

Quesadilla Tacos

Part cheesy quesadilla, part taco and a Mexican star through and through. This gem starts with Chihuahua cheese melted on to corn tortillas, which get topped with toasted Brussels, a Mexican bean salad, and then eaten like a taco. It's an ooey-gooey delicious dinner that's on the table in 15 minutes. Why didn't we think of this sooner?

15 Minutes to the Table

15 Minutes Hands On

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

- Broiler and Baking Sheet or Grill
- 2 Mixing Bowls

FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper

5 MEEZ CONTAINERS

- Spiced Beans
- Lime Vinaigrette
- Brussels Sprouts
- Corn Tortillas
- Chihuahua Cheese

Make The Meal Your Own

Cooking with a picky eater? Serve the bean salad on the side.

Don't think you can grill inside? Think again. Your broiler is a grill; it just has the heat above, rather than below the food. You can also use a grill pan, if you prefer.

Good To Know

If you're making the vegan version, we've left the cheese out of your meal. Instead of making a melty quesadilla, assemble it as a delicious taco.

Health snapshot per serving – 590 Calories, 30g Protein, 15g Fiber, 15 WW+ Points

Lightened up snapshot – 350 Calories, 10 g Fat and 10 WW+ Points with half the cheese and two tortillas.

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

INGREDIENTS: Brussels Sprouts, Chihuahua Cheese, Black Beans, Great Northern Beans, Yellow Onion, Corn Tortillas, Lime, Cider Vinegar, Cilantro, Jalapeño, Granulated Garlic, Coriander, Agave Syrup, Cumin

meez meals

1. Getting Organized

Heat your grill or preheat your broiler. (If you're broiling, put the top rack about 6 inches from the heating element.)

2. Make the Bean Salad

Put the **Spiced Beans** into a mixing bowl with the **Lime Vinaigrette** and toss well. Season with salt and pepper, and put in your refrigerator while you cook up the rest of dinner.

3. Roast the Brussels

Put the **Brussels Sprouts** into another mixing bowl, drizzle with 2 Tbsp olive oil and season with salt and pepper. Put on to the grill or on a rimmed baking sheet under the broiler. Cook until very soft and slightly browned, about 12 to 15 minutes, turning a few times while cooking.

This may seem like a lot of oil, but you can drain off the excess after the Brussels have roasted.

4. Put It All Together

Once the Brussels are cooked, get the cheesy tortillas going. Put the **Corn Tortillas** on to the grill or on a rimmed baking sheet under the broiler. Heat until warm on one side, 30-60 seconds. Turn and top with the **Chihuahua Cheese** and cook until the cheese melts, then place on to everyone's plates. Top with the roasted Brussels and bean salad, then take into your hand and eat like a taco. Enjoy!

Love this recipe? #meezmagic

Instructions for two servings.

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

Farro with Sauteed Spring Asparagus and Roasted Pear

45 Minutes to the Table

15 Minutes Hands On

1 Whisk Super Easy

Mention pears as part of a meal, and we get pretty excited. Pair them with asparagus, and we're in heaven. So when Chef Max suggested a warm dinner salad with roasted pears, sautéed asparagus, farro and strawberry vinaigrette, it was a dinner we couldn't wait to dig into. We're cooking it up with butter beans and plenty of crumbled blue cheese. The result? Even better than it sounds.

Getting Organized

EQUIPMENT

Rimmed Baking Sheet
Large Skillet
Saucepan

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Pear
Farro
Butter Beans
Asparagus
Blue Cheese & Nuts
Strawberry Vinaigrette

Make The Meal Your Own

Cooking with a picky eater? Let them taste the strawberry vinaigrette first. If it's not their favorite, just drizzle their serving with olive oil.

Good To Know

If you're making the gluten-free version, we're sending brown rice instead of farro. Cook the brown rice in boiling water for about 20 minutes, drain and let sit, covered, for 5 minutes.

If you're making the vegan version, we've left the blue cheese out of your meal.

Health snapshot per serving – 690 Calories, 20 g Protein, 15 g Fiber, 19 WW+ Points

Lightened up snapshot – 490 Calories, 20 g Fat and 12 WW+ Points when you leave out the cheese and use $\frac{3}{4}$ of the vinaigrette.

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

INGREDIENTS: Asparagus, Farro, Pear, Butter Beans, Blue Cheese, Pecans, Strawberry Jam, Olive Oil, White Vinegar, Lime, Garlic, Spices

meezmeals

1. Getting Organized

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

2. Roast the Pear

Cut the **Pear** in half, then half again. Cut the core out and discard. Put the pieces onto a rimmed baking sheet and drizzle with olive oil, then toss to get them covered.

Bake until the skin begins to wrinkle and the ends are golden brown, about 25 to 35 minutes. When cool, cut each quarter into 4 pieces.

If you love these baked pears, try baking apple slices with olive oil and kosher salt. They are absolutely delicious.

3. Cook the Farro

While the pear is roasting, add a generous pinch of salt to the boiling water and add the **Farro**. Cook until the kernels pop, about 20 minutes. Drain, then return to the pan and cover for 5 minutes. Fluff with a fork and set aside.

4. Sauté the Vegetables

Heat 2 Tbsp olive oil in a large skillet over high heat. Add the **Butter Beans** and cook for 5 minutes. Add the **Asparagus** and cook until bright green, about 10 minutes. Turn the heat off and let sit, covered, for 1 minute.

We let asparagus sit for one minute after it turns bright green to soften it without letting it overcook.

5. Put It All Together

Add the asparagus, beans and pear to the farro with half of the **Strawberry Vinaigrette** and toss well. Serve topped with the **Blue Cheese & Nuts** and more vinaigrette to taste. Enjoy!

*Love this recipe? *meezmagic*

Instructions for two servings.

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

Miso Red Curry Noodle Bowl

We love the flavors of Thailand, and are always looking for new combinations. When we put red curry and miso together, we knew we had an instant hit. They pair to make a spicy, savory, all-around-magical glaze that's perfect with udon noodles, sweet potatoes, shiitake and cremini mushrooms. It's a dinner members have fallen in love with.

35 *Minutes to the Table*

15 *Minutes Hands On*

2 Whisks *Easy*

Getting Organized

EQUIPMENT

Rimmed Baking Sheet
Saucepan
Large Skillet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Sweet Potatoes
Edamame
Mushrooms
Miso-Red Curry Glaze
Udon Noodles

Make The Meal Your Own

Cooking with a picky eater? Keep the mushrooms separate and let everyone add to taste.

Make ahead tip – Roast the sweet potatoes ahead of time. When you're ready to eat, reheat them in the oven or in a separate skillet with 3 Tbsp of oil for 5 minutes.

Omnivore's Option – Shrimp is a traditional ingredient in this dinner.

Good To Know

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

Health snapshot per serving – 405 Calories, 15g Protein, 10g Fiber, 11 WW+ Points

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

INGREDIENTS: Sweet Potatoes, Edamame, Mushrooms, Udon Noodles, Miso, Red Curry, Agave Syrup, Soy Sauce, Sesame Seeds

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1. Getting Organized

Preheat your oven to 425 and put a pot of water on to boil.

2. Roast the Sweet Potatoes

Put the **Sweet Potatoes** 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 at the edges, about 20 minutes.

3. Cook the Mushrooms and Edamame

When the potatoes have been cooking for 10 minutes, heat 1 ½ Tbsp olive oil in a large skillet over medium-high heat. Add the **Edamame** and cook for 3 minutes, then add the **Mushrooms**. Sauté until the mushrooms are tender, about 5 to 10 minutes. Add the **Miso-Red Curry Glaze** and 2 Tbsp of olive oil. Mix well and remove from heat.

We package the mushrooms in a paper bag so they stay fresh longer.

The oil is important for creating the glaze, so don't skimp on it.

4. Cook the Udon

Salt the boiling water and add the **Udon Noodles**. Cook until al dente, about 7 to 9 minutes, then drain.

5. Put It All Together

Add the udon noodles and sweet potatoes to the mushrooms and edamame and toss together. Enjoy!

Love this recipe? #meezmagic

Instructions for two servings.

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

Mediterranean Lemon Chai Broccoli Rigatoni

Need a little sunshine in your day? This dinner has you covered. Sautéed broccoli and rigatoni get a Mediterranean treatment thanks to member-favorite lemon-chai vinaigrette and plenty of Parmesan cheese. It's a speedy meal everyone will love.

15 Minutes to the Table

15 Minutes Hands On

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Saucepan
Large Skillet
Rimmed Baking Sheet
Mixing Bowl

FROM YOUR PANTRY

Olive Oil
Salt & Pepper
Sugar (Optional)
Cayenne (Optional)

5 MEEZ CONTAINERS

Walnuts
Broccoli
Rigatoni
Lemon Chai Vinaigrette
Parmesan Cheese

Make The Meal Your Own

Kids and picky eaters will be converted into broccoli lovers with this dinner. If any are skeptical, though, it is just as delicious with green peas.

Omnivore's Option – Sweet Italian sausage is a tasty addition to this recipe.

Have leftovers? This makes a great cold pasta salad.

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.

Health snapshot per serving – 850 Calories, 35 g Protein, 10g Fiber, 23 WW+ Points

Lightened up snapshot – 435 Calories, 30 g Fat and 13 WW+ points when you leave out the cheese and walnuts.

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

INGREDIENTS: Broccoli, Rigatoni, Olive Oil, Parmesan Cheese, Lemon, Walnuts, Scallions, Brown Sugar, Garlic, Spices

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1. Getting Organized

Put a saucepan of water on to boil for the pasta and preheat your oven to 400 (or use your toaster oven.)

Spiced nuts can stick, so use parchment or foil to line your pan.

2. Make the Spiced Nuts

Add 1 Tbsp each of sugar, oil and water to a large mixing bowl and stir in a pinch of cayenne. Add the **Walnuts**, coat them in the mixture and put everything on a rimmed baking sheet. Bake until the coating sticks, 10 to 12 minutes; stir every 3 minutes, making sure to scrape up all of the good stuff on the bottom.

If you don't have sugar and cayenne, you can skip this step and dry roast the walnuts for 7 to 10 minutes.

3. Sauté the Broccoli

Heat 1 Tbsp olive oil in a large skillet over high heat. Add the **Broccoli** and cook until golden brown in places, about 7 to 12 minutes. Turn over and cook the other side until golden brown.

4. Cook the Rigatoni

While the broccoli is cooking, salt the boiling pasta water and add the **Rigatoni**. Cook until al dente, about 8 to 12 minutes. Drain and set aside.

5. Put It All Together

Add the broccoli to the rigatoni and add half of the **Lemon-Chai Vinaigrette**. Toss well, then serve topped with the spiced nuts and **Parmesan Cheese**, plus more vinaigrette to taste. Enjoy!

Love this recipe? #meezmagic

Instructions for two servings.

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

Broccoli Cheddar Chicken Bake

We're taking the creamy flavors of broccoli and cheddar to a new level. Paired with free-range chicken breast and heart healthy brown rice, this dish is sure to tantalize the taste buds. Not to mention it's practically hands-free.

35 *Minutes to the Table*

10 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

- Saucepan
- Rimmed Baking Sheet

FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper

6 MEEZ CONTAINERS

- Brown Rice
- Chicken Breast
- Red Onion
- Broccoli
- Cream Sauce
- Cheddar Cheese

Make The Meal Your Own

Want to get a jump on dinner? Cook the brown rice in advance. When you're ready to eat, start with step 3 and you'll have dinner on the table in 20 minutes.

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

Good To Know

Health snapshot per serving – 660 Calories, 40g Fat, 40g Protein, 30g Carbs, 17 WW+ Points

Lightened up snapshot – 500 Calories, 30g Fat, 13 WW+ Points with no cheddar and ½ the rice.

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

INGREDIENTS: Broccoli, Free-Range Chicken, Brown Rice, Heavy Cream, Red Onion, Cheddar Cheese, White Wine, Concentrated Vegetable Stock, Garlic, Herbs

meez meals

1. Getting Organized

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

2. Prep the Chicken

Rinse the **Chicken Breast** under cold water and pat dry with a towel. Place the chicken horizontally on a cutting board. Using a sharp knife, cut the chicken breast into even strips. (We aim for approximately 1/4" - 1/2" slices.)

3. Cook the Rice

Add the **Brown Rice** to the boiling water and simmer uncovered over medium heat for about 30 minutes. Drain, and then return 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.

4. Cook the Chicken

While the rice is cooking, toss the sliced chicken and **Red Onion** with 1 Tbsp of oil and season with salt and pepper (we recommend 1/4 tsp of each). Spread on a rimmed baking sheet and cook until no pink is showing on the outside of the chicken, about 5 to 8 minutes.

Add the **Broccoli** to the pan and cook until bright green, but still crisp, about 5 minutes. Add the **Cream Sauce** and stir to coat the chicken and broccoli. Cook just until it simmers, about 2 minutes, and then add the **Cheddar Cheese** and mix to incorporate. Cook until the cheese has melted into the sauce and everything is hot, about 3 to 5 minutes. Season with salt and pepper to taste.

5. Put It All Together

Serve the brown rice topped with the cheddar chicken and enjoy!

Love this recipe? #meezmagic

Instructions for two servings.

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

Blackened Baja Salmon & Avocado Tacos

You'll be transported to the beach with these zesty fish tacos. Omega-3 rich salmon is coated with our Baja seasoning and then paired with creamy avocado and tangy pineapple. Fast, fantastic and full of flavor, don't forget the lemonade and cerveza to complete the meal.

30 Minutes to the Table

20 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Mixing Bowl
Shallow Pie Pan or Plate
Medium Skillet
Small Skillet (optional)

FROM YOUR PANTRY

1 Tbsp Flour
Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Cabbage & Carrots
Coleslaw Dressing
Cajun Seasoning
Salmon
Avocado
Tortillas

Make The Meal Your Own

Salmon has a reputation for being tricky to cook. Chef Max says the key to perfect salmon is making sure you don't overcook it. Cook over high heat for a few minutes per side and then let it rest. The salmon continues cooking as it rests, so let it sit 5 minutes, covered, off the heat before you cut into it and check for doneness.

Eating with someone who doesn't love spice? Serve their fish without the Cajun seasoning.

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 – 595 Calories, 30g Fat, 30g Protein, 50g Carbs, 16 WW+ Points

Lightened up snapshot – 465 Calories, 20g Fat, and 12 WW+ Points with ½ the avocado & coleslaw dressing.

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

INGREDIENTS: Wild-Caught Salmon, Corn Tortillas, Carrots, Avocado, Green Cabbage, Red Cabbage, Mayonnaise, Brown Sugar, Cajun Seasoning, White Wine Vinegar, Pineapple, Lemon Juice, Herbs and Spices

meezmeals

1. Make the Coleslaw

In a mixing bowl, toss the **Cabbage & Carrots** with the **Coleslaw Dressing**. Season with salt and pepper to taste. Place in the refrigerator to chill until ready to eat.

2. Season and Cook the Salmon

Combine **Cajun Seasoning** with 1 Tbsp of flour on a plate or in a shallow pie pan. Coat the **Salmon** on all sides with the seasoning and then let sit in the flour for 2 minutes. Give the salmon a second coat in the seasoning.

Heat 2 Tbsp of oil in a medium skillet over high heat. When the oil is hot, add the salmon and cook 4 minutes. Flip, and cook 3 more minutes on the other side. Turn off the heat, cover and let sit for 5 minutes.

The fish absorbs the seasoning as it sits, which adds tons of flavor.

The seasoning gets very dark as it cooks, so don't worry if it starts to blacken. It's supposed to be that way.

3. Slice the Avocado

While the salmon is resting, slice the **Avocado** into even pieces (we usually get about 5 slices per half).

4. Heat the Tortillas and Serve

Heat your **Tortillas** in a small dry skillet on the stove or directly over a gas burner until soft, about 30 seconds per side.

Use a fork to flake the salmon into pieces. Serve inside the warm tortillas topped with the coleslaw and avocado. Enjoy!

Love this recipe? #meezmagic

Use tongs or a slotted spoon to serve the coleslaw, leaving extra dressing behind. That way, your tacos won't get soggy.

Instructions for two servings.

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

Pesto Quesadilla

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

Mushrooms

Tortillas

Basil Pesto

Mozzarella

Good to Know

We make our quesadillas in the oven because we love hands-free cooking. If you prefer to cook on the stovetop, that will work great too.

Health Snapshot per serving (serves 1)

730 Calories, 40g Fat, 60g Carbs, 30g Protein

19 WW+ Points

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

INGREDIENTS: Flour Tortillas, Button Mushrooms, Mozzarella, Basil, Olive Oil, Parmesan, Lemon Juice, Garlic

meezmeals

1. **Get Organized**

Preheat your oven to 400.

2. **Cook the Mushrooms**

Toss the **Mushrooms** with 1 Tbsp of oil and spread on a baking sheet. Cook for 7 to 10 minutes until lightly browned. Remove to a bowl or plate and drain any excess liquid from the pan.

3. **Build the Quesadilla**

When the mushrooms are done, oil the baking sheet. 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 **Basil Pesto** on the tortilla and then top with half of the **Mozzarella** and all of the mushrooms. Sprinkle the remaining mozzarella on top. Top with the second tortilla, oiled-side up, and gently press down.

4. **Put It All Together**

Bake the quesadilla 6 to 8 minutes, until the top and edges are golden brown. Flip the quesadilla, and cook an additional 3 to 4 minutes. Cut into wedges and serve. Enjoy!

Prepare by April 26

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

Buttermilk Broccoli Salad

5 Minutes to the Table

5 Minutes Hands On

Getting Organized

EQUIPMENT

Mixing Bowl

FROM YOUR PANTRY

Salt & Pepper

5 MEEZ CONTAINERS

Broccoli

Toasted Almonds

Cranberries

Red Onion

Buttermilk Dressing

Put It All Together

Toss the **Broccoli**, **Toasted Almonds**, **Cranberries** and **Red Onion** together in a mixing bowl with half of the **Buttermilk Dressing**. Mix well, then add salt and pepper, plus more dressing to taste. Enjoy!

Good to Know

Health Snapshot per serving

335 Calories, 20g Fat, 30g Carbs, 5g Protein,
9 WW+ Points

Have Questions?

We're standing by at 773.916.6333

INGREDIENTS: Broccoli, Buttermilk, Red Onion, Dried Cranberries, Mayonnaise, Almonds,
Cider Vinegar, Sugar

Prepare by April 26

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

Quinoa & Black Bean Mexican Salad

10 Minutes to the Table

5 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Mixing Bowl

FROM YOUR PANTRY

Salt & Pepper

Olive Oil

5 MEEZ CONTAINERS

Corn Tortillas

Carrots &

Kohlrabi

Quinoa

Cilantro

Vinaigrette

Queso Fresco

Make This Meal Your Own

Make ahead tip – Toast the tortillas ahead of time. The salad will be ready in a flash.

Good to Know

Health snapshot per serving

670 Calories, 70g Carbs, 20g Protein, 30g Fat

18 WW+ Points

Lightened up snapshot

495 Calories, 10g Protein, 25g Fat, 13 WW+ Points with no cheese or tortillas.

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

INGREDIENTS: Carrots, Kohlrabi, Corn, Black Beans, Corn Tortillas, Quinoa, Olive Oil, Queso Fresco, Lime, Apple Cider Vinegar, Cilantro, Brown Sugar, Garlic, Spices

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1. Toast the Tortillas

Put the **Corn Tortillas** into a mixing bowl with 2 Tbsp olive oil and a generous pinch of salt and pepper. Toss well, then toast in a toaster oven until crispy on the outside.

2. Put It All Together

Toss the **Carrots & Kohlrabi** with the **Quinoa** and half of the **Cilantro Vinaigrette**. Break up the tortillas and sprinkle on top. Add salt and pepper, **Queso Fresco**, and more vinaigrette to taste. Enjoy!

Love this recipe? #meezmagic

Cook by April 26

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

Health Snapshot

Quesadilla Tacos

590 Calories
30 g Protein
25 g Fat
70 g Carbs.
15 g Fiber
500 mg Sodium

15 WW+ Points

60% Calcium
55% Vitamin A
30% Vitamin C

Farro with Asparagus

690 Calories
20 g Protein
40 g Fat
70 g Carbs.
15 g Fiber
570 mg Sod.

19 WW+ Points

100% Folate
50% Vit. C
35% Calcium

Miso Red Curry Noodle Bowl

405 Calories
15 g Protein
5 g Fat
80 g Carbs.
10 g Fiber
1,270 mg Sod.

11 WW+ Points

400% Vitamin A
60% Vitamin C
20% Calcium

Lemon Chai Broccoli Rigatoni

850 Calories
35 g Protein
60 g Fat
45 g Carbs.
10 g Fiber
980 mg Sod.

23 WW+ Points

340% Vitamin C
80% Calcium
70% Vitamin A

Broccoli Chicken Bake

660 Calories
40 g Protein
40 g Fat
30 g Carbs.
20 g Fiber
700 mg Sod.

17 WW+ Points

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

Lighten Up Option

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

Tacos

½ cheese and 2 tortillas

350 Calories
10 g Fat
10 WW+ Points

Asparagus

No cheese, ¾ vinaigrette

490 Calories
20 g Fat
12 WW+ Points

Noodle Bowl

No changes

405 Calories
5 g Fat
11 WW+ Points

Rigatoni

No cheese, no walnuts

435 Calories
30 g Fat
13 WW+ Points

Chicken Bake

No cheddar, ½ rice

500 Calories
30 g Fat
13 WW+ Points

Health Snapshot

Baja Salmon Tacos	Pesto Quesadilla	Buttermilk Salad	Mexican Salad
595 Calories	730 Calories	320 Calories	670 Calories
30 g Protein	30 g Protein	10 g Protein	20 g Protein
30 g Fat	40 g Fat	25 g Fat	30 g Fat
50 g Carbs.	60 g Carbs.	20 g Carbs.	70 g Carbs.
10 g Fiber	5 g Fiber		
1,810 mg Sod.	930 mg Sodium		
16 WW+ Points	19 WW+ Points	5 WW+ Points	18 WW+ Points
100% Vitamin A	60% Calcium	230% Vitamin C	235% Vitamin A
75% Vit. B-6	30% Folate	30% Folate	20% Calcium
60% Vit. B-12	15% Vitamin A	15% Calcium	15% Vitamin C

Lighten Up Option

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

Tacos	Quesadilla	Salad	Salad
<i>½ avocado & coleslaw dressing</i>	<i>No changes</i>	<i>No changes</i>	<i>No cheese or tortillas</i>
465 Calories	730 Calories	320 Calories	495 Calories
20 g Fat	40 g Fat	25 g Fat	25 g Fat
12 WW+ Points	19 WW+ Points	5 WW+ Points	13 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.