

Roasted Lemon Pepper Feta and Red Pepper Pasta

"The feta pasta rocked our socks!!" Yep, we have to agree. This is a whole new way to make a pasta sauce. It starts with roasted feta that gets mixed up with lemon and parsley oil to create a delicious sauce that's perfect with sautéed mushrooms, roasted red peppers and whole-wheat shells. It's a super fast, super delicious dinner.

15 Minutes to the Table

15 Minutes Hands On

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet
Saucepan
Rimmed Baking Sheet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

4 MEEZ CONTAINERS

Mushrooms & Green Onions
Whole Wheat Shells
Feta
Lemon & Pepper Oil

Make The Meal Your Own

Kids and picky eaters tip – This sauce is just as delicious with other vegetables. If you have a diner who doesn't love mushrooms, try broccoli or cauliflower, instead.

Omnivore's Option – Shrimp is great with this. Cook separately and mix it in at the end.

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 feta out of your meal. A sprinkle of pecans, walnuts, or almonds would be a great addition.

Health snapshot per serving – 780 Calories, 30 Protein, 10g Fiber, 21 WW+ Points

Lightened up snapshot – 500 Calories, 10 g Fat and 14 WW+ Points when you leave out the feta and only use half of the pasta.

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

INGREDIENTS: Mushrooms, Whole Wheat Pasta, Feta Cheese, Green Onions, Roasted Red Peppers, Olive Oil, Lemon, Parsley, Concentrated Vegetable Stock

meezmeals

1. Getting Organized

Preheat your oven to 375 and put a saucepan of water on to boil.

2. Sauté the Mushrooms & Green Onions

Heat 2 Tbsp of olive oil in a large skillet over high heat. Add the **Mushrooms & Green Onions** and cook until golden brown, about 10 to 12 minutes.

*Stir every 3 minutes.
Stirring less frequently
will brown the mushrooms
better.*

3. Cook the Shells

Salt the boiling water and add the **Whole Wheat Shells**. Cook until al dente, about 8 to 10 minutes. Drain and set aside.

*Shells have a tendency to
stick, so stir while
cooking.*

4. Bake the Feta

Oil an oven-safe skillet or rimmed baking sheet and add the **Feta** in a single layer. Bake until lightly golden brown at the edges, about 7 to 12 minutes.

*If you have a convection
setting, go ahead and use it
for the feta.*

5. Put It All Together

Add the hot feta to the sautéed mushrooms and pour the **Lemon & Pepper Oil** over top. Mix well and serve over the pasta. Enjoy!

Love this recipe? #meezmagic

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois * Prepare by July 19

Spicy Argentinean Black Beans & Rice Bowl

We're updating the classic black beans and rice with a zippy exotic touch: Chimichurri! This spicy Argentinean parsley sauce is served with sweet potatoes, queso fresco and black beans over brown rice. It's a simple, hands-free dinner we just love. Yum!

40 Minutes to the Table

20 Minutes Hands On

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Rimmed Baking Sheet
2 Saucepans
Mixing Bowl

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

4 MEEZ CONTAINERS

Brown Rice
Sweet Potatoes
Chimichurri Salsa
Black Beans & Onions

Make The Meal Your Own

Want to get dinner on the table in a flash? Cook the rice and sweet potatoes ahead of time. Dinner will be on the table in 15 minutes.

Kids and picky eaters love this recipe. If yours aren't a fan of chimichurri, serve theirs with avocado, tomatoes or their favorite salsa.

Omnivore's Option – Steak is a traditional partner for chimichurri and is right at home in this bowl.

Good To Know

If you're making the vegan version, we've left the queso fresco out of your chimichurri salsa. If you like your salsa creamier, add 2 Tbsp of your favorite vegan mayo.

Health snapshot per serving – 450 Calories, 20 g Protein, 25 g Fiber, 13 WW+ Points

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

INGREDIENTS: Sweet Potatoes, Black Beans, Brown Rice, Onion, Queso Fresco, Red Wine Vinegar, Lime, Parsley, Olive Oil, Garlic, 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, and then return to the saucepan. Cover and let sit 5 minutes.

We cook our brown rice like pasta. If the water is boiling, you're good to go.

3. Roast the Sweet Potatoes

While the rice is cooking, 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. Make the Chimichurri Salsa

While the sweet potatoes are cooking, mix the **Chimichurri Salsa** in a bowl with 2 to 3 Tbsp of olive oil. Season with salt to taste and set aside.

5. Cook the Black Beans

Heat 1 Tbsp olive oil in a saucepan over medium-high heat. Add the **Black Beans & Onions** and cook for 2 to 3 minutes. Add ¼ cup water and turn the heat down to a simmer. Cook for 10 to 15 minutes, mashing the beans with a fork.

Serve the rice topped with the beans, sweet potatoes and chimichurri salsa. Enjoy!

Love this recipe? #meezmagic

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois * Cook by July 19

Ginger Coconut Tofu Stir-fry

Fresh Asian at its best. It starts with a bright ginger and coconut milk simmer sauce that's perfect with sautéed broccoli, udon noodles and baked tofu. A fresh nut and herb topping makes it a hit.

25 Minutes to the Table

25 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Large Skillet
Saucepan
Rimmed Baking Sheet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Seasoned Tofu
Udon Noodles
Broccoli
Coconut Ginger
Sauce
Herbs & Nuts

Make The Meal Your Own

Picky Eaters Tip – Toss their portion with plain sesame oil, instead.

Omnivore's Option – Fish is perfect with this recipe. Grilled salmon would be Chef Max's choice. Serve the sauce over top and finish with the herbs & nuts.

Good To Know

To avoid the noodles clumping after cooking, run them under cold water in a strainer or add 1 Tbsp of oil and toss.

If you're making the gluten-free version, we've given you rice noodles. Soak them in hot water until soft, about 15 to 20 minutes, before tossing with the rest of the ingredients.

Health snapshot per serving –410 Calories, 20g Protein, 5g Fiber, 11 WW+ Points

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

INGREDIENTS: Broccoli, Organic Tofu, Coconut Milk, Udon Noodles, Cashews, Lime, Ginger, Soy Sauce, Basil, Cilantro, Miso, Brown Sugar, Spices, Cornstarch

meezmeals

1. Getting Organized

Put a saucepan of water on to boil and preheat your oven to 375.

2. Bake the Tofu

Put the **Seasoned Tofu** on to a rimmed baking sheet with 1 ½ Tbsp of olive oil. Mix gently, and then bake on the top rack until the seasoning has darkened and the tofu is slightly crisp, about 15 to 20 minutes.

Be gentle as you mix so the tofu doesn't break apart.

3. Cook the Udon Noodles

When the tofu is just about done, salt the boiling water and add the **Udon Noodles**. Cook until al dente, about 10 minutes, then drain.

4. Sauté the Broccoli

While the udon noodles are cooking, heat 2 Tbsp olive oil in a large skillet. When it's hot, add the **Broccoli** and cook until tender, about 5 to 8 minutes. Remove to a bowl.

Test if the oil is hot enough by adding a few grains of salt. When they sizzle, it's ready to cook.

5. Simmer the Sauce

Add the **Coconut Ginger Sauce** to the now-empty skillet and bring to a boil. Lower the heat to a simmer and cook until it thickens to a gravy-like consistency, about 5 to 8 minutes.

Add the noodles, broccoli and tofu and mix well. Serve topped with the **Herbs & Nuts** and enjoy!

Love this recipe? #meezmagic

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois * Prepare by July 19

Southwestern Tortilla Soup

A southwestern classic. This cozy soup stars roasted sweet potatoes and black beans in a Mexican-spiced tomato soup, served over crispy tortillas. Topped with white cheddar, it's a dinner the whole family will love.

30 *Minutes to the Table*

15 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Saucepan

FROM YOUR PANTRY

Olive Oil

Salt & Pepper

5 MEEZ CONTAINERS

Onions & Garlic

Sweet Potatoes

Tomatoes & Beans

Corn Tortilla

Cheddar Cheese

Make The Meal Your Own

This is a great make-ahead meal. Cook the soup up to 4 days ahead of time, leaving off the toppers. While the soup reheats, crisp the tortilla strips in the toaster or oven.

A note about leftovers – The soup thickens as it sits, so thin it with a little water before reheating.

Omnivore's Option – Turn this into a classic tortilla soup with the addition of chicken. Use leftovers or chopped rotisserie chicken and add it with the tomato and beans.

Good To Know

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

Health snapshot per serving – 565 Calories, 15g Fat, 25g Protein, 85g Carbs, 14 WW+ Points

Lightened up snapshot – 440 Calories, 5g Fat and 10 WW+ points with ¼ of the cheese.

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

INGREDIENTS: Sweet Potato, Tomato, Black Beans, Onion, Corn Tortillas, White Cheddar, Concentrated Vegetable Base, Garlic, Herbs and Spices

meez meals

1. Getting Organized

Preheat your toaster or conventional oven to 350.

2. Cook the Vegetables

Heat 2 Tbsp of oil in a large saucepan over high heat. Add the **Onions & Garlic** and cook until browned, 5 to 7 minutes. Add the **Sweet Potatoes** and cook for an additional 5 minutes, stirring frequently.

3. Make the Soup

Stir in 2 cups of water and the **Tomatoes & Beans**. Bring the soup to a boil, reduce heat and simmer for 10 minutes.

4. Toast the Tortillas

While the soup is simmering, stack the **Corn Tortillas** on a cutting board and cut into even strips. Brush or spray 2/3 of the strips with oil and toast in a toaster or conventional oven until crispy, about 5 to 7 minutes.

Season the tortillas with salt and pepper to your taste.

Add the other third of the strips to the soup and cook until slightly thickened, 5 to 7 minutes. Season with salt and pepper to taste.

5. Put It All Together

Serve the soup topped with **Cheddar Cheese** and the remaining crispy tortilla strips. Enjoy!

Love this recipe? #meezmagic

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois * Prepare by July 19

Pecorino Crusted Tilapia with Crispy Polenta

Tilapia gets a Mediterranean twist when it's coated in mouthwatering Pecorino breadcrumb crust and served over white-wine braised kale and cherry tomatoes. Served up with crispy polenta, it's a restaurant-worthy meal that's perfect any night of the week.

30 Minutes to the Table

30 Minutes Hands On

2 Whisks *Easy*

Getting Organized

EQUIPMENT

- Rimmed Baking Sheet
- Large Skillet
- Small Mixing Bowl

FROM YOUR PANTRY

- 2 Eggs
- ½ Cup Milk
- Olive Oil
- Salt & Pepper

6 MEEZ CONTAINERS

- Polenta
- Tomatoes
- Kale
- Tilapia
- Pecorino Breadcrumbs
- Wine Sauce

Make The Meal Your Own

Kids love the crispy-coated fish, but you can keep their veggies kid-friendly by removing a portion of the cooked kale and tomatoes from the pan before adding the wine sauce. Season with salt and pepper and serve on the side.

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 – 779 Calories, 10g Fat, 48g Protein, 104g Carbs, 18 WW+ Points

Lightened up snapshot – 500 Calories, 6g Fat, and 12 WW+ Points with ½ the Pecorino Breadcrumbs, Wine Sauce and Polenta

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

INGREDIENTS: Tilapia, Polenta, Kale, Grape Tomatoes, White Wine, Pecorino Cheese, Italian Breadcrumbs, Red Onion, Garlic, Concentrated Vegetable Stock

meezmeals

1. Get Organized

Preheat your oven to 375 degrees and oil your baking sheet with 2 to 3 Tbsp oil.

2. Bake the Polenta

Cut the **Polenta** into ½" rounds (you should get approximately 8 pieces). Put the polenta rounds on to the oiled baking sheet and bake until lightly browned on the bottom and crispy, about 20 to 25 minutes.

If your polenta isn't crisping, add more oil. It may seem like a lot, but it helps give it a nice crust and most of it won't be absorbed into the polenta.

3. Cook the Vegetables

Heat 1 Tbsp of oil in a large skillet over medium-high heat. Add the **Tomatoes** and cook, stirring constantly, just until the tomatoes start to burst, about 3 minutes. Add half of the **Kale** and cook until just starting to wilt, about 2 minutes. Add the remaining kale and continue cooking until bright green and lightly wilted, 2 minutes. Pour the **Wine Sauce** into the pan, stir and bring to a boil. As soon as the sauce boils, remove the vegetables and sauce to a bowl. Season with salt and pepper to taste. Wipe out the skillet.

4. Bread the Tilapia

Cut each **Tilapia** fillet in half lengthwise and then cut each half horizontally into 2 to 3 equal pieces (Tilapia fillets typically have one side that is longer than the other, so you should get about 3 pieces out of the longer side and 2 pieces from the shorter side, 5 to 6 pieces total per fillet).

Whisk 2 eggs and ½ cup milk in a small, wide mixing bowl. Cut the top of the **Pecorino Breadcrumbs** bag open and season with a generous pinch of salt and pepper. Add the fish and then, while holding the top closed, shake the bag to coat each piece. Remove the fish and dip into the milk and egg mixture. Return the fish to the breading (first allowing any excess liquid to drip off) and shake to give the fish a second coat.

The oil has to be very hot to crisp the fish. If your oil is warm, the fish will absorb it and get soggy.

5. Cook the Fish

Heat 4 Tbsp of oil in the now-empty skillet over high heat. When the oil is hot, add the fish and cook until the bottom is golden brown and the sides are starting to brown, about 2 to 3 minutes. Flip and continue cooking until golden brown all over, 2 to 3 more minutes.

*Love this recipe?
#meezmagic*

6. Put It All Together

Serve the crispy polenta topped with kale and tomatoes and crispy fish. Pour any extra wine sauce over the top and finish with a drizzle of olive oil.

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois * Prepare by July 16

Szechuan Chicken

We love the spicy sweet flavor of a classic Szechuan sauce, and we're cooking it up this week with fresh green beans, bell peppers and free-range chicken. It's a classic recipe that's even better when served up over rice noodles with a sprinkle of peanuts and fresh herbs. It's so fresh and speedy, you'll have a hard time ever ordering it from the local Chinese restaurant again.

30 *Minutes to the Table*

10 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

- Saucepan
- Mixing Bowl
- Large Skillet or Wok

FROM YOUR PANTRY

- Vegetable Oil
- Salt & Pepper

6 MEEZ CONTAINERS

- Rice Noodles
- Chicken Breast
- Red Pepper
- Green Beans
- Szechuan Sauce
- Peanuts & Herbs

Make The Meal Your Own

Leftovers from this dish make a great salad. Toss any extra noodles, chicken and veggies with shredded cabbage or your favorite lettuce.

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 – 555 Calories, 12g Fat, 44g Protein, 59g Carbs, 13 WW+ Points

Lightened up snapshot – 491 Calories, 6g Fat, and 11 WW+ Points with 1/4 the Peanuts & Herbs

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

INGREDIENTS: Free-Range Chicken Breast, Rice Noodles, Green Beans, Red Bell Pepper, Mirin, Peanuts, White Wine, Soy Sauce, Honey, Ginger, Cilantro, Basil, Green Onion, Garlic, Cornstarch, Spices

meezmeals

1. Get Organized

Bring a large saucepan of water to a boil. Put the **Rice Noodles** in a large bowl and pour the boiling water over them so they are completely covered. Let sit until the noodles are softened, about 20 minutes. Pull the noodles apart to separate.

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, cut the chicken breast lengthwise into long strips, about ¼" wide. Rotate the chicken breast 90 degrees and then cut across to create small, even cubes of chicken.

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

3. Make the Stir-Fry

Once the noodles are ready, heat 2 Tbsp oil in a large skillet. When the oil is very hot, add the chicken and let cook, without stirring, until almost no pink is showing on the outside, about 4 minutes. Add **Red Pepper** and **Green Beans** and cook 3 minutes, stirring constantly.

Add the softened rice noodles and stir to incorporate. Stir-fry for 1 minute. Add the **Szechuan Sauce** and cook 30 seconds. Stir to coat the noodles and vegetables.

Season with salt and pepper to taste. Serve topped with **Peanuts & Herbs**.

Wait to start cooking the chicken until the noodles are ready to go. The dish will come together in a flash.

Everything cooks together, so use the largest skillet you have.

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois * Prepare by July 17

Basil Pesto Pasta with Sirloin Steak

Summer pasta at its best. Fresh basil pesto is perfect with whole-wheat shells, sirloin steak and sautéed spinach and mushrooms. On the table in just 15 minutes, this is sure to be a weeknight favorite in your family.

15 Minutes to the Table

10 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

- Saucepan
- Mixing Bowl
- Skillet
- Tongs (Optional)

FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper

6 MEEZ CONTAINERS

- Whole Wheat Pasta
- Basil Pesto Cream
- Mushrooms
- Sirloin
- Spinach
- Parmesan

Make The Meal Your Own

This dish is delicious cold and can be made up to 2 days in advance. Before combining everything in step 6, pat the beef with a paper towel to remove any excess oil. Mix everything together and refrigerate.

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

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

Tongs are the best tool to use for flipping the beef since they give you the most control and you'll be able to flip each piece quickly. If you don't have tongs, you can use a spatula, just be sure to work quickly.

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 – 730 Calories, 58g Protein, 14g Fat, 55g Carbs, 18 WW+ Points

Lightened up snapshot – 500 Calories, 19g Fat and 12 WW+ points if you use 1/2 the cheese, pesto and pasta.

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

INGREDIENTS: Grass-Fed Beef Sirloin, Spinach, Cremini Mushrooms, Whole Wheat Pasta, Parmesan, Heavy Cream, Basil, White Wine, Lemon Juice, Garlic

meezmeals

1. Get Organized

Put a saucepan of water on to boil.

2. Cook the Pasta

Add the **Whole Wheat Pasta** to the boiling water and cook until al dente, about 7 to 9 minutes. Drain and return to the saucepan. Stir half of the **Basil Pesto Cream** into the warm pasta to coat.

3. Brown the Mushrooms

While the pasta is cooking, heat 1 Tbsp oil in a large skillet over high heat. Add the **Mushrooms** and cook, stirring occasionally, until golden brown, about 3 to 5 minutes. Remove the mushrooms to a bowl.

4. Cook the Beef

Heat a dry skillet over high heat. While the skillet is heating, pat the **Sirloin** dry with a towel and season 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 45 to 60 seconds.

- **If you prefer your beef medium-rare**, use tongs to flip it, give it a good stir and then immediately remove from the pan and let rest for 5 minutes.
- **If you prefer your beef medium**, use tongs to flip it and continue cooking for 30 to 45 seconds (about 1 ½ minutes total cook time) until fully browned. Remove from the pan and let rest for 5 minutes.
- **If you prefer your beef medium-well or well done**, use tongs to flip it and continue cooking for 1 minute. Remove from the pan and let rest for 5 minutes.

5. Cook the Spinach

Return the skillet to the stove over medium heat. Add the **Spinach** and cook until lightly wilted, about 2 minutes.

6. Put It All Together

Serve the pasta topped with spinach, mushrooms and sirloin. Sprinkle the **Parmesan** over the top and drizzle with extra pesto cream to taste.

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.

If you have a digital timer or a stopwatch, use it while you cook the beef - a minute goes by faster than you think.

Beef continues to cook as it rests, so remove it from the heat when it's a little less done than you like to prevent it from overcooking.

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois * Prepare by July 17

Greek Salad

5 Minutes to the Table

5 Minutes Hands On

Getting Organized

EQUIPMENT

Mixing Bowl

FROM YOUR PANTRY

Salt & Pepper

4 MEEZ CONTAINERS

Brown Rice

Feta

Pita Chips

Marinated

Vegetables

Put It All Together

Break the **Pita Chips** into pieces. Combine the **Brown Rice**, **Feta**, half of the broken chips and the **Marinated Vegetables** in a mixing bowl. Season with salt and pepper and top with the remaining chips to taste.

Good to Know

Health Snapshot per serving (serves 2 as a side)

470 Calories, 15g Protein, 55g Carbs, 20g Fat,
13 WW+ Points

Have Questions?

We're standing by at 773.916.6333

INGREDIENTS: Cucumber, Pita Chips, Brown Rice, Peas, Feta, Yogurt, Kidney Beans, Cannellini Beans, Mayonnaise, Red Wine Vinegar, Brown Sugar, Lemon, Garlic, Herbs

Prepare by July 19

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

Hawaiian Quesadilla

20 *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

Tortillas

Cheese

Corn & Pineapple

Spiced Beans

Good to Know

Want a simpler version of this? Skip the corn and pineapple and serve as a salsa on the side instead.

Health Snapshot per serving (serves 1)

900 Calories, 40g Fat, 10g Fiber, 24 WW+ Points

Lightened up snapshot (1 tortilla, 1/3 cheese)

500 Calories, 15g Fat, 14 WW+ Points

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

INGREDIENTS: Flour Tortillas, Black Beans, Quesadilla Cheese, Corn, Pineapple, Water, Herbs and Spices

meezmeals

1. Getting Organized

Preheat your oven to 400.

2. Prep the Tortillas

Oil the baking sheet with 1 to 2 Tbsp 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.

3. Build the Quesadilla

Spread the **Spiced Black Beans** on the tortilla. Sprinkle the **Corn & Pineapple** on top of the beans and then top with **Cheese**. 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, 8 to 10 minutes. Flip the quesadilla, and cook an additional 3 to 4 minutes. Cut into wedges and serve. Enjoy!

Love this recipe? #meezmagic

Prepare by July 19

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

Buddha Salad Bowl

5 Minutes to the Table

5 Minutes Hands On

Getting Organized

EQUIPMENT

Mixing Bowl

FROM YOUR PANTRY

Salt & Pepper

5 MEEZ CONTAINERS

Bamboo Shoots

Baked Tofu

Cooked Brown Rice

Cabbage & Carrots

Soy-Ginger Aioli

Put It All Together

Toss the **Bamboo Shoots**, **Baked Tofu**, **Cooked Brown Rice** and **Cabbage & Carrots** together in a mixing bowl with half of the **Soy-Ginger Aioli**. Mix well, season with salt and pepper and add more aioli to taste.

Good to Know

Health Snapshot per serving

600 Calories, 40g Fat, 70g Carbs, 10g Protein
17 WW+ Points

Have Questions?

We're standing by at 773.916.6339

INGREDIENTS: Cabbage, Tofu, Bamboo Shoots, Brown Rice, Carrots, Mayonnaise, Green Onions, Soy Sauce, Brown Sugar, Rice Wine Vinegar, Ginger, Sesame Seeds

Prepare by July 19

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

Mediterranean Grilled Cheese

10 *Minutes to the Table*

5 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Non-Stick Skillet

FROM YOUR PANTRY

2 Tbsp Butter or
Vegetable Oil

3 MEEZ CONTAINERS

Sourdough Bread
Mozzarella &
Tomatoes
Artichoke Pesto

Good to Know

Health Snapshot per serving (serves 1)

575 Calories, 30g Fat, 40g Carbs, 30g Protein
15 WW+ Points

Lightened up snapshot (1/2 cheese)

465 Calories, 25g Fat, 40g Carbs, 12 WW+ Points

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

INGREDIENTS: Sourdough Bread, Mozzarella, Artichoke Hearts, Parmesan, Olive Oil, Sundried Tomato, Lemon Juice, Parsley, Spices

meez *meals*

1. Getting Organized

Heat 1 Tbsp of butter or oil in a non-stick skillet over medium heat.

2. Make the Sandwich

Spread the **Artichoke Pesto** on both slices of **Sourdough Bread**.

Place one piece of bread in the pan (pesto-side up) and top with the **Mozzarella & Tomatoes**, keeping them toward the middle of the bread. Top with the second slice of bread (pesto-side down) and press down gently.

Allow the bread to cook until brown, about 1 to 2 minutes, and then hold the top of the bread and flip. (We do this so nothing falls out of the sandwich). Cook an additional 3 to 4 minutes until the second side is brown. Turn off the heat, cover and let sit for 1 minute. Remove to a plate and serve. Enjoy!

Love this recipe? #meezmagic

Prepare by July 19

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

Quick Tips

Roasted Lemon Pepper Feta and Red Pepper Pasta

15 Min to Table	15 Min Hands On	1 Whisk Super Easy
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Getting Started Preheat your oven to 375 & put a pot on to boil.

Omnivore Option Shrimp is a great addition.

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

Southwestern Tortilla Soup

30 Min to Table	15 Min Hands On	1 Whisk Super Easy
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Getting Started Preheat oven (or toaster oven) to 350.

Omnivore Option Add chicken for a traditional meal.

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

Spicy Argentinean Black Beans & Rice Bowl

40 Min to Table	20 Min Hands On	1 Whisk Super Easy
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Getting Started Preheat oven to 450 & put a pot on to boil.

Omnivore Option Steak is delicious in this.

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

Ginger Coconut Tofu Stir-Fry

25 Min to Table	25 Min Hands On	1 Whisk Super Easy
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Getting Started Preheat your oven to 375 and put a pot on to boil.

Omnivore Option Grilled Salmon or other fish is a great option.

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

Pecorino Crusted Tilapia with Crispy Polenta

30 Min to Table	30 Min Hands On	2 Whisk Easy
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Getting Started Preheat oven to 375 and oil baking sheet.

Meal Tip Skip the wine sauce on veggies for the kids.

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



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Szechuan Chicken

30 Min to Table	10 Min Hands On	1 Whisk Super Easy
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Getting Started Put a pot on to boil.

Leftovers Tip Extras from this meal make a great addition to a salad.

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

Hawaiian Quesadilla

20 Min to Table	5 Min Hands On	1 Whisk Super Easy
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Getting Started Put a pot on to boil.

From Your Pantry You'll need vegetable oil.

Basil Pesto Pasta with Sirloin Steak

15 Min to Table	10 Min Hands On	1 Whisk Super Easy
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Getting Started Put a pot on to boil.

Make Ahead Tip Make the meal ahead and eat straight out of the fridge.

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

Buddha Salad Bowl

5 Min to Table	5 Min Hands On	1 Whisk Super Easy
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Getting Started Toss and serve!

From Your Pantry You'll need salt and pepper.

Greek Salad

30 Min to Table	10 Min Hands On	1 Whisk Super Easy
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Getting Started This one's a toss and serve!

From Your Pantry You'll need some salt and pepper

Mediterranean Grilled Cheese

30 Min to Table	10 Min Hands On	1 Whisk Super Easy
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Getting Started This one's a toss and serve!

From Your Pantry You'll need some Butter or Vegetable oil.

Health Snapshot

Lemon Pepper Feta Pasta

780 Calories
30 g Protein
35 g Fat
85 g Carbs.
10 g Fiber
1270 mg Sodium

21 WW+ Points

130% Vitamin C
30% Calcium

Black Beans Rice Bowl

450 Calories
20 g Protein
5 g Fat
100 g Carbs.
25 g Fiber
50 mg Sod.

13 WW+ Points

320% Vitamin A
75% Folate
65% Vitamin C.

Ginger Coconut Tofu Stir-fry

410 Calories
20 g Protein
10 g Fat
60 g Carbs
5 g Fiber
250 mg Sodium

12 WW+ Points

30% Vitamin A
30% Calcium
50% Vitamin C

Tortilla Soup

565 Calories
25 g Protein
15 g Fat
85 g Carbs
20 g Fiber
1,480 mg Sodium

14 WW+ Points

665% Vitamin A
70% Vitamin C
50% Calcium

Pecorino Tilapia Polenta

739 Calories
48 g Protein
10 g Fat
104 g Carbs.
7 g Fiber
711 mg Sod.

18 WW+ Points

108% Vitamin C
22% Vitamin A
37% Iron

Lighten Up Option

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

Pasta

No cheese, $\frac{3}{4}$ Pasta

500 Calories
20 g Fat
13 WW+ Points

Rice Bowl

No changes

450 Calories
5 g Fat
13 WW+ Points

Tofu Stir-fry

No changes

410 Calories
10 g Fat
12 WW+ Points

Tortilla Soup

$\frac{1}{4}$ cheese

440 Calories
5 g Fat
10 WW+ Points

Tilapia

$\frac{1}{2}$ the wine sauce, polenta, bread crumbs.

500 Calories
6 g Fat
12 WW+ Points

Health Snapshot

Szechuan Chicken	Pesto Pasta with Steak	Greek Salad	Hawaiian Quesadilla	Buddha Salad Bowl	Mediterranean Grilled Cheese
555 Calories	730 Calories	470 Calories	900 Calories	600 Calories	575 Calories
44 g Protein	58 g Protein	15 g Protein	40 g Protein	10 g Protein	30 g Protein
12 g Fat	14 g Fat	20 g Fat	40 g Fat	40 g Fat	30 g Fat
59 g Carbs.	55 g Carbs.	55 g Carbs.	105 g Carbs.	70 g Carbs.	40 g Carbs.
6 g Fiber	4 g Fiber	10 g Fiber	10 g Fiber	10 g Fiber	< 5 g Fiber
1217 mg Sod.	487 mg Sod.	880 mg Sod.	1,445 mg Sodium	2000 mg Sodium	1,065 mg Sod.
13 WW+ Points	18 WW+ Points	13 WW+ Points	24 WW+ Points	17 WW+ Points	15 WW+ Points
186% Vitamin C	37% Calcium	20% Calcium	70% Calcium	120% Vitamin A	60% Calcium
42% Vitamin A	65% Vitamin B12	10% Vitamin A	50% Folate	115% Vitamin C	25% Vitamin C
52% Vitamin B6	186% Vitamin A	10% Vit. 12	20% Vitamin C	30% Folate	20% Folate

Lighten Up Option

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

Chicken	Steak	Salad	Quesadilla	Buddha Bowl	Sandwich
<i>1/4 the peanuts</i>	<i>1/2 the cheese, pasta, and pesto</i>	<i>No changes</i>	<i>1 tortilla, 1/3 cheese</i>	<i>No changes</i>	<i>1/2 cheese</i>
491 Calories	500 Calories	470 Calories	500 Calories	600 Calories	465 Calories
6 g Fat	19 g Fat	20 g Fat	15 g Fat	40 g Fat	25 g Fat
11 WW+ Points	12 WW+ Points	13 WW+ Points	14 WW+ Points	17 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.