### Tofu Pad Thai with Zucchini Noodles

<table>
<thead>
<tr>
<th>Time</th>
<th>Process</th>
<th>Notes</th>
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</thead>
<tbody>
<tr>
<td>20 Min</td>
<td>20 Min Hands On</td>
<td>1 Whisk Super</td>
</tr>
<tr>
<td></td>
<td>to Table</td>
<td>Easy</td>
</tr>
</tbody>
</table>

**Getting Started**
- Dry the zucchini noodles with a paper towel.

**From Your Pantry**
- You’ll need olive oil, salt, pepper, and eggs.

### Quick Tips

- **meez meals**

### Veggie Quesadilla Dippers

<table>
<thead>
<tr>
<th>Time</th>
<th>Process</th>
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<tbody>
<tr>
<td>35 Min</td>
<td>20 Min Hands On</td>
<td>1 Whisk Super</td>
</tr>
<tr>
<td></td>
<td>to Table</td>
<td>Easy</td>
</tr>
</tbody>
</table>

**Getting Started**
- Preheat your oven to 400.

**From Your Pantry**
- You’ll need flour, olive oil, salt and pepper.

**Meal Tip**
- Boil gnocchi for a softer texture.

### Honey Butter Chicken and Waffles

<table>
<thead>
<tr>
<th>Time</th>
<th>Process</th>
<th>Notes</th>
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</thead>
<tbody>
<tr>
<td>30 Min</td>
<td>30 Min Hands On</td>
<td>2 Whisk Easy</td>
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<tr>
<td></td>
<td>to Table</td>
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</tbody>
</table>

**Getting Started**
- Preheat your oven to 425.

**From Your Pantry**
- You’ll need one egg, olive oil, salt and pepper.

### Triple Mushroom Sugo with Toasted Gnocchi

<table>
<thead>
<tr>
<th>Time</th>
<th>Process</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>35 Min</td>
<td>20 Min Hands On</td>
<td>1 Whisk Super</td>
</tr>
<tr>
<td></td>
<td>to Table</td>
<td>Easy</td>
</tr>
</tbody>
</table>

**Getting Started**
- Preheat your oven to 400.

**From Your Pantry**
- You’ll need flour, olive oil, salt and pepper.

### Tuscan Cabbage and Kale Soup

<table>
<thead>
<tr>
<th>Time</th>
<th>Process</th>
<th>Notes</th>
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</thead>
<tbody>
<tr>
<td>25 Min</td>
<td>10 Min Hands On</td>
<td>1 Whisk Super</td>
</tr>
<tr>
<td></td>
<td>to Table</td>
<td>Easy</td>
</tr>
</tbody>
</table>

**From Your Pantry**
- You’ll need olive oil, salt and pepper

**Getting Started**
- Heat 1 Tbsp olive oil to a large saucepan over medium-high heat.
<table>
<thead>
<tr>
<th>Recipe</th>
<th>Time to Table</th>
<th>Hands On</th>
<th>Whisk</th>
<th>Time to Table</th>
<th>Hands On</th>
<th>Whisk</th>
<th>Time to Table</th>
<th>Hands On</th>
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<th>Time to Table</th>
<th>Hands On</th>
<th>Whisk</th>
<th>Time to Table</th>
<th>Hands On</th>
<th>Whisk</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Monlogan Beef</strong></td>
<td>35 Min</td>
<td>35 Min</td>
<td>1 Whisk</td>
<td>35 Min</td>
<td>35 Min</td>
<td>1 Whisk</td>
<td>35 Min</td>
<td>35 Min</td>
<td>1 Whisk</td>
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<td>1 Whisk</td>
<td>35 Min</td>
<td>35 Min</td>
<td>1 Whisk</td>
</tr>
<tr>
<td><strong>Tahitian Chicken Paella</strong></td>
<td>40 Min</td>
<td>20 Min</td>
<td>1 Whisk</td>
<td>40 Min</td>
<td>20 Min</td>
<td>1 Whisk</td>
<td>40 Min</td>
<td>20 Min</td>
<td>1 Whisk</td>
<td>40 Min</td>
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<td>1 Whisk</td>
<td>40 Min</td>
<td>20 Min</td>
<td>1 Whisk</td>
</tr>
<tr>
<td><strong>Swiss Potato Rosti</strong></td>
<td>10 Min</td>
<td>60 Min</td>
<td>1 Whisk</td>
<td>10 Min</td>
<td>60 Min</td>
<td>1 Whisk</td>
<td>10 Min</td>
<td>60 Min</td>
<td>1 Whisk</td>
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<td>60 Min</td>
<td>1 Whisk</td>
<td>10 Min</td>
<td>60 Min</td>
<td>1 Whisk</td>
</tr>
<tr>
<td><strong>Roasted Red Pepper Gnocchi with Smoky Sausage</strong></td>
<td>30 Min</td>
<td>30 Min</td>
<td>1 Whisk</td>
<td>30 Min</td>
<td>30 Min</td>
<td>1 Whisk</td>
<td>30 Min</td>
<td>30 Min</td>
<td>1 Whisk</td>
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<td>1 Whisk</td>
<td>30 Min</td>
<td>30 Min</td>
<td>1 Whisk</td>
</tr>
<tr>
<td><strong>Shrimp Po' Boy</strong></td>
<td>15 Min</td>
<td>15 Min</td>
<td>1 Whisk</td>
<td>15 Min</td>
<td>15 Min</td>
<td>1 Whisk</td>
<td>15 Min</td>
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<td>1 Whisk</td>
<td>15 Min</td>
<td>15 Min</td>
<td>1 Whisk</td>
</tr>
<tr>
<td><strong>Sweet Asian BBQ Salmon</strong></td>
<td>15 Min</td>
<td>15 Min</td>
<td>1 Whisk</td>
<td>15 Min</td>
<td>15 Min</td>
<td>1 Whisk</td>
<td>15 Min</td>
<td>15 Min</td>
<td>1 Whisk</td>
<td>15 Min</td>
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<td>1 Whisk</td>
<td>15 Min</td>
<td>15 Min</td>
<td>1 Whisk</td>
</tr>
</tbody>
</table>

**Getting Started**
- Put a saucepan of water on to boil.
- Preheat your oven to 375.
- Preheat oven to 400.

**From Your Pantry**
- You’ll need olive oil, salt and pepper
- You’ll need eggs, olive oil, salt and pepper.

**Leftovers Tip**
- Save some of the Coconut Soy Ginger Sauce to moisten the Paella when reheating.

**Meal Tip**
- For a softer texture, boil the gnocchi first.
- For a softer texture, boil the gnocchi first.
- For a softer texture, boil the gnocchi first.

- Spice it up with some cayenne pepper.
<table>
<thead>
<tr>
<th>Recipe</th>
<th>Calories (grams)</th>
<th>Protein (grams)</th>
<th>Fat (grams)</th>
<th>Carbs (grams)</th>
<th>Fiber (grams)</th>
<th>Sodium (milligrams)</th>
<th>Smart Points</th>
<th>Key Vitamins/Minerals (percent of recommended daily)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mongolian Beef</td>
<td>660</td>
<td>42</td>
<td>11</td>
<td>99</td>
<td>6</td>
<td>2016</td>
<td>17</td>
<td>71% Vitamin B-12, 57% Vitamin A, 27% Iron</td>
</tr>
<tr>
<td>(use 1/2 the noodles)</td>
<td>515</td>
<td>4</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>14</td>
<td></td>
</tr>
<tr>
<td>Tuscan Cabbage and Kale Soup</td>
<td>150</td>
<td>8</td>
<td>1</td>
<td>28</td>
<td>8</td>
<td>796</td>
<td>1</td>
<td>117% Vitamin A, 40% Vitamin C, 10% Calcium</td>
</tr>
<tr>
<td>Tofu Pad Thai with Zucchini Noodles</td>
<td>420</td>
<td>30</td>
<td>24</td>
<td>27</td>
<td>10</td>
<td>422</td>
<td>5</td>
<td>89% Vitamin A, 37% Vitamin C, 66% Calcium</td>
</tr>
<tr>
<td>Honey Butter Chicken &amp; Waffles</td>
<td>740</td>
<td>69</td>
<td>29</td>
<td>56</td>
<td>3</td>
<td>570</td>
<td>16</td>
<td>44% Vitamin A, 24% Vitamin B-6, 18% Folate</td>
</tr>
<tr>
<td>(½ the dressing, ½ the butter and 1 waffle)</td>
<td>595</td>
<td>17</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>11</td>
<td></td>
</tr>
<tr>
<td>Tahitian Chicken Paella</td>
<td>645</td>
<td>62</td>
<td>19</td>
<td>65</td>
<td>4</td>
<td>370</td>
<td>19</td>
<td>18% Vitamin B6, 218% Vitamin C, 3% Calcium</td>
</tr>
<tr>
<td>Shrimp Po’ Boy</td>
<td>325</td>
<td>34</td>
<td>11</td>
<td>53</td>
<td>5</td>
<td>1682</td>
<td>8</td>
<td>411% Vitamin A, 165% Vitamin C, 30% Iron</td>
</tr>
<tr>
<td>Sweet Asian BBQ Salmon</td>
<td>495</td>
<td>39</td>
<td>23</td>
<td>36</td>
<td>3</td>
<td>550</td>
<td>14</td>
<td>136% Vitamin A, 83% Vitamin C, 14% Vitamin B6</td>
</tr>
<tr>
<td>Veggie Quesadilla Dippers</td>
<td>625</td>
<td>31</td>
<td>30</td>
<td>61</td>
<td>11</td>
<td>1056</td>
<td>25</td>
<td>480% Vitamin A, 7% Vitamin B-6, 40% Vitamin C</td>
</tr>
<tr>
<td>Roasted Red Pepper Gnocchi with Smoky Sausage</td>
<td>675</td>
<td>27</td>
<td>15</td>
<td>109</td>
<td>7</td>
<td>1930</td>
<td>19</td>
<td>71% Vitamin C, 71% Vitamin A, 17% Calcium</td>
</tr>
<tr>
<td>(half the pesto cream and two-thirds of the gnocchi)</td>
<td>490</td>
<td>12</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>13</td>
<td></td>
</tr>
<tr>
<td>Recipe</td>
<td>Calories (grams)</td>
<td>Protein (grams)</td>
<td>Fat (grams)</td>
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<td>Fiber (grams)</td>
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<td>Smart Points</td>
<td>Key Vitamins/Minerals (percent of recommended daily)</td>
</tr>
<tr>
<td>-------------------------------------------------</td>
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<td>---------------------------------------------------</td>
</tr>
<tr>
<td>Triple Mushroom Sugo with Toasted Gnocchi</td>
<td>795</td>
<td>22</td>
<td>42</td>
<td>84</td>
<td>10</td>
<td>481</td>
<td>28</td>
<td>46% Vitamin D, 34% Vitamin A, 15% Vitamin B6</td>
</tr>
<tr>
<td>Swiss Potato Rösti</td>
<td>690</td>
<td>25</td>
<td>42</td>
<td>49</td>
<td>7</td>
<td>307</td>
<td>18</td>
<td>133% Vitamin A, 123% Vitamin C, 51% Calcium</td>
</tr>
<tr>
<td>(use ¾ of the potatoes and cheese sauce)</td>
<td>561</td>
<td>33</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>16</td>
<td></td>
</tr>
<tr>
<td>Molten Chocolate Cake</td>
<td>520</td>
<td>7</td>
<td>31</td>
<td>54</td>
<td>3</td>
<td>360</td>
<td>28</td>
<td>30% Iron, 4% Vitamin A, 6% Calcium</td>
</tr>
<tr>
<td>Caramel Apple Pie Dessert Bar</td>
<td>290</td>
<td>3</td>
<td>14</td>
<td>39</td>
<td>1</td>
<td>180</td>
<td>15</td>
<td>2% Vitamin C, 6% Vitamin A, 2% Calcium</td>
</tr>
<tr>
<td>Honduran Chocolate Brownies (Gluten-Free)</td>
<td>340</td>
<td>4</td>
<td>18</td>
<td>42</td>
<td>3</td>
<td>140</td>
<td>16</td>
<td>4% Vitamin C, 15% Iron, 6% Vitamin A</td>
</tr>
<tr>
<td>Lemon Blueberry Cookies</td>
<td>360</td>
<td>3</td>
<td>16</td>
<td>51</td>
<td>1</td>
<td>290</td>
<td>18</td>
<td>25% Vitamin C, 8% Vitamin A, 8% Iron</td>
</tr>
<tr>
<td>Kitchen Sink Cookies</td>
<td>380</td>
<td>5</td>
<td>19</td>
<td>49</td>
<td>2</td>
<td>400</td>
<td>17</td>
<td>20% Iron, 8% Vitamin A, 4% Calcium</td>
</tr>
<tr>
<td>Chocolate Chunk Cookies</td>
<td>180</td>
<td>2</td>
<td>9</td>
<td>22</td>
<td>1</td>
<td>170</td>
<td>9</td>
<td>2% Calcium, 4% Vitamin A, 2% Calcium</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.
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
- Shitake Mushrooms
- Bok Choy
- Tamari Sauce
- Green Onions

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.

meez meals
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.

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 *Shiitake 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!
Tuscan Cabbage and Kale Soup

Cold weather calls for soup, and this Italian classic is one of our favorites. With white beans, fresh kale and cabbage cooked up in a rich tomato broth. Served up with a sprinkling of Pecorino Romano, it’s cooked from scratch in less than thirty minutes.

INGREDIENTS: Cabbage, Kale, Great Northern Beans, Tomatoes, Onions, Celery, Carrots, Pecorino Romano, Garlic, Vegetable Stock, Miso, Black Pepper, Thyme, Liquid Smoke.

Getting Organized

EQUIPMENT
Large Saucepan with a cover

FROM YOUR PANTRY
Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS
Broth Starter
Beans & Tomatoes
Cabbage & Kale
Mirepoix
Pecorino Romano

Good to Know

Health snapshot per serving – 150 Calories, 8g Protein, 28g Carbs, 1g Fat, 1 Freestyle Point.

Have questions? The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.
1. **Cook the Mirepoix**
   Heat 1 Tbsp olive oil to a large saucepan over medium-high heat. When the oil is hot add the **Mirepoix** (onions, celery, carrots & garlic) to the saucepan and cook, stirring continuously, until the onions start to brown, about 2 minutes.

2. **Make the Broth**
   Stir in the **Broth Starter, Beans & Tomatoes**, and 2 cups of water, cover, and bring to a boil. Once the soup is boiling, reduce heat to medium and let simmer, covered for 8 minutes.

3. **Cook the Cabbage & Kale**
   Add the Cabbage & Kale and cook until it softens but the kale still maintains its green color, about 3 minutes.

4. **Serve and Enjoy**
   Ladle the soup into bowls and top with the Pecorino Romano. Enjoy!
Tofu Pad Thai with Zucchini Noodles

Your favorite Thai dinner cooked by you. Our fresh tamarin and miso Pad Thai sauce is perfect with sautéed tofu, edamame, cabbage and carrots. Served over zucchini noodles, it’s as low-carb dinner that’s as healthy as it is delicious.

INGREDIENTS: Zucchini, Tofu, Edamame, Cabbage, Carrots, Onion, Peanuts, Basil, Garlic, Tamari, Tamarind, Miso, Brown Sugar.

Make the Meal Your Own

Pad Thai is listed at number five on a list of "World's 50 most delicious foods" readers' poll compiled by CNN.

Good to Know

Our Tofu is non-GMO, organic and oh so delicious!

Health snapshot per serving – 420 Calories, 30g Protein, 24g Fat, 5 Freestyle Points.

Have questions? The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.
1. **Cook the Zucchini Noodles**
   Heat 1 Tbsp olive oil in a large skillet over high heat.
   Dry the **Zucchini Noodles** with a paper towel. When the oil is very hot, place the zucchini noodles in the pan in a single layer spread evenly across the entire skillet. Cook, without stirring, until the zucchini noodles are slightly charred, 2 to 3 minutes. Remove from the pan and set aside.

2. **Sauté the Tofu and Vegetables**
   Add 2 Tbsp olive oil and return the skillet to the stove over high heat. When the oil is very hot, add the **Tofu** and sauté until the edges are crispy, about 2 minutes.
   Place the **Vegetables** in the skillet and cook until the carrots start to soften, and the cabbage turns bright green, about 2 minutes.

3. **Cook the Eggs**
   Beat 2 eggs in a small bowl.
   Lower the heat to medium and push the vegetables and tofu to one side of the pan. Pour the eggs into the open space and cook until the eggs are no longer liquid, about 1 to 2 minutes, then break up the eggs and stir them into the vegetables and tofu.

4. **Put It All Together**
   Pour the **Pad Thai Sauce** into the skillet and mix until all are coated. Remove from the heat.
   Add the zucchini noodles back to the pan, stirring until they are also coated in sauce.
   Plate the Pad Thai and top with the **Peanuts**. Enjoy!

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Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois
Honey Butter Chicken & Waffles

Chicken & Waffles taken up a notch. Or two or three. With roasted leeks, crispy buttermilk-breaded chicken, and sweet honey-butter served over a Belgian waffle, you’ve got a sophisticated spin on a down-home classic that’s on the table in just 30 minutes.

INGREDIENTS: Chicken, Belgian Waffle, Leeks, Buttermilk, Panko, Mayonnaise, Butter, Honey, Chive, Black Pepper, Kosher Salt, Thyme, Basil, Oregano, Celery Salt, Dry Mustard, Paprika, Garlic, Ginger, White Pepper.

Getting Organized

EQUIPMENT
Large Skillet
Baking Sheet

FROM YOUR PANTRY
One Egg
Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS
Leeks
Chicken
Buttermilk Dressing
Breading
Honey Butter
Belgian Waffles

Good to Know

We’re sending you the waffles already cooked, so no waffle iron required 😊

Family favorite!

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 – 740 Calories, 69g Protein, 29g Fat, 16 Freestyle Points

Lighten-Up Health snapshot per serving – 595 Calories, 67g Protein, 17g Fat, 11 Freestyle Points with half the dressing, half the butter and ½ waffle per serving.

Have questions? The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.
1. Roast the Leeks
   Preheat oven to 425. Arrange the Leeks in a single layer on a rimmed baking sheet and drizzle lightly with olive, oil, salt and pepper. Cook until they begin to crisp, about 10 minutes. Set aside for step 5.

2. Prepare the Chicken
   While the leeks are roasting, pat dry and very loosely wrap each Chicken breast in saran wrap and place on a cutting board. Using a meat tenderizer (mallet) or bottom of a small pot, pound the thicker sections of the breast until each has reached uniform thickness. 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).

   In a mixing bowl, mix half the Buttermilk Dressing with one egg. Spread the Breading evenly on a large plate. Now dip the chicken breast completely into the buttermilk dressing and let any excess drip off. Then put each piece of chicken onto the breading. Press down to make sure the breading adheres then repeat on the other side. Discard any unused buttermilk dressing and breading.

3. Cook the Chicken
   Heat 2 Tbsp olive oil in a large skillet over medium heat. When the oil is hot add the breaded chicken and cook until the breading is golden brown, about 4 minutes. Flip and cook the other side until it is also brown, an additional 4 minutes. Remove from the heat.

   While the chicken is resting, place the Honey Butter on top of the chicken breasts to melt.

4. Heat the Waffle
   Wipe out the skillet and return to the stove over medium heat. Cook the Belgian Waffles until the first side is lightly brown. Flip and cook the other side until it is also brown, and the waffle is warmed thoroughly. Remove from heat and place directly on serving plates.

5. Put It All Together
   Drizzle the remaining buttermilk dressing on the waffles, cover with the roasted leeks and top with the chicken and melted honey butter. Enjoy!

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

Tropical flavors give the classic Spanish paella a twist we just love. With caramelized pineapple, sweet bell peppers, cage-free chicken breast and a coconut soy ginger sauce, this rice casserole is bursting with flavor.

INGREDIENTS: Chicken Breast, Coconut Milk, Pineapple, Bell Peppers, Rice, Pineapple Juice, Onion, Tamari Sauce, Cashews, Brown Sugar, Cilantro, Garlic, Herbs and Spices

Make The Meal Your Own
Leftovers from this dish make a delicious snack or next-day lunch. If you plan to save some for a later meal, reserve a bit of the coconut soy ginger sauce to moisten the paella when you reheat it.

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
The trick to this dish is to use a large skillet or frying pan that will be safe in the oven. The rice should fit in a thin layer so it can develop crusty bits on the bottom, which is our favorite part of paella.

Don’t have an oven-safe skillet? You can transfer the paella to a large casserole dish, instead.

Health snapshot per serving – 645 Calories, 62g Protein, 4g Fiber, 19 Smart Points

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

40 Minutes to the Table
20 Minutes Hands On
1 Whisk Super Easy
1. **Getting Organized**
   Preheat your oven to 375.

2. **Prep the Chicken**
   Place the Chicken Breast on a cutting board. Using a sharp knife, cut the chicken breast lengthwise into long strips, about \( \frac{1}{4} \)" wide. Rotate the chicken breast 90 degrees and then cut across to create small, even cubes of chicken.

   Once the chicken is cut, generously sprinkle with salt and pepper (we use \( \frac{1}{4} \) tsp salt and \( \frac{1}{4} \) tsp pepper, so use about half per side, or more if you like).

3. **Cook the Chicken and Vegetables**
   Heat 1 Tbsp oil in a large, oven-safe skillet over high heat. Add the cubed chicken breast and cook, stirring occasionally, until no longer pink on the outside, about 3 to 5 minutes. Add the Pineapple & Peppers and continue cooking until the vegetables are soft and fragrant, 3 to 5 minutes.

4. **Prepare and Bake the Paella**
   Stir the Rice in to the pan along with \( \frac{3}{4} \) of the Coconut Soy Ginger Sauce and 1 cup of water. Bring to a boil and then cover (if your skillet doesn’t have a lid, use aluminum foil).

   Put the skillet into the oven and cook the paella until the rice is tender and the water has been absorbed, about 30 minutes. Check at 20 and 25 minutes for water level. 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, but leave the skillet in for an additional 5 minutes.

   Be sure to save \( \frac{1}{4} \) of the coconut soy ginger sauce. You’ll need it at the end to finish the dish.

   Resist the urge to stir the paella, let it cook undisturbed.

5. **Put It All Together**
   Top the paella with Cashews and drizzle with the remaining sauce. Serve and enjoy!

Instructions for two servings.
Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois
**Shrimp Po' Boy**

The quintessential New Orleans sandwich made fresh in your kitchen. We’re not sure if it’s our Cajun marinade or classic remoulade, but this dinner is just plain delicious. We’re serving it up with pickled veggies and Cajun-spiced kale.

### Getting Organized

**EQUIPMENT**
- Large Skillet

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

**6 MEEZ CONTAINERS**
- Shrimp
- Cajun Marinade
- Kale
- New Orleans Style Roll
- Remoulade Sauce
- Pickled Veggies

### Make the Meal Your Own

If you ordered the **Carb Conscious version**, we sent you cauliflower instead of the New Orleans Style Roll, reducing the **carbs to 31g per serving**. Before step 4., while the shrimp is resting and without wiping out the pan, add the cauliflower and cook over medium-high heat until the cauliflower is brown, about 2 to 3 minutes. Place the cooked cauliflower on top of the Cajun-spiced kale and top with the shrimp, pickled veggies, and remoulade sauce.

**Love spicy?** Add additional cayenne pepper for an extra kick

### Good to Know

The term “Po' Boy” (from “poor boy”) was invented by the Martin brothers, Benny and Clovis, as a sandwich to feed striking streetcar drivers in New Orleans in 1929

**Health snapshot per serving** – 425 Calories, 11g Fat, 5g Fiber, 53g Carbs, 34g Protein and 8 Freestyle Points

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

### INGREDIENTS:
- Shrimp, Bun, Kale, Zucchini, Yellow Squash, Broccoli, Carrots, Mayonnaise, Green Onion,
- Apple Cider Vinegar, Cajun Spices, Dijon Mustard, Ketchup, Lemon, Miso, Parsley, Garlic,
- Sriracha, Black Pepper, Sugar, Chicken Stock, Kosher Salt.
1. **Marinate The Shrimp**
   Pat the *Shrimp* dry with a paper towel and place in a zip lock bag. Add half the *Cajun Marinade* to the bag, seal, shake well, and let sit for at least 5 minutes. Retain the remaining marinade for step 2.

2. **Cook the Kale**
   While the shrimp is marinating, heat 1 Tbsp olive oil in a large skillet over medium-high heat. When the oil is hot add the *Kale* along with the remaining Cajun Marinade and a little salt and pepper. Cook until the kale is soft, about 3 to 4 minutes. Transfer the kale to a serving dish and wipe out the pan.

3. **Cook the Shrimp**
   Heat 1 Tbsp olive oil in the now empty skillet over medium-high heat. When the oil is hot, discard the marinade and add just the shrimp to the pan. Cook for a minute on each side until they are opaque and no longer grey in color. Remove the shrimp from the skillet and let rest. Wipe out the pan.

4. **Toast the Bun**
   Separate both of the *New Orleans Style Rolls* into two halves. Lightly brush both sides of all four halves with olive oil. Lay the bun halves in the skillet and toast over medium-high heat until they are golden brown and start to crisp, about 30 to 45 seconds, then flip and repeat, another 30 to 45 seconds.

5. **Build Your Po’ Boy**
   Spoon a very generous portion of *Remoulade Sauce* on one half of the bun, followed by half the shrimp. Drain the *Pickled Veggies* very well and arrange on top of the shrimp. Finish the Po’ Boy with the top half of the bun. Repeat for the second sandwich and serve with the kale on the side. Enjoy!

**Instructions for two servings**

*Meez Meals* *1459 N. Elmwood Avenue* *Evanston* *Illinois*
**Sweet Asian BBQ Salmon**

We adore the dark, tangy-sweet flavor of Asian BBQ sauce. We're pairing it with seared salmon, sautéed carrots and green cabbage for a dinner that’s fresh, tasty, and on the table in just 15 minutes.

**Get Organized**

**EQUIPMENT**
- Large Skillet
- Mixing Bowl

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

**5 MEEZ CONTAINERS**
- Cabbage & Carrots
- Salmon
- Sweet BBQ Sauce
- Ginger Dressing
- Sesame Seeds

**Make the Meal Your Own**

Want to spice it up? Add sriracha or gochujang to the sauce. Both are great ways to dial up the heat.

**Good To Know**

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

Health snapshot per serving – 495 Calories, 23g Fat, 36g Carbs, 39g Protein and 14 Freestyle Points

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

INGREDIENTS: Salmon, Cabbage, Carrots, Yellow Onion, Mae Ploy Sauce, Celery, Honey, Tamari, Garlic, Ginger, Crushed Red Pepper, Brown Sugar, Sesame Oil, Rice Wine Vinegar, Ketchup, Sugar, Lemon, Sesame Seeds

meez meals
1. **Sauté the Veggies**
   Heat 1 Tbsp olive oil in a large skillet over high heat. When the oil is hot, add the Cabbage & Carrots and cook until they start to soften, 1 to 2 minutes. Remove from the pan, place in a mixing bowl, and toss with two-thirds of the Ginger Dressing (the lighter colored orange sauce). Add additional dressing to taste.

2. **Cook the Salmon**
   Wipe out the skillet and heat 2 Tbsp of oil in over medium-high heat. Dry the Salmon with a paper towel and when the oil is hot, cook until it turns brown, about 3 minutes. Flip and add the Sweet BBQ Sauce (the darker brown sauce) and cook the other side for 3 additional minutes, while spooning the sauce on top of the salmon. The sauce should thicken enough to be able to coat the back of a spoon.

3. **Put It All Together**
   Serve the salmon over the veggies and drizzle a bit of the sauce from the pan on top. Sprinkle with the Sesame Seeds, serve and enjoy!
Veggie Quesadilla Dippers

We’re cooking up fun-to-eat mini quesadillas packed with melty Mexican cheese and enough summer squash to get your veggies, too. The magic is in our three tasty dipping sauces: enchilada tomato, cilantro lime crema, and chipotle adobo. With a corn and black bean salad on the side, it’s a dinner that the whole family will go crazy for.

Getting Organized

EQUIPMENT
- Large Skillet
- Baking Sheet
- 2 Large Mixing Bowls

FROM YOUR PANTRY
- Olive Oil
- Salt & Pepper

7 MEEZ CONTAINERS
- Mini Tortillas
- Squash & Zucchini
- Mexican Cheese
- Corn & Beans
- Enchilada Tomato Salsa
- Cilantro Lime Crema
- Chipotle Adobo Sauce

Make the Meal Your Own

We’re giving you three different dipping sauces, but don’t hold back if you’ve found a favorite; there’s enough to do your dipping in one. Any leftover sauce is tasty with blanched cauliflower or raw cucumbers.

Meez Family Favorite!

Good to Know

Health snapshot per serving – 625 Calories, 31g Protein, 30g Fat, 25 Smart Points.

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

INGREDIENTS: Tortilla, Zucchini, Squash, Monterey Jack Cheese, Chihuahua Cheese, Corn & Bean Salad (Black Beans, Corn, Queso Fresco, Red Onion, Cilantro, Chipotle Adobo Sauce (chipotles in adobo, garlic, low fat buttermilk, coriander, cumin), Enchilada Tomato Salsa (Enchilada Sauce, Cilantro, Oregano, Tomatoes, Garlic, Cumin, Coriander), Cilantro Lime Crema (Sour Cream, Pineapple, Lime, Apple Cider, Cilantro, Cumin, Kosher Salt)
1. Getting Organized
   Preheat your oven to 425

2. Sauté the Squash Medley
   Heat 1½ Tbsp olive oil in a large skillet over medium-high heat. Add the Squash & Zucchini and sauté for 2 minutes. Remove from heat and set aside.

3. Create the Mini Quesadillas
   Remove six Mini Tortillas from the package and brush one side of each very lightly with olive oil. Place the tortillas, olive oil side down, on a baking sheet. Divide half of the Mexican Cheese across the six tortillas. Divide all the squash & zucchini between the tortillas, then distribute the rest of the cheese. Top each of the six builds with another mini tortilla and gently press down. Brush the tops very lightly with olive oil.

   Bake for 6 minutes, then flip each mini quesadilla and cook until the edges are golden brown, about 5 to 6 additional minutes.

4. Prepare the Corn & Bean Salad and Dipping Sauces
   While the quesadillas are cooking, place the Corn & Beans in a mixing bowl and toss with ½ of the Enchilada Tomato Salsa (it is the brown sauce with tomato chunks). Pour the other half in a small bowl for dipping.

   Take the other two dipping sauces - Cilantro Lime Crema, and Chipotle Adobo Sauce – and pour each of those into small bowls.

5. Put It All Together
   Slice each mini quesadilla into quarters and serve with the three dipping sauces and Corn & Bean Salad on the side. Enjoy!

Instructions for two servings.
Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois
Roasted Red Pepper Gnocchi with Smoky Sausage

We go wild for roasted red pepper sauce. It has a mellow, creamy flavor that has us coming back for seconds. We’re serving it up this week over toasted gnocchi and sautéed smoky sausage. Finished with fresh basil pesto cream, it’s a sophisticated dinner that’s on the table in just thirty minutes.

**Getting Organized**

**EQUIPMENT**
- Large Skillet
- Baking Sheet

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

5 MEEZ CONTAINERS
- Gnocchi
- Smoky Sausage
- Peas & Red Peppers
- Roasted Red Pepper Sauce
- Basil Pesto Cream

**Make the Meal Your Own**

We love the crunchy texture of toasted gnocchi but if you prefer it softer you can boil the gnocchi for 6 to 8 minutes.

**Good to Know**

**Health snapshot per serving** – 675 Calories, 27g Protein, 15g Fat, 19 Freestyle Points.

**Lightened-Up Health snapshot per serving** – 490 Calories, 21g Protein, 12g Fat, 13 Freestyle Points with half the pesto cream and two-thirds of the gnocchi.

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

2. Toast the Gnocchi
   Place the Gnocchi on a baking sheet and toss with olive oil, salt and pepper. Bake until gnocchi are golden brown, about 16 to 18 minutes, stirring once after 10 minutes of cooking. Remove from oven and set aside.

3. Cook the Sausage
   While the gnocchi are cooking, cut the Smoky Sausage once down the middle lengthwise and then slice each of the two halves into ¼” thick half-moons.

   Heat a large skillet over medium-high heat and when the pan is hot, add the sausage and sauté until they are slightly crispy, about 4 minutes. Remove the sausage from the skillet and place on a paper-towel-lined plate.

4. Make the Sauce
   Wipe out the skillet and warm over medium heat. Add the Peas & Red Peppers and Roasted Red Pepper Sauce (the red sauce), and heat until warm, about 2 minutes. Stir in the toasted gnocchi and cooked sausage and remove from heat.

5. Put It All Together
   Spoon into bowls and drizzle with the Basil Pesto Cream. Enjoy!

Instructions for two servings.
Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois
Triple Mushroom Sugo with Toasted Gnocchi

A rich mix of three types of mushrooms, plush a splash of cream, makes for a classic Italian sauce perfect with crispy gnocchi. Be prepared for decadent flavors without all the fuss, or calories.


Getting Organized

EQUIPMENT
- Medium Skillet
- Large Skillet
- Rimmed Baking Sheet

FROM YOUR PANTRY
- Flour (½ Tbsp per serving)
- Olive Oil
- Salt & Pepper

5 MEEZ CONTAINERS
- Gnocchi
- Onions & Garlic
- Mushrooms
- Cream Sauce
- Green Onion

Good To Know

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

Health snapshot per serving – 795 Calories, 42g Fat, 22g Protein, 84g Carbs, 28 Freestyle Points.

Lightened Up Health snapshot per serving – 610 Calories, 22g Fat, 19 Freestyle Points with half the sauce.

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. Toast the Gnocchi
   Put the Gnocchi on a rimmed baking sheet in a single layer, preferably lined with parchment paper, and drizzle with olive oil, salt and pepper. Bake until golden on the outside and tender on the inside, about 20 to 25 minutes. (Go ahead and test one out, just to be sure. But fair warning – it’s hard to stop at just one.)

3. Make the Sauce
   While the gnocchi are toasting, heat 1 Tbsp olive oil in a large skillet over high heat. When the oil is hot, add the Onions & Garlic and cook until the onions start to brown on the edges, about 2 to 3 minutes. Add the Mushrooms to the skillet and cook, stirring frequently, until browned, about 5 to 7 minutes.

   Remove half the mushrooms and set aside. Add 1 Tbsp of flour and mix well so the mushrooms in the skillet are coated. Cook until the flour starts to brown, about 1 minute.

   Add the Cream Sauce to the skillet and stir until the sauce is smooth, about 1 minute. Bring the sauce to a boil, then reduce the heat to medium and simmer until the sauce thickens enough to coat the back of a spoon, about 3 to 5 minutes. Remove from the heat.

4. Put It All Together
   Once the gnocchi are toasted, stir them into the mushroom cream sauce until well coated. Mix in the Green Onions and spoon into serving bowls. Top with the remaining mushrooms and enjoy!

   We love the crispy texture of toasted gnocchi. If you prefer softer gnocchi, though, boil it for 6 to 8 minutes.

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

We’re channeling Switzerland’s classic potato fritter this week to create the ultimate hands-free casserole. With shredded potatoes, butternut squash, brussels sprouts, leeks and lots of melty gruyere and cheddar, it’s a cozy meal that’s just ten minutes hands-on.

**Getting Organized**

**EQUIPMENT**
- Skillet
- Baking Sheet
- Oven-Safe Casserole Dish
- Large Mixing Bowl

**FROM YOUR PANTRY**
- Olive Oil
- Salt & Pepper
- Egg (1 per serving)

**4 MEEZ CONTAINERS**
- Shredded Potatoes
- Squash
- Rösti Cheese Sauce
- Brussels & Leeks

**Make the Meal Your Own**

Rösti is classic comfort food from Switzerland. Swiss canton of Bern farmers needing fuel for a long day’s work were plated up a mountain of grated potatoes, onions, an egg on top. We’re putting a Meez twist by baking instead of frying and adding a mountain of veggies!

**Family favorite!**

**Good to Know**

**Health snapshot per serving** – 690 Calories, 25g Protein, 42g Fat, 18 Freestyle Points.

**Lighten-Up Health snapshot per serving** – 561 Calories, 22g Protein, 33g Fat, 16 Freestyle Points using ¾ of the potatoes and cheese sauce

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

**INGREDIENTS:** Potatoes, Squash, Brussels Sprouts, Leeks, Green Onion, Sour Cream, Yogurt, White Cheddar, Gruyere, Garlic, Paprika, Black Pepper, Onion Powder.
1. **Getting Organized**
   Preheat oven to 425. Use cooking spray or a brush to oil the bottom of a loaf pan or casserole dish.

2. **Roast the Potatoes**
   Line a baking sheet with parchment paper (or very lightly spray cooking oil or brush with olive oil). Spread the **Shredded Potatoes** (white thin julienned strips) in one thin layer and drizzle lightly with olive oil salt and pepper. Bake until the edges of the potatoes are golden brown and crispy, about 40 minutes. When finished remove from oven and set aside.

3. **Mix the Ingredients and Bake**
   In a large mixing bowl combine the **Squash** (small orange cubes), **Rösti Cheese Sauce** (a thick sauce), and **Brussels & Leeks**. Mix very thoroughly.

   Pour the contents into a casserole dish and bake until the top is brown, about 50 minutes. Remove from the oven and set aside to cool for 5 minutes.

4. **Cook the Eggs and Enjoy!**
   While the contents of the casserole dish are resting, crack one egg in a skillet with a little butter or cooking spray, over medium-high heat and cook until the white is opaque and the yolk has set, about 1 to 2 minutes. Repeat for each serving.

   Top the roasted potatoes with the contents of the casserole dish and serve the eggs over each diner’s portion. Add salt and pepper to taste and enjoy!

Instructions for two servings.

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