

Lemon Chai Rigatoni with Broccoli & Spiced Nuts

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
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 would be just as delicious with green peas.

Omnivore's Option – Sausage is a tasty addition to this recipe. Sauté it in a skillet while the broccoli is cooking and then slice and toss with the pasta.

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, 35g Protein, 10g Fiber, 23 WW+ Points

Lightened up snapshot – 435 Calories, 30g 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

meez*meals*

1. Getting Organized

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

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 foil-lined (or parchment-lined) baking sheet. Bake 10 to 12 minutes; stir every 3 minutes, making sure to scrape up all of the good stuff on the bottom.

Chef Max suggests cayenne, but if you don't have it, feel free to use your favorite chili flakes or chili powder.

Your nuts are done when the sauce begins to stick to them.

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 June 7

Himalayan Vegetable Fried Rice

We love fried rice, but the traditional version isn't the healthiest main course in town. We challenged Chef Max to make a fresher, healthier, more delicious version of the traditional recipe, and boy did he succeed. It all starts with superfood Himalayan red rice, which we're sautéing with shaved Brussels sprouts, tiny cauliflower bites and protein-packed edamame. A traditional simmering the sauce pulls it all together. Yum!

25 Minutes to the Table

25 Minutes Hands On

2 Whisks *Easy*

Getting Organized

EQUIPMENT

Large Skillet or Wok
Mixing Bowl

FROM YOUR PANTRY

Vegetable Oil
2 Eggs (optional)
Salt & Pepper

5 MEEZ CONTAINERS

Cooked Red Rice
Brussels & Cauliflower
Sauté Sauce
Edamame
Scallions

Make The Meal Your Own

Kids and picky eaters love fried rice. Cook the sauce, rice and vegetables separately, and let each diner assemble their own mix.

Omnivore's Option – Pre-cooked or leftover chicken makes a great addition. Add it to the skillet when you add in the cooked rice.

Good To Know

If you're making the vegan version, skip the eggs. The meal is just as delicious without them.

Health snapshot per serving – 460 Calories, 20g Protein, 10g Fat, 80g Carbs, 12 WW+ Points

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

INGREDIENTS: Red Rice, Cauliflower, Brussels Sprouts, Edamame, Green Onion, Soy Sauce, Mirin, Sherry, Black Beans, Rice Wine Vinegar, Brown Sugar, Sesame Oil, Chili Paste

meezmeals

1. Rinse and Dry the Rice

Place the **Cooked Red Rice** in a fine mesh strainer and rinse under cold water. Leave the rice in the strainer and allow to drain for 1 to 2 minutes. Blot the rice with a paper towel to remove any excess moisture after draining.

Fried rice is best with day-old rice. We pre-cooked it, but drying it ensures it will stir-fry perfectly.

2. Cook the Brussels and Cauliflower

Heat 1 to 2 Tbsp of vegetable oil in a large skillet over high heat. Once the oil is smoking, add the **Brussels & Cauliflower** and cook for 5 minutes without stirring or moving the vegetables. After 5 minutes, give the vegetables a stir and then let sit for another 3 to 5 minutes. Repeat this process one more time (stir, let sit 3 to 5 minutes) until vegetables are crispy and browned (approximately 15 minutes total).

We recommend using the largest skillet you have, since everything gets cooked together. If you have a wok, use that instead.

Add 2 Tbsp of **Sauté Sauce** into the skillet and stir well. Remove to a mixing bowl.

3. Toast the Edamame

Wipe out your skillet with a paper towel and return to high heat with 1* Tbsp of oil. Add the **Edamame** and stir-fry until browned, 3 to 5 minutes. Add to the bowl with the vegetables and set aside.

4. Finish the Stir-Fry

Heat 2 Tbsp of oil in your skillet. Beat the eggs (if using) in a small dish. When the oil is smoking, add the eggs and scramble for 20 to 30 seconds. Add the rice and stir-fry for another minute and then add the **Scallions** and cook one minute more. Add the remaining sauce, stir and cook for 3 minutes. Toss the fried rice with the Brussels, cauliflower and edamame to serve. Enjoy!

If you're skipping the eggs, add the rice to your hot oil and continue with step 4.

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois * Prepare by June 7

Baked Eggplant Caprese

You can't get much more traditional than baking eggplant with tomatoes, basil and lots of melty cheese. But since this is Meez, our version is easier, healthier and fresher tasting than the traditional Eggplant Parmesan. The secret is freshly sautéed cherry tomatoes on top, a bed of cannellini beans underneath and a balsamic drizzle over top. Yum!

45 Minutes to the Table

10 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Baking Sheet
Large Skillet
Casserole Dish

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Eggplant
Tomatoes
Basil Garlic Oil
Cannellini Beans
Mozzarella & Parmesan
Balsamic Glaze

Make The Meal Your Own

Cooking with a picky eater? Serve their eggplant with their favorite tomato sauce and melted cheese.

Omnivore's Option – White fish, like sole and tilapia, are great options. Serve it on top of the eggplant.

Good To Know

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

Health snapshot per serving – 580 Calories, 50g Fat, 20g Protein, 90g Carbs, 22 WW+ Points

Lightened up snapshot – 450 Calories, 25g Fat and 11 WW+ Points with no cheese and $\frac{3}{4}$ of the balsamic glaze.

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

INGREDIENTS: Eggplant, Cannellini Beans, Grape Tomatoes, Mozzarella Cheese, Olive Oil, Parmesan Cheese, Balsamic Vinegar, Brown Sugar, Basil, Garlic

meezmeals

1. Getting Organized

Preheat your oven to 425.

2. Bake the Eggplant

Rub both sides of **Eggplant** with olive oil, salt and pepper. Lay out on a flat baking sheet and bake in the oven until the edges begin to brown and the center softens, about 20 minutes.

Eggplant sucks up olive oil like a sponge, so use a light touch and move fast.

3. Make the Tomato Sauce

While the eggplant is cooking, heat 2 Tbsp of olive oil in a large skillet over medium-high heat. When it's nice and hot, add the **Tomatoes** and cook until they turn golden brown in places and a few of them have started to split, about 5 minutes. Add the **Basil Garlic Oil**, and cook until the garlic starts to turn golden and the sauce is fragrant, about 1 to 2 minutes. Crush the tomatoes until the mixture looks like a sauce.

While crushing the tomatoes, be careful of splattering tomato juice. It's very hot!

4. Bake the Casserole

In the bottom of a casserole dish, spread the **Cannellini Beans** in an even layer. Layer on the eggplant next, then the tomato sauce and finally top with the **Mozzarella & Parmesan**. Bake until the cheese starts to brown, about 20 to 25 minutes.

Make sure you choose a pan big enough to arrange the eggplant in a single layer. You want an even cook.

When it comes out of the oven, drizzle the **Balsamic Glaze** over top. Enjoy!

Love this recipe? #meezmagic

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois * Prepare by June 7

Homestyle Cajun Beans with Cornbread Toast

This week's chef's choice. We're serving up the down-home flavors of spiced beans over cornbread toast topped with creamy coleslaw. It's the kind of comfort food we can't resist. (This does have a kick. If you'd like a mellower meal, set your preferences to no spice before you order!)

20 Minutes to the Table

5 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Baking Sheet
Mixing Bowl
Large Skillet

FROM YOUR PANTRY

Vegetable Oil
Salt & Pepper

4 MEEZ CONTAINERS

Cabbage and
Carrots
Coleslaw Dressing
Cajun Beans
Cornbread

Make The Meal Your Own

Cooking with a picky eater? Serve the slaw on the side and offer ketchup as well.

Leftovers Tip – We're giving you just enough cornbread for 2 servings. If you have extra beans, reheat them in a skillet with a little water (or barbecue sauce) and add your favorite protein (we like chicken or tofu). Serve in a tortilla as a fusion taco topped with any extra slaw.

Want to put a twist on your slaw? Toss the cabbage and carrots with your favorite vinaigrette instead of the coleslaw dressing.

Good To Know

Health snapshot per serving – 570 Calories, 20g Fat, 30g Protein, 17 WW+ Points

Lightened up snapshot – 460 Calories, 10g Fat and 15 WW+ points when you use $\frac{3}{4}$ of the coleslaw dressing.

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

INGREDIENTS: Beans, Cabbage, Cornbread, Carrots, Onion, Mayonnaise, White Wine Vinegar, Brown Sugar, Lemon, Garlic, Spices

meezmeals

1. Getting Organized

Preheat your oven to 375.

You can skip this step if you have a toaster oven.

2. Mix the Coleslaw

Put the **Cabbage & Carrots** into a large mixing bowl with the **Coleslaw Dressing**. Toss well, then put into the refrigerator to chill for at least 30 minutes.

3. Cook the Beans

Heat 2 to 3 Tbsp vegetable oil in a large skillet over medium-high heat. Add the **Cajun Beans** and cook for 4 to 5 minutes, then add 1 ½ cups of water. Bring to a boil, and then reduce the heat to a simmer. Cook uncovered, until thickened, about 5 to 6 minutes. Add salt and pepper to taste.

4. Toast the Cornbread

Slice the **Cornbread** into pieces and toast in a conventional or toaster oven. Bake until the cornbread is lightly golden and crispy at the edges, about 5 minutes in a traditional oven or 2 to 3 minutes in a toaster oven.

5. Put It All Together

Serve the beans over the cornbread and top with the slaw. Enjoy!

Love this recipe? #meezmagic

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois * Prepare by June 7

Salmon Al Sugo Bianco

Classic Italian made easy. We're serving wild-caught salmon in a delectable cream & white wine sauce. With some sautéed mushrooms and whole grain linguini, it's an elegant – and surprisingly light – meal that's on the table in a flash.

35 Minutes to the Table

25 Minutes Hands On

2 Whisks Easy

Getting Organized

EQUIPMENT

Saucepan
Large Skillet
Shallow Pie Pan or Plate
Medium Skillet

FROM YOUR PANTRY

½ Cup Flour
1 ½ Cup Whole Milk or
Half & Half
Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Mushrooms
Linguine
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!

Picky eater tip – 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

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

Health snapshot per serving – 615 Calories, 10g Fat, 40g Protein, 85g Carbs, 14 WW+ Points

Lightened up snapshot – 465 Calories, 10g Fat, and 10 WW+ Points with half the pasta.

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

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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 ½ Tbsp flour to the pan and cook, stirring constantly, until it coats the onions and starts to brown, about 1 minute. Add the **Wine Stock** and bring the mixture to a boil. Reduce to a simmer and cook until the sauce is reduced by half, about 5 minutes. Add 1 ½ cups milk and cook until thick enough to coat the back of a spoon, about 6 to 8 minutes. Season with salt and pepper to taste.

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. Repeat with remaining salmon fillets.

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.

6. Put It All Together

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

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

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

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.

*Love this recipe?
#meezmagic*

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois * Prepare by June 4

Sweet Basil Chicken Tacos with French Style Slaw

A delicious spin on a chicken taco. We're cooking free-range chicken in an Asian inspired sauce, then pairing it with a French-style crunchy broccoli and cabbage slaw. All packed into a taco, it's sure to become a household favorite.

35 Minutes to the Table

15 Minutes Hands On

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

- Mixing Bowl
- Medium Saucepan with Lid
- Small Skillet (optional)

FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper

5 MEEZ CONTAINERS

- Cabbage & Carrots
- Coleslaw Dressing
- Chicken Breast
- Sweet Basil Sauce
- Tortillas

Make The Meal Your Own

Picky eater tip – Mix the carrots and cabbage with the saucy chicken instead of the coleslaw dressing.

Leftovers tip - Coleslaw makes a great base for a salad. Mix it with your favorite greens and veggies to create a whole new meal.

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, 30g Fat, 30g Protein, 70g Carbs, 17 WW+ Points

Lightened up snapshot – 490 Calories, 15g Fat, 12 WW+ Points with one less tortilla and ½ coleslaw dressing.

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

INGREDIENTS: Free-Range Chicken, Corn Tortillas, Green Cabbage, Carrot, Mirin, Mayonnaise, Red Cabbage, White Wine Vinegar, Brown Sugar, Soy Sauce, Apple Cider Vinegar, Lemon Juice, Basil, Garlic, Spices

meez meals

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 until ready to eat.

2. Prep the Chicken

Rinse the **Chicken Breast** under cold water and pat dry with a paper towel. Place the chicken on a cutting board. Using a sharp knife, cut the chicken breast evenly into strips, about ¼" to ½" wide.

Sprinkle with salt and pepper. (We recommend 1/8 tsp salt and 1/8 tsp pepper on each side, but you can use more if you like).

3. Cook the Chicken

Heat 1 Tbsp of oil in a medium saucepan over high heat. Add the **Chicken Strips** and cook until brown on the bottom, about 3 to 5 minutes. Flip the chicken and cook until completely browned, 3 to 5 more minutes.

Add the **Sweet Basil Sauce** and ½ cup of water to the pan. Reduce heat to medium, cover and cook until chicken is cooked through and tender, about 8 to 10 minutes. Remove the cover, add a generous pinch of salt and pepper and continue to cook until the sauce thickens, about 3 to 5 minutes. Remove from the heat.

The easiest way to tell if the chicken is fully cooked is to use tongs or two forks to see if it pulls apart. If it does, it's done.

4. Heat the Tortillas

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

5. Put It All Together

Serve the tacos filled with sweet basil chicken topped with coleslaw. Enjoy!

Love this recipe? #meezmagic

Instructions for two servings.

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

Thai Sirloin Steak Udon Bowl

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.

Our beef comes from a local farm down the road in Aurora, Ill. These cows are raised on open pastures with care and dedication and are free of antibiotics and growth-promoting hormones.

Good To Know

Be sure to generously season your beef with salt and pepper before cooking; the salt adds flavor while also keeping the meat tender. Chef Max recommends using ½ tsp of each.

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 2 minutes without stirring. Turn off the heat.

Add the **Thai Basil Peanut Sauce** to the pan and stir to incorporate. Let the dish rest for 3 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 June 5

Shaved Brussels Sprout Salad

10 Minutes to the Table

10 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Mixing Bowl
Baking Sheet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

4 MEEZ CONTAINERS

Tortillas
Brussels &
Cauliflower
Chickpeas & Dates
Lemon & Feta
Vinaigrette

Make The Meal Your Own

This is a great make-ahead salad. Toast the tortillas in advance, and just toss and serve when you're ready to eat.

Good to Know

Health Snapshot per serving (serves 2)

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

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

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

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1. Getting Started

Preheat your oven to 400.

2. Crisp the Tortillas

Cut the **Tortillas** into ½" strips and toss with olive oil, salt and pepper. Bake until crispy with bubbles forming on top, about 5 to 7 minutes.

3. Put It All Together

Toss the **Brussels & Cauliflower** and **Chickpeas & Dates** in a mixing bowl with half of the **Lemon & Feta Vinaigrette**. Mix well, then add more vinaigrette to taste. Serve topped with the crispy tortillas. Enjoy!

Love this recipe? #meezmagic

Prepare by June 7

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

Fresh Hummus with Fresh Pita

10 Minutes to the Table

10 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Large Skillet

FROM YOUR

PANTRY

Salt & Pepper

3 MEEZ

CONTAINERS

Pita Dough

Hummus

Harissa

Make This Meal Your Own

Never heard of harissa? It's an aromatic Middle Eastern chili paste that adds amazing flavor to any dish. It does pack a punch, though, so start with just a little, even if you're a fan of spice.

Good to Know

Health Snapshot per serving (serves 4)

270 Calories, 25g Carbs, 5g Protein, 7 WW+ Points

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

INGREDIENTS: Corn Tortillas, Avocado, Tomatoes, Onion, Lime Juice, Cilantro, Olive Oil, Spices

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1. Cook the Pita

Heat a large skillet over high heat. While it's heating, shape the **Pita Dough** into 4 balls. Flatten each into ½" thick disks, then cook two at a time in your skillet with a little olive oil. Cook until golden brown on the bottom, about 3 to 5 minutes, then flip and cook until the other side is golden brown, about 2 minutes. Repeat until you've cooked all the dough.

2. Mix the Hummus

Drizzle 1 to 2 Tbsp of olive oil on top of the **Hummus** and add the spicy **Harissa** and plenty of salt and pepper to taste. (It's an important step.)
Serve with the warm pitas and enjoy!

Love this recipe? #meezmagic

Cook by June 7

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

Spinach Pesto Pizza

30 *Minutes to the Table*

5 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Baking Sheet

FROM YOUR PANTRY

Olive Oil

4 MEEZ CONTAINERS

Pizza Dough

Sweet Potatoes

Gouda

Spinach Pesto

Cream

Make The Meal Your Own

Want to get a jump on this meal? Cook everything in advance according to instructions. When you're ready to eat, just place the pizza in the oven.

We love gouda. If you're cooking with someone who doesn't, though, mozzarella is a tasty topper, too.

Good to Know

Health Snapshot per serving (serves 1)

805 Calories, 80g Carbs, 40g Protein, 21 WW+ Points

Lightened up snapshot (1/4 cheese, 1/2 pesto cream)

500 Calories, 15g Fat, 20g Protein, 13 WW+ Points

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

INGREDIENTS: Whole Wheat Pizza Dough, Sweet Potato, Gouda, Half and Half, Spinach, Basil, Lemon Juice, Garlic, Spices

meezmeals

1. **Getting Started**

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

2. **Roast the Potatoes**

Toss the **Sweet Potatoes** with 1 Tbsp of oil and spread in a single layer on a baking sheet. Roast 7 to 10 minutes and then move to one side of the baking sheet so you can build the pizza.

3. **Make the Pizza**

While the potatoes are roasting, 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 1/4" thickness. Our pizzas are usually about 4" wide and 7" long, but you can make yours however you like.

Put the dough on the baking sheet. Top with half of the **Spinach Pesto Cream** and the roasted potatoes. Drizzle the remaining pesto around the top of the pizza and then top with **Gouda**. Bake until the crust is brown and the cheese is melted, 12 to 15 minutes. Enjoy!

Love this recipe? #meezmagic

Cook by June 7

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

Mexican Quinoa Salad

10 Minutes to the Table

5 Minutes Hands On

Getting Organized

EQUIPMENT

Mixing Bowl

FROM YOUR PANTRY

Salt & Pepper

Olive

4 MEEZ CONTAINERS

Corn Tortillas

Carrots & Kohlrabi

Cooked Quinoa

Cilantro Vinaigrette

Put It All Together

Cut the **Corn Tortillas** into strips (about ½" wide) and then toss in a mixing bowl with 2 Tbsp olive oil and a generous pinch of salt and pepper. Toast in a toaster oven until crispy on the outside. Toss with the **Carrots & Kohlrabi, Cooked Quinoa** and half of the **Cilantro Vinaigrette**. Add salt and pepper and more vinaigrette to taste. Enjoy!

Health Snapshot per serving (serves 2)

275 Calories, 10g Protein, 10g Fiber, 10g Fat,
7 WW+ Points

Have Questions?

We're standing by at 773.916.6333

INGREDIENTS: Corn Tortillas, Carrots, Kohlrabi, Corns, Black Beans, Quinoa, Olive Oil, Lime Juice, Vinegar, Brown Sugar, Herbs and Spices

Prepare by June 7

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

Quick Tips

Lemon Chai Rigatoni with Broccoli and Spiced Nuts

15 Min to Table	15 Min Hands On	1 Whisk Super Easy
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Getting Started Preheat your oven to 400 and put water on to boil.

Omnivore Option Sausage tastes great with this recipe.

From Your Pantry Olive oil, salt & pepper; sugar & cayenne optional.

Homestyle Cajun Beans

with Cornbread Toast

20 Min to Table	5 Min Hands On	1 Whisk Super Easy
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Getting Started Preheat your oven to 375.

Picky Eater Tip Serve slaw on the side and offer ketchup.

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

Himalayan Vegetable Fried Rice

25 Min to Table	25 Min Hands On	2 Whisks Easy
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Getting Started No pre-work needed.

Omnivore Option Chicken is a tasty addition.

From Your Pantry You'll need olive oil, salt & pepper; eggs optional.

Baked Eggplant Caprese

45 Min to Table	10 Min Hands On	1 Whisk Super Easy
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Getting Started Preheat your oven to 425.

Omnivore Option White fish works well with this meal.

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

Salmon Al Sugo Bianco

35 Min to Table	25 Min Hands On	2 Whisks Easy
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Getting Started Put a saucepan of water on to boil.

Picky Eater Tip Skip the mushrooms for their portion.

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



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*Sweet Basil Chicken Tacos
with French Style Slaw*

35 Min to Table	15 Min Hands On	1 Whisk Super Easy
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Getting Started No pre-work needed.

Leftovers Tip Coleslaw makes a great base for a salad.

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

*Thai Sirloin
Steak Udon Bowl*

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.

Meal Tip Chopped toasted nuts are a fun addition.

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

Spinach Pesto Pizza

30 Min to Table	5 Min Hands On	1 Whisk Super Easy
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Getting Started Preheat your oven to 425 & take the dough out of the fridge.

Picky Eater Tip Use mozzarella instead of gouda.

From Your Pantry You'll need some olive oil.

“Healthy, diverse, fun, flavorful, convenient and ready to eat in 30 minutes... it’s all there with Meez Meals.”

–Andrea R.

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Health Snapshot

Lemon Chai 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

Himalayan Fried Rice

460 Calories
20 g Protein
10 g Fat
80 g Carbs.
11 g Fiber
1,555 mg Sodium

12 WW+ Points

220% Vitamin C
35% Folate
15% Calcium

Baked Eggplant Caprese

580 Calories
20 g Protein
50 g Fat
90 g Carbs
15 g Fiber
900 mg Sodium

22 WW+ Points

30% Vitamin C
25% Calcium
25% Folate

Cajun Beans with Cornbread

570 Calories
30 g Protein
20 g Fat
70 g Carbs.
15 g Fiber
1200 mg Sodium

17 WW+ Points

70% Vitamin C
25% Calcium
20% Vitamin A

Salmon Al Sugo Bianco

615 Calories
40 g Protein
10 g Fat
85 g Carbs.
10 g Fiber
715 mg Sodium

14 WW+ Points

55% Vitamin B12
50% Vitamin B6
30% Calcium

Lighten Up Option

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

Rigatoni

No cheese, no walnuts

435 Calories
30 g Fat
13 WW+ Points

Fried Rice

No changes

460 Calories
10 g Fat
12 WW+ Points

Eggplant

No cheese, $\frac{3}{4}$ balsamic glaze

450 Calories
25 g Fat
11 WW+ Points

Cajun Beans

$\frac{3}{4}$ coleslaw dressing

460 Calories
10 g Fat
15 WW+ Points

Salmon

$\frac{1}{2}$ pasta

465 Calories
10 g Fat
10 WW+ Points

Health Snapshot

Chicken Tacos	Thai Sirloin Steak Udon	Shaved Brussels Salad	Fresh Hummus	Spinach Pesto Pizza	Mexican Quinoa Salad
660 Calories	1,135 Calories	350 Calories	270 Calories	805 Calories	275 Calories
30 g Protein	50 g Protein	10 g Protein	5 g Protein	40 g Protein	10 g Protein
30 g Fat	60 g Fat	15 g Fat	15 g Fat	35 g Fat	10 g Fat
70 g Carbs.	100 g Carbs.	50 g Carbs.	25 g Carbs.	80 g Carbs.	40 g Carbs.
10 g Fiber	10 g Fiber	10 g Fiber	5 g Fiber	15 g Fiber	10 g Fiber
975 mg Sodium	990 mg Sod.	425 mg Sod.	380 mg Sodium	1,300 mg Sod.	65 mg Sod.
17 WW+ Points	30 WW+ Points	9 WW+ Points	7 WW+ Points	21 WW+ Points	7 WW+ Points
90% Vitamin C	250% Vitamin C	90% Vitamin C	10% Vitamin B6	405% Vitamin A	115% Vitamin A
45% Vitamin A	50% Vitamin B12	35% Vitamin B6	10% Vitamin C	80% Calcium	60% Vitamin C
30% Vitamin B-6	50% Vitamin A	15% Calcium	10% Vitamin E	65% Vitamin C	10% Vitamin B6

Lighten Up Option

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Tacos	Thai Sirloin	Salad	Hummus	Pizza	Salad
½ coleslaw dressing, 1 less tortilla	No udon, 1/3 sauce	No changes	No changes	¼ cheese, ½ pesto cream	No changes
490 Calories	470 Calories	350 Calories	270 Calories	500 Calories	275 Calories
15 g Fat	30 g Fat	15 g Fat	15 g Fat	15 g Fat	10 g Fat
12 WW+ Points	13 WW+ Points	9 WW+ Points	7 WW+ Points	13 WW+ Points	7 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.