

Pasta with Spinach Pesto

35 Min
to Table

5 Min
Hands
On

1 Whisk
Super
Easy

Omnivore Option

Pancetta or bacon is delicious in this.

Getting Started

Preheat oven to 450 & put a pot on to boil.

Mae Ploy Chicken

35 Min
to Table

15 Min
Hands
On

2 Whisks
Easy

Getting Started

Preheat your oven to 425 and bring a water to a boil.

From Your Pantry

You'll need olive oil, salt and pepper.

Quick Tips



Chicken Parmesan with Basil Aioli Kale Slaw

20 Min
to Table

20 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Preheat your oven to 400.

From Your Pantry

You'll need olive oil, salt, and pepper.

Knife & Fork Grilled Cheese

25 Min
to Table

25 Min
Hands
On

2 Whisk
Super
Easy

Getting Started

Preheat your oven to 400.

From your Pantry

You'll need olive oil, eggs, salt and pepper.

Thai Sirloin Steak Udon Bowl

25 Min
to Table

25 Min
Hands
On

1 Whisk
Easy

Getting Started

Put a saucepan of water on to boil.

Meal Tip

Chopped toasted nuts are a fun addition.

Chipotle Chicken Tostada with Cheesy Refried Beans

30 Min
to Table

30 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Heat a large dry skillet to cook the tortillas.

From Your Pantry

You'll need olive oil, salt and pepper.

Indian Grain Bowl with Mango Chili Sauce

15 Min
to Table

15 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Slice up your Halloumi Cheese

From Your Pantry

You'll need olive oil, salt and pepper

Aztec Salad with Avocado Chipotle Dressing

20 Min
to Table

20 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Dry the zucchini nodles with a paper towel.

From Your Pantry

You'll need salt & pepper.

Shrimp DeJonghe

40 Min
to Table

25 Min
Hands
On

2 Whisks
Easy

Getting Started

Preheat your oven to 400 degrees.

From Your Pantry

You'll need butter, olive oil, salt and pepper.

Meal Tip

Cook this in single serve ramekins for a restaurant feel.

Chorizo Bravas Croquettes

35 Min
to Table

15 Min
Hands
On

2 Whisks
Easy

Getting Started

Put a saucepan of water on to boil.

From Your Pantry

You'll need olive oil, flour, eggs, salt and pepper

Moroccan Salmon with Quinoa Citrus Salad

20 Min
to Table

20 Min
Hands
On

1 Whisk
Easy

From Your Pantry

You'll need olive oil, salt and pepper

Getting Started

Bring 2 cups of water to a boil.

Meal Tip

Start with 3/4 of the dressing and add to taste

Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmndd daily)	
Chorizo Bravas Croquettes	970	29	69	60	6	1340	12	33	45% Calcium	70% Vitamin C
Mae Ploy Chicken ½ the rice and sauce	745 585	67	18 17	85	7	1621	42	22 15	13% Vitamin A	37% Vitamin C
Pasta with Spinach Pesto	620	23	40	51	12	554		19	160% Vitamin C	44% Folate
Shrimp De Jonghe	485	33	25	35	8	546	8	17	160% Vitamin C	42% Vitamin A
Chipotle Chicken Tostada with Cheesy Refried Beans	640	62	19	53 CC 39	12	920	6	10	13% Vitamin A	38% Vitamin B12
Knife & Fork Grilled Cheese (use 1/2 the bread, place egg on top of cheese)	685 565	36	33 30	63	6	1180	22	20 16	19% Vitamin A	56% Calcium
Moroccan Salmon with Quinoa Citrus Salad (use half the quinoa)	770 640	55	24 22	87	13	460	17	12 8	48% Vitamin C	92% Vitamin B-6
Chicken Parmesan with Basil Aioli Kale Slaw (use 1/2 the breadng and basil oil)	980 780	77	58 42	37	4	1320	8	24 17	83% Calcium	106% Vitamin B6

Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmndd daily)	
Thai Sirloin Steak Udon Bowl (½ udon, 1/2 sauce)	730 495	45	40 25	55 CC 28	7	1450		21 14	419% Vitamin C	68% Vitamin B-12
Indian Grain Bowl with Mango Chili Sauce	580	30	26	57 CC 33	8	1030	10	19	31% Vitamin C	12% Vitamin A
Aztec Salad with Avocado Chipotle Dressing	580	23	29	62	11	840	11	15	36% Vitamin B-6	45% Calcium
THE Carrot Cake	540	6	34	49	2	440	36	13	6% Vitamin C	6% Calcium
Flourless Chocolate Cake	370	5	16	32	2	130	18	18	20% Iron	10% Vitamin A
Honduran Chocolate Brownies (Gluten-Free)	340	4	18	42	3	140	31	16	4% Vitamin C	15% Iron
Chocolate Chunk Cookies	180	2	9	22	1	170	10	9	2% Calcium	4% Vitamin A
Kitchen Sink Cookies	380	5	19	49	2	400	10	17	20% Iron	8% Vitamin A

Below some of the recipes you will see Lighten Up Options. Those meals can easily be prepared without all of the calorie-dense ingredients and still keep their magic.

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.

Chorizo Bravas Croquettes

Potato croquettes come together in a flash in this flavorful dinner. We're cooking them up with spicy chorizo and two types of cheese, then topping them with a fresh pineapple salsa. Served with a traditional Spanish Bravas sauce.

35 *Minutes to the Table*

35 *Minutes Hands On*

2 Whisks *Easy*

Getting Organized

EQUIPMENT

- Large Skillet
- Large Saucepan
- Large & Small Mixing Bowls

FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper
- Flour (1 Tbsp per serving)
- Eggs (2)

6 MEEZ CONTAINERS

- Yukon Potatoes
- Chorizo
- Seasoned Cheese
- Panko Breadcrumbs
- Bravas Sauce
- Pineapple Salsa

Good To Know

Health snapshot per serving – 970 Calories, 69g Fat, 60g Carbs, 29g Protein and 33 Freestyle Points

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

INGREDIENTS: Yukon Potatoes, Chorizo, Panko Breadcrumbs, Pineapple, White Cheddar, Gruyere, Tomatoes, Red Bell Pepper, Cucumber, Sour Cream, Orange Juice, Vegetable Oil, Cilantro, Garlic, Parsley, Red Wine Vinegar, Lime, Smoked Paprika, Vegetable Stock, Mint, White Pepper.

meez *meals*

1. Get Organized

Bring a large saucepan of water to boil with a pinch of salt.

2. Cook the Potatoes

Add the **Yukon Potatoes** to the boiling water and cook until they are fork tender, about 12 to 14 minutes. Drain well and transfer to a large mixing bowl. Use a potato masher or slotted spoon to mash the potatoes (lumps are completely fine). Set aside until chorizo is browned.

3. Brown the Chorizo

While the potatoes are boiling, heat a large skillet over medium heat. When hot, add the **Chorizo** and cook until it starts to brown, about 5 to 6 minutes. While it cooks, break it apart with a large spoon or spatula until it resembles ground beef. Add the chorizo and the chorizo oil in the skillet to the mixing bowl with the potatoes. Immediately add the **Seasoned Cheese** and stir well. Wipe out the skillet.

4. Create the Croquettes

Whisk 1 egg in a small bowl and add it to the mixing bowl along with 2 Tbsp flour. Stir well, then place the mixing bowl in the freezer for about 5 minutes. Use your hands to shape the potato mix into 4 balls, then flatten into patties about 3" in diameter and 3/4" thick.

Whisk an additional egg in the now-empty small bowl and spread the **Panko Breadcrumbs** on a plate. Dip each patty into the egg, covering both sides, and then press into the breadcrumbs until completely coated.

5. Cook the Croquettes

Heat 2 Tbsp olive oil in the now-empty skillet over medium heat. When the oil is hot, add the croquettes and cook until the bottoms are golden brown, about 3 minutes. (Work in batches if necessary, adding additional oil between rounds.) Flip and cook until the other sides are also golden brown, an additional 2 to 3 minutes.

6. Put It All Together

Pour the red **Bravas Sauce** directly onto serving plates and place the croquettes on top. Cover the croquettes edge to edge with the **Pineapple Salsa** and enjoy!

Chorizo arrives to you fully cooked.

If there's no room in your freezer, the fridge works, just a bit slower.

Mae Ploy Chicken

Mae Ploy is the secret sauce behind some of our favorite Thai recipes. This week we're glazing chicken in the classic sweet chili sauce, then serving it over a bed of brown rice and fresh asparagus. Topped with peanuts and fresh herbs, it's the Thai dinner you've been craving.

35 *Minutes to the Table*

15 *Minutes Hands On*

2 Whisk *Easy*

Getting Organized

EQUIPMENT

Sauce Pan
Sauté Pan
Baking Sheet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Brown Rice
Asparagus
Chicken Breasts
Mae Ploy Sauce
Peanuts and Herbs

Make The Meal Your Own

We think meal is just as good cold as it is warm, so we like it as a make-ahead lunch or dinner.

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

Be sure to generously season your chicken with salt, about ½ tsp for each breast.

Health snapshot per serving – 685 Calories, 8g Fat, 91g Carbs, 67g Protein and 17 Freestyle Points.

Lighten Up snapshot per serving – 505 Calories, 7g Fat, 49g Carbs, and 9 Freestyle Points by using half the rice and half the sauce.

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

INGREDIENTS: Free-Range Chicken, Asparagus, Brown Rice, Mae Ploy Sauce, Peanuts, Cilantro, Lime Juice, Tamari, Garlic, Sriracha Sauce and Ginger

meez *meals*

1. Getting Organized

Preheat oven to 400 and bring water to a boil.

Add the **Brown Rice** to the boiling water with a pinch of salt. Cook until al dente, about 20 to 30 minutes. Drain the rice, fluff with fork and cover.

We cook our rice like pasta so just make sure you cover the rice with plenty of water

2. Cooking the Asparagus

Place the **Asparagus** on a baking sheet, drizzle with olive oil, salt and pepper. Bake in oven for 6-8 minutes. The asparagus should be fork tender and will continue to cook a bit when you take them out of the oven.

3. Cooking the Chicken

Generously sprinkle the **Chicken Breasts** with salt and pepper (we use ¼ tsp salt and ¼ tsp pepper, so use about half per side, or more if you like).

Heat 1 tsp oil in a skillet over high heat. When the oil is hot, add the chicken to the pan. Cook, without moving or flipping, until the bottom is browned and each piece begins to color up the side, about 4 minutes. Flip and continue cooking until the other side is well browned, about 3 more minutes.

Your sauce will be the perfect consistency when it's thick enough to coat the back of a spoon without falling off

When chicken is done cooking, reduce the heat to medium high, and add the **Mae Ploy Sauce** to the chicken, and cook for another 4-5 minutes. This will help make the sauce nice and thick.

Spoon sauce over the chicken while it cooks to add a delicious glaze.

4. Putting It All Together

Put the rice on a plate, top with the asparagus and chicken. Add the **Peanuts and Herbs**. Enjoy!

Love this recipe? #meezmagic

Instructions for two servings
Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois

Pasta with Spinach Pesto

Haven't had spinach pesto before? Neither had we, but once we tried it we were hooked. It gives a layer of flavor to the classic basil pesto that we love, to say nothing of the extra vitamin boost. We're making our version with plenty of lemon to keep things bright and mixing it up with roasted cauliflower bits, toasted pecans and penne pasta. Yum!

35 *Minutes to the Table*

5 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Saucepan
Rimmed Baking
Sheet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Cauliflower
Penne Pasta
Spinach Pesto
Pecans
Parmesan Cheese

Make The Meal Your Own

Cooking with a picky eater? This dinner is a crowd pleaser. If you want to sneak the cauliflower in, though, you could puree it instead of leaving it whole.

Want to get a jump on dinner? Roast the cauliflower ahead of time. When you're ready to eat, reheat it in the microwave until warm.

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. Just use an extra pinch of salt and pepper as you cook.

Health snapshot per serving – 620 Calories, 23g Protein, 12g Fiber, 19 Smart Points

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

**SCAN QR CODE
to view YouTube
cooking video**



INGREDIENTS: Cauliflower, Penne Pasta, Spinach, Pecans, Parmesan Cheese, Olive Oil, Lemon, Basil, Garlic, Spices

meez meals

1. Getting Organized

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

2. Roast the Cauliflower

Put the **Cauliflower** on to a rimmed baking sheet, drizzle with olive oil and sprinkle with salt and pepper. Toss well and arrange in a single layer. Bake until the cauliflower is golden brown in places, about 15 to 25 minutes; stir once or twice while it's cooking.

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

3. Cook the Pasta

While the cauliflower is roasting, salt the pasta water generously, add the **Penne Pasta** and cook until al dente, 12 to 14 minutes. Reserve 1 cup of pasta water. Drain the pasta and then return to the pan.

When we say "salt generously," we mean it. Chef Max says it should taste like salt water.

4. Put It All Together

Add the **Spinach Pesto** along with 1 to 2 Tbsp of olive oil to the cooked pasta. Mix well, then add some of the reserved pasta water if you'd like the sauce looser.

Don't skip the olive oil! It brings out the flavors of the pasta.

Mix in the roasted cauliflower, **Pecans** and salt and pepper to taste. Top with **Parmesan Cheese**.

Love this recipe? #meezmagic

Instructions for two servings.

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

Shrimp De Jonghe

Shrimp De Jonghe is a Chicago classic — tender shrimp, buttery bread crumbs and plenty of garlic. We're putting a healthy spin on our version by adding fresh cauliflower and serving seared asparagus on the side, making it just right for the 21st Century.

40 *Minutes to the Table*

25 *Minutes Hands On*

2 Whisks *Easy*

Getting Organized

EQUIPMENT

Large Skillet
Casserole Dish

FROM YOUR PANTRY

Olive Oil
Salt & Pepper
Butter (2 Tbsp per serving)

6 MEEZ CONTAINERS

Cauliflower
Shrimp
Lemon & Wine Sauce
Garlic & Herbs
Seasoned Bread Crumbs
Asparagus

Make it Your Own

Make this a restaurant-style dinner by cooking in single-serving ramekins rather than a family-style loaf pan.

Good to Know

Shrimp de Jonghe was named for Henri de Jonghe's Monroe Street hotel and restaurant deJonghe's, where the dish was created in the late 19th century.

Shrimp is a good source of selenium, omega-3 fatty acids, vitamin B12 and astaxanthin, a natural and powerful antioxidant.

Health snapshot per serving – 485 Calories, 33g Protein, 25g Fat, 17 Smart Points

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

INGREDIENTS: Shrimp, Cauliflower, Asparagus, Breadcrumbs, Garlic, Wine, Lemon Paprika, Black Pepper, Parsley, Cayenne Pepper.

meez meals

1. Getting Started

Preheat oven to 400 degrees.

2. Roast The Cauliflower

Add the **Cauliflower** to a loaf pan and toss with a generous drizzle of olive oil. Bake for 15 to 20 minutes until the cauliflower begins to brown. Remove the cauliflower from the oven and set aside, still in the loaf pan.

Set your oven to broil (or 500, if you don't have a broil setting).

3. Create the De Jonghe

Dry and generously salt and pepper the **Shrimp**.

Add 4 Tbsp butter to a skillet over medium-high heat. Once the butter is melted, add the shrimp, **Lemon & Wine Sauce** and **Garlic & Herbs** to the pan. Sauté for 2 minutes.

Remove from heat and stir in the **Seasoned Bread Crumbs** until they are completely moistened by the sauce.

Add this mixture on top of the roasted cauliflower in the loaf pan but do not stir it. We want to keep the cauliflower on the bottom.

Place the loaf pan on the top rack of the oven and broil until the top is golden brown, about two minutes. (Every oven is different, so watch it closely the entire time so that it doesn't burn.)

Remove from oven and set aside.

4. Cook the Asparagus

In the now empty skillet, add 1 Tbsp olive oil over medium-high heat. When oil is hot, add the **Asparagus** and sauté until the asparagus is bright green and slightly charred, about 3 to 4 minutes.

5. Serve and Enjoy!

Use a large serving spoon to serve the Shrimp De Jonghe with the asparagus alongside. Enjoy!

The shrimp will not be completely cooked after this step but will finish cooking in the oven.

Instructions for two servings.

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

Chipotle Chicken Tostada with Cheesy Refried Beans

This dinner hits all the high points for a delicious Mexican-themed dinner. Tender shredded chicken, flavorful refried beans, plenty of cheese and a Chipotle Adobo Aioli that adds a rich, creamy note that we love. Simple and delicious, this dinner is a family favorite.

30 Minutes to the Table

30 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

2 Large Skillets and 1 Lid (or Baking Sheet)

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Corn Tortillas
Spiced Beans
Mexican Cheese
Chicken Breast
Chipotle Adobo Aioli
Tomatoes, Onions & Cilantro

Make The Meal Your Own

If you ordered the **Carb Conscious version**, we sent you romaine lettuce instead of tortillas, reducing the **carbs per serving to 39g**. Skip step 1 and fill the lettuce leaves instead of the tortillas.

Tostadas are simply crisped corn tortillas. If you **prefer yours as a soft taco**, that works great, too. Just skip the crisping and heat each dry tortilla for 30 seconds on each side.

Our cage-free 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 – 640 Calories, 62g Protein
19g Fat, 53g Carbs, and 10 Freestyle Points.

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

**SCAN QR CODE to view
YouTube cooking video**



INGREDIENTS: Chicken Breast, Black Beans, Corn Tortillas, Tomatoes Onions, Chihuahua Cheese, Monterey Jack Cheese, Queso Fresco Cheese, Cilantro, Chipotles in Adobo, Mayonnaise, Buttermilk, Crushed Red Pepper, Garlic, Coriander, Cumin, Lime.

meez meals

1. Cook the Tortillas

Heat a large, dry skillet over medium-high heat. Spray or brush the **Corn Tortillas** with olive oil on both sides, then put onto the skillet. Cook two (or more if they can lay flat in the skillet) at a time until crisp on one side, about 3 to 4 minutes, then flip and cook until fully crisped, about 3 to 4 additional minutes. Repeat for the other tortillas.

2. Cook the Spiced Beans

Heat 2 Tbsp olive oil in a second large skillet (one that can be covered) over medium high heat. When the oil is hot, add the **Spiced Beans** and 1/2 cup of water. Cook, mashing the beans as they soften with a slotted spoon or fork, until the beans resemble refried beans and the mixture thickens, about 8 to 10 minutes. Turn off heat and stir in half of the **Mexican Cheese**, cover and set aside until step 4.

If you don't have a skillet with a cover you can use a baking sheet.

3. Cook the Chicken

Heat 1 ½ Tbsp olive oil the now-empty tortilla skillet over medium high heat. Pat dry and generously salt and pepper the **Chicken Breasts** on both sides. Cook until crisp and brown, on one side, about 4 to 5 minutes. Flip, then cook until brown on the second side, about 4 additional minutes. Transfer the chicken to a cutting board and let rest for 5 minutes. Turn off the heat but leave the skillet on the stove.

Once the chicken has rested, hold the chicken in place with one fork and with a second fork, shred the chicken (into pieces typical of the size used in chicken soup). Return the chicken to the still warm skillet and combine with the **Chipotle Adobo Aioli**, mixing until the chicken is completely coated and sauce is warm.

You just want to warm up the sauce but not cook it.

4. Put It All Together

Spread the cheesy refried beans on the crisp tortillas and top with the chipotle adobo chicken, pressing down slightly to keep it in place. Add the **Tomatoes, Onions & Cilantro** and sprinkle the remaining cheese on top. Enjoy!

Instructions for two servings.

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

Knife & Fork Grilled Cheese

Imagine your favorite grilled cheese on steroids. We're starting with a gouda and provolone grilled cheese made with tender, flavorful whole-grain panini bread. But it's the fried egg-in-a-hole, roasted beets, butternut squash, kale and honey aioli that make it really special. It's messy, satisfying, and over-the-moon delicious.

25 *Minutes to the Table*

25 *Minutes Hands On*

2 Whisks *Easy*

Getting Organized

EQUIPMENT

- 2 Rimmed Baking Sheets
- Large Skillet
- Large Mixing Bowl

FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper
- 2 Eggs (1/serving)

5 MEEZ CONTAINERS

- Beets & Butternut Squash
- Kale
- Honey Aioli
- Whole-Grain Panini Bread
- Smoked Gouda & Provolone

Make The Meal Your Own

If you'd like to speed up dinner, roast the beets and parsnips ahead of time. Dinner will be on the table in 15 minutes.

Good To Know

Health snapshot per serving – 685 Calories, 36 Protein, 33g Fat, 63g Carbs, 20 Freestyle Points

Lightened-Up Health snapshot per serving – 565 Calories, 30g Fat, 42g Carbs, 16 Freestyle Points by using half the bread and eating as an open-faced sandwich with egg on top of the cheese.

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

**SCAN QR CODE to view
YouTube cooking video**



INGREDIENTS: Whole-Grain Panini Bread, Kale, Beets, Butternut Squash, Gouda, Provolone, Garlic, Mayonnaise, Red Wine Vinegar, Honey, Thyme, Mustard, Black Pepper.

meez meals

1. Roast the Beets & Butternut Squash

Preheat your oven to 400. Arrange the **Beets & Butternut Squash** on a rimmed baking sheet in a single layer and drizzle with olive oil, salt, and pepper. Roast until golden in places, about 15 to 20 minutes, stirring once about halfway through.

2. Roast the Kale

While the veggies are cooking, arrange the **Kale** on a rimmed baking sheet, and drizzle with olive oil, salt, and pepper. When the beets and squash are about halfway through their cooking time, put the kale in the oven and bake until slightly crispy, 7 to 10 minutes.

Once all the veggies are finished cooking, transfer them to a large mixing bowl and add the **Honey Aioli**. Mix well, then set aside until step 4.

3. Grill the Bread

While the veggies are cooking, heat 1 Tbsp olive oil in a large skillet over medium heat. Place two of the **Whole-Grain Panini Bread** slices in the pan and cook until the bread starts to brown, about 2 minutes. Flip the bread over and repeat for the other side. Transfer the grilled bread to one of the now-empty baking sheets. Wipe out the skillet.

4. Build the Bottom of the Sandwich

Divide the **Smoked Gouda & Provolone** into four portions. Spread one of the portions evenly over one of the bread slices. Then spread the veggies over the cheese and top with another portion, then leave uncovered. Repeat for the other grilled bread slice to make the base of the other sandwich. Bake until the cheese is bubbly and melted, about 5 minutes. Transfer directly to serving plates.

5. Make An Egg-In-A-Hole To Top the Sandwich

While the bottom section of the sandwich is cooking, return the now empty skillet to the stove over medium high heat with 1 Tbsp of olive oil. Use a cookie cutter (or bottom of a glass) to create a hole about 2 inches in diameter in each of the two remaining bread slices.

When the oil is hot, place the bread in the skillet and then break an egg directly into each hole. Sprinkle with salt and pepper and cook until the egg has set and turns golden, about 2 minutes. Flip the bread and egg over and cook the other side until egg is over medium, an additional 2 minutes.

6. Put it All Together

Place the Egg-In-a-Hole bread on top of the bottom part of the sandwich and use a fork and knife to enjoy!

*Time is
for eggs
to be
over-
medium.
Cook
less for
a runnier
yolk or
longer
for
firmer.*

Instructions for two servings.

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

Moroccan Salmon with Quinoa Citrus Salad

This recipe tastes like summer on a plate. With a sunny citrus quinoa salad, Moroccan-spiced chickpeas and seared quinoa, it's a speedy dinner that's fresh and bright.

20 *Minutes to the Table*

20 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

- Large Skillet
- Saucepan
- Large Mixing Bowl

FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper

5 MEEZ CONTAINERS

- Tricolor Quinoa
- Salad Greens
- Citrus Vinaigrette
- Salmon
- Moroccan Seasoned Chickpeas

Make The Meal Your Own

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

Good To Know

Health snapshot per serving 770 Calories, 24g Fat, 87g Carbs, 55g Protein, 12 Freestyle Points

Lightened-up Health snapshot per serving 640 Calories, 22g Fat, 64g Carbs, 8 Freestyle Points with half the quinoa.

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

INGREDIENTS: Salmon, Chickpeas, Quinoa, Tomatoes, Spinach, Lime, Red Onions, Radicchio, Orange, Arugula, Maple Syrup, Passion Fruit, Cinnamon, Cumin, Salt, Paprika

meezmeals

1. Cook the Quinoa

Bring 2 cups water to a boil. Add the **Tricolor Quinoa** and reduce the heat to low. Simmer, uncovered, for about 15 minutes. Transfer to a strainer and run under cold water until the quinoa is chilled. Drain well, then transfer to a large mixing bowl.

Add the **Salad Greens** to the drained quinoa. Mix the **Citrus Vinaigrette** with 1 Tbsp olive oil in a small bowl. Pour $\frac{3}{4}$ of the dressing over the salad and toss well.

2. Cook the Salmon

While the quinoa is cooking, pat dry the **Salmon** with a paper towel and sprinkle each side with salt and pepper. Heat 2 Tbsp of olive oil in a large skillet over high heat. When the oil is hot, add the salmon and cook until the bottom browns, about 4 minutes. Flip, and cook until the other side is brown about 3 additional minutes. Set aside to rest for at least 5 minutes. Wipe out the skillet.

3. Cook the Seasoned Chickpeas

Add 1 Tbsp of olive oil to the now empty skillet over medium-high heat. When the oil is hot, add the **Moroccan Seasoned Chickpeas** and cook until the onions are soft and the chickpeas start to brown, about 5 minutes.

4. Putting it All Together.

Serve the salmon over the quinoa citrus salad and pour the remaining dressing over the salmon. Top with the seasoned chickpeas and enjoy!

*Start with
 $\frac{3}{4}$ of the
dressing
then taste.
Add more
if you like
it sweeter.*

Instructions for two servings.

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

Chicken Parmesan with Basil Aioli Kale Slaw

Chicken Parmesan with a Meez twist. With fresh mozzarella, a cheesy-panko crust, and roasted kale slaw tossed with basil aioli dressing, this dinner is anything but ordinary. It's a favorite with kids and parents alike.

20 Minutes to the Table

20 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

2 Baking Sheets
Large Skillet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Kale Slaw
Basil Aioli
Chicken Breast
Seasoned Panko
Breading
Fresh Mozzarella
Marinara Sauce

Good To Know

Our cage-free 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.

Health snapshot per serving – 980 Calories, 77g Protein, 58g Fat, 37g Carbs, 24 Freestyle Points.

Lighten Up Snapshot per serving - 780 Calories, 42g Fat, 25g Carbs, 17 Freestyle Points with two-thirds of the Basil Aioli, two-thirds the Seasoned Panko Breading, and two-thirds the sauce.

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

INGREDIENTS: Chicken Breast, Fresh Mozzarella, Tomatoes, Parmesan, Pecorino Romano, Panko Breadcrumbs, Kale, Broccoli, Brussels Sprouts, Green Cabbage, Radicchio Red Onion, Basil, Mayonnaise, Olive Oil, Oregano, Garlic, Paprika, Lemon, Kosher Salt, White Pepper.

meez meals

1. Getting Organized

Preheat your oven to 400.

2. Roast the Kale Slaw

Arrange the **Kale Slaw** in a single layer on a baking sheet. Drizzle with olive oil, salt & pepper. Bake until the edges start to char, about 10 to 12 minutes. Remove from the oven and mix right away with the **Basil Aioli** right on the baking sheet. Transfer to serving plates. Leave the oven on.

3. Prep the Chicken

While the veggies are cooking, very loosely wrap each **Chicken Breast** in saran wrap and place on a cutting board. Pound it until it starts to spread, using a meat tenderizer (mallet) or bottom of a small pot. Flip the chicken over and continue to pound until it is about ¼" thick and has doubled in size. Generously season with salt and pepper (we use ¼ tsp salt and ¼ tsp pepper, so use about half per side, or more if you like).

Spread the **Seasoned Panko Breading** evenly on a large plate and put each piece of chicken onto the breading. Press down to make sure the breading adheres then repeat on the other side.

4. Cook the Chicken

Heat 1 ½ Tbsp olive oil in a large skillet over medium high heat. When the oil is hot, add the chicken and cook, without disturbing, until the sides brown, about 1 minute. Flip and continue cooking until other side is brown as well, about 1 additional minute.

Transfer the chicken to a second baking sheet and top with the **Fresh Mozzarella**, two or three pieces per breast, centered the long-way. Drizzle the **Marina Sauce** down the center of the fresh mozzarella pieces.

Bake until the cheese starts to melt, about 8 to 10 minutes. Remove from the oven and let rest for 5 minutes.

5. Put It All Together

Serve the chicken parmesan on top of the basil aioli kale slaw. Enjoy!

Don't be afraid to get your aggression out on the chicken!

The chicken will not be fully cooked after its time in the skillet. It will finish cooking in the oven.

Only pour the sauce along the middle so the breading stays nice and crisp.

Fresh mozzarella doesn't melt completely but will be hot, soft and delicious.

Instructions for two servings.

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

Thai Sirloin Steak Udon Bowl

Thai flavors at their best. We're pairing an irresistible basil peanut sauce with sirloin steak and fresh peppers. Served over a bed of udon noodles, it's a dinner you'll crave again and again.

25 Minutes to the Table

25 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
Steak
Peppers & Onions
Thai Basil Peanut
Sauce

Make The Meal Your Own

If you ordered the **Carb Conscious version**, we sent you zucchini "noodles" instead of the udon noodles, reducing the **carbs per serving to 28g**. In step 4., while the steaks are resting, pat dry the zucchini noodles and add them to the empty skillet (without wiping it out). Cook on medium-high heat until they start to brown, about 2 to 3 minutes. Place directly on serving plates and top with the Thai basil beef, peppers and onions.

If you ordered the **gluten-free version**, you received rice noodles. Add the rice noodles to boiling water and cook until tender, 5-6 minutes. Drain, rinse under cold water and set aside.

Good To Know

Health snapshot per serving – 730 Calories, 40g Fat, 45g Protein, 55g Carbs, 21 Smart Points

Lighten Up snapshot per serving - 495 Calories, 25g Fat, 37g Protein, 34g Carbs, 14 Smart Points by using ½ the sauce and udon.

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

INGREDIENTS: Bell Peppers, Steak, Udon Noodles, Red Onion, Peanuts, Vegetable Oil, Rice Wine Vinegar, Tamari, 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 Peppers

While the udon is cooking, heat 2 Tbsp olive oil in a large skillet over medium-high heat. When the oil is smoking, add the **Peppers & Onions** and cook until browned, 4 to 7 minutes. Remove to a bowl or plate.

4. Cook the Steak

Return the now-empty skillet to the stove over high heat. Heat 1 Tbsp of oil in a skillet over high heat. While the skillet is heating, pat the **Steaks** 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 steaks. Cook until the bottoms brown and the sides start to color, about 3 minutes.

- **If you prefer your steak medium-rare**, flip and continue cooking 3 minutes. Remove from the heat and let rest for 5 minutes.
- **If you prefer your steak medium**, flip and continue cooking for 4 minutes. Remove from the heat and let rest for 5 minutes.
- **If you prefer your steak medium-well or well done**, flip and continue cooking for 5 to 6 minutes. Remove from the heat and let rest for 5 minutes.

After the steaks have rested, place them horizontally on a cutting board. Using a sharp knife, cut the steaks into even strips (we aim for ½" x 1" pieces). Toss the strips with the **Thai Basil Peanut Sauce**.

5. Put It All Together

Toss the udon noodles with Thai basil beef, peppers and onions.

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

Indian Grain Bowl with Mango Chili Sauce

There's nothing traditional about this test-kitchen favorite. We're using a mango-chili sauce to give an Indian flair to this hearty seared halloumi and grain bowl. Finished with a fresh cucumber salsa, the result is a speedy dinner that's totally unique!

15 Minutes to the Table

15 Minutes Hands On

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet

FROM YOUR PANTRY

Olive Oil

Salt & Pepper

6 MEEZ CONTAINERS

Halloumi Cheese

Grape Tomatoes

5-Grain Blend

Seasoned Hominy

Cucumber Salsa

Mango Chili Sauce

Good to Know

If you're cooking the **Carb Conscious version**, we sent you cauliflower "rice" instead of the 5-Grain Blend reducing the **carbs to 33g per serving**. Heat 1 Tbsp olive oil in a large skillet over high heat. When the oil is hot sauté the cauliflower until it starts to brown, about 3 to 4 minutes. Remove from the skillet use in place of the 5-Grain Blend as part of the bowl.

Health snapshot per serving – 580 Calories, 30g Protein, 26g Fat, 57g carbs, 19 Freestyle Points.

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

**SCAN QR CODE
to view YouTube
cooking video**



INGREDIENTS: Halloumi Cheese, Hominy, Corn, Cucumber, Red Onion, Tomato, Mango, Mae Ploy, Barley, Wild Rice, Wheat Berries, White Quinoa, Red Quinoa, Olive Oil, Garlic, Cilantro, Ginger, Coriander, Turmeric, Garam Masala, Cumin, Fenugreek, Lime, Salt.

meezmeals

1. Grill the Halloumi

Place the **Halloumi Cheese** on a cutting board and cut in half lengthwise, then slice into rectangles about 1/4" thick. You should have about 10 to 12 pieces per serving after slicing.

Heat 1 Tbsp of olive oil in a large skillet over medium heat. When the oil is hot, add the Halloumi and lightly season with pepper. Cook until one side is golden brown, about 2 minutes, then flip and cook the other side until golden brown, an additional 2 to 3 minutes. Do not wipe out pan.

2. Make the 5-Grain Blend and Hominy

Put the **Grape Tomatoes** in a ziplock bag and squish.

Return the now-empty skillet to the stove over medium heat with 1 Tbsp olive oil. When the oil is hot, add the **5-Grain Blend** and **Seasoned Hominy**. Sauté until the grains are hot, about 2 minutes. Turn off the heat and stir in the squished tomatoes, including the juices from the ziplock bag.

Transfer the contents of the skillet directly to serving bowls.

3. Put It All Together

Serve the grilled Halloumi on top of the grains. Top with the **Cucumber Salsa** and a generous drizzle of the **Mango Chili Sauce**. Enjoy!.

*We're sending
the halloumi
uncut to
maintain
maximum taste
and freshness.*

Instructions for two servings.

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

Aztec Salad with Avocado Chipotle Dressing

A ridiculously tasty salad with our signature avocado chipotle buttermilk dressing. With plenty of fresh greens, black beans, corn and tortilla chips, it's the perfect toss & serve lunch or light dinner.

5 Minutes to the Table

5 Minutes Hands On

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Mixing Bowl

FROM YOUR PANTRY

Salt & Pepper

5 MEEZ CONTAINERS

Spinach

Arcadian Lettuce

Corn, Tomato, & Beans

Avocado Chipotle Dressing

Tricolor Chips

Good to Know

Health snapshot per serving – 580 Calories, 23g Protein, 62g Carbs, 29g Fat, 15 Freestyle Points.

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

INGREDIENTS: Spinach, Arcadian Lettuce Blend, Black Beans, Corn, Tomato, Queso Fresco, Red Onion, Cilantro, Mayonnaise, Avocado, Chipotles in Adobo, Garlic, Buttermilk, Coriander, Cumin.

meez meals

1. Assemble the Salad

Combine the **Spinach, Arcadian Lettuce,** and **Corn, Tomato, & Beans** in a mixing bowl with the **Avocado Chipotle Dressing**. Season with salt and pepper to taste.

2. Serve and Enjoy!

Top the mixed salad with the **Tricolor Chips** and enjoy!

Instructions for two servings.

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