabbage, Carrots, Mayonnaise, White Wine Vinegar, Lemon, Brown Sugar, Garlic, Spices

meezmeals

1. Getting Organized

Preheat your oven to 400.

2. Bake the Tofu

Slather the **Organic Tofu** with $\frac{3}{4}$ of the **BBQ Sauce** and arrange in a casserole dish. It's fine if the edges of the tofu overlap a little. Bake until the sauce is lightly burnt at the edges, about 25 to 30 minutes. Make sure to flip the tofu once halfway through cooking and again 5 minutes before it is finished cooking. The tofu should have some chewiness to it at this point. Set aside.

If there's any liquid in the tofu bag, drain it before cooking.

We used a 12x12 casserole dish for 2 servings, but the actual size is flexible.

3. Toss the Slaw

As soon as the tofu is in the oven, put the **Carrots & Cabbage** into a large mixing bowl and add the **Creamy Vinaigrette**. Toss well, and then put into the refrigerator to chill.

4. Put It All Together

Heat your **Corn Tortillas** until they are soft and pliable. We like to do this directly over the open flame on a gas stove for a few seconds on each side, but you can also use a dry skillet. Serve the tortillas filled with the tofu and slaw on top. Enjoy!

You can also heat the tortillas in the oven. Put them on a baking sheet or heat directly on the rack for 2 to 5 minutes.

Love this recipe? #meezmagic

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois * Prepare by April 12

Mediterranean Foldover

The River Cottage cookbook introduced us to the magic of foldovers, and we've never looked back. They're made by cooking flatbread dough on a skillet, then folding it over hot ingredients to create a dinner that's part calzone, part sandwich and totally delicious. We're making a Mediterranean version this week with broccoli, cauliflower and goat cheese with tasty Mediterranean sumac vinaigrette. Yum!

35 *Minutes to the Table*

15 *Minutes Hands On*

2 Whisks *Easy*

Getting Organized

EQUIPMENT

Rimmed Baking Sheet
Large Skillet or Griddle

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Spiced Chickpeas
Broccoli Slaw
Whole Wheat Dough
Goat Cheese
Sumac Vinaigrette

Make The Meal Your Own

Omnivore's Option – Chef Max loves ground lamb with this recipe. Roast it with the chickpeas.

Cooking with a picky eater? Kids love foldovers. If yours aren't fans of the sumac vinaigrette, marinara would be another great choice.

Good To Know

If you're making the vegan version, skip the goat cheese and add an extra drizzle of olive oil.

Be sure to roll your dough to ½" thickness or thinner, so it cooks evenly.

Health snapshot per serving – 645 Calories, 30g Protein, 15g Fiber, 16 WW+ Points

Lightened up snapshot – 490 Calories, 20 g Fat and 12 WW+ Points when you leave out the cheese.

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

INGREDIENTS: Broccoli Slaw, Chickpeas, Whole Wheat Dough, Goat Cheese, Dates, Olive Oil, Cider Vinegar, Green Onions, Brown Sugar, Spices, Garlic

meezmeals

1. Getting Organized

Preheat your oven to 400.

2. Make the Filling

Add 1 Tbsp of olive oil to the **Spiced Chickpeas** bag and shake to mix, then pour on to a rimmed baking sheet. Arrange in a single layer and cook for 5 minutes.

Add the **Broccoli Slaw** to the baking sheet and mix well. Drizzle with more olive oil, salt and pepper, and bake until the broccoli is golden brown in places, about 18 to 25 minutes.

3. Make the Foldovers

After you add the veggies to the baking sheet, heat a large skillet or griddle over high heat with 1 Tbsp of oil. As it's heating, cut and roll out your **Whole Wheat Dough** into personal-size flatbreads.

When your pan is smoking hot, put one of the flatbreads into the dry skillet. Cook for 2 minutes, until bubbly on top with some brown (or black) spots. Flip and cook until the other side has some dark patches as well, 1 to 2 minutes. Transfer to a plate and spread some of the **Goat Cheese** on top.

Fill with the hot veggies and drizzle some of the **Sumac Vinaigrette** over top, then fold the dough over the filling. We like to lay a small pan or a plate on top to keep it closed while we cook the rest of the foldovers. Enjoy!

Love this recipe? #meezmagic

We target 1/2" thick pieces, but the actual size is up to you.

Turn on your stove fan while the foldover is cooking, otherwise your smoke detector may go off.

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois * Prepare by April 12

Mexican Paella Rice Stuffed Peppers

There's something incredibly cozy about a stuffed pepper this time of year. Particularly when it's filled with a smoky chipotle-spiced rice, melty Chihuahua cheese and topped with a tasty cilantro sauce. It's comfort food at its best.

45 Minutes to the Table

15 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Saucepan
Casserole Dish

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Chipotle Onions
Rice
Corn & Beans
Bell Peppers
Chihuahua Cheese
Cilantro Sauce

Make The Meal Your Own

Cooking with a picky eater? The rice has a kick to it. Stuff the peppers with plain rice if you're cooking with someone who is spice-averse.

Omnivore's Option – Ground turkey is a tasty choice for this recipe. Sauté it with the chipotle onions.

Good To Know

If you're making the vegan version, we've left the Chihuahua cheese out of your meal. If you'd like the peppers to get crispy, mix ½ cup of the rice with ¼ cup panko breadcrumbs.

Health snapshot per serving – 665 Calories, 30 g Protein, 15 g Fiber, 18 WW+ Points

Lightened up snapshot – 500 Calories, 10 g Fat and 12 WW+ Points when you use half of the cheese.

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

INGREDIENTS: Bell Peppers, Corn, Black Beans, Rice, Onion, Chihuahua Cheese, Cilantro, Lime Juice, Red Wine Vinegar, Chipotles in Adobo, Garlic, Concentrated Vegetable Stock, Spices, Salt

meezmeals

1. Getting Organized

Preheat your oven to 400.

2. Make the Spanish Rice

Heat 2 Tbsp olive oil in a medium saucepan over high heat. Add the **Chipotle Onions** and cook for 5 minutes until brown. Add the **Rice** and cook for another minute.

Add 2 ½ cups of water. Bring to a boil, then cook uncovered for 10 minutes, stirring occasionally. Add the **Corn & Beans**. Cook until most of the liquid has been absorbed and everything is heated through, about 2 to 5 more minutes.

3. Bake the Peppers

While the rice is cooking, arrange the **Bell Peppers** in a single layer in a casserole dish, cut-side up. Bake for 10 minutes. Then, when the rice is done, fill the peppers with the rice and bake until the top of the rice browns lightly, about 5 to 7 minutes.

Take the peppers out and top with the **Chihuahua Cheese**, then return to the oven and bake until they brown lightly, about 5 minutes. Serve topped with the **Cilantro Sauce** and enjoy!

In a hurry? Use your broiler. The cheese will brown in about 2 minutes, but watch it closely-it goes from brown to burnt in a heartbeat.

Love this recipe? #meezmagic

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois * Prepare by April 12

Southeast Asian Sweet Potato & Kale Rice Bowl

40 Minutes to the Table

20 Minutes Hands On

1 Whisk Super Easy

This gem is humble and oh-so delicious. It's all about the Asian peanut butter sauce, which we could eat with a spoon. But since we're supposed to be grown ups, we're restraining ourselves. (Mostly.) Instead, we're tossing it with roasted sweet potatoes, toasted organic tofu, wilted kale and brown rice. The result is crazy good.

Getting Organized

EQUIPMENT

Saucepan
Large Skillet
Rimmed Baking Sheet
Mixing Bowl

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Baked Tofu
Brown Rice
Kale
Peanut Sauce
Sweet Potatoes

Make The Meal Your Own

Cooking with a picky eater? This peanut sauce makes even the scariest vegetable delicious. Try chopping the kale into small bites so it's more approachable for cautious eaters.

Love peanuts? Try sprinkling some more on top of the dish for an extra crunch.

Good To Know

Chef's Note -- You'll see our method for cooking brown rice is a little unusual. It's faster than the traditional method, and we think the rice ends up fluffier.

Health snapshot per serving – 530 Calories, 30g Protein, 10g Fiber, 13 WW+ Points

Lightened up snapshot – 440 Calories, 15 g Fat and 11 WW+ points when you use three-quarters of the baked tofu.

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

INGREDIENTS: Sweet Potatoes, Kale, Baked Tofu, Brown Rice, Peanut Butter, Rice Vinegar, Soy Sauce, Brown Sugar, Garlic, Ginger, Spices

meezmeals

1. Getting Organized

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

2. Cook the Rice

Rinse the rice under cold water using a strainer. Add the **Brown Rice** to the saucepan of boiling water and simmer uncovered over medium heat for 30 minutes. Drain, then return it to the pot. Cover and let sit 5 minutes.

We cook our brown rice like pasta. Make sure the water is boiling and you're good to go. Remember: brown rice has a firmer texture than white rice.

3. Roast the Sweet Potatoes

Put the **Sweet Potatoes** on to a rimmed baking sheet and drizzle with olive oil, salt and pepper. Toss well, then arrange in a single layer and bake until tender, about 20 to 25 minutes.

4. Cook the Kale & Tofu

When you're about 10 minutes away from eating, heat 2 Tbsp olive oil in a large skillet over medium-high heat. Add the **Kale** and cook until it's bright green. Season with salt and pepper and transfer to a bowl.

If you prefer softer kale, cook it for a few extra minutes.

Heat another 2 Tbsp olive oil in the same skillet. Add the **Baked Tofu** to the pan (still over medium-high heat) and cook until it crisps in places, about 3 to 5 minutes on each side. Set aside until you're ready to assemble the bowls.

5. Put It All Together

Put the **Peanut Sauce** into a mixing bowl and thin with a little water. Now give everyone some rice, kale, sweet potatoes and baked tofu. Drizzle with the peanut sauce and enjoy!

We found 2 to 4 Tbsp water is just right.

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois * Prepare by April 12

Pan Roasted Salmon & Linguine with White Wine Cream Sauce

35 Minutes to the Table

25 Minutes Hands On

2 Whisks Easy

Move over Martha Stewart. Fast and easy, this oh-so-yummy meal with tender wild-caught salmon swimming in whole grain linguine and a decadent wine alfredo sauce is on the table in just 35 minutes. Don't be surprised when the family asks what restaurant this was from.

Getting Organized

EQUIPMENT

Saucepan
Large Skillet
Shallow Pie Pan or Plate
Medium Skillet

FROM YOUR PANTRY

½ Cup Flour
1 ½ Cup Milk
Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Linguine
Mushrooms
Onions & Garlic
Wine Stock
Salmon

Make The Meal Your Own

To get a flavorful sauce, we recommend using whole milk. It's even better with half and half or heavy cream if you want to really indulge!

If you're cooking with a picky eater, leave the mushrooms out of their portion.

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

Good To Know

Health snapshot per serving – 800 Calories, 15g Fat, 45g Protein, 105g Carbs, 19 WW+ Points

Lightened up snapshot – 500 Calories, 10g Fat, and 12 WW+ Points with ½ linguine, skim milk, ½ the flour and ¾ wine stock.

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

INGREDIENTS: Wild-Caught Salmon, Button Mushrooms, Whole Wheat Linguine, White Wine, Cremini Mushrooms, Red Onion, Apple Juice, Green Onion, Concentrated Vegetable Stock, Garlic, Herbs and Spices

meezmeals

1. Getting Organized

Put a saucepan of water on to boil.

2. Cook the Mushrooms

Heat 1 Tbsp of oil in a large skillet over high heat. Add the **Mushrooms** and cook until browned, 8 to 10 minutes. Remove to a bowl.

3. Cook the Pasta

Add the **Linguine** to the boiling water and cook until al dente, 7 to 9 minutes. Drain and set aside.

4. Make the Sauce

Return the now-empty mushroom skillet to the stove and heat 1 Tbsp oil over high heat. Add the **Onions & Garlic** and cook until brown, about 5 to 7 minutes. Add 1 Tbsp flour to the pan and cook for 1 minute, stirring constantly. Add the **Wine Stock** and bring the mixture to a boil. Reduce to a medium simmer and cook until the sauce is reduced by half, about 5 minutes. Add 1½ cup milk and cook until thick enough to coat the back of a spoon, about 6 to 8 minutes.

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

5. Dredge and Cook the Salmon

While the sauce is cooking, put your remaining flour (about ½ cup) into a shallow pie pan or plate and add a generous pinch of salt and pepper, then mix. Coat both sides of the **Salmon** with the flour, making sure the entire filet is covered.

Place the salmon in the pan gently to avoid any oil splashing.

Heat 2 Tbsp of oil in a medium skillet on high heat. Add the salmon and cook 4 minutes. Flip and cook an additional 2 minutes. Turn off the heat, cover and let sit for 5 minutes.

If you want to make sure the salmon is fully cooked, use a thermometer. You want the internal temp. to be at least 140 degrees.

6. Put It All Together

Serve the linguine topped with salmon, mushrooms and cream sauce. Enjoy!

Love this recipe? #meezmagic

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois * Prepare by April 9

Farmers Market Quinoa Cakes

Beatrix's Chef John Chiakulas shares a recipe just right for spring. With fresh asparagus, mushrooms and crispy quinoa cakes, all served up with fresh basil and goat cheese, it's a taste sensation you'll just love.

30 Minutes to the Table

30 Minutes Hands On

2 Whisks Easy

Getting Organized

EQUIPMENT

- 2 Large Skillets
- Mixing Bowl

FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper
- 2 Tbsp Flour

6 MEEZ CONTAINERS

- Cooked Quinoa
- Onions & Garlic
- Parmesan Cheese
- Asparagus
- Mushrooms
- Herbed Goat Cheese

Make The Meal Your Own

We think these quinoa cakes taste just as great cold as they do hot. Make them up to three days ahead for a quick lunch or fuss-free dinner.

Omnivore's Option – Baked sole or salmon is delicious with these. Cook it 12 to 15 minutes and then serve on top of the quinoa cakes and top it all with the mushrooms and a drizzle of olive oil.

Good To Know

Health snapshot per serving – 455 Calories, 10g Fat, 25g Protein, 60g Carbs, 11 WW+ Points

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

INGREDIENTS: Cooked Red Quinoa, Asparagus, Oyster Mushrooms, Red Onion, Parmesan Cheese, Goat Cheese, Basil, Garlic

meezmeals

1. Cook the Onions

Heat 1 Tbsp of oil in a large skillet over medium-high heat. Add the **Onions & Garlic** and cook, stirring, until lightly browned, about 5 to 7 minutes. Pour off any excess oil.

2. Make the Quinoa Cakes

In a large mixing bowl, combine the **Cooked Quinoa**, cooked onions, **Parmesan Cheese**, 2 Tbsp of flour and a generous pinch of salt and pepper. Mix well until the ingredients come together.

Scoop the mixture in ½ cup portions (we like to use a ½ cup measuring scoop for this) and place on a plate. Gently smash the cakes down to form patties. Repeat until you've used up all of the quinoa mixture (you should get 5 to 6 cakes).

To prevent the quinoa mixture from sticking to your measuring scoop, spray it with oil first.

3. Cook the Quinoa Cakes

Heat 2 Tbsp of oil in your now-empty skillet over medium-high heat. Working in batches, transfer the quinoa cakes to the pan with a spatula and cook until browned and crispy on the bottom, about 3 to 5 minutes. Flip and cook until the other side is browned and crispy, another 3 to 5 minutes. Repeat with the remaining quinoa cakes, adding an additional ½ Tbsp of oil between batches.

4. Cook the Vegetables

While the quinoa cakes are cooking, heat 1 Tbsp of oil in a large skillet over high heat. Add the **Mushrooms** and cook until brown, about 5 to 7 minutes. Add the **Asparagus** to the pan, season with a generous pinch of salt and pepper, and cook until bright green, but still crisp, about 4 to 5 minutes.

5. Put It All Together

Serve the quinoa cakes topped with the sautéed mushrooms and asparagus. Crumble **Herbed Goat Cheese** on top and drizzle with olive oil to taste.

The drizzle of oil is optional, but we think it's the perfect finish.

Love this recipe? #meezmagic

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois * Prepare by April 12

Single Serve Green Quesadilla

25 Minutes to the Table

5 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Baking Sheet

FROM YOUR PANTRY

Vegetable Oil

4 MEEZ CONTAINERS

Poblano Peppers

Tortillas

Spinach & Beans

Chihuahua

Cheese

Good to Know

If you don't love spice, you can leave the poblanos out of the quesadilla. It will still be delicious without them.

Health Snapshot per serving (serves 1)

805 Calories, 40g Fat, 75g Carbs, 40g Protein

22 WW+ Points

Lightened up snapshot (1 tortilla, ½ the cheese)

490 Calories, 20g Fat, 60g Carbs, 13 WW+ Points

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

INGREDIENTS: Flour Tortillas, Poblano, Chihuahua Cheese, Great Northern Beans, Spinach, Half and Half, Spices

meezmeals

1. Getting Organized

Preheat your oven to 400.

2. Roast the Poblanos

Toss the **Poblano Peppers** with 1 Tbsp of oil and spread in a single layer on a baking sheet. Roast until the peppers are just starting to brown, about 7 to 10 minutes. Remove to a bowl or plate.

3. Build the Quesadilla

Oil the now-empty baking sheet with 1 to 2 Tbsp of oil. Take one **Tortilla** and wipe it through the oil to coat one side. Repeat with the second tortilla, leaving it on the baking sheet oiled-side down.

Spread the **Spinach & Beans** on the tortilla and then top with half of the **Chihuahua Cheese** and all of the poblanos. Sprinkle the remaining cheese on top of the poblanos. 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, about 6 to 8 minutes. Flip the quesadilla, and cook an additional 3 to 4 minutes. Cut into wedges and serve. Enjoy!

Prepare by April 12

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

Health Snapshot

Vegetables with Toasted Gnocchi

655 Calories
30 g Protein
20 g Fat
90 g Carbs.
15 g Fiber
1,060 mg Sod

16 WW+ Points

50% Vitamin A
45% Folate
40% Vitamin C

Sweet & Tangy BBQ Tofu Tacos

830 Calories
20 g Protein
35 g Fat
110 g Carbs.
10 g Fiber
1,175 mg Sodium

22 WW+ Points

150% Vitamin A
110% Calcium
70% Vitamin C

Mediterranean Foldover

645 Calories
30 g Protein
30 g Fat
65 g Carbs.
15 g Dietary Fiber
690 mg Sodium

16 WW+ Points

325% Vitamin C
80% Vitamin A
25% Calcium

Mexican Stuffed Peppers

665 Calories
30 g Protein
25 g Fat
90 g Carbs
15 g Fiber
1,095 mg Sodium

18 WW+ Points

350% Vitamin C
55% Calcium
30% Vitamin A

Asian Kale Rice Bowl

530 Calories
30 g Protein
15 g Fat
70 g Carbs.
10 g Fiber
160 mg Sodium

13 WW+ Points

270% Vitamin A
25% Vitamin C
20% Iron

Lighten Up Option

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

Gnocchi

½ sauce, ¾ gnocchi

500 Calories
10 g Fat
13 WW+ Points

BBQ Tacos

*4 tortillas, ½ both
sauces*

500 Calories
20 g Fat
14 WW+ Points

Foldover

No cheese

490 Calories
20 g Fat
12 WW+ Points

Peppers

½ cheese

500 Calories
10 g Fat
12 WW+ Points

Rice Bowl

¾ tofu

440 Calories
15 g Fat
11 WW+ Points

Health Snapshot

Salmon & Linguine with Cream Sauce

800 Calories
45 g Protein
15 g Fat
105 g Carbs.
10 g Fiber
790 mg Sodium

19 WW+ Points

65% Vitamin B-6
60% Vitamin B-12
30% Folate

Farmers Market Quinoa Cakes

455 Calories
25 g Protein
10 g Fat
60 g Carbs.
10 g Fiber
380 mg Sodium

11 WW+ Points

30% Calcium
20% Vitamin C
20% Vitamin A

Green Quesadilla

805 Calories
40 g Protein
40 g Fat
75 g Carbs.
10 g Fiber
1,625 mg Sod.

22 WW+ Points

110% Vitamin A
80% Calcium
30% Vitamin C

Lighten Up Option

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

Salmon

*½ linguine, ¾ wine
stock, skim milk, ½
the flour*

500 Calories
10 g Fat
12 WW+ Points

Quinoa Cakes

No changes

455 Calories
10 g Fat
11 WW+ Points

Quesadilla

1 tortilla, ½ cheese

490 Calories
20 g Fat
13 WW+ Points