### Steak Quinoa Bowl

<table>
<thead>
<tr>
<th>30 Min to Table</th>
<th>15 Min Hands On</th>
<th>1 Whisk Super Easy</th>
</tr>
</thead>
</table>

**Leftovers Tip**
Leftovers make a delicious taco or burrito filling.

**Getting Started**
Preheat your oven to 375 & put a saucepan of water onto boil.

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### Panang Curry with Broccoli and Cauliflower

<table>
<thead>
<tr>
<th>30 Min to Table</th>
<th>15 Min Hands On</th>
<th>1 Whisk Super Easy</th>
</tr>
</thead>
</table>

**Omnivore Option**
Roasted chicken breast is great with this dish.

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

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### Vegetable Korma

<table>
<thead>
<tr>
<th>20 Min to Table</th>
<th>20 Min Hands On</th>
<th>1 Whisk Super Easy</th>
</tr>
</thead>
</table>

**Getting Started**
Put a saucepan of water on to boil.

**From Your Pantry**
For extra flavor, add water to the pan with the peppers and almonds.

---

### Brisket Hash and Eggs

<table>
<thead>
<tr>
<th>20 Min to Table</th>
<th>20 Min Hands On</th>
<th>1 Whisk Super Easy</th>
</tr>
</thead>
</table>

**Getting Started**
Heat olive oil in large skillet.

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

---

### Quesadilla Tacos

<table>
<thead>
<tr>
<th>20 Min to Table</th>
<th>20 Min Hands On</th>
<th>1 Whisk Super Easy</th>
</tr>
</thead>
</table>

**Getting Started**
Heat your grill or preheat your broiler.

**Meal Tip**
For picky eaters, serve the bean salad on the side.
### Loaded Baked Sweet Potato Soup
- **Getting Started**: Bring 4 cups of water to a boil in a large saucepan.
- **From Your Pantry**: You'll need olive oil, salt and pepper.
- **Deep Dish Mushroom and White Cheddar Strata**
  - **Getting Started**: Preheat your oven to 350 and grease your pan.
  - **From your Pantry**: You’ll need butter or cooking spray, milk, and pepper.
  - **Omnivore Option**: This meal tasted great with crumbled bacon.

### Chicken Scallopini with Hazelnut Whipped Butter
- **Getting Started**: Put a saucepan of water on to boil.
- **From Your Pantry**: You'll need olive oil, salt and pepper.

### Aioli Shrimp with Asian Veggies
- **Getting Started**: Put a saucepan of water on to boil.
- **From Your Pantry**: You’ll need olive oil, salt and pepper.

### Sesame Ginger Salmon
- **Getting Started**: Preheat oven to 400 and bring a pot of water to a boil.
- **Meal Tip**: Add as much or as little glaze as you like to get it just the way you like it.
- **From your Pantry**: You’ll need olive oil, salt and pepper.

### Herb Roasted Chicken with Fingerling Potatoes
- **Getting Started**: Preheat oven to 425.
- **From your Pantry**: You’ll need 1/2 Tbsp of flour per serving.
- **Meal Tip**: Bacon would make this meal even more delicious.
<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</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chicken Scallopini with Hazelnut Whipped Butter</td>
<td>795</td>
<td>71</td>
<td>36</td>
<td>49</td>
<td>5</td>
<td>1131</td>
<td>19</td>
<td>229% Vitamin A, 57% Vitamin C, 60% Folate</td>
</tr>
<tr>
<td>(half the noodles and half the butter)</td>
<td>565</td>
<td>20</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>11</td>
<td></td>
</tr>
<tr>
<td>Sesame Ginger Salmon</td>
<td>700</td>
<td>47</td>
<td>40</td>
<td>48</td>
<td>8</td>
<td>478</td>
<td>13</td>
<td>263% Vitamin C, 23% Vitamin B-6, 53% Vitamin A</td>
</tr>
<tr>
<td>(half the walnuts)</td>
<td>589</td>
<td>29</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>10</td>
<td></td>
</tr>
<tr>
<td>Quesadilla Tacos</td>
<td>640</td>
<td>30</td>
<td>24</td>
<td>63</td>
<td>17</td>
<td>950</td>
<td>21</td>
<td>247% Vitamin C, 29% Vitamin A, 30% Vitamin B6</td>
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<tr>
<td>Loaded Baked Sweet Potato Soup</td>
<td>720</td>
<td>20</td>
<td>37</td>
<td>77</td>
<td>9</td>
<td>1119</td>
<td>22</td>
<td>42% Calcium, 29% Vitamin A, 19% Vitamin C</td>
</tr>
<tr>
<td>Use ½ the sour cream, cheese, and no bread</td>
<td>520</td>
<td>27</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>15</td>
<td></td>
</tr>
<tr>
<td>Steak Quinoa Bowl</td>
<td>450</td>
<td>40</td>
<td>18</td>
<td>32</td>
<td>8</td>
<td>471</td>
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<td>160% Vitamin A, 0% Vitamin B-12, 52% Vitamin C</td>
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<tr>
<td>Panang Curry with Broccoli &amp; Cauliflower</td>
<td>630</td>
<td>27</td>
<td>33</td>
<td>62</td>
<td>15</td>
<td>889</td>
<td>16</td>
<td>331% Vitamin C, 84% Folate, 46% Vitamin A</td>
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<tr>
<td>(Use 1/4 peanuts and half the coconut sauce)</td>
<td>480</td>
<td>15</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>14</td>
<td></td>
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<tr>
<td>Aioli Shrimp with Asian Veggies</td>
<td>550</td>
<td>37</td>
<td>19</td>
<td>62</td>
<td>7</td>
<td>530</td>
<td>16</td>
<td>153% Vitamin A, 39% Vitamin C, 23% Iron</td>
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<tr>
<td>Herb-Roasted Chicken With Fingerling Potatoes</td>
<td>690</td>
<td>54</td>
<td>15</td>
<td>75</td>
<td>8</td>
<td>1321</td>
<td>18</td>
<td>125% Vitamin C, 2% Vitamin D, 69% Vitamin B6</td>
</tr>
<tr>
<td>(½ the potatoes and wine sauce)</td>
<td>500</td>
<td>12</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>12</td>
<td></td>
</tr>
</tbody>
</table>
## Health Snapshot

<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>
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</thead>
<tbody>
<tr>
<td>Brisket Hash &amp; Eggs</td>
<td>355</td>
<td>16</td>
<td>14</td>
<td>43</td>
<td>6</td>
<td>366</td>
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<td>236% Vitamin A, 246% Vitamin C, 24% Vitamin B6</td>
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<tr>
<td>Vegetable Korma</td>
<td>485</td>
<td>13</td>
<td>21</td>
<td>76</td>
<td>12</td>
<td>830</td>
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<td>215% Vitamin A, 32% Vitamin B6, 384% Vitamin C</td>
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<tr>
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<td>3</td>
<td>535</td>
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<td>16% Vitamin C, 54% Calcium, 68% Vitamin D</td>
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<tr>
<td>Honduran Chocolate Brownies (Gluten-Free)</td>
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<td>42</td>
<td>3</td>
<td>140</td>
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<tr>
<td>Caramel Apple Pie Dessert Bar</td>
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<td>39</td>
<td>1</td>
<td>180</td>
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<tr>
<td>Molten Chocolate Cake</td>
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<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>
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<tr>
<td>Double Chocolate Cookies</td>
<td>380</td>
<td>4</td>
<td>20</td>
<td>48</td>
<td>3</td>
<td>200</td>
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<tr>
<td>Kitchen Sink Cookies</td>
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<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>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>
</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.
Chicken Scaloppini with Hazelnut Whipped Butter

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

INGREDIENTS:
Chicken Breast, Egg Noodle, Spinach, Hazelnuts, Capers, Butter, Hazelnut Oil, Panko Breadcrumbs, Pecorino Romano, Black Pepper, Oregano, Basil, Onion, Paprika.

Getting Organized

EQUIPMENT
Large Skillet
Saucepan
Meat tenderizer (or small pot)

FROM YOUR PANTRY
Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS
Chicken Breast
Hazelnut Crust
Egg Noodles
Hazelnut Whipped Butter
Spinach
Capers

Make The Meal Your Own

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

Our cage-free chickens thrive on an all-natural diet. They are never fed growth hormones and receive no antibiotics in their feed, their water, through intramuscular injection, or even the egg...ever.

Good To Know

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

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

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

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

meez meals
1. **Getting Organized**
   Put a saucepan of water on to boil.

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

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

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

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

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

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

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

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Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois
Sesame Ginger Salmon

A super-simple dish we just love. It all starts with a sesame and ginger glaze that gives an Asian flair to salmon and roasted broccoli. Served over brown rice and topped with honey-glazed walnuts, it’s a hands-free dinner you’ll go crazy for.

Getting Organized

EQUIPMENT
- Sauce Pan
- Mixing Bowl
- Baking Sheet

FROM YOUR PANTRY
- Olive Oil
- Salt & Pepper

6 MEEZ CONTAINERS
- Brown Rice
- Broccoli Florets
- Salmon
- Sesame Glaze
- Green Onion & Sesame Walnuts

Make The Meal Your Own

If you ordered the carb conscious version, you received cauliflower “rice” instead of brown rice, reducing the carbs per serving to 31g. In step 3 while the salmon and broccoli are cooking, add 1 Tbsp olive oil to a large skillet over medium-high heat. Cook the cauliflower until it starts to brown, about 2 to 3 minutes. Place the cauliflower “rice” directly on serving plates.

Good To Know

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

Be sure to save some glaze for the end, you can add as much or as little as you like to get it just the way you want it to taste.

Health snapshot per serving – 700 Calories, 40g Fat, 48g Carbs, 47g Protein and 13 Freestyle Points.

Lighten Up snapshot per serving – 585 Calories, 29g Fat, and 10 Freestyle Points with half the walnuts.

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

INGREDIENTS: Brown Rice, Salmon, Broccoli, Honey, Sesame Oil, Tamari, Ginger Puree, Green Onions, White Sesame Seeds, Black Sesame Seeds, Walnuts
1. Getting Organized
   Preheat oven to 400 and 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 before serving.

2. Marinating the Salmon
   While the rice is cooking, pat the Salmon fillets dry with a paper towel and place in a shallow dish or bowl. Take about 1/3 of the Sesame Glaze and cover the salmon. Let marinate for 5 minutes.

3. Preparing the Broccoli, Walnuts, and Salmon
   When the salmon has marinated for 5 minutes, place it in the center of a baking sheet. In a separate bowl toss the Broccoli with 1 tablespoon olive oil, salt and pepper and place it on the baking sheet to the left of the salmon.

   Spoon 1 tablespoon of Sesame Glaze into the container with the Walnuts and mix thoroughly so walnuts are well coated. Place coated walnuts to the right of the salmon. Bake in oven at 400 for 10 minutes.

   Pull baking sheet from oven and remove walnuts. Place them in the bowl you used for the broccoli and set aside. Spoon additional glaze on the salmon to cover the top. Turn oven to broil setting and move baking sheet to top rack. Continue to cook Broccoli and Salmon for 5 additional minutes or until they have a nice crispy exterior.

4. Putting It All Together
   Put the brown rice on a plate, top with broccoli and then the salmon. Drizzle the remaining sesame glaze. Garnish with the glazed walnuts and Green Onions & Sesame and enjoy!

   Love this recipe? #meezmagic

We cook our rice like pasta so cover the rice with plenty of water. We put the opened glaze bag in a glass so it stays upright until we need it again. Or you can pour the remainder into a measuring cup for easy pouring.
Quesadilla Tacos

Part cheesy quesadilla, part taco and a Mexican star through and through. This gem starts with Chihuahua cheese melted on to corn tortillas, which get topped with toasted Brussels, a Mexican bean salad and then eaten like a taco. It’s an ooey-gooey delicious dinner that’s on the table in 15 minutes. Why didn’t we think of this sooner?

GETTING ORGANIZED

EQUIPMENT
- Broiler and Baking Sheet or Grill
- 2 Mixing Bowls

FROM YOUR Pantry
- Olive Oil
- Salt & Pepper

5 MEEZ CONTAINERS
- Spiced Beans
- Lime Vinaigrette
- Brussels Sprouts
- Corn Tortillas
- Chihuahua Cheese

INGREDIENTS: Brussels Sprouts, Chihuahua Cheese, Black Beans, Great Northern Beans, Yellow Onion, Corn Tortillas, Lime, Cider Vinegar, Cilantro, Jalapeño, Granulated Garlic, Coriander, Agave Syrup, Cumin

MAKE THE MEAL YOUR OWN

Cooking with a picky eater? Serve the bean salad on the side.

Don’t think you can grill inside? Think again. Your broiler is a grill; it just has the heat above, rather than below the food. You can also use a grill pan, if you prefer.

GOOD TO KNOW

If you’re making the vegan version, we’ve left the cheese out of your meal. Instead of making a melty quesadilla, assemble it as a delicious taco.

Health snapshot per serving – 640 Calories, 30g Protein, 17g Fiber, 21 Smart Points

Have questions? The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.
1. Getting Organized
   Heat your grill or preheat your broiler. If you’re broiling, put the top rack about 6 inches from the heating element.

2. Make the Bean Salad
   Put the **Spiced Beans** into a mixing bowl with the **Lime Vinaigrette** and toss to coat. Season with salt and pepper to taste, and put in the refrigerator to chill.

3. Roast the Brussels
   Put the **Brussels Sprouts** into another mixing bowl, drizzle with 2 Tbsp olive oil and season with salt and pepper. Put on to the grill or on a rimmed baking sheet under the broiler. Grill, turning a few times while cooking, until very soft and lightly browned, about 5 to 7 minutes.

4. Put It All Together
   Once the Brussels are cooked, put the **Corn Tortillas** on to the grill or on a rimmed baking sheet under the broiler. Heat until warm and pliable, about 30 to 60 seconds. Turn and top with the **Chihuahua Cheese** and cook until the cheese is melted, about 2 to 3 minutes. Top with the roasted Brussels and bean salad.

   *Love this recipe? #meezmagic*

Instructions for two servings.
Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois
Loaded Baked Sweet Potato Soup

With vitamin-rich sweet potatoes, sweet-tart sun-dried tomatoes, lots of smoked gouda, and French roll cheese bread on the side, this soup is like your favorite loaded baked potato, only more delicious.

Getting Organized

EQUIPMENT
- Large Saucepan (with a cover)
- Small Baking Sheet

FROM YOUR PANTRY
- Olive Oil
- Salt & Pepper

5 MEEZ CONTAINERS
- French Roll
- Cheese & Sour Cream
- Sweet Potatoes
- Vegetable Broth Starter
- Sundried Tomatoes, Garlic & Onion

Good to Know

Health snapshot per serving – 720 Calories, 20g Protein, 37g Fat, 77g carbs, 22 Freestyle Points.

Lightened up snapshot (½ sour cream & cheese and without the French roll) 520 Calories, 58g Carbs, 27g Fat, 13g Protein, 15 Freestyle Points

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

INGREDIENTS: Sweet Potatoes, Smoked Gouda, Sour Cream, Cream, French Roll, Red Onion, Green Onion, Sun Dried Tomatoes, Black Pepper, Vegetable Broth
1. **Getting Organized**
   Bring 5 cups of water to a boil in a large saucepan over high heat.
   
   Cut each *French Roll* in half and spread ½ Tbsp of the *Cheese & Sour Cream* on the top of each of the halves. Set aside for Step 4.

2. **Roast the Potatoes**
   Add ¾ of the *Sweet Potatoes* to the boiling water and bring the entire mixture to a boil.
   Reduce heat to medium, cover and cook over a low boil until potatoes are fork tender, about 10 to 12 minutes. Remove from heat, drain the sweet potatoes and set aside. Wipe out the pot.

3. **Create the Soup**
   Return the pot to the stove and heat 2 Tbsp olive oil over medium-high heat. Add the remaining ¼ uncooked sweet potatoes, stirring frequently to prevent sticking, and sauté until they start to brown, about 4 minutes. Stir in the *Sundried Tomatoes, Garlic & Onion* and cook until the onions brown, about 3 to 4 minutes. Add in the boiled sweet potatoes and mash with a large spoon (or potato masher) until they are the consistency of lumpy mashed potatoes.
   
   Turn the heat to high and stir in 2/3’s of a cup of water and the *Vegetable Broth Starter*. Bring to a boil, cover, reduce heat to medium-low, and cook for 5 minutes. Turn off heat and add 2/3 of the cheese & sour cream, stirring continuously until the cheese is melted.

4. **Put It All Together**
   Using the “top brown” setting of your toaster oven or “broil” on your oven, heat the French rolls until the cheese starts to brown, about 2 to 3 minutes. Ladle the soup into serving bowls and top with the remaining cheese & sour cream. Serve alongside the French cheesebread and enjoy!

Instructions for two servings.

* Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois
Steak Quinoa Bowl

This week's family favorite. We’re taking our classic red enchilada sauce and marrying it with the deep rich flavors of steak, kale and quinoa. Served with Mexican cheese, it's a cozy dinner everyone will love.

INGREDIENTS:
Steak, Kale, Tomatoes, Monterey Jack Cheese, Quinoa, Black Beans, Tomato Paste, Cilantro, Vinegar, Garlic, Chili, Vegetable Oil, Herbs and Spices

Getting Organized

EQUIPMENT
· Saucepan
· Casserole Dish
· Skillet

FROM YOUR PANTRY
· Salt & Pepper

6 MEEZ CONTAINERS
· Quinoa
· Steak
· Kale
· Beans & Tomatoes
· Enchilada Sauce
· Monterey Jack Cheese

Make The Meal Your Own

Leftovers Tip – The leftovers from this dish make a delicious taco or burrito filling.

It’s important to let the steaks rest to keep them tender and juicy. Give them at least 3 to 5 minutes off the heat before you slice and serve.

Good To Know

Be sure to generously season your steaks with salt and pepper before cooking; the salt adds flavor while also keeping the meat tender. Chef Max recommends using ½ tsp of each.

Health snapshot per serving – 450 Calories, 18g Fat, 40g Protein, 32g Carbs, 10 Freestyle Points

Have questions? The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.
1. **Getting Organized**
   Preheat your oven to 375 and put a saucepan of water on to boil.

2. **Cook the Quinoa**
   Add the Quinoa to the boiling water and cook for 6 to 8 minutes. Drain and set aside.

3. **Make the Casserole**
   While the quinoa is cooking, combine the Kale, Beans & Tomatoes and Enchilada Sauce in a casserole dish. Bake, stirring occasionally, until the kale shrinks down a bit and starts to crisp, about 7 to 10 minutes. (You’ll want to stir about every 3 to 4 minutes to prevent the kale from burning or getting too crisp on the edges). Add the cooked quinoa to the casserole and stir to incorporate. Continue baking until bubbling, about 7 to 10 more minutes.

4. **Cook the Steak**
   While the casserole is baking, heat 1 Tbsp of oil in a skillet over high heat. While the skillet is heating, pat the Steaks dry with a towel and season generously with salt and pepper (we recommend ½ tsp of each). When the skillet is very hot, add the steaks. Cook until the bottoms brown and the sides start to color, about 3 minutes.
   - **If you prefer your steak medium-rare**, flip and continue cooking 3 minutes. Remove from the heat and let rest for 5 minutes.
   - **If you prefer your steak medium**, flip and continue cooking for 4 minutes. Remove from the heat and let rest for 5 minutes.
   - **If you prefer your steak medium-well or well done**, flip and continue cooking for 5 to 6 minutes. Remove from the heat and let rest for 5 minutes.

   After the steaks have rested, place them horizontally on a cutting board. Using a sharp knife, cut the steaks into even strips (we aim for ½” x 1” pieces).

5. **Put It All Together**
   Sprinkle the Monterey Jack Cheese over the top of the casserole and bake until the casserole is bubbling around the edges and the cheese is melted, about 5 more minutes. Serve the casserole topped with the sliced steak.

Instructions for two servings.

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

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

Getting Organized

EQUIPMENT
Saucepan
Large Skillet

FROM YOUR PANTRY
Olive Oil
Salt & Pepper

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

Make The Meal Your Own

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

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

Good To Know

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

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

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

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

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

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

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

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

Instructions for two servings.
Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois
**Aioli Shrimp with Asian Veggies**

Ginger-soy aioli meets shrimp and Asian vegetables. Yum. We’re cooking up a Japanese-style rice bowl with stir-fried shrimp, edamame, carrots, snow peas and Himalayan red rice, tossed in an irresistible ginger-soy aioli.

**INGREDIENTS:** Himalayan Red Rice, Shrimp, Snow Peas, Edamame, Mayonnaise, Carrots, Water Chestnuts, Green Onions, Tamari, Sesame Seeds, Brown Sugar, Ginger, Garlic

**Getting Organized**

**EQUIPMENT**
- Large Skillet
- Saucepan

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

**5 MEEZ CONTAINERS**
- Himalayan Red Rice
- Mixed Sesame Seeds
- Asian Veggies
- Shrimp
- Ginger-Soy Aioli

**Make The Meal Your Own**

**Make Ahead Tip** – Cook the rice up to 2 days in advance. When you’re ready to eat, start with step 3, making sure to cook the rice with the veggies for an extra few minutes to reheat it.

**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** – 550 Calories, 19g Fat, 62g Carbs, 37g Protein, 530mg Sodium, 16 Smart Points

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

2. **Cook the Rice**
   Add a generous pinch of salt to the boiling water and add the *Himalayan Red Rice*. Cook rice 20 to 25 minutes, then drain and return to the pot. Cover and set aside for 5 minutes.

3. **Stir Fry the Vegetables**
   While the rice is cooking, heat 2 Tbsp of olive oil in a large skillet over high heat. Add the *Asian Veggies* and cook until the snow peas are bright green, 7 to 8 minutes. Remove veggies to a bowl and set aside.

4. **Cook the Shrimp**
   In the now empty skillet, heat 1 Tbsp of olive oil over medium-high heat. Dry and lightly salt the *Shrimp*. Cook for a minute on each side until they are opaque and no longer grey in color. Turn off burner and place shrimp on a plate or cutting board. Cut each shrimp in half.

5. **Putting It All Together**
   Combine the veggies, cooked rice, and halved shrimp in the still warm pan. Add ¾ of the *Ginger-Soy Aioli* and mix thoroughly. Serve topped with *Mixed Sesame Seeds* and drizzle with remaining aioli.

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Instructions for two servings.

*Meez Meals* *1459 N. Elmwood Avenue* *Evanston* *Illinois*
Herb-Roasted Chicken with Fingerling Potatoes

We’re putting a fresh spin on classic roast chicken this week. With fingerling potatoes, cremini mushrooms, fresh herb rub and hands-free white wine sauce, it’s a sophisticated one-pan dinner we just love. (Did we mention it’s just 10 minutes hands on?)

Making The Meal Your Own

Everything is better with bacon. Chef Max likes to dice slab bacon and add it to the roasting pan with the onions and mushrooms. The extra fat makes for decadent, flavorful vegetables.

Our cage-free chickens thrive on an all-natural diet. They are never fed growth hormones and receive no antibiotics in their feed, their water, through intramuscular injection, or even the egg…ever.

Good To Know

Health snapshot per serving – 690 Calories, 15g Fat, 54g Protein, 8g fiber, 75g Carbs, 18 Smart Points

Lightened Up per serving - 500 Calories, 12g Fat, 50g Protein, 41g Carbs, 12 Smart Points using ½ the potatoes and wine sauce

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

INGREDIENTS: Cage-Free Chicken Thighs, Fingerling Potatoes, Cremini Mushrooms, White Wine, Red Onion, Capers, Heavy Cream, Garlic, Miso, Herbs and Spices
1. **Getting Organized**  
   Preheat your oven to 425 degrees.

2. **Prep the Chicken and Potatoes**  
   Pat the *Chicken Thighs* dry with a towel. If the chicken skin has bunched in places, pull it evenly over the chicken thighs so that it lays flat.

   Cut the *Fingerling Potatoes* in half lengthwise.

3. **Roast the Chicken**  
   In a roasting pan or deep casserole dish, toss the chicken thighs, potatoes, *Mushrooms, Red Onion* and *Herbs & Garlic* with 2 Tbsp olive oil, ½ tsp salt and ¼ tsp pepper. Arrange the vegetables on the bottom of the pan and set the chicken thighs on top. Roast until the chicken skin is beginning to brown and crisp, about 40 to 45 minutes.

4. **Finish the Sauce**  
   Remove from the oven and sprinkle 1 Tbsp flour over everything. Return to the oven for 5 minutes. Remove again, toss well and add the *White Wine Sauce* to the pan. Stir well to incorporate.

   Return the pan to the oven and cook until the chicken is brown and crispy and the sauce is thick and bubbling, about 8 to 10 minutes.

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Instructions for two servings.  
Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois
Brisket Hash & Eggs

Breakfast-for-dinner has never been more fun. It all starts with a brisket hash cooked up with plenty of vitamin-rich sweet potatoes and a medley of colorful peppers. Topped with a fried egg, it’s comfort food you’ll just love.


Getting Organized

EQUIPMENT
- Large Skillet

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

4 MEEZ CONTAINERS
- Sweet Potatoes
- Onions & Garlic
- Beef Brisket
- Pepper Medley

Make The Meal Your Own

If you ordered the carb conscious version, you received butternut squash instead of the sweet potatoes reducing the carbs per serving to 24g. In step 1 replace the sweet potatoes with the butternut squash and reduce the cooking time to 6 to 8 minutes.

Good to Know

Family favorite!

Makes a great breakfast or dinner!

Health snapshot per serving – 355 Calories, 16g Protein, 14g Fat, 5 Freestyle Point

Have questions? The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.
1. **Cook the Veggies and Brisket**
   Heat 1 Tbsp olive oil in a large skillet over medium-high heat. When the oil is hot, add the **Sweet Potatoes** and cook until they soften and start to brown, about 10 minutes.

   Lower the heat to medium and add the **Pepper Medley** and **Onions & Garlic**. Continue cooking until the onions are translucent and peppers just start to blister, about 4 to 6 minutes.

2. **Cook Brisket**
   Add the **Beef Brisket** to the skillet and cook until the brisket is warm, about 2 minutes. Remove the brisket and veggies from the skillet and place on serving plates.

3. **Make the Eggs**
   Wipe out the skillet and return it to the stove with 1 Tbsp olive oil over medium-high heat. When the oil is hot, crack the eggs into the skillet and cook until the whites are opaque and the yolk has set, about 1 to 2 minutes. Salt and pepper to taste.

4. **Put it All Together**
   Place the cooked egg on top of the brisket and peppers and enjoy!

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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!
Deep Dish Mushroom and White Cheddar Strata

This layered earthy mushroom and gooey cheese casserole will warm up everyone at your dinner table. P.S. Don’t let the long cooking time keep you from ordering. This gem is just 10 minutes hands-on and can be made in advance. P.P.S. Leftovers make an awesome breakfast.

INGREDIENTS: Corn, Button Mushrooms, Eggs, Sourdough Bread, White Cheddar, Green Onion, Mayonnaise, Basil

Getting Organized

EQUIPMENT
- Loaf Pan or 10x10 Casserole Dish
- Mixing Bowl
- Medium Skillet

FROM YOUR PANTRY
- Butter or Cooking Spray
- 1 1/2 Cup Milk or Half & Half
- Black Pepper

5 MEEZ CONTAINERS
- Mushrooms
- Sourdough Bread
- Corn & Basil
- Cheddar Cheese
- Egg Mix

Make The Meal Your Own

This is a great make-ahead meal. Prepare the strata ahead of time, and reheat it for 10 minutes at 350 when you are ready to eat.

Dedicated omnivores can add cooked, crumbled bacon along with the corn.

Looking for a brunch idea? This is a delicious breakfast as well. Add some sausage to give it a breakfast feeling.

Good To Know

A note on pan size – To keep the strata moist, Chef Max likes to make his in a narrow, deep pan, so he recommends using a loaf pan (or two). You can also build your strata in a shallower casserole dish, but start checking your strata a bit earlier, as it may cook faster.

Health snapshot per serving – 540 Calories, 25g Fat, 31g Protein, 49g Carbs, 20 Smart Points.

Have questions? The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.
1. **Getting Organized**
   Preheat the oven to 350 degrees and grease your pan or casserole dish using butter or cooking spray.

2. **Cook the Mushrooms**
   Heat 1 Tbsp of oil in a medium-sized skillet over high heat. Add the Mushrooms and cook until golden brown, 5 to 7 minutes.

3. **Assemble the Strata**
   Tear the Sourdough Bread rolls into approximately 1” cubes and put 1/3 of the bread on the bottom of the pan or casserole dish. Layer 1/3 of the Corn & Basil on top of the bread, followed by 1/3 of the mushrooms and 1/3 of the Cheddar Cheese. Repeat these layers two more times – bread, corn, mushrooms, cheese – until you’ve used up your ingredients.

   Open the Egg Mix and pour into a mixing bowl. Add 1 ½ cup milk or half & half. Season with two pinches of Kosher salt and up to ½ tsp of black pepper. Pour the egg mixture into the pan over all the ingredients as evenly as possible. You can adjust the black pepper amount based on your preferences.

4. **Bake the Strata**
   Bake until the eggs are set and firm to the touch and the strata is brown on top, about 50 to 60 minutes. Slice and serve. Enjoy!

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Instructions for two servings.

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