Monolitan Beef

**35 Min to Table**

**35 Min Hands On**

**1 Whisk Super Easy**

**Getting Started**

Put a saucepan of water on to boil.

**From Your Pantry**

You’ll need olive oil, salt and pepper

---

Omnivore Option

Roasted chicken breast is great with this dish.

---

Quick Tips

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**Panang Curry with Broccoli and Cauliflower**

**30 Min to Table**

**15 Min Hands On**

**1 Whisk Super Easy**

**Omnivore Option**

Put water on to boil. (1 cup per serving)

---

**Getting Started**

Put a saucepan of water on to boil.

---

**From Your Pantry**

You’ll need olive oil, salt and pepper.

---

**Getting Started**

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

---

**From Your Pantry**

You’ll need just a sprinkle of flour.

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**Omnivore Option**

Sliced salami or pepperoni are great additions.

---

**Getting Started**

Heat the olive oil in a large saucepan.

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**From Your Pantry**

You’ll need olive oil, salt, pepper, and flour.

---

**Picky Eaters Tip**

Serve their portion with plain olive oil

---

**From Your Pantry**

You’ll need olive oil, salt and pepper.

---

**Getting Started**

Preheat oven to 400.

---

**From Your Pantry**

You’ll need olive oil, salt and pepper.

---

**Getting Started**

Put water on to boil. (1 cup per serving)

---

**Panang Curry with Broccoli and Cauliflower**

**30 Min to Table**

**15 Min Hands On**

**1 Whisk Super Easy**

---

**Omnivore Option**

Roasted chicken breast is great with this dish.

---

**Getting Started**

Put water on to boil. (1 cup per serving)

---

**From Your Pantry**

You’ll need olive oil, salt and pepper.

---

**Picky Eaters Tip**

Serve their portion with plain olive oil

---

**Omnivore Option**

Sliced salami or pepperoni are great additions.

---

**Picky Eaters Tip**

Serve their portion with plain olive oil
<table>
<thead>
<tr>
<th>Dos Salsas Vegetarian Enchiladas</th>
<th>Chicken Scallopini with Hazelnut Whipped Butter</th>
<th>Caper Tilapia with Parsley and Potatoes</th>
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<tr>
<td>50 Min to Table</td>
<td>30 Min to Table</td>
<td>35 Min to Table</td>
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<tr>
<td>2 Whisk Hands On</td>
<td>2 Whisks Hands On</td>
<td>10 Min Hands On</td>
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<tr>
<td>Super Easy</td>
<td>Easy</td>
<td>Super Easy</td>
</tr>
<tr>
<td>Getting Started</td>
<td>Getting Started</td>
<td>From Your Pantry</td>
</tr>
<tr>
<td>Preheat your oven to 350.</td>
<td>Put a saucepan of water on to boil.</td>
<td>You will need 1 1/2 Tbsp butter per serving.</td>
</tr>
<tr>
<td>From Your Pantry</td>
<td>You’ll need olive oil, salt and pepper</td>
<td>Getting Started</td>
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<tr>
<td></td>
<td></td>
<td>Preheat your oven to 400.</td>
</tr>
<tr>
<td>Creamy Tomato Soup with</td>
<td>Honey BBQ Chicken &amp; Andouille Sandwich</td>
<td>Jerk Chicken</td>
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<tr>
<td>Grilled Cheese Croutons</td>
<td></td>
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<tr>
<td>20 Min to Table</td>
<td>20 Min to Table</td>
<td>45 Min to Table</td>
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<td>2 Whisk Hands On</td>
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</tr>
<tr>
<td>Super Easy</td>
<td>2 Whisk Hands On</td>
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</tr>
<tr>
<td>Getting Started</td>
<td>Getting Started</td>
<td>Super Easy</td>
</tr>
<tr>
<td>Cook the filling up to a day</td>
<td>Bring 4 cups of water to a boil.</td>
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<tr>
<td>ahead.</td>
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<tr>
<td>Meal Tip</td>
<td>Meal Tip</td>
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</tr>
<tr>
<td>You’ll need olive oil, salt and</td>
<td>Add a bit of cayenne pepper to the BBQ</td>
<td></td>
</tr>
<tr>
<td>pepper.</td>
<td>sauce for a kick.</td>
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<tr>
<td>From Your Pantry</td>
<td>You’ll need a little olive oil, salt and</td>
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<td></td>
<td>pepper.</td>
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<tr>
<td>From Your Pantry</td>
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<td></td>
</tr>
<tr>
<td>Recipe</td>
<td>Calories (grams)</td>
<td>Protein (grams)</td>
</tr>
<tr>
<td>-------------------------------------------------------</td>
<td>------------------</td>
<td>-----------------</td>
</tr>
<tr>
<td>Shrimp and Corn Chowder</td>
<td>470</td>
<td>37</td>
</tr>
<tr>
<td>Chicken Scallopini with Hazelnut Whipped Butter</td>
<td>795</td>
<td>71</td>
</tr>
<tr>
<td>(half the noodles and half the butter)</td>
<td>565</td>
<td>71</td>
</tr>
<tr>
<td>Caper Tilapia with Parsley and Potatoes</td>
<td>660</td>
<td>47</td>
</tr>
<tr>
<td>(⅓ the butter and oil, and ¾ potatoes)</td>
<td>515</td>
<td>47</td>
</tr>
<tr>
<td>Toasted Gnocchi with Mint-Basil Pesto</td>
<td>660</td>
<td>28</td>
</tr>
<tr>
<td>(1/2 the pesto, almonds and cranberries)</td>
<td>530</td>
<td>28</td>
</tr>
<tr>
<td>Honey BBQ Chicken &amp; Andouille Sandwich</td>
<td>843</td>
<td>74</td>
</tr>
<tr>
<td>Open face and 1/2 the bbq sauce</td>
<td>676</td>
<td>74</td>
</tr>
<tr>
<td>Panang Curry with Broccoli &amp; Cauliflower</td>
<td>325</td>
<td>28</td>
</tr>
<tr>
<td>(Use 1/4 peanuts and half the coconut sauce)</td>
<td>480</td>
<td>28</td>
</tr>
<tr>
<td>Mongolian Beef</td>
<td>660</td>
<td>42</td>
</tr>
<tr>
<td>(use 1/2 the noodles)</td>
<td>515</td>
<td>42</td>
</tr>
<tr>
<td>Jerk Chicken</td>
<td>655</td>
<td>55</td>
</tr>
<tr>
<td>(use 1/2 the rice)</td>
<td>540</td>
<td>55</td>
</tr>
<tr>
<td>Recipe</td>
<td>Calories</td>
<td>Protein (grams)</td>
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<td>----------------------------------------------------</td>
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</tr>
<tr>
<td>Cream of Tomato Soup with Grilled Cheese Croutons</td>
<td>740</td>
<td>19</td>
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<tr>
<td>(½ the bread and ½ the cheese)</td>
<td>610</td>
<td>19</td>
</tr>
<tr>
<td>Roasted Squash Pizza</td>
<td>725</td>
<td>45</td>
</tr>
<tr>
<td>(use half the cheese)</td>
<td>530</td>
<td>19</td>
</tr>
<tr>
<td>Dos Salsas Vegetarian Enchiladas</td>
<td>720</td>
<td>32</td>
</tr>
<tr>
<td>(half the tortillas and half the cheese)</td>
<td>520</td>
<td>31</td>
</tr>
<tr>
<td>Rockslide Brownie</td>
<td>550</td>
<td>5</td>
</tr>
<tr>
<td>Molten Chocolate Cake</td>
<td>520</td>
<td>7</td>
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<tr>
<td>THE Carrot Cake</td>
<td>540</td>
<td>6</td>
</tr>
<tr>
<td>Double Chocolate Cookies</td>
<td>380</td>
<td>4</td>
</tr>
<tr>
<td>Lemon Blueberry Cookies</td>
<td>360</td>
<td>3</td>
</tr>
<tr>
<td>Giant Sugar Cookies</td>
<td>630</td>
<td>6</td>
</tr>
</tbody>
</table>

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.
Shrimp and Corn Chowder

We love a hearty soup on a chilly night, and this recipe is a favorite. With shrimp, corn, butternut squash, bacon and a splash of cream, this recipe is comfort food at its best. (Did we mention it’s on the table in less than 30 minutes?)

**INGREDIENTS:** Shrimp, Butternut Squash, Corn, Lacinato Kale, Bacon, Red Onion, Cream, Vegetable Stock, Garlic, Paprika, Cumin, White Pepper, Old Bay, Black Pepper.

**Getting Organized**

**EQUIPMENT**
- Large Saucepan & Lid

**FROM YOUR PANTRY**
- Olive Oil
- Salt & Pepper
- 1 Teaspoon flour per serving

**5 MEEZ CONTAINERS**
- Shrimp
- Butternut Squash
- Lacinato Kale
- Chowder Broth
- Bacon & Spiced Corn

**30 Minutes to the Table**
**15 Minutes Hands On**
**1 Whisk  Super Easy**

**Health snapshot per serving** – 470 Calories, 37g Protein, 15g Fat, 50g carbs, 8 Freestyle Points.

**Have questions?** The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.
Instructions for two servings.

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

1. **Cook the Shrimp**
   Pat dry the **Shrimp** with a paper towel and heat 1 Tbsp olive oil in a large saucepan over medium-high heat. When the oil is hot, add the shrimp and cook for a minute on each side until they are opaque and no longer grey in color. Remove the shrimp from the skillet and place on a cutting board to cool, then cut shrimp in half and set aside. Do not wipe out saucepan.

2. **Cook the Veggies**
   Add 1 Tbsp olive oil to the now empty saucepan and heat over medium high heat. When the oil is hot, add the **Bacon & Spiced Corn** and the **Butternut Squash**. Stir once, then cook undisturbed until the squash starts to brown, about 4 to 5 minutes.

   Add 2 teaspoons of flour and stir until the flour starts to brown, about 2 minutes. Add the **Lacinato Kale** and cook, stirring frequently, until the kale turns bright green, about 2 to 3 minutes.

3. **Add the Broth**
   Add the **Chowder Broth**, and 2 cups water to the saucepan. Cover, and bring to a boil over high heat, then reduce heat to medium. Cook, covered, over a low boil until squash pieces are fork tender, about 15 to 18 minutes, stirring occasionally. Remove from the heat.

4. **Put It All Together**
   Stir in the cut shrimp, serve, and enjoy!
Chicken Scaloppini with Hazelnut Whipped Butter

Arguably one of our favorite Italian recipes. With thin chicken breast coated with a hazelnut and breadcrumb crust, egg noodles, sautéed spinach, crispy capers and hazelnut whipped butter, it’s comfort food taken up a notch.

Getting Organized

EQUIPMENT
- Large Skillet
- Saucepan
- Meat tenderizer (or small pot)

FROM YOUR PANTRY
- Olive Oil
- Salt & Pepper
- 6 MEEZ CONTAINERS
  - Chicken Breast
  - Hazelnut Crust
  - Egg Noodles
  - Hazelnut Whipped Butter
  - Spinach
  - Capers

Make The Meal Your Own

If you’re cooking the carb conscious version, we sent you yellow squash instead of egg noodles, reducing the carbs per serving to 14g. Skip step 1, then before step 5, heat 1 TBSP oil in the skillet on medium high heat. Cook the yellow squash until it starts to brown, about 2-3 minutes. Remove from the pan and set aside and then continue with adding the spinach and the rest of the recipe instructions as written.

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

Be sure to generously season your chicken with salt and pepper before cooking. We recommend using ¼ tsp of each.

Health snapshot per serving – 795 Calories, 36g Fat, 71g Protein, 49g Carbs, 19 Freestyle Points

Lightened-Up Health snapshot per serving – 565 Calories, 20g Fat, 29g Carbs, 11 Freestyle Points with half the egg noodles and half the Hazelnut Whipped Butter

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

INGREDIENTS: Chicken Breast, Egg Noodle, Spinach, Hazelnuts, Capers, Butter, Hazelnut Oil, Panko Breadcrumbs, Pecorino Romano, Black Pepper, Oregano, Basil, Onion, Paprika.
1. **Getting Organized**
   Put a saucepan of water on to boil.

2. **Prep the Chicken**
   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 **Hazelnut Crust** 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.

3. **Cook the Pasta**
   As soon as the water is boiling, add the **Egg Noodles** with a generous sprinkle of salt. Cook until the noodles are al dente, 5 to 6 minutes. Drain very thoroughly and return to the now empty saucepan with the heat off. Add half the **Hazelnut Whipped Butter** and stir until the butter is melted and has coated the noodles. Set aside until step 6.

4. **Cook the Chicken**
   While the pasta is cooking, heat 1½ Tbsp olive oil in a large skillet over medium-high heat. When the oil is hot, add the chicken to the pan and cook, without moving, until the sides brown, about two minutes. Flip and continue cooking until other side is brown as well, about two more minutes. Transfer the chicken to a cutting board and top with the remaining Hazelnut Whipped Butter. Set aside to rest for 5 minutes.

5. **Cook the Spinach and Capers**
   While the chicken is resting, wipe out the now-empty skillet and heat 1 Tbsp olive oil over medium high heat. Sauté the **Spinach** until it starts to wilt but is still green, about 2 to 3 minutes. Transfer the cooked spinach to the saucepan with the drained egg noodles and mix well. Do not wipe out the skillet.

   Drain the **Capers** of any excess liquid and add to the now-empty skillet. Cook over medium-high heat, undisturbed, until they start to get brown and crispy, about 3 to 4 minutes.

6. **Put It All Together**
   Spread the capers evenly over the noodles and spinach and top with the chicken. Enjoy!

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Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois
Caper Tilapia with Parsley and Potatoes

Sophisticated made easy. We’re serving seared tilapia with a classic beurre blanc sauce this week. It sounds fancy, but this parsley caper butter sauce comes together in a flash. Served over roasted potatoes, it's a recipe the whole family will love.

Getting Organized

EQUIPMENT
- Rimmed Baking Sheet
- Large Skillet

FROM YOUR PANTRY
- 3 Tbsp Butter
- Olive Oil
- Salt & Pepper

5 MEEZ CONTAINERS
- Fingerling Potatoes
- Tilapia
- White Wine
- Capers & Garlic
- Parsley

Make The Meal Your Own

If you ordered the carb conscious version, you received broccoli instead of fingerling potatoes reducing the carbs per serving to 16g. Preheat oven to 425 (rather than 400) and for step 2, place the broccoli on a baking sheet, drizzle with olive oil, salt and pepper and bake until the broccoli starts to brown, about 8 to 10 minutes.

To get your potatoes nice and crisp, arrange them skin-side up on your baking sheet.

Good To Know

The parsley caper butter sauce is our take on the classic French beurre blanc. It sounds complicated, but it’s simple to make and adds great flavor to the dish.

Health snapshot per serving – 660 Calories, 25g Fat, 47g Protein, 57g Carbs, 19 Smart Points

Lighten Up snapshot per serving – 515 Calories, 14g Fat, 45g Protein, 44g Carbs, 14 Smart Points with ½ the butter and oil, and ¾ potatoes.

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

INGREDIENTS: Fingerling Potatoes, Tilapia, White Wine, Caper, Parsley, Garlic
1. Getting Organized
   Preheat your oven to 400 degrees.

2. Prep and Roast the Potatoes
   Cut the Fingerling Potatoes in half lengthwise. Toss with 2 Tbsp of oil and season generously with salt and pepper. Arrange in a single layer on a baking sheet and roast until deep brown and crispy, about 30 minutes.

3. Cook the Tilapia
   When the potatoes have been cooking for 15 minutes, dry the Tilapia. Season the tilapia with ¼ tsp each salt and pepper. Heat 2 Tbsp oil in a large skillet over medium-high heat. When the oil is hot, add the tilapia and cook until browning on the bottom and coloring up the sides, about 3 to 4 minutes. Flip and cook an additional 3 to 4 minutes. Remove to a plate and let rest. Pour out any excess oil from the skillet.

4. Make the Sauce
   Cut 3 Tbsp cold butter in small chunks. Add the White Wine to the now-empty skillet, return skillet to stove and cook over medium high heat. Continue to stir, scraping up any browned bits from the bottom of the pan. Cook the wine until about 1/3 of it has reduced, about 3 to 6 minutes. Add the Capers & Garlic and cook 1 minute. Turn off the heat and stir in butter and Parsley.

5. Put It All Together
   Top the crispy potatoes with the fish and drizzle the white wine butter sauce over the top to serve.

Instructions for two servings.
Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois
**Toasted Gnocchi with Mint-Basil Pesto**

There's something magical about gnocchi when it's toasted. It gets crispy on the outside, tender on the inside, and totally delicious. We're tossing it with kale and a mint-basil pesto, then topping it with almonds and cranberries. It is an unexpected flavor combination you will just love.

**GETTING ORGANIZED**

**EQUIPMENT**
- Rimmed Baking Sheet
- Mixing Bowl

**FROM YOUR PANTRY**
- Olive Oil
- Salt & Pepper

**5 MEEZ CONTAINERS**
- Gnocchi
- Kale
- Mint-Basil Pesto
- Almonds & Cranberries
- Lemon

**MAKE THE MEAL YOUR OWN**

**Kids and Picky Eaters Tip** – This is a crowd-pleasing recipe! If you have someone who doesn’t love the pesto, though, serve his or her portion with plain olive oil.

**GOOD TO KNOW**

**If you're making the gluten-free version,** we’ve given you gluten-free gnocchi.

**Health snapshot per serving** – 660 Calories, 28g Protein, 16g Fat, 99g Carb, 20 Freestyle Points.

**Lightened-Up Health snapshot per serving** – 530 Calories, 9g Fat, 88g Carb, 15 Freestyle Points with half the pesto and half the almonds and cranberry.

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

**INGREDIENTS:** Gnocchi, Kale, Ricotta, Parmesan, Almonds, Cranberries, Garlic, Basil, Olive Oil, Lemon, Mint
1. Getting Organized
   Preheat your oven to 400 degrees.

2. Toast the Gnocchi
   Arrange the Gnocchi on a rimmed baking sheet and toss with olive oil, salt and pepper. Bake the gnocchi until it is golden brown, stirring once halfway through, about 15 to 20 minutes. Remove from the oven and set aside till step 4.

3. Roast the Kale
   While the gnocchi is cooking, on a second rimmed baking sheet, arrange the Kale in a single layer and drizzle with olive oil, salt and pepper. Place in the oven and cook until the edges start to crisp, about 13 to 15 minutes. Remove the kale from the oven and while still on the baking sheet combine with half the Mint-Basil Pesto.

4. Put It All Together
   Transfer the gnocchi and kale to serving bowls, toss and add remaining Mint-Basil Pesto to taste. Top with the Almonds & Cranberries and a generous squeeze of Lemon. Enjoy!

   Love this recipe?  #meezmagic

Instructions for two servings.
Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois
Honey BBQ Chicken & Andouille Sandwich

Sometimes we love a big, messy, delicious sandwich, and this gem is just what we’re craving. With pulled chicken and Andouille sausage simmered in a honey-BBQ sauce, pickled slaw and a cucumber and tomato salad, it’s homestyle Southern cooking with a Meez twist.

INGREDIENTS: Chicken Breast, Andouille Sausage, Bun, BBQ Sauce, Honey, Broccoli, Carrot, Red Onion, Bell Pepper, Cucumber, Celery, Tomato, Parsley, Garlic, Rice Wine Vinegar, Sugar, Kosher Salt.

Getting Organized

EQUIPMENT
2 Mixing Bowls
Large Skillet
Large Saucepan

FROM YOUR PANTRY
Oliver Oil
Salt & Pepper

6 MEEZ CONTAINERS
Chicken Breast
Pickled Slaw
Yellow Peppers
Cucumbers & Tomatoes
Andouille
Honey BBQ Sauce
Bun

Make the Meal Your Own

Love spicy? Our BBQ sauce is tangy but not spicy, add cayenne pepper for an extra kick

This sandwich is messy, and we think scooping up the extra bits that fall out onto your plate is part of the fun but feel free to use a fork and knife if you prefer...we won’t tell.

Good To Know

Health snapshot per serving – 840 Calories, 26g Fat, 80g Carbs, 74g Protein and 21 Freestyle Points

Lightened-Up Health snapshot per serving – 675 Calories, 24g Fat, 46g Carbs, and 14 Freestyle Points served open faced (only use half the bread) and half the BBQ sauce

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

meez meals
1. **Getting Organized**
   Bring 4 cups of water and a generous sprinkle of salt to boil in a large saucepan over high heat.

2. **Create the Salad**
   While the water is coming to a boil, drain all the liquid from the *Pickled Slaw* into a mixing bowl and reserve the veggies for Step 6. Add 1 Tbsp olive oil to the pickling liquid and the *Yellow Peppers, Cucumbers & Tomatoes*. Toss well, salt and pepper to taste and place the salad in the fridge until step 6.

3. **Cook the Chicken**
   Pat the *Chicken Breast* dry and sprinkle salt and pepper on both sides. When the water is boiling, add the chicken, cover, and reduce heat to medium-high.

   Cook on a low boil for 20 minutes, then remove the chicken and place on a cutting board. Hold the chicken in place with one fork and with a second fork, shred the chicken. Repeat for each breast.

4. **Cook the Sandwich Filling**
   Place the *Andouille* on a cutting board and cut in half the long way so you have two long, skinny halves. Lay the flat sides on the cutting board and slice into ½” wide half-moons.

   Heat a large skillet over high heat. When the pan is hot, add the sliced andouille and cook until it starts to brown, about 2 minutes. Reduce the heat to medium and add the *Honey BBQ Sauce*. Cook until the sauce is warm throughout, about a minute.

   Stir in the pulled chicken until it is thoroughly coated and the entire mixture is warm, another 1 to 2 minutes. Transfer the contents to a serving bowl and set aside for step 6. Wipe out the pan.

5. **Toast the Buns**
   Return the now empty skillet to the stove over medium heat. Lightly brush the inside of both halves of the *Bun* with olive oil and toast in the skillet until golden brown, about 2 to 3 minutes per side. Repeat for each bun.

6. **Put It All Together!**
   Load the sandwich with the pickled slaw on top of the pulled chicken and andouille. Serve with the *Yellow Pepper, Cucumber & Tomato Salad* on the side and enjoy!

Instructions for two servings

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois
Panang Curry with Broccoli & Cauliflower

Say goodbye to your favorite Thai restaurant! This curry is fresher and tastier than anything we’ve had outside of Bangkok. We’re cooking broccoli and cauliflower up in a delicious coconut and basil curry. Edamame and jasmine rice round it out. Yum! (Do note, this recipe has a spicy kick to it.)

Getting Organized
EQUIPMENT
Saucepan
Large Skillet

FROM YOUR PANTRY
Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS
Jasmine Rice
Edamame
Cauliflower & Broccoli
Seasoned Coconut Milk
Curry Paste
Peanuts

Make The Meal Your Own
If you ordered the Carb Conscious version, you received zucchini "noodles" instead of the jasmine rice, reducing the carbs per serving to 40g. Replace all of step 1 with these instructions: Heat 1 Tbsp olive oil in a large skillet over medium-high heat. When the oil is hot, add the Edamame and saute until it starts to soften, about 1 to 2 minutes. Then add the Zucchini “Noodles”, salt and pepper and cook until the zucchini starts to brown, about 2 to 3 minutes. Remove from heat and set aside.

Don’t love spice? The curry paste has a kick to it. Add just a little bit to start and taste as you go.

Good To Know
Health snapshot per serving – 630 Calories, 27g Protein, 15g Fiber, 33g Fat, 62g carbs, 16 Freestyle Points.

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

INGREDIENTS: Cauliflower, Broccoli, Coconut Milk, Rice, Edamame, Peanuts, Brown Sugar, Red Curry, Yellow Curry, Lime Juice, Basil
1. **Cook the Rice and Edamame**
   Put the *Jasmine Rice* into a saucepan with 2 cups of water and a pinch of salt. Bring to a boil, cover and let simmer for 15 minutes.

   After the rice has been simmering for 10 minutes, remove the lid and stir in the *Edamame*. Cover again, cook for 5 more minutes, then set aside.

2. **Cook the Cauliflower and Broccoli**
   After you’ve added the edamame to the rice, heat 1 Tbsp olive oil in a large skillet over medium-high heat.

   Add the *Cauliflower & Broccoli*, and cook until the broccoli is bright and the cauliflower is just fork tender, 10 to 12 minutes.

   Add the *Seasoned Coconut Milk* and half of the *Curry Paste* (more if you like it spicy) and simmer for 3 minutes. Serve the rice topped with the cooked vegetables and a sprinkling of *Peanuts*. Enjoy!

   *Add a little water to the sauce if you’d like it to be thinner.*

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Instructions for two servings.

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

*Love this recipe? *#meezmagic
Mongolian Beef

A Chinese favorite, even tastier cooked up at home. With seared steak, green onions, shiitake mushrooms and bok choy, it’s a dream stir-fry dinner that’s on the table in a heartbeat.

Getting Organized

EQUIPMENT
- Saucepan
- Large Skillet
- Small Bowl
- Colander

FROM YOUR PANTRY
- Olive Oil
- Salt & Pepper

7 MEEZ CONTAINERS
- Seasoned Cornstarch
- Noodles
- Steak
- Shiitake Mushrooms
- Bok Choy
- Tamari Sauce
- Green Onions

Make the Meal Your Own

If you are cooking the gluten-free version, we sent you Glass Noodles. Boil enough water to completely submerge the glass noodles, then place them in a mixing bowl large enough for them to lie flat on the bottom. When the water is boiling, carefully pour the water over the glass noodles until they are completely submerged. Let the noodles soak for 2 to 3 minutes until they are soft. Remove the noodles from the hot water, place in a colander, Drain the noodles well.

Good To Know

Health snapshot per serving – 660 Calories, 11g Fat, 42g Protein, 99g Carbs, 17 Smart Points

Lightened Up Health snapshot per serving – 515 Calories, 70g Carbs, 14 Smart Points using half the noodles.

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

1. Getting Organized
   Bring a saucepan of water to boil. Mix 1 Tbsp of the Seasoned Cornstarch and 1 Tbsp of water in a small bowl and set aside for step 5. Discard the remaining seasoned cornstarch.

2. Cook the Noodles
   Add the Noodles to the boiling water and cook for 3 minutes. Drain and rinse thoroughly with hot water, then drain again and set aside until step 6.

3. Cook the Steak
   Heat 1 Tbsp of olive oil in a skillet over high heat. While the skillet is heating, pat the Steaks dry with a paper towel.
   Cook until the bottoms brown & sides start to color, about 3 minutes. If you prefer your steak medium-rare, flip & continue cooking 3 min (medium 4 min., well done 5 to 6 min). Place on a cutting board to rest for 5 minutes. Do not wipe out the pan.
   Once the steaks have rested, using a sharp knife, cut the steak into even strips (we aim for ¼” by 1” pieces).

4. Sauté the Vegetables
   While the steaks are resting, cook the Shitake Mushrooms in the now empty skillet over high heat, until they soften, about 3 to 4 minutes. Add the Bok Choy and sauté until it starts to soften, about 1 to 2 minutes.

5. Make the Sauce
   Move the veggies to the outside edge of the skillet, making a well in the middle. Pour the Tamari Sauce in the center and bring to a boil. Stir the Seasoned Cornstarch/water mixture into the boiling sauce and cook until sauce thickens enough to coat the back of a spoon, about 2 to 3 minutes. Add the Green Onions and cook for 10 seconds. Remove the skillet from the heat and add the cooked steak.

6. Put It All Together
   Serve the contents of the skillet over the noodles. Enjoy!
Jerk Chicken

This recipe is also about the spices. We’re coating cage-free, chicken thighs in a classic spicy jerk seasoning and serving it over peppers, onions, black-eyed peas and rice. A sweet mango coulis finishes it all off. Yum!

Getting Organized

EQUIPMENT
Large Oven-Safe Skillet
Small Bowl

FROM YOUR PANTRY
Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS
Chicken
Rice
Black-Eyed Peas
Jerk Spices
Peppers & Onions
Mango Coulis

Make the Meal Your Own

If you’re cooking the Carb Conscious version, we sent you cauliflower “rice” instead of rice, reducing the carbs per serving to 34g. Prior to Step 2, heat 1 Tbsp olive oil in a large, oven-safe skillet over high heat. When the oil is hot, add the cauliflower “rice” and cook until it starts to brown, about 2 to 3 minutes. Remove from the heat and set aside. Return the cauliflower to the skillet for the last 5 minutes of step 4 when the skillet is cooling in the oven.

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 – 655 Calories, 55g Protein, 14g Fat, 81g carbs, 16 Smart Points.

Lighten Up snap shot per serving – 540 Calories, 53g Protein, 14g Fat, 13 Smart Points using half of the rice.

Have questions? The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.
1. Getting Organized
   Preheat your oven to 400.

2. Prepare the Chicken and Black-Eyed Peas
   Heat 1 Tbsp olive oil in a large, oven-safe skillet over medium-high heat. Place the Chicken in skillet and cook until slightly charred, about 4 to 5 minutes. Turn the chicken over and cook until the other side is slightly charred, another 3 to 4 minutes.
   Remove the chicken and set aside.
   Without wiping out the skillet, add the Rice, Black-Eyed Peas, ½ Tbsp of the Jerk Spices, and 2 cups of water and bring to a boil.

3. Season the Chicken
   While waiting for the water to boil, combine ½ Tbsp olive oil and the remaining Jerk Spices in a small bowl. Coat the bottom of the chicken with the seasoning mixture and then pat more onto the top.

4. Bake
   Once the water is boiling, add the Peppers & Onions and stir. Place the coated chicken on top and cover.
   Put the covered skillet in the oven and cook until the rice is tender, and the water has been absorbed, about 25 minutes. Check the water level at 20 and 25 minutes. If the rice isn’t fully cooked once the water has been absorbed, you can add a little more water and continue cooking until the rice is tender. Once the rice is to your liking, turn the oven off and leave the skillet in the cooling oven for an additional 5 minutes.

5. Put It All Together
   Place the chicken, rice, and veggies on a plate and drizzle the chicken with the Mango Coulis. Enjoy!

Instructions for two servings.
Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois
**Cream of Tomato Soup with Grilled Cheese Croutons**

We’re turning classic grilled cheese and tomato soup upside down by serving toasted gruyere croutons right in the creamy soup. The combination can’t be beat.

**Getting Organized**

**EQUIPMENT**
- Large Saucepan
- Baking Sheet

**FROM YOUR PANTRY**
- Olive Oil
- Salt & Pepper

**5 MEEZ CONTAINERS**
- French Roll
- Gruyere & Chives
- Seasoned Onions
- Tomatoes & Herbs
- Cream

**Make the Meal Your Own**

If you ordered the **Carb Conscious version**, we sent you cauliflower instead of the French roll to make cauliflower “croutons” (reducing the carbs per serving to 21g). In step 1 preheat the oven to 425 and place the Cauliflower in a single layer on a baking sheet. Drizzle with olive oil. Bake until the cauliflower starts to turn brown, about 15 to 17 minutes.

While still on the baking sheet, form the cauliflower, using a spoon, into two rectangles about 4” by 5”. Top each rectangle with half the **Gruyere & Chives** and return to the oven until the cheese is bubbly and starts to brown, about 8 to 10 minutes. Turn off the heat but leave the cauliflower and cheese in the oven until step 4.

**Good to Know**

- **Health snapshot per serving** – 740 Calories, 19g Protein, 62g Fat, 29g Carb, 30 Freestyle Points.

- **Lightened-Up Health snapshot per serving** – 610 Calories, 12g Protein, 55g Fat, 22g Carb, 26 Freestyle Points with ½ the bread and ½ the cheese.

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

**INGREDIENTS:** Tomatoes, French Roll, Gruyere, Cream, Basil, Chive, Onion, Vegetable Broth, Black Pepper.
1. Getting Organized
   Preheat oven to 350 degrees.

2. Prepare the Croutons
   Cut the French Rolls into ½” cubes and place on a baking sheet. Drizzle with olive oil, and lightly salt and pepper. Bake until the croutons brown, about 10 minutes. Cover the croutons with the Gruyere & Chives and return to the oven to bake until the cheese is melted and bubbly, about 3 to 5 additional minutes. Turn off oven but leave croutons inside to stay warm until the soup is done.

3. Cook the Soup
   While the croutons are baking, heat 1 Tbsp olive oil in a large saucepan over medium-high heat. When the oil is hot, add the Seasoned Onions and cook until they are brown and slightly translucent, about 4 minutes.

   Turn the heat to high, stir in the Tomatoes & Herbs and Cream and bring to a boil.

   Lower the heat to low, cover, and simmer for 5 minutes.

4. Finish and Serve
   Ladle the soup into serving bowls, top with the croutons, and enjoy!

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

There’s something about roasted butternut squash that makes everyone smile. Put roasted slices on top of a pizza with plenty of Parmesan and Mozzarella cheese, and it’s a sure-fire winner. We’re making our version with a creamy white bean alfredo sauce, so it’s also packed with protein. But it’s so delicious, no one would ever guess!

INGREDIENTS: Pizza Dough, Butternut Squash, Great Northern Beans, Mozzarella, Parmesan, Garlic, Half and Half, Parsley, Black Pepper.

30 Minutes to the Table
5 Minutes Hands On
1 Whisk Super Easy

Getting Organized
EQUIPMENT
Baking Sheet
FROM YOUR PANTRY
Olive Oil
4 MEEZ CONTAINERS
Butternut Squash
Pizza Dough
White Bean Alfredo
Mozzarella & Parmesan

Make the Meal Your Own
Take the pizza dough out of the fridge 15 minutes before you’re ready to start cooking.

Health Snapshot per serving: 725 Calories, 32g Fat, 66g Carbs, 45g Protein 20 Freestyle Points

Lightened up snapshot: 530 Calories, 19g Fat, 13 Freestyle Points using half the cheese.

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

Good to Know
Health snapshot per serving – 705 Calories, 33g Protein, 34g Fat, 68g carbs, 20 Freestyle Points.

Lightened up snapshot (½ cheese, ½ pesto cream) 530 Calories, 68g Carbs, 21g Fat, 21g Protein, 14 Freestyle Points

Have questions? The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.
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. Remove from the baking sheet and set aside.

3. Make the Pizza
   While the squash is roasting, sprinkle your counter with a little flour and stretch the Pizza Dough into shape.
   The size and thickness are up to you, we target about 5” wide by 7” long, but you can make yours however you like.

   Transfer the dough to the now empty baking sheet and 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. Let cool for 5 minutes, serve and enjoy!
Dos Salsas Vegetarian Enchiladas

There’s nothing like an enchilada when you’re craving comfort food. We’re making our version with sautéed mushrooms, spinach and kale, then serving it with smooth red and green salsas. It’s a fresh spin on a classic that’s on the table with just 20 minutes of hands-on cooking.

Getting Organized

EQUIPMENT
- Large Baking Dish
- Large Skillet

FROM YOUR PANTRY
- Olive Oil
- Salt & Pepper

6 MEEZ CONTAINERS
- Mushroom
- Spinach & Kale
- Tortillas
- Cauliflower & Mexican Cheese
- Green Salsa
- Red Salsa

Make the Meal Your Own

If you ordered the Carb Conscious version you received broccoli instead of the tortillas, reducing the carbs per serving to 32g. Prior to step 2, heat 1 Tbsp olive oil in a large skillet over medium-high heat. When the oil is hot, add the broccoli and sauté until it starts to brown, about 2 to 3 minutes. Remove from heat and set aside. In Step 4 Layer the cooked broccoli on top of the Red Salsa.

Good to Know

Health snapshot per serving – 720 Calories, 32g Protein, 69g Carbs, 39g Fat, 23 Freestyle Points.

Lightened-Up Health snapshot per serving – 520 Calories, 45g Carbs, 31g Fat, 16 Freestyle Points with half the tortillas and half the cheese.

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

1. **Getting Started**
   Preheat your oven to 350 degrees.

2. **Cook the Vegetables**
   Heat 2 Tbsp olive oil in a large skillet over medium-high heat. When the oil is hot, add the **Mushrooms** and sauté until they soften, about 3 minutes. Add the **Spinach and Kale** and cook until they wilt, about 3 additional minutes. Remove from the heat.

3. **Fill the Tortillas**
   Lay one **Tortilla** on a flat surface and put ¼ of the cooked veggies in the center, leaving room around the edged to be able to roll it. Remove half of the **Cauliflower & Mexican Cheese** and set it aside for step 4. Take ¼ of the other half of Cauliflower & Mexican Cheese and sprinkle it on top of the veggies. Then pour ¼ of the **Green Salsa** on top and roll into a long tube. Repeat for each tortilla.

4. **Bake the Enchiladas**
   Lightly spray or brush a baking dish large enough for the enchiladas to fit in a single layer with oil and cover the bottom with 1/3 of the **Red Salsa**. Carefully arrange the rolled enchiladas inside, leaving about ½ inch between each. Drizzle the remaining red salsa on and between the tortillas, then sprinkle the remaining Cauliflower & Mexican Cheese over top.

   Cover the baking dish with an oiled sheet of aluminum foil and bake until the sauce is hot, and the cheese has melted, about 25 to 35 minutes. Remove from oven and let rest for 10 minutes. Serve and enjoy!

   **The sauce between the enchiladas will keep them from sticking together. You may need to use a spatula to nudge them apart.**

   **Oil the shiny side of the foil. If you don’t have aluminum foil you can use a baking sheet.**

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Instructions for two servings.

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