

Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmnded daily)	
Maple Roasted Chicken Thighs with Cheesy Biscuits (eat 1/2 the cheesy biscuit & 1/2 the maple glaze)	860 650	37 37	41 16	85 57	8 6	860 1540	25 25	27 20	100% Vitamin A 80% Vitamin D	100% Vitamin C 70% Iron
Maui Salmon Rice Bowl	530	40	16	57	6	1540	25	10	80% Vitamin D	70% Iron
Honey & Tamari Glazed Mushrooms with Udon Noodles	440	13	8	93	6	2030	37	14	30% Vitamin C	10% Iron
Bistro Steak with Pesto Penne	555	45	25	40	7	387		16	72% Vitamin B-12	25% Calcium
Tikka Masala (Use 2/3 butter and tikka masala sauce)	745 560	20 42	61 37	37 10	992			26 18	151% Vitamin A 88% Vitamin C	
Sweet Asian BBQ Chicken	660	51	7	103	4	950	69	19	107% Vitamin B6	20% Vitamin C
Pulled Pork Birria Tacos (use 2 tortillas, 2/3 of the cheese & salsa)	970 730	64 37	53 37	63 CC 39	13	1000	13	29 21	80% Calcium 50% Vitamin A	

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Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of recommended daily)
Rotini with Basil Oil & Pecorino	400	19	6	72	16	218		11	190% Vitamin C, 14% Calcium
Nut-Crusted Salmon with Roasted Zucchini	430	38	26	12	4	74		4	49% Vitamin A, 41% Vitamin C
Lemon-Chai Brussels Sprouts Over Pearl Couscous (½ cheese, nuts and vinaigrette)	865	19	7	44	10	518	7	29	34% Vitamin A, 41% Folate
Shrimp Caldo Rojo	515		37					17	
Shrimp Caldo Rojo	560	37	11	77	16	935		11	80% Vitamin A, 56% Vitamin C
Add a Protein All-Natural Chicken Breast	220	41	5	0	0	85	0	3	90% Vitamin B6, 4% Iron
Add a Protein Bistro Chateau Steak	220	30	10	0	0	75	0	5	10% Iron, 10% Potassium
Add a Protein Norwegian Salmon	220	35	0	0	0	130	0	4	60% Vitamin B6, 15% Potassium
Add a Protein Premium Shrimp	120	28	0.5	0	0	170	0	1	8% Potassium, 4% Iron

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Tiramisu for Two	290	5	15	35	1	40	29		6% Calcium 2% Iron
THE Carrot Cake	540	6	34	49	2	440	36	13	6% Vitamin C 6% Calcium
Oreo Mousse Pie	760	8	49	78	3	390	52		6% Calcium 6% Iron
Chocolate Chunk Cookies	180	2	9	22	1	170	10	9	2% Calcium 4% Vitamin A
Peanut Butter Cookies	400	8	22	45	2	330		18	4% Iron 6% 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.

Sweet Asian BBQ Chicken

15 Min to Table	15 Min Hands On	1 Whisk Super Easy
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Getting Started	Heat 1 Tbsp olive oil in a large skillet.
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From Your Pantry	You'll need some olive oil, salt and pepper.
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Maui Salmon Rice Bowl

20 Min to Table	15 Min Hands On	1 Whisk Super Easy
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Getting Started	Put a saucepan of water on to boil.
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From Your Pantry	You'll need olive oil.
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Quick Tips



Rotini with Basil Oil and Pecorino

25 Min to Table	25 Min Hands On	1 Whisk Super Easy
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Getting Started	Put a saucepan of water on to boil.
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Omnivore Option	Baked Chicken breast would be delicious!
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Bistro Steak with Pesto Penne

20 Min to Table	25 Min Hands On	1 Whisk Super Easy
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Getting Started	Put a saucepan of water on to boil.
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Meal Tip	Cook up to 2 days in advance for an easy dinner or lunch.
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Nut-Crusted Salmon with Roasted Zucchini

25 Min to Table	15 Min Hands On	1 Whisk Super Easy
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Getting Started	Preheat your oven to 400.
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From Your Pantry	You'll need olive oil, salt and pepper.
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Shrimp Caldo Rojo

30 Min to Table	15 Min Hands On	1 Whisk Super Easy
Getting Started Heat 2 Tbsp of oil in a large saucepan or Dutch oven over medium-high heat.		
From Your Pantry	You'll need olive oil, salt and pepper	

Honey & Tamari Glazed Mushrooms with Udon Noodles

25 Min to Table	20 Min Hands On	1 Whisk Super Easy
Getting Started Bring a medium saucepan of water to boil.		
From Your Pantry	You'll need olive oil, salt and pepper	

Lemon-Chai Brussels Sprouts Over Pearl Couscous

20 Min to Table	10 Min Hands On	1 Whisk Super Easy
Omnivore Option Halibut tastes great with this recipe.		
Getting Started	Preheat your oven to 400 and boil some water.	

Tikka Masala

20 Min to Table	20 Min Hands On	1 Whisk Super Easy
Getting Started Slice the Halloumi Cheese.		
From Your Pantry	You'll need salt and pepper.	
Meal Tip Halloumi will not melt when cooked.		

Pulled Pork Birria Tacos

25 Min to Table	20 Min Hands On	2 Whisks Easy
Meal Tip You may need to cook the tacos in batches.		
Getting Started	Bring the Birria Sauce to a boil	

Maple Roasted Chicken Thighs with Cheesy Biscuits

40 Min to Table	15 Min Hands On	1 Whisk Super Easy
Getting Started Preheat the oven to 425.		
From Your Pantry	You'll need olive oil, milk, butter, salt and pepper.	
Meal Tip Add thighs should reach a temp of 165.		

Maple Roasted Chicken Thighs with Cheesy Biscuits

This dinner is pure comfort. Crispy chicken thighs get finished in a rich maple glaze, then served over roasted kale and sweet butternut squash. Add warm, buttery cheddar biscuits on the side and you've got a cozy, craveable meal that feels like a hug on a plate.

Getting Organized

EQUIPMENT

Large Skillet
2 Baking Sheets

FROM YOUR PANTRY

Olive Oil
Salt & Pepper
Milk (1/4 cup/svg.)
Butter (1 Tbsp/svg.)

5 MEEZ CONTAINERS

Chicken Thighs
Cheesy Biscuit Mix
Butternut Squash
Kale
Maple Glaze

Good to Know

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.

Health snapshot per serving – 860 Calories, 41g Fat, 85g Carbs, 37g Protein, and 27 Freestyle Points.

Lightened-up health snapshot per serving – 650 Calories, 37g Fat, 50g Carbs, and 20g Freestyle Points, by eating half of the cheesy biscuit and half of the maple glaze.

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

INGREDIENTS: Chicken Thighs, Butternut Squash, Kale, Biscuit Mix, Maple Syrup, White Cheddar, Apple Juice, Apple Cider Vinegar, Fontina, Chive, Paprika, Garlic, Onion Powder, Cinnamon, Thyme, Black Pepper, Cayenne Pepper.



1. Get Organized

Preheat the oven to 425. Spray or brush a baking sheet with oil.

2. Cook the Chicken Thighs

Pat dry the **Chicken Thighs** with a paper towel and season with salt and pepper on both sides. Heat 1 Tbsp olive oil in a large skillet over medium heat. When the oil is hot, add the thighs, skin side down and cook undisturbed until the skin is brown and crispy, about 20 to 25 minutes. Flip and continue cooking undisturbed until the other side is also crispy and brown, an additional 4 to 6 minutes. Remove from the skillet and place on a cutting board to rest. Leave a light coating of the chicken fat in the skillet (for flavor) but use a tongs and paper towel to dab any areas where excess fat has pooled. Do not wipe out the skillet.

3. Make the Biscuits

While the chicken is cooking, combine the **Cheesy Biscuit Mix** with $\frac{1}{4}$ cup of milk. Stir well making sure there are no pockets of dry flour. Using your hands, separate the dough into two portions and shape into roughly $\frac{1}{2}$ " tall biscuits by 4" to 5" wide pucks and add to the oiled baking sheet. Bake until golden brown, 18 to 20 minutes. Remove from the oven and immediately spread 1 Tbsp of butter on top of each biscuit.

4. Roast the Kale and Squash

As soon as the biscuits are in the oven, add the **Butternut Squash** to a second baking sheet. Toss with olive oil salt and pepper and arrange in a single layer on one half. Add the **Kale** to the other half of the baking sheet and toss with olive oil salt and pepper, then arrange in a single layer. Bake until the squash starts to brown and is fork tender and the kale starts to brown and get crispy, about 18 to 20 minutes.

5. Make the Glaze

Add the **Maple Glaze** to the now-empty chicken skillet and bring to a boil over medium-high heat. Lower the heat to medium-low and simmer, stirring occasionally, until it thickens enough to coat the back of a spoon, 3 to 4 minutes. Turn off the heat & return the chicken thighs to the skillet. Using tongs, slide both sides of the chicken in and out of the glaze getting as much coverage as possible until the thighs are well coated.

6. Put It All Together

Combine the kale and squash and serve topped with the glazed chicken thighs. Drizzle the remaining glaze over top of the dish and serve the cheesy biscuits on the side. Enjoy!

Instructions for two servings.

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

Check the skin on the thighs occasionally to prevent them from burning. Lower the heat if they start to burn.

The thighs should reach a minimum temp of 165.

Tikka Masala

Creamy, complex, and flat out delicious, tikka masala is one of our favorite Indian recipes. We're making our version this week with seared halloumi cheese, tender chickpeas, and fresh greens. Cooked up in just one pan, it's a twenty-minute dinner we love.

Getting Organized

EQUIPMENT

Large Skillet

FROM YOUR PANTRY

Salt and Pepper

5 MEEZ CONTAINERS

Halloumi Cheese

Seasoned Butter

Tikka Masala

Sauce

Chickpeas &

Tomatoes

Arugula &

Spinach

Add Protein Cooking Instructions

Integrate into recipe: Prior to step 1, cook the protein (per instructions below) and then slice into strips (flake the salmon, leave shrimp whole) and stir into the sauce in step 3.

Cook protein: Lightly sprinkle the protein with salt & pepper. Heat a large skillet with 1-2 Tbsp olive oil on medium-high heat (high for steak.) When the oil is hot, cook the protein until the:

CHICKEN is crisp and brown, about 4 to 5 minutes per side. Let rest for 5 minutes.

STEAK bottoms are brown and sides start to color, about 4 minutes per side for medium (3 min med-rare and 5-6 min for well done.) Let rest for 5 minutes.

SALMON is crisp and brown, about 4 minutes per side. Let rest for 5 minutes.

SHRIMP are opaque and no longer grey in color, about 1 minute per side.

Good to Know

Health snapshot per serving – 745 Calories, 20g Protein, 61g Fat, 37g Carbs, 26 Freestyle Points.

Lightened up health snapshot per serving – 560 Calories, 42g Fat, 33g Carbs, 18 Freestyle Points using 2/3 of the Butter and 2/3 of the Tikka Masala Sauce.

20 Minutes to the Table

20 Minutes Hands On

1 Whisk Super-Easy

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cooking video



INGREDIENTS: Halloumi, Spinach, Arugula, Chickpeas, Tomato, Butter, Cream, Cilantro, Garlic, Ginger, Garam Masala, Cayenne Pepper, Turmeric, Coriander, Lime, Sugar.

meez meals

1. Sear the Halloumi

Slice the **Halloumi Cheese** into $\frac{1}{2}$ inch cubes. Add half the **Seasoned Butter** to a large skillet over medium heat. Once the butter is melted, add the cubed Halloumi in a single layer. Lightly sprinkle with pepper and cook, undisturbed, until the bottoms brown, about 3 minutes. Turn the cheese and cook until that side also browns, about 3 additional minutes. Remove the Halloumi from the skillet and set aside. Do not wipe out the skillet.

We are sending the Halloumi uncut to maintain its freshness and taste.

2. Make the Tikka Masala Sauce

Return the now-empty skillet to the stove over medium-high heat. Add the **Tikka Masala Sauce, Chickpeas & Tomatoes**, and remaining seasoned butter, and bring the entire mixture to a boil. Reduce the heat to medium and simmer until the sauce thickens slightly, about 4 minutes.

Halloumi will not melt when cooked.

Add the **Arugula & Spinach** and stir, coating the veggies in the sauce. Work in batches if necessary and cook until the arugula & spinach has wilted. Remove from the heat.

The Arugula & Spinach is bulky when uncooked but it reduces quickly. Add it to the skillet in batches.

3. Put It All Together

Add the seared Halloumi to the cooked veggies and sauce and mix well. Enjoy!

Instructions for two servings.

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

Bistro Steak with Pesto Penne

An Italian classic. We're tossing sirloin steak with a creamy basil pesto. With sautéed spinach, mushrooms and penne pasta, it's a meal we can't stop eating.

25 Minutes to the Table

20 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Saucepan
Mixing Bowl
Skillet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Penne Pasta
Basil Pesto Cream
Mushrooms
Sirloin
Spinach
Parmesan

Make The Meal Your Own

If you ordered the **Carb Conscious version**, we sent you zucchini "noodles" instead of the pasta, reducing the **carbs per serving to 14g**. Skip step 1. Prior to step 2., heat 1 Tbsp olive oil in a large skillet over high heat. When the oil is hot, add the zucchini and cook until it starts to brown, about 2 to 3 minutes. Transfer the zucchini "noodles" to a mixing bowl and combine with half of the Basil Pesto Cream. Serve instead of the pasta in step 6.

Picky Eater Tip – The mushrooms are packaged separately, so you can serve them just to the diners who love them.

Good To Know

Be sure to generously season your steak with salt and pepper before cooking; the salt adds flavor while also keeping the meat tender. Chef Max recommends using $\frac{1}{2}$ tsp of each.

Health snapshot per serving – 650 Calories, 51g Protein, 23g Fat, 57g Carbs, 17 Smart Points

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

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INGREDIENTS: Sirloin Steak, Spinach, Cremini Mushrooms, Penne Pasta, Parmesan, Heavy Cream, Basil, White Wine, Lemon Juice, Garlic

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1. Get Organized

Put a saucepan of water on to boil.

2. Cook the Pasta

Add the **Penne Pasta** to the boiling water and cook until al dente, about 12 to 14 minutes. Drain and return to the saucepan. Stir half of the **Basil Pesto Cream** into the warm pasta to coat.

3. Brown the Mushrooms

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

4. Cook the Steaks

Return the now-empty skillet to the stove with 1 tsp oil over high heat. While the skillet is heating, pat the **Sirloin** dry with a towel and season generously with salt and pepper (we recommend $\frac{1}{2}$ tsp of each). When the skillet is very hot, add the sirloin. Cook until the bottoms brown & sides start to color, about 3 minutes. Flip and continue cooking for 3 minutes if you prefer your steak **medium-rare**. (Cook for 4 minutes for **medium**, and 5 to 6 for **well done**). Set aside to rest for 5 min.

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 $\frac{1}{2}$ " x 1" pieces).

5. Cook the Spinach

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

6. Put It All Together

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

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

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

Honey & Tamari Glazed Mushrooms with Udon Noodles

Umami-rich cremini mushrooms are a perfect pairing for a savory honey and tamari sauce. With snow peas, cabbage, and udon noodles, it's a speed Asian-inspired dinner the whole family will love.

25 Minutes to the Table

20 Minutes Hands On

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Medium Saucepan
Large Skillet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Udon Noodles
Seasoned Onions
Snow Peas & Cabbage
Cremini Mushrooms
Honey & Tamari Glaze
Green Onion & Cilantro

Add Protein Instructions

Integrate into recipe: Prior to step 4, cook the protein and let rest, then slice into 1/2" strips (flake the salmon and cut the shrimp in half.) Stir into the mushrooms and glaze in step 4.

Cook protein: Lightly sprinkle the protein with salt & pepper. Heat a large skillet with 1-2 Tbsp olive oil on medium-high heat (high for steak). When the oil is hot, cook the protein until the:

CHICKEN is crisp and brown, about 4 to 5 minutes per side. Let rest for 5 minutes.

STEAK bottoms are brown, and sides start to color, about 4 minutes per side for medium (3 min for med-rare and 5-6 min for well done). Let rest for 5 minutes.

SALMON is crisp and brown, about 4 minutes per side. Let rest for 5 minutes.

SHRIMP are opaque and no longer grey in color, about 1 minute per side.

Good to Know

Health snapshot per serving – 440 Calories, 8g Fat, 93g Carbs, 13g Protein, and 14 Freestyle Points.

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

INGREDIENTS: Mushrooms, Udon Noodles, Snow Peas, Cabbage, Mae Ploy, Yellow Onion, Tamari, Brown Sugar, Honey, Green Onion, Ginger, Garlic, Cilantro, Sesame Oil, Vegetable Stock, Miso, Parsley, White Pepper



1. Get Organized

Bring a medium saucepan of water to a boil.

2. Cook the Udon

Add the **Udon Noodles** to the boiling water and cook until tender, about 10 to 14 minutes. Place the noodles in a colander and rinse thoroughly with hot water. Drain well and set aside in the colander. Wipe out the saucepan.

Heat 1 Tbsp olive oil in the now-empty saucepan over medium-high heat. When the oil is hot, add the **Seasoned Onions**. Cook until the onions begin to soften, about 1 to 2 minutes. Add the drained udon noodles back and stir. Cover and set aside.

3. Sauté the Asian Veggies

While the noodles are cooking, heat 1 Tbsp olive oil in a large skillet over medium-high heat. When the oil is hot, add the **Snow Peas & Cabbage** with a sprinkle of salt and pepper. Sauté, stirring frequently, until the edges of the cabbage char, about 4 to 5 minutes. Transfer the veggies to the saucepan with the udon and onions and stir. Cover and set aside until step 5. Wipe out the skillet.

4. Cook the Mushrooms

Heat 1 Tbsp olive oil in the now-empty skillet over medium-high heat. When the oil is hot, add the **Cremini Mushrooms** and cook until they brown and the liquid is evaporated, about 5 to 6 minutes. Add the **Honey & Tamari Glaze** and cook, stirring occasionally, until the glaze thickens enough to coat the mushrooms, an additional 3 to 4 minutes.

5. Put It All Together

Serve the noodles and veggies topped with the glazed cremini mushrooms. Sprinkle the **Green Onion & Cilantro** over top and enjoy!

Be sure to get all the seasoned onions out of the saucepan to not miss any deliciousness.

Instructions for two servings.

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

Maui Salmon Rice Bowl

Meez's version of a poke bowl, it's fast, filling, and a flavor sensation. We're making ours with a teriyaki and pineapple sauce that's a perfect match for seared salmon, edamame and crunchy fresh veggies.

20 Minutes to the Table

15 Minutes Hands On

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet
Saucepans

FROM YOUR PANTRY

Olive Oil

6 MEEZ CONTAINERS

Jasmine Rice
Green Onions
Salmon
Pineapple Teriyaki
Cucumber, Edamame &
Shredded Veggies
Sesame Seeds

Good To Know

If you ordered the **Carb Conscious** version we sent you zucchini noodles instead of jasmine rice. Skip step 1. Heat 1 Tbsp olive oil in a large skillet. When the oil is hot, add the zucchini and sear for 2 minutes, then stir in half of the Green Onions & Sesame Seeds as in step 2.

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

Health snapshot per serving – 530 Calories, 16g Fat, 57g Carbs, 40g Protein and 10 Freestyle Points.

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

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INGREDIENTS: Salmon, Jasmine Rice, Cucumber, Edamame, Green Onion Carrot, Red Cabbage, Tamari, Pineapple, Ginger, Garlic, Cilantro, Sesame Oil, Black Sesame Seeds, Toasted Sesame Seeds, Lime

meeZ
meals

1. Get Ready

Bring a saucepan of water to a boil.

2. Cook the Rice

Add the **Jasmine Rice** to the boiling water and cook until tender, about 12 to 15 minutes. Drain well and return to the saucepan. Stir in half the **Green Onions** then cover and set aside.

3. Cook the Salmon

While the rice is cooking, heat 1 Tbsp olive oil in a large skillet over medium-high heat. Dry the **Salmon** with a paper towel. When the oil is hot, add the salmon and cook until it turns brown, about 3 minutes. Flip the salmon and add the **Pineapple Teriyaki** sauce. Continue cooking, spooning the sauce on top of the salmon frequently, until the sauce is thick enough to coat the back of a spoon, about 4 additional minutes.

4. Put It All Together

Serve the salmon and **Cucumber, Edamame & Shredded Veggies** alongside each other and on top of the rice (poke bowl style). Drizzle the entire dish with the Pineapple Teriyaki sauce still left in the skillet, and sprinkle with the remaining green onions and the **Sesame Seeds**. Enjoy!

Instructions for two servings

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

Lemon Chai Brussels Sprouts Over Pearl Couscous

We crave the sunny flavors of the Mediterranean this time of year. One bite of this gem, and we were transported. The magic comes from lemon-chai vinaigrette, which has a depth of flavor that pairs perfectly with crispy Brussels sprouts. We're serving it over pearl couscous with feta and walnuts.

20 Minutes to the Table

10 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Rimmed
Baking Sheet
Saucepan

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Brussels Sprouts
Couscous
Lemon Chai
Vinaigrette
Feta Cheese
Walnuts

Make The Meal Your Own

Integrate into recipe: While the brussels sprouts are roasting in step 2, cook the protein (per instructions below) and then slice into strips (shred the chicken, flake the salmon, leave shrimp whole) and serve on top of the couscous before topping with the Feta and Walnuts.

Cook protein: Lightly sprinkle the protein with salt & pepper. Heat a large skillet with 1-2 Tbsp olive oil on medium-high heat (high for steak.) When the oil is hot, cook the protein until the:

CHICKEN is crisp and brown, about 4 to 5 minutes per side. Let rest for 5 minutes.

STEAK bottoms are brown and sides start to color, about 4 minutes per side for medium (3 min for med-rare and 5-6 min for well done.) Let rest for 5 minutes.

SALMON is crisp and brown, about 4 minutes per side. Let rest for 5 minutes.

SHRIMP are opaque and no longer grey in color, about 1 minute per side.

Good To Know

This meal is low in carbs but to turn it into a fully **Carb Conscious version with only 24g of carbs per serving**, use half the couscous. **If you're making the vegan version**, we're skipping the feta. Add an extra pinch of salt. **If you're making the gluten-free version**, bring 2.5 cups of water to a boil, add the quinoa and a dash of salt.

Cover and lower the heat to a simmer. Cook for 12 to 15 minutes, until the grain blooms and most of the liquid is absorbed. Fluff it up and let it sit covered for 5 minutes more.

Health snapshot per serving – 865 Calories, 19g Protein,

10g Fiber, 44g Carbs, 29 Smart Points

Lightened up snapshot – 515 Calories, 37g Fat and

17 Smart Points with ½ the cheese, nuts and vinaigrette.

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INGREDIENTS: Brussels Sprouts, Couscous, Feta Cheese, Vegetable Oil, Walnuts, Lemon, Green Onions, Brown Sugar, Garlic, Herbs & Spices

meez meals

1. Get Organized

Preheat your oven to 400 and put a saucepan of water on to boil.

2. Roast the Brussels Sprouts

Put the **Brussels Sprouts** on to a rimmed baking sheet and drizzle with olive oil, salt and pepper. Toss well, then arrange in a single layer and bake until brown and crispy, 12 to 15 minutes.

3. Cook the Couscous

While the sprouts are cooking, salt your boiling water generously and add the **Couscous**. Cook until al dente, 5 to 10 minutes. Drain, return to the saucepan and set aside until the sprouts are done cooking.

4. Put It All Together

When the sprouts are done, add them to the saucepan with the couscous and stir in the **Lemon-Chai Vinaigrette**. Heat over medium until warm throughout, about 2 minutes.

Top with the **Feta Cheese** and **Walnuts** and enjoy!

Instructions for two servings.

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

Nut-Crusted Salmon with Roasted Zucchini

You won't believe how easy this sophisticated dinner is to prepare. We're putting a carb-conscious spin on baked salmon by topping it with a delicious nut and cauliflower crust and just the right amount of pecorino. Served on top of roasted zucchini and finished with lemon chive dressing. It's simple, sophisticated and naturally low in calories.

25 Minutes to the Table

15 Minutes Hands On

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Baking Sheet

FROM YOUR PANTRY

Olive Oil

Salt & Pepper

5 MEEZ CONTAINERS

Cauliflower & Nuts

Salmon

Cream Sauce

Zucchini

Lemon Chive Dressing

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 – 430 Calories, 26g Fat, 12g Carbs, 38g Protein and 4 Freestyle Points

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

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INGREDIENTS: Salmon, Zucchini, Cauliflower, Almond, Walnut, Pecorino Romano, Mayonnaise, Buttermilk, Garlic, Chive, Lemon, Onion, Black Pepper

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1. Getting Organized

Preheat oven to 400.

2. Prepare the Salmon

Spread the **Cauliflower & Nuts** evenly on a large plate.

Coat one side of the **Salmon** with a thick $\frac{1}{4}$ " to $\frac{1}{2}$ " layer of the white **Cream Sauce** (the slightly thicker one without the visible green chives).

Put the salmon onto the cauliflower & nuts, cream-side-down. Press down to make sure the crust adheres to the cream, then flip and press the non-cream side into the cauliflower & nuts to create the crust on both sides. Place onto a baking sheet with the cream side up, repeating with each salmon fillet.

Leave room on the baking sheet for the zucchini which will get added in step 3, after the salmon is partially cooked.

3. Cook the Zucchini and Salmon

Bake the salmon for 8 minutes, then add the **Zucchini** to the baking sheet next to the salmon and drizzle it with olive oil, salt and pepper. Return the salmon and zucchini to the oven and bake until the cauliflower nut crust is golden brown, and the zucchini just starts to sear, about 4 to 5 additional minutes.

4. Putting It All Together

Serve the salmon on top of the zucchini and drizzle everything with the **Lemon Chive Dressing**. Enjoy!

It is important that you create a nice thick layer of cream sauce on the top of the salmon to get the full flavor of the dish.

Love this recipe? #meezmagic

Instructions for two servings

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

Sweet Asian BBQ Chicken

Our test kitchen couldn't get enough of this sweet Asian BBQ sauce. With mae ploy sauce, tamari, honey and ginger, it's addictive. We're serving it with all-natural chicken breast, fresh green beans, and served over Yaki Soba Noodles. Yum!

20 Minutes to the Table

20 Minutes Hands On

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet
Saucepans

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Yaki Soba Noodles
Green Beans
Chicken Breasts
Sweet Asian BBQ Sauce
Herbs & Sesame Seeds

Good To Know

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.

Health snapshot per serving – 660 Calories, 7g Fat, 103g Carbs, 51g Protein and 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: Chicken, Green Beans, Yaki Soba Noodles, Mae Ploy, Brown Sugar, Tamari, Honey, Green Cilantro, Onion, Ginger, Garlic, Sesame Seed, Basil, Crushed Red Pepper

meeZ
meals

1. Cook the Noodles

Bring a large saucepan of water to boil. Add the **Yaki Soba Noodles** to the boiling water with a few pinches of salt and cook until al dente, about 3 minutes. Drain the noodles and set aside until step 4.

2. Char the Green Beans

Heat 1 Tbsp olive oil in a large skillet over high heat. When the oil is hot, add the **Green Beans** in a single layer with a sprinkle of salt and pepper. Cook, undisturbed until they start to char, about 2 to 3 minutes. Stir and cook for an additional 1 to 2 minutes. Remove from the skillet and transfer to serving plates. Wipe out the skillet.

3. Cook the Chicken

Return the now empty skillet to the stove over medium high heat and add 1½ Tbsp of olive oil. Pat dry and generously salt and pepper the **Chicken Breasts** on both sides. When the oil is hot, add the chicken and cook until the bottom is brown, about 4 to 5 minutes. Flip and add the **Sweet Asian BBQ Sauce**. Cook until the sauce thickens enough to coat the back of a spoon, about 5 additional minutes. While it cooks, spoon the sauce on top of the chicken consistently so it does not burn.

4. Put It All Together

Place the noodles next to the green beans on serving plates. Top the noodles with the chicken and drizzle a bit of sauce from the pan over top. Sprinkle the entire dish with the **Herbs & Sesame Seeds**. Enjoy!

Instructions for two servings

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

Pulled Pork Birria Tacos

Everywhere we go people are talking about Birria Tacos. Imagine tender, slightly sweet, savory, super delicious Mexican pulled pork served in a freshly marinated corn tortilla and lots of melty cheese. It's messy and totally addictive. We're serving our version with a jicama salsa for a 30-minute fan-favorite dinner.

25 Minutes to the Table

20 Minutes Hands On

2 Whisks Easy

Getting Organized

EQUIPMENT

- Large Saucepan
- Large Skillet
- Tongs

6 MEEZ CONTAINERS

- Birria Sauce
- Pulled Pork
- Corn Tortillas
- Cheese & Cilantro
- Lime
- Jicama Salsa

Good To Know

If you ordered the **Carb Conscious** version we sent you Romaine Lettuce instead of tortillas, lowering the **carbs per serving to 38g**. Skip step 2 and top the chopped romaine lettuce with the pulled pork, cheese, and the jicama salad.

Health snapshot per serving – 900 calories, 58g Protein, 54g Fat, 62g Carbs, 28 Freestyle Points using half the cheese and half the sauce.

Lightened Up Health snapshot per serving – 680 calories, 39g Fat, 49g Carbs, 20 Freestyle Points by using 2 tortillas per serving, two-thirds of the cheese & cilantro and two-thirds of the jicama salsa.

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: Corn Tortilla, Pulled Pork, Red Peppers, Jicama, Tomato, Red Onion, Radish, Chihuahua, Monterey Jack, Queso Fresco, Sour Cream, Jicama, Ancho Chiles, Cilantro, Garlic, Apple Cider Vinegar, Chipotles in Adobo, Vegetable Oil, Beef Au Jus, Lime.

meez meals

1. Prepare the Sauce and Tortillas

Bring the **Birria Sauce** to a boil in a large saucepan over high heat. Once boiling, lower the heat to medium-low.

Using tongs, dip each of the **Corn Tortilla** into the sauce and coat both sides evenly. Set aside on a plate until step 2.

Add the **Pulled Pork** to the saucepan, cover and cook on a low boil until the pork begins to fall apart, about 7 to 8 minutes.

2. Make the Tacos

Heat a large skillet over medium-high heat. Lay the coated tortillas flat in the hot skillet (you may need to work in batches.)

Cook until one side begins to crisp, about one minute. Flip the tortillas and add a single layer of **Cheese & Cilantro**, edge-to-edge, to each. Cook until the cheese begins to melt.

Use the tongs to place the pulled pork (letting any excess sauce drip off) so that you cover half of the tortilla. Fold the tortilla over the meat forming a taco and cook until the bottom of shell is crispy, about 30 seconds. Flip the taco over to crisp the other side and completely melt the cheese, about 30 seconds longer. Transfer directly to serving plates. Repeat for each taco.

3. Put it All Together

Squeeze the **Lime** over the **Jicama Salsa** and serve alongside the tacos. Enjoy!

You may need to cook the tacos in batches. The key is not to crowd them.

If you have some birria sauce remaining in the saucepan, transfer it to a bowl and use it for dipping the tacos into.

Instructions for two servings.

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

Rotini with Basil Oil & Pecorino

So simple, so delicious. We're sautéing broccoli and cauliflower together with fresh grape tomatoes, then tossing it together with a fresh basil oil and pecorino cheese. Topped with marinated butter beans, it's a tribute to the Mediterranean the whole family will love.

25 Minutes to the Table

25 Minutes Hands On

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet
Saucepans
Bowl

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ

CONTAINERS

Rotini
Pecorino
Cheese
Grape
Tomatoes
Broccoli &
Cauliflower
Cannellini Bean
Marinade

Add Protein Cooking Instructions

Integrate into recipe: Prior to step 3, cook the protein (per instructions below) and then slice into strips (*flake the salmon, leave shrimp whole*) and combine with everything in step 5.

Cook protein: Lightly sprinkle the protein with salt & pepper. Heat a large skillet with 1-2 Tbsp olive oil on medium-high heat (*high for steak.*) When the oil is hot, cook the protein until the: **CHICKEN** is crisp and brown, about 4 to 5 minutes per side. Let rest for 5 minutes.

STEAK bottoms are brown and sides start to color, about 4 minutes per side for medium (3 min for med-rare and 5-6 min for well done.) Let rest for 5 minutes.

SALMON is crisp and brown, about 4 minutes per side. Let rest for 5 minutes.

SHRIMP are opaque and no longer grey in color, about 1 minute per side.

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 out the cheese.

Add an extra pinch of salt and pepper for extra seasoning.

Health snapshot per serving –400 Calories, 19g Protein, 6g Fat, 72g Carbs, 16 g Fiber, 11 Smart Points.

SCAN QR CODE
to view YouTube
cooking video



INGREDIENTS: Cannellini Beans, Cauliflower, Broccoli, Rotini, Pecorino Cheese, Grape Tomatoes, Basil, Garlic

meez meals

1. Get Organized

Put a saucepan of water on to boil.

2. Marinate the Beans

Put the **Cannellini Bean Marinade** into a bowl and cover with olive oil. You could use as little as a $\frac{1}{4}$ cup as much as $\frac{3}{4}$ cup. Let sit on the counter for at least 20 minutes.

The amount of oil is up to you. The marinade has great flavor, so you could use extra oil and save for another meal.

3. Cook the Veggies

Heat 3 Tbsp olive oil in a large skillet over medium high heat. Add the **Broccoli & Cauliflower**, and cook until lightly golden brown at the edges, about 7 to 10 minutes, stirring frequently.

Add the **Grape Tomatoes** and cook until the skin bursts and the edges turn golden brown, about 5 to 7 minutes.

4. Cook the Rotini

Once the veggies are cooking, get the pasta going. Salt the boiling water, then add the **Rotini**. Cook until al dente, about 10 to 12 minutes, then drain.

Salt your water generously!

5. Put It All Together

Add the cooked rotini to the veggies and mix well. Add the marinated beans – but reserve the oil. Toss again, then add salt and pepper to taste. Serve topped with the **Pecorino Cheese** and as much of the marinade oil as you'd like. Enjoy!

Instructions for two servings.

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

Shrimp Caldo Rojo

We're cooking shrimp in a Mexican-style tomato-chili-sauce (caldo rojo) with plenty of black beans, carrots, celery and hominy. It's a one-pot dinner that's so easy to make you can whip up margaritas while it's cooking.

30 Minutes to the Table

15 Minutes Hands On

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Saucepan or
Dutch Oven

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Carrots & Celery
Corn, Beans &
Hominy
Shrimp
Tomatoes & Spices
Tortilla Chips

Make The Meal Your Own

Like it hot? Add a pinch or two of crushed red pepper once it's cooked.

Good To Know

Don't know what Hominy is? Hominy is made from corn kernels that have been soaked in a lime solution to soften their outer hulls. The result is super puffed up corn that we just love!

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

Health snapshot per serving – 560 Calories, 37g Protein, 11g Fat, 16g Fiber, 11 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: Tomato, Shrimp, Black Beans, Hominy, Onion, Corn, Carrot, Celery, Tortilla Chips, White Wine, Cider Vinegar, Lime Juice, Cilantro, Garlic, Crushed Red Pepper, Herbs and Spices

meez meals

1. Getting Organized

Heat 2 Tbsp of oil in a large saucepan or Dutch oven over medium-high heat.

2. Make the Caldo Rojo

Add **Carrots & Celery** and cook until the onions are translucent and the vegetables have softened, about 5 minutes.

Add **Tomatoes & Spices** and **Corn, Beans & Hominy** and 1½ cups water. Bring to a boil and then reduce heat to low and simmer for 15 minutes, until the broth thickens slightly.

Add the **Shrimp** and let cook in broth for 5 minutes.

3. Put It All Together

Season with salt and pepper to taste and spoon into bowls. Crumble **Tortilla Chips** into small pieces, sprinkle on top, and enjoy!

You don't need to eat it right away, just be sure to remove from the heat so the shrimp doesn't get overcooked.

Love this recipe? #meezmagic

Instructions for two servings.

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