- **Italian Chicken and Sausage Pot Pie**
  - **Getting Started**: Preheat your oven to 400.
  - **From Your Pantry**: You will need 1 Tbsp of flour, butter, salt and pepper.

- **Tex-Mex Gnocchi Bake**
  - **Getting Started**: Preheat your oven to 400.
  - **From Your Pantry**: You’ll need olive oil, salt and pepper.

- **Creamy Triple Mushroom and Spinach Soup**
  - **Getting Started**: Heat 1½ Tbsp olive oil in a large saucepan over high heat.
  - **From Your Pantry**: You’ll need olive oil, salt and pepper.

- **Chicken Bahn Mi**
  - **Getting Started**: Heat 1 Tbsp of olive oil in a large skillet.
  - **From Your Pantry**: You’ll need a little oil, salt and pepper.

- **Parmesan Lemon-Chai Rigatoni with Broccoli**
  - **Getting Started**: Preheat your oven to 400 and put water on to boil.
  - **Meal Tip**: Sausage tastes great with this recipe.

**Quick Tips**

- **Hands On**: Super Easy

**Meal Tip**: If you prefer softer gnocchi, just boil them for 6 to 8 minutes.
<table>
<thead>
<tr>
<th>Recipe</th>
<th>Time</th>
<th>Hands</th>
<th>Whisk/Hands</th>
<th>Difficulty</th>
<th>Notes</th>
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<tr>
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<td>2 Whisks</td>
<td>Easy</td>
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<tr>
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<td>From Your Pantry</td>
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<td><strong>Blackened Tilapia over Cornbread</strong></td>
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<tr>
<td>Crumbles</td>
<td>15 Min</td>
<td>15 Min</td>
<td>1 Whisk</td>
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<td><strong>Mexican Chicken Paella</strong></td>
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<tr>
<td><strong>Crispy Bangkok Shrimp</strong></td>
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<td></td>
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<td>From Your Pantry</td>
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<td><strong>Vegetable Korma</strong></td>
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<tr>
<td><strong>Vegetarian Bi Bim Bap</strong></td>
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<tr>
<td></td>
<td>40 Min</td>
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<td>2 Whisks</td>
<td>Easy</td>
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<td>Meal Tip</td>
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<td>From Your Pantry</td>
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</tbody>
</table>

**Getting Started**

- Preheat your oven to 425.
- Preheat your oven to 400.
- Preheat your oven to 375.

**From Your Pantry**

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

**Meal Tip**

- Add the Gochujang to get your spicy just right.
- Preheat your oven to 425 and put a saucepan of water on to boil.
<table>
<thead>
<tr>
<th>Recipe</th>
<th>Calories</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</th>
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<tr>
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<td>550</td>
<td>50</td>
<td>17</td>
<td>52 CC 21</td>
<td>1</td>
<td>1380</td>
<td>9</td>
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<td>5</td>
<td>614</td>
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<td>870</td>
<td>31</td>
<td>26</td>
<td>133</td>
<td>12</td>
<td>3008</td>
<td>29</td>
<td>123% Vitamin C, 84% Vitamin A, 67% Calcium</td>
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<tr>
<td>(½ the cheese, sauce and salsa)</td>
<td>656</td>
<td>14</td>
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<tr>
<td>Vegetarian Bi Bim Bop</td>
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<td>14</td>
<td>51</td>
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<td>636</td>
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<td>51</td>
<td>57 CC 28</td>
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<td>(½ sauce, roast the potatoes)</td>
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<td>Protein (grams)</td>
<td>Fat (grams)</td>
<td>Carbs (grams)</td>
<td>Fiber (grams)</td>
<td>Sodium (milligrams)</td>
<td>Smart Points</td>
<td>Key Vitamins/Minerals (percent of recommended daily)</td>
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<tr>
<td>(½ the pie crust &amp; ½ the cheese)</td>
<td>757</td>
<td>39</td>
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<td></td>
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<td>Creamy Triple Mushroom &amp; Spinach Soup</td>
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<td>20</td>
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<tr>
<td>Turtle Molten Bundt</td>
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<td>30</td>
<td>53</td>
<td>3</td>
<td>370</td>
<td>27</td>
<td>25% Iron 6% Vitamin A 6% Calcium</td>
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<tr>
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<td>49</td>
<td>2</td>
<td>440</td>
<td>13</td>
<td>6% Vitamin C 6% Calcium 100% Vitamin A</td>
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<tr>
<td>Rockslide Brownie</td>
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<td>35</td>
<td>56</td>
<td>2</td>
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<td>45</td>
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<td>330</td>
<td>18</td>
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<tr>
<td>Double Chocolate Cookies</td>
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<td>48</td>
<td>3</td>
<td>200</td>
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<td>8% Vitamin A 2% Calcium 20% Iron</td>
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<tr>
<td>Giant Sugar Cookies</td>
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<td>75</td>
<td>1</td>
<td>160</td>
<td>32</td>
<td>2% Calcium 25% Vitamin A 15% Iron</td>
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</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.
Blackened Tilapia Over Cornbread Crumbles

With Cajun-spiced tilapia, toasted cornbread crumbs and a lemony summer squash salad, this gem is a sophisticated take on down-home New Orleans cooking.

INGREDIENTS: Tilapia, Cornbread, Zucchini, Summer Squash, Celery, Green Onions, Mayonnaise, Sriracha, Lemon, Black Pepper, Cajun Spices, Brown Sugar.

Getting Organized

EQUIPMENT
- Mixing Bowl
- Baking Sheet
- Large Skillet

FROM YOUR PANTRY
- Olive Oil
- 5 MEEZ CONTAINERS
  - Cornbread
  - Lemon Aioli
  - Zucchini & Summer Squash
  - Cajun Seasoning
  - Tilapia

Good to Know

If you ordered the Carb Conscious version, we sent you yellow peppers instead of the cornbread, reducing the carbs per serving to 21g. In place of step 1., heat 1 Tbsp olive oil in a large skillet over medium high heat. When the oil is hot, add the yellow peppers and sauté until they begin to char, about 2 to 3 minutes. Transfer directly to serving plates. Wipe out the pan and continue with step 2.

Tilapia is rich in minerals, proteins and vitamins which strengthen our bone health and reduce the risk of Osteoporosis. It boosts muscle growth in body and also helps in cellular repair and maintain proper metabolic activity.

Health snapshot per serving – 550 Calories, 50g Protein, 17g Fat, 52g Carbs, 9 Freestyle Points

Have questions? The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.
1. **Toast the Cornbread**
   Heat conventional or toaster oven to 400 degrees. Toast the **Cornbread** on a baking sheet until warm and golden brown, about 4 to 5 minutes. Remove from the oven and when the cornbread has cooled a bit, crumble into little pieces on serving plates.

2. **Create Salad**
   While the cornbread is toasting put the **Zucchini & Summer Squash** in a mixing bowl. Add all except about 1 Tbsp of **Lemon Aioli** and toss well, then refrigerate. Save the remaining aioli for step 4.

3. **Sear the Tilapia**
   Spread the **Cajun Seasoning** on a plate. Pat the **Tilapia** dry and press into the Cajun Seasoning, so it is fully coated, then repeat for the other side and remaining pieces.

   Heat 2 Tbsp of olive oil in a large skillet over medium high heat. When the oil is hot, add the tilapia and cook until the coating on the sides turn brown, about 3 to 4 minutes. Flip and cook until the other side is brown, an additional 3 to 4 minutes.

4. **Putting It All Together**
   Serve the squash salad over the cornbread crumbles and top with the tilapia. Drizzle the remaining lemon aioli to taste. Enjoy!

---

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois
Chicken Bahn Mi

Are you hooked on Bahn Mi yet? These Vietnamese sandwiches are the perfect marriage of French and Vietnamese flavors. With tender chicken breast, pickled vegetables and a sweet Sriracha aioli served sandwich style, it's comfort food with a twist. We’re serving ours with a Vietnamese Broccoli Slaw that had the test kitchen asking for seconds.

Getting Organized
EQUIPMENT
Large Skillet
Mixing Bowl
FROM YOUR PANTRY
Olive Oil
Salt & Pepper
6 MEEZ CONTAINERS
Chicken Breast
Broccoli Slaw
Bahn Mi Sauce
Pickled Vegetables
French Roll
Carrots and Cucumbers

Make The Meal Your Own
If you’re cooking with kids, cut a portion of the roll for them and let them have fun filling in the ingredients.

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 – 525 Calories, 10g Fat, 63g Protein, 48g Carbs, 11 Smart Points

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

INGREDIENTS: Chicken, French Roll, Broccoli, Carrots, Red Onion, Cucumber, Jalapeño, Daikon Radish, Cilantro, Mayonnaise, Sriracha, Lime, Rice Wine Vinegar, Sugar, Kosher Salt
1. **Cook the Chicken**
   Heat a large skillet with 1 Tbsp of olive oil on medium-high heat. Add the Chicken to the pan and cook for 3 to 4 minutes, until the chicken is crisp and brown. Turn the chicken over and cook for another 3 to 4 minutes, until this side is brown as well.

   Remove from heat and place on a cutting board. Once the chicken has rested for 5 minutes, use a sharp knife to cut the chicken breast evenly into strips, about ¼” to ½” wide and set aside.

2. **Make the Broccoli Slaw**
   While the chicken is resting, place the Broccoli Slaw in a mixing bowl. Add 3 Tbsps of the Bahn Mi Sauce and 1 Tbsp of the liquid only from Pickled Vegetable. Mix thoroughly and salt and pepper to taste.

3. **Build Your Bahn Mi**
   Open up the French Roll and generously spread the Bahn Mi sauce on the top and bottom of the bread. Add sliced chicken, then top with Cucumbers & Carrots and the pickled vegetables. Drizzle a bit more Bahn Mi sauce on top.

4. **Put it All Together**
   Serve the Bahn Mi, cut in half, alongside the broccoli slaw and enjoy!

*Instructions for two servings.*

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois
Tex-Mex Gnocchi Bake

Yep, you read the name right. We’re putting two flavors together in one crazy cross-cultural gem that’s sure to please everyone in your family. Toasted gnocchi is a perfect partner for black beans, sweet corn and poblano peppers. Topped with Chihuahua and Monterey Jack cheese and cooked until melty and delicious. Heaven.

Getting Organized

EQUIPMENT
- Large Oven-Safe Skillet or Dutch Oven
- Baking Sheet

FROM YOUR PANTRY
- Olive Oil
- Salt & Pepper

5 MEEZ CONTAINERS
- Corn, Bean & Tomato Salsa
- Tex-Mex Sauce
- Mexican Cheese
- Gnocchi
- Poblano Peppers

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 – 870 Calories, 31g Protein, 26g Fat, 29 Smart Points.

Lighten Up snapshot per serving – 655 Calories, 20g Protein, 14g Fat, 21 Smart Points using ½ the cheese, sauce, and salsa.

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

INGREDIENTS: Gnocchi, Tomatoes, Poblano Peppers, Corn, Black Beans, Chihuahua Cheese, Monterey Jack Cheese, Cilantro, Cumin Coriander, Oregano, Chipotles in Adobo.
1. **Getting Organized**
   Preheat your 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 golden brown, about 16 to 18 minutes, stirring once after 10 minutes of cooking. Remove from the oven and set aside until step 4.

3. **Cook the Vegetables**
   While the gnocchi is cooking, heat 2 Tbsp olive oil in a large oven-safe skillet (or Dutch Oven) over medium-high heat. Once the oil is hot, add the Poblano Peppers and cook until the edges are brown, about 6 to 8 minutes. Add the Corn, Bean & Tomato Salsa and the Tex-Mex Sauce and cook until the sauce starts to bubble, and salsa is warm, about one minute, then turn off the heat.

4. **Finish the Bake**
   Stir in half the Mexican Cheese and add the toasted gnocchi when it comes out of the oven. (It is OK to let the dish sit if the gnocchi isn’t ready yet.)

   Mix well, then top with the remaining cheese. Bake until the cheese is melted and starts to brown, about 7 to 9 minutes.

   Serve and enjoy!
Vegetarian Bi Bim Bap

Fresh from your own kitchen, “Bee-Bim-Bop”, which means “mix-mix rice” is a classic Korean dish. We have created a vegetarian version with tofu, jasmine rice, spinach, mushrooms, beets, and parsnips. Get ready for some fun!

Getting Organized

**EQUIPMENT**
- Large Skillet
- Small Skillet (optional)
- Baking Sheet

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

**7 MEEZ CONTAINERS**
- Jasmine Rice
- Tofu
- Spinach
- Mushrooms
- Beets & Parsnips
- Bibimbap Sauce
- Gochujang

Make The Meal Your Own

**Embrace the Korean culture 식사 맛있게하세요** is pronounced “sigsa mas-issgehaseyo” and means “enjoy your meal” in Korean.

**Have small kids at home?** Check out Linda Sue-Park’s picture book Bee-Bim Bop. It’s a favorite in our household and a perfect partner to this dinner.

**Gluten Free?** You received Sriracha sauce because the Gochujang contains wheat.

Good To Know

**Health snapshot per serving** – 410 Calories, 14g Fat, 23g Protein, 51g Carbs, 12 Smart Points

**Traditional Bibimbap is finished with a sunny-side-up egg** with a runny yolk. This is a delicious part of the dish, but women who are pregnant and others may want to cook their eggs until the yolk is cooked through to avoid any risk of foodborne illness.

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

INGREDIENTS: Organic Tofu, Jasmine Rice, Mushroom, Spinach, Beets, Parsnips, Tamari, Mirin, Garlic, Ginger, Gochujang, Sesame Seed, Sesame Oil
1. Get Organized
   Bring water to a boil in a large saucepan. Preheat oven to 425.

2. Cook the Rice
   Add the *Jasmine Rice* to the boiling water with a pinch of salt and boil uncovered until desired texture, about 12 to 15 minutes. Remove from heat, drain, return rice to pot and set aside.

3. Cook Veggies and Mushrooms
   While the rice is cooking, arrange the *Beets and Parsnips* in a flat layer on a baking sheet. Also place the *Mushrooms* on the same baking sheet, keeping the mushrooms separate from the beets and parsnips. Drizzle all very lightly with olive oil & lightly salt. Bake for 5-6 minutes, stirring the veggies and the mushrooms half-way through (but not mixing them together). Cook for another 5- minutes until veggies are slightly brown and crispy.

4. Cook the Tofu and Spinach
   After the veggies and mushrooms are done cooking, heat 1 Tbsp of oil in a skillet over medium-high heat. When the skillet is very hot, add the *Tofu*. Cook for 2-3 minutes, remove the tofu from the pan, and set aside.

   In the now empty skillet, add the *Spinach*, sauté for 1-2 minutes until wilted, and set aside.

5. Arrange the Bibimbap Bowl
   In a medium sized bowl, place half the rice at the bottom and arrange half the beets and parsnips, mushrooms, spinach, and tofu clockwise around the bowl (leaving a space in the middle for the egg). Drizzle all the components with *Bibimbap Sauce* (thinner brown sauce) and repeat for each serving.

6. Make the Egg and Enjoy!
   Crack one egg in the skillet over medium-high heat and cook until the white is opaque and the yolk has set, about 1 to 2 minutes. Salt and pepper to taste and place in the center of the Bibimbap bowl. Repeat with one egg for each serving.

   Serve the spicy *Gochujang* (thicker red sauce) on the side to use as desired.

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois
Steak Au Poivre

One of France’s most classic steak dishes. We’re cooking our Steak Au Poivre with a magical butter sauce spiked with pepper, wine and cream that makes this dinner of seared steak, roasted broccoli and mashed potatoes sing. It’s a restaurant worthy dinner you can whip up in just over a half-hour. Viva la France!

Getting Organized

EQUIPMENT
- Baking Sheet(s)
- Large Skillet

FROM YOUR PANTRY
- Olive Oil
- Salt & Pepper
- ½ Tbsp Flour per serving
- ¾ Tbsp Butter per serving

6 MEEZ CONTAINERS
- Red Skin Potatoes
- Steak
- Broccoli
- Onions & Garlic
- Au Poivre Sauce
- Parsley

Make The Meal Your Own

If you ordered the Carb Conscious version, we sent you cauliflower instead of potatoes to make “mashed cauliflower.” This reduces the carbs per serving to 28g. Replace Step 2: set a large pot of water to boil over high heat. Once the water is boiling add the cauliflower and cook until soft, about 10 minutes. Drain and use the cooked cauliflower in place of the potatoes in Step 6.

Good To Know

A classic au poivre is made by coating a steak with peppercorns. We simplified the classic recipe with a luxurious pepper sauce, instead.

Health snapshot per serving – 840 Calories, 40g Protein, 51g Fat, 57g Carbs, 31 Smart Points

Lighten Up snapshot per serving – 640 Calories, 31g Fat, and 21 Smart Points by using half of the Au Poivre sauce and eliminating the mashing of the potatoes (simply roast them per the instructions and then drizzle a small amount of the Au Poivre sauce on top).

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

INGREDIENTS: Steak, Red Skin Potato, Broccoli, Red Onion, Garlic, Parsley, Wine, Cream, Chicken Broth, Dijon Mustard, Brown Sugar, Black Pepper,
1. **Get Organized**
   Preheat oven to 425.

2. **Prepare the Potatoes**
   Cut **Red Skin Potatoes** in half and place on backing sheet with the skin side up. Drizzle with olive oil and cook for 10 minutes (will move on to Step 4 and cook for another 10-12 minutes or 20-22 minutes total).

3. **Cook the Steak**
   While the potatoes are cooking, heat 1 Tbsp of oil in a skillet over high heat. While the skillet is heating, pat the **Steak** dry with a towel and season generously with salt and pepper (we recommend ½ tsp of each). When the skillet is very hot, add the steaks.
   Cook until the bottoms brown & 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.

4. **Cook the Broccoli**
   Take the baking sheet out of the oven and place the **Broccoli** next to the potatoes. Drizzle broccoli with olive oil and salt and pepper and cook for 10 to 12 minutes until potatoes are soft and broccoli is just beginning to brown.

5. **Make the Au Poivre Sauce**
   While broccoli is cooking, wipe clean the skillet used for steak and heat 1 Tbsp of oil over medium-high heat. Add the **Onions & Garlic** and cook until the onions are translucent, about 4 to 6 minutes. Add 1½ Tbsp butter and when the butter is melted add 1 Tbsp flour and cook until the flour is beginning to brown, about 2 minutes. Add the **Au Poivre Sauce** and stir, scraping the browned bits of flour off the bottom of the pan. Cook until sauce is consistency of gravy and has turned a golden brown, about 2 to 3 minutes. Remove from heat.

6. **Create the Mashed Potatoes and Serve**
   Place the cooked potatoes in a mixing bowl, add salt and pepper, and 1/3 cup of the finished Au Poivre Sauce. With a fork, break-up and stir the potatoes until they are the consistency of mashed potatoes (some chunks are perfectly OK), mixing in the Au Poivre sauce thoroughly.
   Plate the broccoli, steak & mashed potatoes, Drizzle steak and broccoli with Au Poivre sauce and top all with parsley. Enjoy!

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois
Crispy Bangkok Shrimp

Get ready to amaze yourself. This gem is a restaurant-worthy dinner made right in your own kitchen. Crispy, pan-fried shrimp gets served up over stir-fried snow peas and bamboo shoots in an outrageously delicious creamy Thai sauce. It’s a little bit spicy, a little bit Asian and totally delicious.

Getting Organized

EQUIPMENT
- Medium Sauce Pan
- Skillet
- 2 Mixing Bowls

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

6 MEEZ CONTAINERS
- Brown Rice
- Shrimp
- Snow Peas and Bamboo Shoots
- Thai Sauce
- Cornstarch
- Toasted Walnuts

INGREDIENTS: Brown Rice, Shrimp, Snow Peas, Bamboo Shoots, Mayonnaise, Mae Ploy, Sriracha, Peanut Butter, Garlic Powder, Walnuts

Good To Know

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

Health snapshot per serving – 625 Calories, 29g Fat, 746mg Sodium, 7g Fiber, 63g Carbs, 34g Protein and 19 Smart Points

Have questions? The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.
1. Getting Organized
   Bring a pot of water to a boil.

   Add the Brown Rice to the boiling water with a pinch of salt. Cook until tender, about 25 to 30 minutes. Drain the rice, fluff with fork and cover and let it steam for a few minutes, then transfer to a serving platter or individual bowls just before cooking the vegetables in step 3.

2. Prepare the Shrimp
   While the rice is cooking, whisk 2 eggs in a small bowl and place the Cornstarch in a large zip-lock bag. Heat 2 tablespoons of oil in a skillet over medium-high heat. Dry and place all Shrimp into the zip-lock bag with the Cornstarch and shake until Shrimp are coated. Dip each Shrimp into the egg and place on a plate. When all shrimp have been coated carefully place into the hot oil. Cook for a minute on each side and remove to a paper-towel-lined-plate.

3. Cook the Veggies
   Place Snow Peas and Bamboo Shoots in the still hot skillet pan and cook until the snow peas are bright green and tender, 3-5 minutes. Remove veggies from the pan and place on top of the Brown Rice. Turn off heat but leave the pan on the stove.

4. Combine Sauce, Shrimp, and Walnuts
   Add the Thai Sauce to the hot skillet until it’s warm, then add the cooked shrimp and Walnuts. Toss it to coat, then serve them over the rice and vegetables. Enjoy!

Love this recipe? #meezmagic

The oil for the shrimp should be hot, but not too hot. Use a shrimp as your test. If it turns golden after 60 seconds, your temperature is right on. If it gets dark too fast or takes longer to cook, adjust and try another.

Salt and pepper the shrimp right as it comes out of the pan. The hot coating will ensure the seasoning sticks to the shrimp.

Wait to toss the shrimp and walnuts in the sauce until right before you are going to eat so the shrimp stays crispy.
**Mexican Chicken Paella**

Mexican beans, peppers, spices and queso fresco give Spain’s classic rice casserole a fun twist we just can’t resist. It’s the original one-pot dinner, re-imagined with a South-of-the-Border flair.

**Getting Organized**

**EQUIPMENT**
- Oven-Safe Large Skillet

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

**6 MEEZ CONTAINERS**
- Chicken Breast
- Peppers
- Rice
- Spiced Beans
- Queso Fresco & Cilantro
- Lime

**Make The Meal Your Own**

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 – 625 Calories, 67g Protein, 8g Fiber, 6g Fat, 14 Smart Points

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

**INGREDIENTS:** Chicken Breast, Black Beans, Peppers (Cubanelle, Poblano, Red Bell), Rice, Queso Fresco, Cilantro, Chipotle Peppers, Chicken Stock, Onion, Garlic, Coriander, Cumin, Bay Leaf, Lime Juice
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 ¼” 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 ¼ tsp salt and ¼ tsp pepper, so use about half per side, or more if you like).

3. Cook the Peppers and Chicken
Heat 1 Tbsp oil in a large, oven-safe skillet over high heat. Place Peppers in skillet and cook until slightly charred, about 4 to 5 minutes. Add the cubed chicken breast and cook, stirring occasionally, until no longer pink on the outside.

4. Prepare and Bake the Paella
Stir the Rice and Spiced Beans into the pan along with 2 cups of water. Bring to a boil and then cover.

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 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, but leave the skillet in for an additional 5 minutes.

5. Put It All Together
Top the paella with Queso Fresco & Cilantro and squeeze a healthy amount of lime juice on top. Serve and enjoy!

If your skillet doesn’t have a lid, use aluminum foil or a baking sheet over top.
Resist the urge to stir the paella, let it cook undisturbed.

Instructions for two servings.
Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois
Parmesan Lemon-Chai Rigatoni with Broccoli

Need a little sunshine in your day? This dinner has you covered. Sautéed broccoli and rigatoni get a Mediterranean treatment thanks to member-favorite lemon-chai vinaigrette and plenty of Parmesan cheese. It’s a speedy meal everyone will love.

Getting Organized

EQUIPMENT
- Saucepan
- Large Skillet
- Baking Sheet
- Mixing Bowl

FROM YOUR PANTRY
- Olive Oil
- Salt & Pepper
- Sugar (Optional)
- Cayenne (Optional)

5 MEEZ CONTAINERS
- Walnuts
- Broccoli
- Rigatoni
- Lemon-Chai Vinaigrette
- Parmesan Cheese

Make The Meal Your Own

Kids and picky eaters will be converted into broccoli lovers with this dinner. If any are skeptical, though, it is just as delicious with green peas.

Omnivore’s Option – Sausage is a tasty addition to this recipe. Sauté it in a skillet while the broccoli is cooking and then slice and toss with the pasta.

Good To Know

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

If you’re making the vegan version, we’ve left the parmesan out of your meal.

Health snapshot per serving – 630 Calories, 40g Fat, 31g Protein, 9g Fiber, 760mg Sodium, 19 Smart Points

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

INGREDIENTS: Broccoli, Rigatoni, Olive Oil, Parmesan Cheese, Lemon, Walnuts, Scallions, Brown Sugar, Garlic, Spices
1. **Getting Organized**
   Put a saucepan of water on to boil and preheat your oven to 400 (or use your toaster oven).

2. **Make the Spiced Nuts**
   Add 1 Tbsp each of sugar, oil and water to a large mixing bowl and stir in a pinch of cayenne. Add the **Walnuts**, coat them in the mixture and put everything on a foil-lined (or parchment-lined) baking sheet. Bake 10 to 12 minutes; stir every 3 minutes, making sure to scrape up all of the good stuff on the bottom.

   *Chef Max suggests cayenne, but if you don’t have it, feel free to use your favorite chili flakes or chili powder.*

   Your nuts are done when the sauce begins to stick to them.

3. **Sauté the Broccoli**
   Heat 1 Tbsp olive oil in a large skillet over high heat. Add the **Broccoli** and cook until golden brown in places, about 7 to 12 minutes. Turn over and cook the other side until golden brown.

4. **Cook the Rigatoni**
   While the broccoli is cooking, salt the boiling pasta water and add the **Rigatoni**. Cook until al dente, about 8 to 12 minutes. Drain and set aside.

5. **Put It All Together**
   Add the broccoli to the rigatoni with half of the **Lemon-Chai Vinaigrette**. Toss well, then serve topped with the spiced nuts and **Parmesan Cheese**, plus more vinaigrette to taste. Enjoy!

   *Love this recipe? #meezmagic*

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

This is one of our favorite Indian curries. Creamy and mildly spiced, it’s healthy comfort food. We’re cooking ours with broccoli, red peppers and carrots in a creamy coconut curry. Delicious and ready in only 20 minutes!

Getting Organized

EQUIPMENT
Large Skillet

FROM YOUR PANTRY
Olive Oil
Salt & Pepper

4 MEEZ CONTAINERS
Seasoned Onions
Red Peppers, Broccoli & Carrots
Korma Sauce
Cashews & Raisins

Make the Meal Your Own

We love this curry on its own with no carbs, but it is also great over rice.

Good to Know

We think of korma as an Indian recipe, but it has its roots in 16th Century Persia. It was said that if an Indian perfected Korma, he could cook for the Moghul court and if he could cook a dozen variations he would be the king of the kitchen and cook for the emperor’s table.

Health snapshot per serving – 485 Calories, 13g Protein, 21g Fat, 21 Smart Points.

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

INGREDIENTS: Broccoli, Red Peppers, Carrots, Raisins, Onions, Tomatoes, Coconut Milk, Cashews, Cilantro, Garlic, Ginger, Jalapenos, Moroccan Spice.
1. **Sauté The Vegetables**
   Heat 1½ Tbsp olive oil in a large skillet over medium-high heat.

   Cook the *Seasoned Onions* until they start to soften and brown, about 3 to 4 minutes.

   Add the *Red Peppers & Broccoli* and cook until broccoli is bright green and peppers begin to soften, about 3 to 4 minutes.

2. **Cook The Sauce**
   Add the *Korma Sauce* and bring to a boil. Turn heat to low and simmer until sauce starts to thicken, about 5 minutes.

3. **Put It All Together**
   Spoon Korma into bowls and top with the *Cashews & Raisins*. Enjoy!
**Italian Chicken and Sausage Pot Pie**

When we’re craving comfort food, pot pies are at the top of our favorites list. With a flaky pie crust and hands-free oven cooking, they’re a dinner everyone can get excited about. This week we’re putting an Italian spin on a classic with Italian-tomato sauce, cage-free chicken, sausage, and peppers and onions, all baked under an irresistible pie crust. Yum!

### Getting Organized

**EQUIPMENT**
- Large Skillet
- Loaf Pan or Casserole Dish

**FROM YOUR PANTRY**
- Olive Oil or Butter
- 1 Tbsp of Flour
- Salt & Pepper

**6 MEEZ CONTAINERS**
- Chicken Breast
- Peppers and Onions
- Tomato and Herb Sauce
- Italian Sausage
- Mozzarella Cheese
- Pie Crust

### Make The Meal Your Own

If you ordered the **carb conscious version**, you received cauliflower instead of the pie crust reducing the **carbs per serving to 29g**. After the chicken is cooked in step 2, don’t wipe out the pan and cook the cauliflower on medium high heat until it starts to brown about 2 to 3 minutes. Remove from the pan and mix with ½ the cheese. Use the cauliflower & cheese mixture to top the pie instead of the pie crust in step 4.

**This is a great make-ahead dinner.** Cook the filling a day ahead When you’re ready to eat, just top with the pie dough and bake 20 to 25 minutes in a 400-degree oven.

**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 or through intramuscular injection…ever.

### Good To Know

**Health snapshot per serving** – 995 Calories, 61g Protein, 58g Fat, 57g Carbs, 32 Smart Points

**Lightened up snapshot** – 757 Calories, 39g Fat and 23 Smart points using ½ the pie crust and ½ cheese.

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

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INGREDIENTS: Cage-Free Chicken Breast, Italian Sausage, Tomatoes, Green and Red Peppers, Onion, Pie Crust, Mozzarella, White Wine, Cream, Garlic, Flour, Herbs and Spices
1. **Getting Organized**  
   Preheat your oven to 400.

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

   Heat a large skillet with 1 Tbsp of olive oil on medium-high heat. Add the chicken to the pan and cook for 2 minutes, until it is just slightly crisp and brown. Turn the chicken over and cook for another 2 minutes. Remove from heat and place on a cutting board. Cut the breast lengthwise into long strips, about ¼” to ½” wide. Rotate the strips 90 degrees and then cut across to create small, even cubes.

   Cut the **Italian Sausage** in half lengthwise. Take each half and cut ¼ inch wide slices, forming half-moons.

3. **Make the Filling**  
   Heat 2 Tbsp of oil or butter in the now-empty large skillet over medium-high heat. Add the **Peppers and Onions** and cook until well browned, about 7 to 10 minutes. Add 1 Tbsp of flour and cook for one minute while stirring and distributing the flour evenly around the pan.

   Add the **Tomato and Herb Sauce** and stir, scraping the browned bits off the bottom of the pan for about 1 minute. Reduce heat to low and simmer until it thickens to the consistency of gravy, about 5 minutes. Remove from heat. To the skillet, add the **Mozzarella Cheese**, chicken breast cubes, and Italian sausage half-moons and mix all the ingredients together. Don’t fully cook the chicken at this point. It will cook with the rest of the pot pie ingredients in the oven for another 20-25 minutes.

4. **Bake the Pot Pie**  
   Transfer contents of the skillet to a loaf pan (or, if you prefer, a casserole dish), top with the **Pie Crust** and bake until crust is golden brown and flaky, about 20 to 25 minutes. Let cool slightly before serving. Enjoy!

Instructions for two servings.  
Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois
Creamy Triple Mushroom & Spinach Soup

Combine cremini, shitake, and button mushrooms, sautéed spinach, and our own creamy flavorful broth, you won't believe how delicious and healthy one soup can be.

**Getting Organized**

**EQUIPMENT**
- Large Saucepan With Cover

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

**4 MEEZ CONTAINERS**
- Carrot, Onion & Garlic Mushrooms
- Broth Starter
- Spinach

**Good to Know**

**Health snapshot per serving** – 375 Calories, 13g Protein, 26g Fat, 25g Carb, 14 Freestyle Points.

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

1. **Sauté the Vegetables**
   Heat 1½ Tbsp olive oil in a large saucepan over high heat. When the oil is hot, add the **Carrot, Onion & Garlic** to the pot and sauté until they start to brown, about 2 minutes.
   Add the **Mushrooms** and cook until they start to brown, another 2 minutes. Reduce heat to medium.

2. **Cook the Soup**
   Add the **Broth Starter** and stir thoroughly, making sure to scrape the bits off the bottom of the pot. Bring to a boil, reduce heat to medium, cover and simmer for 8 minutes.

3. **Add the Spinach, Finish and Serve**
   Stir in the **Spinach** and cook until it is soft and wilted, but still bright green, about 2 minutes.

   Ladle the soup into serving bowls and enjoy!