

Yellow Curry with Mint Yogurt

A new hands-free favorite! We're making an oven-roasted yellow curry with broccoli, cauliflower and tofu in a delicious curry sauce, all served over jasmine rice. Topped with mint yogurt, it's a dinner we just couldn't get enough of.

30 Minutes to the Table

5 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Saucepan
Rimmed Baking Sheet
Medium Skillet

FROM YOUR PANTRY

Olive or Vegetable Oil
Salt & Pepper

5 MEEZ CONTAINERS

Jasmine Rice
Broccoli & Cauliflower
Tofu
Yellow Curry Sauce
Mint Yogurt

Make The Meal Your Own

Omnivore's Option – Grilled, sliced top sirloin is a great addition. Plate it on top of the rice before you add the curry sauce.

Cooking with a picky eater? Serve all the ingredients separately and let them pick what they like!

Leftover Tip – Turn this into a salad the next day by mixing in some fresh veggies and serving it cold.

Good To Know

If you're making the vegan version, we're sending you mint without the yogurt. Finish your curry by sprinkling it on top before serving.

Health snapshot per serving – 550 Calories, 21g Protein, 8g Fiber, 15 WW+ Points

Lightened up snapshot – 390 Calories, 7g Fat and 11 WW+ Points with half the rice.

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

INGREDIENTS: Broccoli, Cauliflower, Coconut Milk, Jasmine Rice, Tofu, Greek Yogurt, Rice Wine Vinegar, Brown Sugar, Yellow Curry Paste, Soy Sauce, Lime Juice, Ginger, Cilantro, Basil, Garlic, Spices

meezmeals

1. Getting Organized

Preheat your oven to 400. Pour 2 cups of water in a saucepan and put it on to boil.

2. Cook the Rice

When the water 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 been absorbed, about 20 to 25 minutes. Remove from heat and fluff with a fork, cover again and set aside.

3. Roast the Veggies

Toss the **Broccoli & Cauliflower** in 2 Tbsp oil and spread evenly on a rimmed baking sheet. Roast until caramelized, approximately 15 to 17 minutes.

Add the **Tofu** to the veggies, stir and cook until the tofu is lightly puffed, about another 5 to 7 minutes.

Stir gently when you add the tofu, so it doesn't break.

4. Put It All Together

Heat a skillet over medium heat and add the **Yellow Curry Sauce**. Bring the sauce to a boil and then reduce to a simmer and cook for 5 to 7 minutes.

Top the rice with veggies and tofu and then spoon curry sauce over the top. Serve with **Mint Yogurt** to taste. Enjoy!

Love this recipe? #meezmagic

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois * Prepare by June 14

Spinach Pancakes with Basil Corn Relish

We're mixing up savory pancakes with spinach and fontina, and then topping them with a citrus cream cheese spread that's pure magic. We top it all with a simple basil & corn relish, and the result is sophisticated comfort food at its best.

30 Minutes to the Table

30 Minutes Hands On

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Mixing Bowl
Baking Sheet
Griddle or Skillet

FROM YOUR PANTRY

Salt & Pepper
Milk
2 Eggs & Butter

5 MEEZ CONTAINERS

Basil Corn Relish
Citrus Cream Cheese
Fontina & Flour
Onion & Garlic
Spinach

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 all be the same size, but your kids will get a kick out of eating their creation.

Good To Know

Health snapshot per serving – 650 Calories, 35g Protein, 40g Fat, 17 WW+ Points

Lightened up snapshot – 500 Calories, 10g Fat and 13 WW+ Points when you use half of the citrus cream cheese.

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

INGREDIENTS: Corn, Spinach, Flour, Onion, Fontina Cheese, Cream Cheese, Apple Cider Vinegar, Orange Juice, Olive Oil, Basil, Garlic, Baking Powder

meez meals

1. Getting Organized

Preheat your oven to 375 and heat your griddle or skillet.

2. Mix the Pancake Batter

Melt 2 Tbsp butter in the microwave or on the stove, then put it in a large mixing bowl. Squeeze all the water from the **Spinach** and add it to the butter in the large bowl. Separate the whites from the yolks of 2 eggs, putting the yolks with the spinach and butter and the whites in a separate bowl. (Need help with this? Give us a call!)

Add the **Fontina & Flour, Onion & Garlic**, 1 tsp salt and $\frac{3}{4}$ cup milk to the spinach mix and mix well. This should make a thick batter. If it's too stiff, add a little more milk. Beat the egg whites into soft peaks using an electric mixer or whisk, then gently fold into the batter.

3. Cook the Pancakes

Melt 1 to 2 Tbsp butter on your griddle or skillet over medium high heat. Ladle the batter on to the griddle and cook until golden, 2 to 3 minutes per side. Transfer the cooked pancakes to a baking sheet and bake until the pancakes bounce back when you touch the middle, about 7 to 10 minutes.

4. Put It All Together

Serve topped with the **Citrus Cream Cheese** and **Basil Corn Relish**. Enjoy!

Love this recipe? #meezmagic

Chef Max's pancake secret is to beat the egg whites separately. It lightens up the batter and makes the pancakes extra delicious.

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.

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois * Prepare by June 14

Caribbean Pot Pie

What's even better than a Caribbean stew? How about Caribbean stew topped with buttery pie crust? We're putting them together in this creative riff on a pot pie - classic jerk-spiced sweet potato stew topped with delicious, flaky pie crust. Together, the two are pure magic.

45 Minutes to the Table

10 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Rimmed Baking Sheet
Casserole Dish or
Loaf Pan

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

4 MEEZ CONTAINERS

Chickpeas
Coconut Milk Mix
Pie Crust Squares
Caribbean
Vegetables

Make The Meal Your Own

Leftover Tip – Transform this dish into a Jerk Bread Salad by adding cornbread chunks to any leftovers.

Omnivore's Option – Pork is right at home in this dish. Broil or pan-fry it, then add to the pot pie when you add the cooked veggie mix.

We use just enough pie crust to make this dinner delicious. If you want a bite of pie crust in every bite, cut it into pieces before topping your pie.

With sweet potatoes and raisins, this recipe has classic Jamaican sweetness to it. If you prefer more acid, add a squeeze of fresh lime juice before this goes into the oven.

Good To Know

Health snapshot per serving – 490 Calories, 15g Protein, 15g Fiber, 10g Fat, 13 WW+ Points

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

INGREDIENTS: Sweet Potato, Pie Crust, Chickpeas, Coconut Milk, Jicama, Raisins, Jerk Spice

meezmeals

1. **Getting Organized**

Preheat your oven to 400.

2. **Roast the Caribbean Vegetables and Chickpeas**

Put the **Caribbean Vegetables** on to a rimmed baking sheet and drizzle with 2 Tbsp olive oil. Toss well and then bake until the vegetables are fork tender and brown, about 20 minutes.

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

Add the **Chickpeas** and cook for another 5 minutes.

3. **Assemble the Pot Pie**

Remove the vegetables and turn the oven down to 350. Transfer the vegetables to a casserole dish (or loaf pan) and add the **Coconut Milk Mix**. Stir well and top with the **Pie Crust Squares**.

Bake until golden and bubbly, about 15 to 20 minutes. Enjoy!

Love this recipe? #meezmagic

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois * Prepare by June 14

Toasted Corn and Zucchini Tacos

Is there a more classic summer pairing than fresh corn and zucchini inside a corn tortilla? Chef Max told us we could step things up a notch by toasting the corn first so that it gets some great texture and a wonderfully deep flavor. Wow. The humble taco was transformed. The real magic, though, came when he topped the tacos with fresh mango-lime vinaigrette. Simply said, we've got a new favorite taco.

30 Minutes to the Table

5 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Rimmed Baking
Sheet(s)

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Corn & Beans
Corn Tortillas
Mango Vinaigrette
Queso Fresco
Zucchini

Make The Meal Your Own

Omnivore's Option – Pulled rotisserie chicken breast is great in this dish. Add it to the pan with the zucchini and beans during the last five minutes of baking to warm it up.

Cooking with a picky eater? If they don't love the vinaigrette, plain salsa is great on these tacos, as well.

Good To Know

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

Health snapshot per serving – 605 Calories, 25 g Protein, 15 g Fiber, 15 WW+ Points.

Lightened up snapshot – 400 Calories, 5 g Fat and 11 WW+ Points when you only use 2 tortillas and leave out the cheese.

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

INGREDIENTS: Zucchini, Corn, Butter Beans, Mango, Queso Fresco, Apple Cider Vinegar, Vegetable Oil, Lime Juice, Corn Tortillas, Brown Sugar, Cilantro, Spices

meezmeals

1. Getting Organized

Preheat your oven to 400.

2. Roast the Vegetables

Put the **Zucchini** on to a rimmed baking sheet, preferably lined with parchment paper. Drizzle with olive oil, salt and pepper and bake until golden, about 12 to 15 minutes.

After the zucchini turns golden, add the **Corn & Beans** to the baking sheet. Stir and return to the oven. Bake until the beans burst and the corn is golden brown, about 5 to 10 minutes.

3. Assemble the Tacos

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

Fill the tortillas with the roasted zucchini, corn and beans. Serve drizzled with **Mango Vinaigrette** and topped with **Queso Fresco**.

Love this recipe? #meezmagic

It's important to cook the veggies in a single layer, so use two baking sheets if necessary.

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois * Prepare by June 14

All-American BBQ Chicken Burrito

There is nothing like the classic flavors of BBQ to make us think of summer. The sweet and tangy sauce is drizzled over tender free-range chicken strips and then baked. Add crunchy coleslaw and then wrap in a soft tortilla and you've got a classic dinner hit.

25 Minutes to the Table

10 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Mixing Bowl
Rimmed Baking Sheet
Knife and Cutting Board
Tongs or Slotted spoon
(Optional)

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Cabbage & Carrots
Coleslaw Dressing
Chicken Breast
Barbecue Sauce
Flour Tortillas

Make The Meal Your Own

Leftovers Tip – Keep any leftover coleslaw and chicken “deconstructed” so you can turn them into different meals. Coleslaw makes a great base for a salad – just mix it with your favorite greens and veggies. And leftover chicken is wonderful on pizza, over rice or in a sandwich.

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 – 730 Calories, 30g Fat, 35g Protein, 70g Carbs, 19 WW+ Points

Lightened up snapshot – 500 Calories, 30g Fat, 13 WW+ Points with no tortillas – to bulk up the meal, add some lettuce to turn it into a burrito bowl.

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

INGREDIENTS: Free-Range Chicken, Flour Tortillas, Barbecue Sauce, Green Cabbage, Red Cabbage, Carrots, Mayonnaise, White Wine Vinegar, Brown Sugar, Lemon Juice, Herbs and Spices

meez *meals*

1. Getting Organized

Preheat your oven to 400 degrees.

2. Prep the Chicken

Rinse the **Chicken Breast** under cold water and pat dry with a towel. Place the chicken on a cutting board. Using a sharp knife, slice the chicken into even strips. (We aim for approximately ¼" - ½" slices).

Once the chicken is sliced, generously sprinkle with salt and pepper (we use ¼ tsp salt and ¼ tsp pepper, so use about half per side, or more if you like).

3. 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.

4. Cook the Chicken

Spread the chicken strips on a rimmed baking sheet and cook until no pink is showing on the outside, about 5 to 7 minutes.

Stir 3 Tbsp of water into the **Barbecue Sauce**. Add the barbecue sauce to the chicken on the sheet pan and stir to coat. Return to the oven and cook until the sauce has thickened, stirring once halfway through, about 7 to 10 minutes.

The barbecue sauce may seem thin at first, but it will thicken as it cooks.

5. Fill, Fold and Bake the Burrito

Fill the lower half of each **Tortilla** with barbecue chicken and top with the slaw. To roll the burrito: fold the sides in, pull the bottom up over the filling, and then roll. You want to keep a compact bundle, so keep the tortilla wrapped tightly around the filling.

Using a rubber spatula, scrape off any excess barbecue sauce from the now-empty baking sheet. Place the burritos seam side-down on the baking sheet, return to the oven and bake until warm to touch, about 2 minutes. Enjoy!

Use tongs or a slotted spoon to remove the marinated cabbage and carrots from the bowl, leaving the liquid dressing behind. This will prevent your burrito from getting soggy!

Instructions for two servings.

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

Massaman Beef Curry

We love how this mild spicy Thai curry gives the grass-fed beef an extra boost of rich flavor without all the calories. Toss in fresh veggies and serve over jasmine rice and you've got a dinner that everyone's going to love.

20 Minutes to the Table

10 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Two Saucepans
Large Skillet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

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

Make The Meal Your Own

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

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

Good To Know

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

Health snapshot per serving – 650 Calories, 50g Protein, 30g Fat, 50g Carbs, 17 WW+ Points

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

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

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

meezmeals

1. Get Organized

Put a saucepan of water on to boil.

2. Cook the Rice

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

3. Heat the Sauce

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

4. Cook the Beef

Heat a dry skillet over high heat. While the skillet is heating, season the **Sirloin** generously with salt and pepper (we recommend ½ tsp of each). When the skillet is very hot, add the beef. Cook it, without stirring, until the bottom browns and the sides start to color, about 30 to 45 seconds.

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

5. Cook the Vegetables

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

6. Put It All Together

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

To test if the skillet is hot enough for the beef, hold your hand about 6 inches above the skillet. If you can feel serious heat, it's ready to go.

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

Instructions for two servings.

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

Stuffed Tilapia with Honey Dijon Broccoli

There is nothing like the winning combination of deliciously mild tilapia "stuffed" with the tangy goodness of an artichoke tapenade. Served with a Honey Dijon Broccoli salad on the side, this is going to be a new summer favorite.

30 Minutes to the Table

10 Minutes Hands On

2 Whisks *Easy*

Getting Organized

EQUIPMENT

Mixing Bowl
Baking Sheet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Broccoli
Almonds
Honey Dijon Dressing
Tilapia
Artichoke Tapenade

Make The Meal Your Own

Want to make a simpler version of this dish? Skip the stuffing step and spread the artichoke tapenade on top of the fish fillets, instead.

For an extra bit of salt and smoke, Chef Max recommends adding bacon bits to the artichoke tapenade before stuffing the fish.

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

Good To Know

Health snapshot per serving – 630 Calories, 45g Fat, 35g Protein, 20g Carbs, 17 WW+ Points

Lightened up snapshot – 430 Calories, 25g Fat, and 11 WW+ Points with ½ the honey Dijon.

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

INGREDIENTS: Wild-Caught Tilapia, Broccoli, Artichoke Hearts, Olive Oil, Panko Breadcrumbs, Red Wine Vinegar, Almonds, Parmesan Cheese, Dijon Mustard, Honey, Lemon Juice, Herbs and Spices

meez *meals*

1. Get Organized

Preheat your oven to 400 degrees.

2. Make the Broccoli Salad

Combine the **Broccoli**, **Almonds** and **Honey Dijon** in a mixing bowl. Stir well and set aside.

The broccoli salad is best at room temperature, so leave it out while you cook.

3. Stuff the Tilapia

Place the **Tilapia** on a lightly oiled (or parchment-lined) baking sheet. Use a knife to cut a slit lengthwise down the center of the wider side of the fish, leaving 1-inch on either end. Put 3 heaping Tbsp of the **Artichoke Tapenade** in the center of the opposite side of the fillet (the uncut side). Fold the cut-side of the fish over the tapenade, sandwiching it between both sides of the fish. Repeat this process with the other fillet (you will have tapenade left over). Top the fish with remaining tapenade and drizzle with olive oil.

One side of the tilapia is slightly wider and longer than the other - cut this wider and longer side.

Make sure to cut the slit all the way through the fish. This opening allows the fish and tapenade to cook evenly.

4. Bake the Fish

Bake the stuffed tilapia until the tapenade on top starts to brown, about 15 to 20 minutes. Serve the stuffed tilapia alongside the broccoli salad. Enjoy!

If you want to make sure the fish is fully cooked, flake off a few pieces toward the center to check or use a thermometer - you're looking for an internal temp. of 145 or above.

Love this recipe? #meezmagic

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois * Prepare by June 11

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 add more 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 773.916.6339

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

Prepare by June 14

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

Middle Eastern Side Salad

5 Minutes to the Table

5 Minutes Hands On

Getting Organized

EQUIPMENT

Mixing Bowl
Cutting Board & Knife

FROM YOUR PANTRY

Salt & Pepper

4 MEEZ CONTAINERS

Apple
Carrots & Celery
Middle Eastern
Vinaigrette
Spiced Pistachios

Put It All Together

Dice the **Apple**, then toss with the **Carrots & Celery** in a mixing bowl. Add half of the **Middle Eastern Vinaigrette**, and then season with salt and pepper and more vinaigrette to taste. Serve topped with the **Spiced Pistachios**. Enjoy!

Good to Know

Health Snapshot per serving (serves 2)

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

Have Questions?

We're standing by at 773.916.6339

INGREDIENTS: Celery, Carrots, Apple, Raisins, Olive Oil, Pistachios, Water, Apple Cider Vinegar, Lemon, Herbs and Spices

Prepare by June 14

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

Carrots in Peanut Sauce

20 Minutes to the Table

5 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Mixing Bowl
2 Baking Sheets

FROM YOUR PANTRY

Salt & Pepper
Olive Oil

3 MEEZ CONTAINERS

Carrots
Coconut
Peanut Sauce

Good to Know

If you have any leftovers, toss them with your favorite pasta (linguine works well) for a tasty, Asian-inspired noodle salad.

Health Snapshot per serving (serves 2)

490 Calories, 30g Fat, 55g Carbs, 15g Protein,
14 WW+ Points

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

INGREDIENTS: Carrots, Peanut Butter, Coconut, Rice Vinegar, Soy Sauce,
Brown Sugar, Garlic, Ginger, Spices

meezmeals

1. **Getting Started**

Preheat your oven to 400.

2. **Roast the Carrots and Coconut**

Toss **Carrots** with 2 Tbsp olive oil and spread in a single layer on a baking sheet. Roast until starting to brown, about 10 minutes.

Add the **Coconut** to the baking sheet and cook just until the coconut turns golden brown, about 3 to 5 minutes. (Watch carefully - coconut burns easily!)

3. **Make the Peanut Sauce**

While the carrots are cooking, put the **Peanut Sauce** in a bowl and add 1 to 2 Tbsp water, until it's the consistency you like.

4. **Put It All Together**

Top the carrots with the peanut sauce and the coconut. Enjoy!

Love this recipe? #meezmagic

Prepare by June 14

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

Roasted Squash Personal Pizza

30 Minutes to the Table

10 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Baking Sheet

FROM YOUR PANTRY

Olive Oil

Flour

4 MEEZ CONTAINERS

Butternut Squash

Pizza Dough

White Bean

Alfredo

Mozzarella &

Parmesan

Good to Know

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

Omnivore's Option - Sliced salami or pepperoni are great additions. Layer them on the pizza crust with the cooked squash.

Health Snapshot per serving (serves 1)

695 Calories, 20g Fat, 90g Carbs, 40g Protein

18 WW+ Points

Lightened up snapshot (1/4 cheese, 1/2 alfredo)

500 Calories, 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: Whole Wheat Pizza Dough, Butternut Squash, Great Northern Beans, Mozzarella Cheese, Parmesan Cheese, Half and Half, Garlic, Herbs and Spices

meezmeals

1. **Getting Organized**

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

2. **Roast the Squash**

Toss the **Butternut Squash** with 1 Tbsp of oil and spread in a single layer on a baking sheet. Roast until lightly browned and tender, about 7 to 10 minutes, then move to the side of the pan so you have room to build the pizza.

3. **Make the Pizza**

While the squash is cooking, sprinkle your counter with a little flour and stretch the **Pizza Dough** into shape. The size and thickness are up to you, but we target about ¼" thickness. Our pizzas are usually about 4" wide and 7" long, but you can make yours however you like it.

Transfer the dough to the baking sheet. Spread the **White Bean Alfredo** on the dough and then top with ¼ of the **Mozzarella & Parmesan** and the roasted squash. Top with the remaining cheese and bake until the crust is brown and the cheese is melted, about 15 minutes.

Love this recipe? #meezmagic

Prepare by June 14

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

Quick Tips

Yellow Curry with Mint Yogurt

30 Min to Table	5 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 Grilled, sliced top sirloin is great with this dish.

From Your Pantry You'll need olive or veg. oil, salt & pepper.

Toasted Corn and

Zucchini Tacos

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

Omnivore Option Pulled rotisserie chicken breast is great with this.

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

Spinach Pancakes with Basil Corn Relish

30 Min to Table	30 Min Hands On	1 Whisk Super Easy
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Getting Started Preheat your oven to 375 & heat the griddle/skillet.

Kids Tip Put them in charge of making the pancakes!

From Your Pantry You'll need salt, pepper, milk, eggs and butter.

Caribbean Pot Pie

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

Omnivore Option Pork is right at home in this dish.

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

All American BBQ Chicken Burrito

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

Leftovers Tip Coleslaw makes a great base for a salad.

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


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Massaman Beef Curry

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

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

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

Stuffed Tilapia with Honey Dijon Broccoli

30 Min to Table	10 Min Hands On	2 Whisks Easy
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Getting Started Preheat the oven to 400.

Meal Tip For a simple version, skip the stuffing step.

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

Roasted Squash Personal Pizza

30 Min to Table	10 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.

Omnivore Option Sliced salami or pepperoni are great additions.

From Your Pantry You'll need some olive oil and flour.

Composting Made Easy

We compost at the Meez Kitchen, and we're partnering with Collective Resources to make it easy for Meez Members to try composting at home, too.

Visit www.meezkitchen.com/composting for more information!

Health Snapshot

Yellow Curry with Mint Yogurt

550 Calories
21 g Protein
7 g Fat
108 g Carbs.
8 g Fiber
1200 mg Sod.

15 WW+ Points

245% Vit. C
93% Calcium
42% Vitamin A

Spinach Pancakes

650 Calories
35 g Protein
40 g Fat
50 g Carbs.
10 g Fiber
735 mg Sod.

17 WW+ Points

135 Vit. C
50% Folate
25% Calcium

Caribbean Pot Pie

490 Calories
15 g Protein
10 g Fat
95 g Carbs.
15 g Fiber
480 mg Sod.

13 WW+ Points

400% Vitamin A
75% Vitamin C
50% Vitamin B

Toasted Corn Zucchini Tacos

605 Calories
25 g Protein
15 g Fat
100 g Carbs.
15 g Fiber
545 mg Sod.

15 WW+ Points

55% Vit. C
55% Calcium
25% Folate

All-American Chicken Burrito

730 Calories
35 g Protein
30 g Fat
70 g Carbs.
10 g Fiber
990 mg Sod.

19 WW+ Points

250% Vitamin C
55% Vit. B-12
50% Vitamin A

Lighten Up Option

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

Yellow Curry

½ the rice

390 Calories
7 g Fat
11 WW+ Points

Pancakes

½ the cream cheese

500 Calories
10 g Fat
13 WW+ Points

Pot Pie

No changes

490 Calories
10 g Fat
13 WW+ Points

Tacos

2 tortillas and no cheese

400 Calories
5 g Fat
11 WW+ Points

Burrito

No tortillas

500 Calories
30 g Fat
13 WW+ Points

Health Snapshot

Massaman Beef Curry	Stuffed Tilapia	Southwestern Salad	Middle Eastern Salad	Thai Peanut Carrots	Roasted Squash Pizza
650 Calories	630 Calories	520 Calories	275 Calories	490 Calories	695 Calories
50 g Protein	35 g Protein	20 g Protein	10 g Protein	15 g Protein	40 g Protein
30 g Fat	45 g Fat	30 g Fat	10 g Fat	30 g Fat	20 g Fat
50 g Carbs.	20 g Carbs.	40 g Carbs.	45 g Carbs.	55 g Carbs.	90 g Carb.
5 g Fiber	< 5 g Fiber	10 g Fiber	10 g Fiber	10 g Fiber	20 g Fiber
1,025 mg Sod.	695 mg Sod.	915 mg Sodium	215 mg Sod.	1,535 mg Sod.	1,530 mg Sod.
17 WW+ Points	17 WW+ Points	14 WW+ Points	16 WW+ Points	14 WW+ Points	18 WW+ Points
140% Vitamin C	60% Vitamin C	45% Folate	275% Vitamin A	540% Vitamin A	190% Vitamin A
95% Vit. B12	30% Vitamin E	30% Vitamin A	40% Vitamin C	30% Vitamin B-6	80% Calcium
45% Vitamin B6	30% Vitamin A	25% Vitamin C	15% Calcium	25% Folate	40% Vitamin C

Lighten Up Option

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

Beef Curry	Tilapia	Salad	Salad	Carrots	Pizza
No rice	½ honey Dijon	No changes	No changes	No changes	¼ cheese, ½ alfredo
500 Calories	430 Calories	520 Calories	275 Calories	490 Calories	500 Calories
25 g Fat	25 g Fat	30 g Fat	10 g Fat	30 g Fat	10 g Fat
15 WW+ Points	11 WW+ Points	14 WW+ Points	16 WW+ Points	14 WW+ Points	12 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.