

*Chicken Parmesan
with Basil Aioli Kale Slaw*

| | | |
|---------------------------|------------------------------|---------------------------------|
| 20 Min to Table | 20 Min Hands On | 1 Whisk Super Easy |
|---------------------------|------------------------------|---------------------------------|

Getting Started Preheat your oven to 400.

From Your Pantry You'll need olive oil, salt, and pepper.

Indian Butter Chicken

| | | |
|---------------------------|------------------------------|-------------------------|
| 25 Min to Table | 25 Min Hands On | 2 Whisks Easy |
|---------------------------|------------------------------|-------------------------|

Getting Started Preheat oven to 425.

From your Pantry You'll need olive oil, salt and pepper

Quick Tips



*Vietnamese Pulled Pork
Bao Buns*

| | | |
|---------------------------|------------------------------|---------------------------------|
| 15 Min to Table | 15 Min Hands On | 1 Whisk Super Easy |
|---------------------------|------------------------------|---------------------------------|

Getting Started Heat olive oil in a large skillet.

From Your Pantry You'll need olive oil, salt & pepper

Steak Bi Bim Bap

| | | |
|---------------------------|------------------------------|-------------------------|
| 40 Min to Table | 30 Min Hands On | 2 Whisks Easy |
|---------------------------|------------------------------|-------------------------|

Getting Started Bring 2 cups of water to a boil, and preheat your oven to 425.

From Your Pantry You'll need some olive oil, one egg per serving, and salt and pepper

*Asparagus & Fontina Fritters
with Whipped Ricotta*

| | | |
|---------------------------|------------------------------|---------------------------------|
| 15 Min to Table | 15 Min Hands On | 1 Whisk Super Easy |
|---------------------------|------------------------------|---------------------------------|

Getting Started Mix the Asparagus Fritter Batter.

From your Pantry You'll need olive oil, an egg, butter, milk, salt and pepper.

Barbeque Pizza

| | | |
|---------------------------|------------------------------|---------------------------------|
| 30 Min to Table | 10 Min Hands On | 1 Whisk Super Easy |
|---------------------------|------------------------------|---------------------------------|

Omnivore Option

Chicken is a great option.

Getting Started

Preheat your oven to 400 and take pizza dough out of refrigerator.

Tahitian Chicken Paella

| | | |
|---------------------------|------------------------------|---------------------------------|
| 40 Min to Table | 20 Min Hands On | 1 Whisk Super Easy |
|---------------------------|------------------------------|---------------------------------|

Getting Started

Preheat your oven to 375.

From Your Pantry

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

Udon Noodles with Spicy Green Beans

| | | |
|---------------------------|------------------------------|---------------------------------|
| 20 Min to Table | 20 Min Hands On | 1 Whisk Super Easy |
|---------------------------|------------------------------|---------------------------------|

Getting Started

Put a large pot of water on to boil.

Omnivore Option

Pork is a natural addition to this dish.

Queso Fiesta Casserole

| | | |
|---------------------------|------------------------------|---------------------------------|
| 45 Min to Table | 10 Min Hands On | 1 Whisk Super Easy |
|---------------------------|------------------------------|---------------------------------|

Getting Started

Preheat your oven to 425.

From your Pantry

You'll need olive oil, salt and pepper.

New England Shrimp Roll

| | | |
|---------------------------|------------------------------|---------------------------------|
| 20 Min to Table | 20 Min Hands On | 1 Whisk Super Easy |
|---------------------------|------------------------------|---------------------------------|

Getting Started

Preheat your oven to 425.

From your Pantry

You'll need a little cooking oil.

Meal Tip

Add a little Tabasco for an extra kick.

Smoky Salmon Salad

| | | |
|---------------------------|------------------------------|---------------------------------|
| 10 Min to Table | 10 Min Hands On | 1 Whisk Super Easy |
|---------------------------|------------------------------|---------------------------------|

Getting Started

Heat olive oil in a large skillet.

From your Pantry

You'll need olive oil, salt & pepper.

Health Snapshot

| Recipe | Calories | Protein (grams) | Fat (grams) | Carbs (grams) | Fiber (grams) | Sodium (milligrams) | Sugar (grams) | Smart Points | Key Vitamins/Minerals (% of rcmndd daily) | |
|---|----------|--------------------|----------------|------------------|------------------|------------------------|------------------|-----------------|--|-----------------|
| Smoky Salmon Salad | 670 | 22 | 43 | 52 CC 38 | 6 | 2320 | 26 | 22 | 45% Vitamin A | 35% Vitamin C |
| Asparagus & Fontina Fritters with Whipped Ricotta | 505 | 25 | 35 | 24 | 3 | 723 | | 17 | 126% Vitamin A | 61% Calcium |
| Steak Bi Bim Bap | 560 | 46 | 20 | 49 CC 31 | 8 | 713 | | 16 | 33% Vitamin B-12 | 113% Calcium |
| Chicken Parmesan with Basil Aioli Kale Slaw (use 1/2 the breading and basil oil) | 980 | 77 | 58 | 37 | 4 | 1320 | 8 | 24 | 83% Calcium | 106% Vitamin B6 |
| | 780 | | 42 | | | | | | | |
| New England Shrimp Roll | 615 | 36 | 16 | 79 | 4 | 1320 | x | 16 | 29% Vitamin A | 14% Vitamin B6 |
| Udon Noodles with Spicy Green Beans | 580 | 29 | 18 | 84 | 17 | 445 | | 17 | 64% Vitamin A | 71% Vitamin C |
| Indian Butter Chicken (½ the butter and ½ the nuts) | 840 | 53 | 60 | 28 | 8 | 560 | 14 | 24 | 302% Vitamin A | 192% Vitamin C |
| | 670 | | 43 | | | | | | | |

Health Snapshot

| Recipe | Calories | Protein (grams) | Fat (grams) | Carbs (grams) | Fiber (grams) | Sodium (milligrams) | Sugar (grams) | Smart Points | Key Vitamins/Minerals (% of rcmndd daily) | |
|---|----------|--------------------|----------------|------------------|------------------|------------------------|------------------|-----------------|--|----------------|
| Vietnamese Pulled Pork Bao Buns | 830 | 45 | 13 | 129 | 8 | 2470 | 40 | 25 | 181% Calcium | 32% Vitamin A |
| (Use 3/4 of the sauce, and only 2 bao buns) | 590 | | 32 | | | | | 18 | | |
| Tahitian Chicken Paella | 645 | 62 | 19 | 65 | 4 | 370 | 13 | 19 | 18% Vitamin B6 | 218% Vitamin C |
| Queso Fiesta Casserole | 440 | 16 | 17 | 57 | 9 | 830 | 10 | 12 | 147% Vitamin C | 73% Calcium |
| Barbeque Pizza | 575 | 24 | 13 | 61 | 11 | 1605 | x | 19 | 316% Vitamin A | 77% Vitamin C |
| Add a Protein | 220 | 41 | 5 | 0 | 0 | 85 | 0 | 3 | 90% Vitamin B6 | 4% Iron |
| All-Natural Chicken Breast | 220 | 30 | 10 | 0 | 0 | 75 | 0 | 5 | 10% Iron | Potassium |
| Bistro Chateau Steak | 220 | 35 | 0 | 0 | 0 | 130 | 0 | 4 | 60% Vitamin B6 | 15% Potassium |
| Add a Protein | 120 | 28 | 0.5 | 0 | 0 | 170 | 0 | 1 | 8% Potassium | 4% iron |

Health Snapshot

| Recipe | Calories | Protein (grams) | Fat (grams) | Carbs (grams) | Fiber (grams) | Sodium (milligrams) | Sugar (grams) | Smart Points | Key Vitamins/Minerals (% of rcmndd daily) | |
|----------------------------------|----------|--------------------|----------------|------------------|------------------|------------------------|------------------|-----------------|--|--------------|
| 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 |
| Belgian Chocolate Vegan Brownies | 420 | 6 | 20 | 62 | 4 | 300 | | | 10% 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.

Smoky Salmon Salad

This salad combines the flavor of smoked salmon with the tender bite of a freshly seared filet. The trick is a smoky glaze that packs a flavor punch, plus crisp greens, crunchy pita chips and a cucumber dill dressing. It's sophisticated and simple. Not to mention delicious.

10 Minutes to the Table

10 Minutes Hands On

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

- Large Skillet
- Large Mixing Bowl

FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper

5 MEEZ CONTAINERS

- Salmon
- Smoky Glaze
- Spinach & Arugula
- Pita Chips
- Cucumber Dill Dressing

Good to Know

If you ordered the **Carb Conscious version**, we sent you Red Peppers instead of Pita Chips, reducing the **carbs per serving to 38g**. Use in place of the pita chips in step 2.

Health snapshot per serving – 670 Calories, 43g Fat, 52g Carbs, 22g Protein, and 22 Freestyle Points.

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

INGREDIENTS: Salmon, Spinach, Cucumber, Mayonnaise, Sour Cream, Arugula, Radicchio, Pita Chips, Brown Sugar, Water, Lemon, Red Onion, Yellow Onion, Capers, Liquid Smoke, Tamari, Horseradish, Salt, Dill, Black Pepper, Paprika.

meez meals

1. Cook the Salmon

Pat dry the **Salmon** with a paper towel. Heat 2 Tbsp olive oil in a large skillet over medium-high heat. When the oil is hot, add the salmon and cook until it turns brown, about 3 to 4 minutes. Flip and cook for another 2 minutes.

Add the **Smoky Glaze** and cook, continuously spooning the glaze on top of the salmon as it cooks and thickens, an additional 2 minutes. Remove from the heat and transfer the salmon to a plate. Spoon any additional marinade on top the salmon and let it rest for 5 minutes.

2. Create the Salad

While the salmon is resting, combine the **Spinach & Arugula, Pita Chips**, and two-thirds of the **Cucumber Dill Dressing** In a large mixing bowl and toss.

3. Put It All Together

Serve the tossed salad topped with the smoky salmon and drizzle with the remaining Cucumber Dill Dressing.

Enjoy!

Once you have spooned the remaining marinade on the salmon, you will want to rinse out the skillet right away.

Instructions for two servings.

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

Asparagus & Fontina Fritters with Whipped Ricotta

There's something about fritters we just love. And with their crispy, crunchy texture, they're a meal the whole family loves. We're cooking them up this week with asparagus and fontina, served over a bed of spinach and arugula. Topped with whipped ricotta and chives and a delicious cider glaze, it's a sophisticated, delicious dinner that's on the table in less than 15 minutes

15 Minutes to the Table

15 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

- Large Skillet
- Large Mixing Bowl

FROM YOUR PANTRY

- Salt & Pepper
- Egg (1)
- Butter (3 Tbsp)
- Milk (1/3 cup)

6 MEEZ CONTAINERS

- Asparagus
- Fontina & Flour
- Onions, Leeks & Garlic
- Spinach & Arugula
- Cider Glaze
- Ricotta & Chives

Add Protein Cooking Instructions

Integrate into recipe: Prior to Step 2, cook the protein (per instructions below) then serve alongside the fritters 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

Health snapshot per serving – 505 Calories, 25g Protein, 35g Fat, 24g Carbs, and 17 Freestyle Points.

SCAN QR CODE
to view
YouTube
cooking video



INGREDIENTS: Asparagus, Spinach, Arugula, Flour, Baking Powder, Fontina, Ricotta, Onion, Leek, Garlic, Chive, Apple, Lemon, Sugar, Apple Cider Vinegar.

meez meals

1. **Make the Asparagus Fritter Batter**

Crack 1 egg into a large mixing bowl and mix well. Melt 1 Tbsp butter in the microwave or stove and add to the large mixing bowl along with 1/3 cup milk, 1 teaspoon salt, the **Asparagus, Fontina & Flour**, and **Onions, Leeks & Garlic**.

Gently stir until all ingredients are just mixed in. (Avoid overworking the batter.)

2. **Cook the Fritters**

Melt 2 Tbsp butter in a large skillet over medium high heat. When the butter is melted, ladle the batter on to the skillet, using a measuring cup, forming a fritter about 3" in diameter and about ½' thick. You should have approximately four fritters. Cook the fritters until golden brown, about 3 to 4 minutes per side.

3. **Put It All Together**

Arrange the **Spinach & Arugula** on serving plates and drizzle with half the **Cider Glaze**. Top with the Asparagus Fritters and drizzle with the remaining Cider Glaze. Top each fritter with a dollop of **Ricotta & Chives** and enjoy!

Instructions for two servings.

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

Steak Bi Bim Bap

Fresh from your own kitchen, Bee Bim Bop, which means “mix-mix rice” is a classic Korean dish of rice topped with meat and vegetables. With spinach, mushrooms, cabbage and carrots, it's a recipe where having all the ingredients prepped and ready to go is truly magic. Get ready for some fun!

40 Minutes to the Table

30 Minutes Hands On

2 Whisk Easy

Getting Organized

EQUIPMENT

Large Skillet
Mixing Bowl
Saucepan
Baking Sheet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper
Egg (1 per serving)

7 MEEZ CONTAINERS

Jasmine Rice
Steak
Spinach
Mushrooms
Cabbage & Carrots
Bibimbap Sauce
Gochujang

Make The Meal Your Own

If you ordered the Carb Conscious version, we sent you cauliflower “rice” instead of the Jasmine rice, reducing the **carbs per serving to 31g**. You don't need to boil water. Skip step 2. Prior to step 3, heat 1 Tbsp olive oil in a large skillet over high heat. When the oil is hot, add the cauliflower and cook until it starts to brown, about 2 to 3 minutes. Set aside until step 5.

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 for this dinner.

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

Good To Know

Health snapshot per serving – 560 Calories, 20g Fat, 46g Protein, 49g Carbs, 16 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

**SCAN QR CODE
to view YouTube
cooking video**



INGREDIENTS: Steak, Jasmine Rice, Mushroom, Spinach, Cabbage, Carrot, Tamari, Mirin, Garlic, Ginger, Gochujang, Sesame Seed, Sesame Oil

meez meals

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 **Cabbage & Carrots** and **Mushrooms** on a baking sheet. Drizzle with olive oil & lightly salt. Bake for 12 minutes, stirring the veggies and the mushrooms half-way through.

4. Cook the Steak and Spinach

After the veggies and mushrooms are done cooking, heat 1½ 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 & sides start to color, about 3 minutes. If you prefer your steak **medium-rare**, flip & continue cooking 3 min (**medium** 4 min., **well done** 5 to 6 min). Set aside to rest for 5 min. Once 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).

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

5. Arrange the Bibimbap Bowl

In a medium sized bowl, place half the rice at the bottom and arrange half the carrots and cabbage, mushrooms, spinach, and steak 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.

Use enough water to completely cover the rice.

Keep the mushrooms and veggies separate from each.

Each family member can mix the Gochujang in to their dish depending on how much they enjoy spicy food.

Instructions for two servings.

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

Chicken Parmesan with Basil Aioli Kale Slaw

Chicken Parmesan with a Meez twist. With fresh mozzarella, a cheesy-panko crust, and roasted kale slaw tossed with basil aioli dressing, this dinner is anything but ordinary. It's a favorite with kids and parents alike.

20 Minutes to the Table

20 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

2 Baking Sheets
Large Skillet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Kale Slaw
Basil Aioli
Chicken Breast
Seasoned Panko
Breading
Fresh Mozzarella
Marinara Sauce

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 – 980 Calories, 77g Protein, 58g Fat, 37g Carbs, 24 Freestyle Points.

Lighten Up Snapshot per serving - 780 Calories, 42g Fat, 25g Carbs, 17 Freestyle Points with two-thirds of the Basil Aioli, two-thirds the Seasoned Panko Breading, and two-thirds the sauce.

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

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INGREDIENTS: Chicken Breast, Fresh Mozzarella, Tomatoes, Parmesan, Pecorino Romano, Panko Breadcrumbs, Kale, Broccoli, Brussels Sprouts, Green Cabbage, Radicchio Red Onion, Basil, Mayonnaise, Olive Oil, Oregano, Garlic, Paprika, Lemon, Kosher Salt, White Pepper.

meez meals

1. Getting Organized

Preheat your oven to 400.

2. Roast the Kale Slaw

Arrange the **Kale Slaw** in a single layer on a baking sheet. Drizzle with olive oil, salt & pepper. Bake until the edges start to char, about 10 to 12 minutes. Remove from the oven and mix right away with the **Basil Aioli** right on the baking sheet. Transfer to serving plates. Leave the oven on.

3. Prep the Chicken

While the veggies are cooking, 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 **Seasoned Panko Breading** 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.

Don't be afraid to get your aggression out on the chicken!

The chicken will not be fully cooked after its time in the skillet. It will finish cooking in the oven.

Only pour the sauce along the middle so the breading stays nice and crisp.

Fresh mozzarella doesn't melt completely but will be hot, soft and delicious.

4. Cook the Chicken

Heat 1 ½ Tbsp olive oil in a large skillet over medium high heat. When the oil is hot, add the chicken and cook, without disturbing, until the sides brown, about 1 minute. Flip and continue cooking until other side is brown as well, about 1 additional minute.

Transfer the chicken to a second baking sheet and top with the **Fresh Mozzarella**, two or three pieces per breast, centered the long-way. Drizzle the **Marina Sauce** down the center of the fresh mozzarella pieces.

Bake until the cheese starts to melt, about 8 to 10 minutes. Remove from the oven and let rest for 5 minutes.

5. Put It All Together

Serve the chicken parmesan on top of the basil aioli kale slaw. Enjoy!

Instructions for two servings.

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

New England Shrimp Roll

Inspired by the classic Maine lobster roll, then served up Meez style. It starts with sautéed shrimp tossed New England style with lemony mayonnaise. Add in a toasted roll, roasted red potato fries, and pickled veggies, and you've got something special.

20 Minutes to the Table

20 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT
Skillet

FROM YOUR PANTRY
Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS
Shrimp
Roll
Lemony Mayo
Red Potatoes
Pickled Veggies
Dill & Chive

Make the Meal Your Own

If you like spicy food, add a little Tabasco or hot sauce to the creamy dressing for an extra kick.

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 – 615 Calories, 36g Protein, 16g Fat, 16 Smart Points

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

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INGREDIENTS: Roll, Shrimp, Red Potatoes, Zucchini, Squash, Mayonnaise, Green Onion, Chives, Dill, Celery, Sriracha, Lemon, Garlic, Black Pepper

meez meals

1. Cook the Red Potato Fries

Preheat your oven to 425

Slice each **Red Potato** in half the long way, then slice each half again so you have four skinny fries per potato. Transfer them to a large mixing bowl, drizzle with olive oil, salt and pepper and toss. Arrange the coated fries on a baking sheet in a single layer. Roast until the outside of the potato is golden and slightly crispy, about 20 minutes.

2. Cook the Shrimp

After the potatoes have been baking for about 10 minutes, dry and lightly salt & pepper the **Shrimp**. Heat 1 Tbsp olive oil in a skillet over medium-high heat. Cook for a minute on each side until they are opaque and no longer grey in color. Place in the now-empty mixing bowl and set aside.

3. Prepare Your Rolls

Brush olive oil on both flat sides of each **Roll** and place in the now-empty skillet over medium-high heat. Grill bread until golden brown on one side, about 20 to 30 seconds using a small sauté pan to gently push down on the top of the bread while it's cooking. Flip and grill the other side until also golden brown using same process.

Remove from heat and place the rolls standing up on a plate (round top should be facing up and toasted sides should be facing out).

Carefully slice half way down into the bread from the front to the back creating a slit on the top. This will be the pocket for the shrimp to go into.

4. Put It All Together

Add the **Lemony Mayo** to the bowl with the cooked shrimp and toss. Using a spoon, fill the roll with the shrimp and lemony mayo mix (pressing down a bit to keep the shrimp in place). Generously top with the **Dill & Chive** mix. Serve roll alongside the **Pickled Veggies** and roasted red potato fries and enjoy!

Brush the olive oil for grilling the bread on the flat sides of the roll and not the round top or bottom.

Be sure not to slice the roll in half. You only want to go about half way down into the bread to create the opening for the filling.

Instructions for two servings.

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

Udon Noodles with Spicy Green Beans

We're mixing up a sweet and spicy Asian sauce this week with almonds, chili peppers, agave and tamari. The flavors are addictive, and perfect with green beans, organic tofu and udon noodles. The result is a sophisticated dinner that's on the table in 20 minutes. That's our type of meal!

20 *Minutes to the Table*

20 *Minutes Hands On*

1 Whisk *Super Easy*

Getting

Organized

EQUIPMENT

Saucepan
Large Skillet

FROM YOUR

PANTRY

Olive Oil
Salt & Pepper

5 MEEZ

CONTAINERS

Green Beans
Udon
Noodles
Spicy Sweet
Asian
Sauce
Tofu
Bok Choy

Good to Know

Integrate into recipe: After adding the udon to the water in Step 3, cook the protein (per instructions below) and slice into strips (flake the salmon, leave shrimp whole) then toss with the udon and veggies 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

If you ordered the **Carb Conscious version**, we sent you zucchini "noodles" instead of the udon, reducing the **carbs per serving to 40g**. Skip step 1. Prior to step 4., pat dry the zucchini noodles, add 1 Tbsp oil to a large skillet. Cook on medium-high heat until they start to brown, about 3 minutes. Remove from the skillet and set aside. Do not wipe out the skillet and continue on with step 4.

If you're making the gluten-free version, we've sent you rice noodles instead. Cook until tender, about 5 minutes, drain and then rinse under cold water.

Health snapshot per serving – 550 Calories, 19g Fat, 28g Protein, 17 Freestyle Point

**SCAN QR CODE
to view
YouTube
cooking video**



1. Get Organized

Put a large pot of water on to boil.

2. Blanch the Green Beans

Add the **Green Beans** to the boiling water and cook until they are bright green and just barely tender, about 2 minutes. (Don't overcook them. Soggy green beans are what give this tasty vegetable a bad reputation!)

Use a slotted spoon to remove the beans from the pot and rinse under very cold water (this stops them from overcooking). Once the beans are cold to the touch, drain well and set aside.

Be sure to put the green beans into very cold water as soon as you drain them- run the water a few minutes in advance to get it good and cold.

3. Cook the Udon

Return the pot of water to a boil over medium-high heat. Add the **Udon Noodles** and cook until tender, about 10 to 12 minutes. Drain and set aside.

4. Put It All Together

Heat 1Tbsp olive oil in a large skillet over medium heat. Add $\frac{3}{4}$ of the **Spicy Sweet Asian Sauce**. Cook for one minute, add the **Organic Tofu**, **Bok Choy** and green beans and cook an additional 2 minutes until everything is heated through. Toss the veggies with the udon and the remaining sauce.

Add a tablespoon or two of water if you'd like the sauce a little thinner.

Love this recipe? #meezmagic

Instructions for two servings.

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

Indian Butter Chicken

Tender chicken cooked up in a creamy tomato sauce with just the right blend of Indian spices and sweet butter. We're serving this classic recipe with roasted cauliflower.

25 *Minutes to the Table*

25 *Minutes Hands On*

2 Whisk *Easy*

Getting Organized

EQUIPMENT

- 2 Large Skillets
- Sheet Pan

FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper

6 MEEZ CONTAINERS

- Cauliflower
- Chicken
- Tomato Cream Sauce
- Spiced Butter
- Spinach
- Cashew

Good to Know

Butter chicken originated in Delhi, sometime during the 1950s. Today it can be found in all over the world.

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 – 840 Calories, 53g Protein, 60g Fat, 28g Carbs, 24 Freestyle Points.

Lighten-Up snapshot per serving – 670 Calories, 43g Fat, 23g Carbs, 17 Freestyle Points using half the butter and half the nuts.

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, Spinach, Cauliflower, Tomato, Cream, Cashew, Butter, Cilantro, Garlic, Ginger, Garam Masala, Cayenne Pepper, Turmeric, Coriander, Lime, Sugar.

meez *meals*

1. Roast the Cauliflower

Preheat oven to 425. Spread the **Cauliflower** on a baking sheet in a single layer and drizzle with olive oil, salt and pepper. Cook until it starts to brown, about 15 to 17 minutes. Remove from oven and set aside.

2. Cook the Chicken

While the cauliflower is roasting, dry the **Chicken** with a paper towel and lightly salt and pepper. Heat 1 Tbsp olive oil in a large skillet over medium-high heat. When the oil is hot, add the chicken and cook until the bottom is crisp and brown, 3 to 4 minutes. Turn the chicken and cook for another 3 to 4 minutes, until the other side is brown as well.

Remove from the 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 ½" cubes and set aside. Do not wipe out the pan.

3. Make the Indian Butter Sauce

Bring the **Tomato Cream Sauce** to a boil in the now-empty skillet over medium-high heat. Reduce the heat to medium and simmer, uncovered until the sauce thickens slightly, about 5 minutes. Add ¾ of the **Spiced Butter** and stir until melted, then turn off the heat. Add the cubed chicken and stir to coat.

4. Cook the Spinach

While the sauce is cooking, heat 1 Tbsp olive oil in a separate skillet on medium-high heat. When the oil is hot, add the **Spinach** and cook until it wilts, about 3 to 4 minutes. Add the remaining Spiced Butter to the pan and cook until the butter is melted, and the spinach is coated. Remove from the heat and place directly on serving plates.

5. Put It All Together

Top the spinach with the chicken and **Cashews**. Serve the roasted cauliflower along the edges of the plate and drizzle sauce from the pan over top of the entire dish. Enjoy!

The spinach is bulky when uncooked but will reduce once wilted so you may need to add it a bit at a time.

Instructions for two servings.

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

Vietnamese Pulled Pork Bao Buns

Super simple, super delicious. We're filling warm bao buns with Vietnamese-seasoned pulled pork. Topped with pickled veggies, it's a fresh, flavorful dinner that's on the table in less than fifteen minutes.

15 *Minutes to the Table*

15 *Minutes Hands On*

1 Whisk *Easy*

Getting Organized

EQUIPMENT

1 Large Skillet

FROM YOUR PANTRY

Olive Oil

Salt & Pepper

5 MEEZ CONTAINERS

Bao Buns

Pulled Pork

Vietnamese Hoisin
Sauce

Pickled Veggies

Carrots & Green Onions

Good to Know

Health snapshot per serving – 830 Calories, 45g Protein, 13g Fat, 129g Carbs, 25 Freestyle Points

Lightened-up Health snapshot per serving – 640 Calories, 10g Fat, 95g Carbs, 19 Freestyle Points by using two buns per serving and $\frac{3}{4}$ of the sauce.

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: Bao Bun, Pulled Pork, Rice Wine Vinegar, Hoisin Sauce, Red Onion, Radish, Carrot, Green Onion, Sugar, Jalapeño, Garlic, Lime, Ginger, Sambal, Cilantro, Fish Sauce, Salt

meez *meals*

1. Heat the Bao Buns

Heat 1 Tbsp olive oil in a large skillet over medium heat. Add the **Bao Buns** and cook until the bottom turns golden brown, about 3 minutes. Flip and cook until the other side is golden brown, an additional 3 minutes. Transfer the bao buns directly to serving plates.

2. Heat the Pulled Pork

Add the **Pulled Pork** and the **Vietnamese Hoisin Sauce** to the now empty skillet over medium heat. Cook until the pork is hot and the sauce starts to thicken, about 2 to 3 minutes.

3. Put It All Together

Carefully open each bao bun (form a "taco" and maintain the hinge at the bottom) and fill with the pork, a generous helping of the **Pickled Veggies** and the **Carrots & Green Onions**. Enjoy!

The pulled pork is fully cooked, so this step is to heat it and marinate with flavor.

Instructions for two servings.

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

Tahitian Chicken Paella

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

40 Minutes to the Table

20 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Oven-Safe Large Skillet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Chicken Breast
Pineapple & Peppers
Rice
Coconut Soy Ginger Sauce
Cashews

Make The Meal Your Own

If you ordered the **Carb Conscious version**, we sent you cauliflower "rice" instead of the white rice. This change and eliminating the extra drizzle of sauce at the end, reduces the **carbs per serving to 35g**. Prior to step 3., heat 1 Tbsp olive oil in a large skillet over high heat. Sauté the cauliflower "rice" until it starts to brown, about 2 to 3 minutes. Remove from the heat and set aside. Use in place of the rice in step 4 and DO NOT add the water and only cook in the oven for 10 to 15 minutes (checking on the level of the liquid periodically).

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.

Health snapshot per serving – 810 Calories, 69g Protein, 93g Carbs, 19g Fat, 17 Freestyle Points

Lightened-up health snapshot – 658 Calories, 7g Fat, 84g Carbs, 12 Freestyle points by eliminating the nuts and using $\frac{3}{4}$ of the sauce (may need to add additional water during cooking.)

SCAN QR CODE
to view
YouTube
cooking video



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

meez *meals*

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 1/4" wide. Rotate the chicken breast 90 degrees and then cut across to create small, even cubes of chicken.

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

3. Cook the Chicken and Vegetables

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

4. Prepare and Bake the Paella

Stir the **Rice** into the pan along with 3/4 of the **Coconut Soy Ginger Sauce** and 1 cup of water. Bring to a boil and then cover (if your skillet doesn't have a lid, use aluminum foil).

Put the skillet into the oven and cook the paella until the rice is tender and the water has been absorbed, about 30 minutes. Check at 20 and 25 minutes for water level. If the rice isn't fully cooked once the water has been absorbed, you can add a little more water and continue cooking until the rice is tender. Once the rice is to your liking, turn the oven off, but leave the skillet in for an additional 5 minutes.

5. Put It All Together

Top the paella with **Cashews** and drizzle with the remaining sauce. Serve and enjoy!

Be sure to save 1/4 of the coconut soy ginger sauce.

You'll need it at the end to finish the dish.

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

Instructions for two servings.

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

= Queso Fiesta Casserole

Love nachos? Get ready for a new favorite. We're making a nacho casserole with tortilla chips, two types of cheese, a lime crema, and a healthy dose of veggies to make a fun casserole that's naturally low in calories. Did we mention it's just one pan and ten minutes hands-on cooking?

45 Minutes to the Table

10 Minutes Hands On

1 Whisk Super-Easy

Getting Organized

EQUIPMENT

Large Casserole
Dish

FROM YOUR PANTRY

Olive Oil
Salt and Pepper

6 MEEZ CONTAINERS

Sweet Potatoes
Peppers, Corn &
Beans
Enchilada Sauce
Mexican Cheese
Tortilla Chips
Cilantro Lime
Crema

Add Protein Cooking Instructions

Integrate into recipe: While the casserole is baking in step 4, cook the protein (per instructions below) and serve alongside the casserole.

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 – 440 Calories, 16g Protein,
18g Fat, 57g Carbs, 12 Freestyle Points.

**SCAN QR CODE
to view YouTube
cooking video**



INGREDIENTS: Sweet Potato, Bell Peppers, Corn, Onion, Black Beans, Tortilla Chips, Monterey Jack, Provolone, Sour Cream, Enchilada Sauce, Cilantro, Lime, Garlic, Cumin, Coriander, Oregano.

meez meals

1. Getting Organized

Preheat oven to 425 degrees.

2. Roast the Sweet Potatoes

Place the **Sweet Potatoes** in a casserole dish and drizzle with olive, oil salt and pepper. Toss then arrange in a single layer and bake until the edges are golden brown and the sweet potatoes are almost fork tender, about 20 minutes, stirring once halfway through.

3. Create the Casserole and Bake

Transfer half of the cooked sweet potatoes to a plate or bowl and arrange the remaining potatoes in a single layer. Top with half the **Peppers, Corn & Beans**, followed by half the **Enchilada Sauce** and one-third of the **Mexican Cheese**. Spread each layer edge-to-edge as best you can. Create additional layers as follows:

- Remaining cooked sweet potatoes
- Remaining peppers, corn & beans
- Remaining enchilada sauce
- Half of the remaining cheese (one-third of the total cheese provided)

Bake until the cheese is fully melted, about 10 minutes.

4. Top with Chips and Cheese and Finish Baking

Top the casserole with the **Tortilla Chips** and remaining cheese. Bake until the cheese is brown and bubbly, about 10 additional minutes. Remove from oven and let cool for at least 5 minutes. Serve topped with the **Cilantro Lime Crema**. Enjoy!

Instructions for two servings.

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

Barbeque Pizza

Back by popular demand! A whole-wheat crust spread with a delicious BBQ sauce and topped with black beans, crispy kale, smoked gouda and dried cherries. Sound unusual? Definitely. But together these ingredients are magic.

30 Minutes to the Table

10 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Rimmed Baking Sheet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper
Flour for Dusting

5 MEEZ CONTAINERS

Pizza Dough
Kale
Barbeque Sauce
Black Beans
Cheese & Cherries

Add Protein Cooking Instructions

Integrate into recipe: While the pizza is baking in Step 4, cook the protein (per instructions below) and then slice into strips (cut shrimp in half/flake the salmon) and place on top of the pizza when it comes out of the oven.

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 vegan version, we've left out the cheese. Cook the kale and pizza separately, and bake the pizza with just the sauce, beans and cherries. Top it with the cooked kale and enjoy!

Health snapshot per serving – 575 Calories, 13g Fat, 24g Protein, 19 Smart Points

SCAN QR CODE
to view
YouTube
cooking video



INGREDIENTS: Kale, Whole Wheat Pizza Dough, Black Beans, Barbeque Sauce, Gouda Cheese, Mozzarella Cheese, Dried Cherries, Granulated Garlic

meez meals

1. Getting Organized

Preheat your oven to 400 and take the **Pizza Dough** out of the refrigerator.

Warming up your pizza dough is important! It makes it easier to roll.

2. Bake the Kale

Put the **Kale** on to a rimmed baking sheet and drizzle with 2 Tbsp olive oil. Toss well, then arrange the kale in a single layer and bake for 10 minutes. Transfer to a plate.

The kale will finish cooking on top of the pizza; so don't let it get fully toasted and browned.

3. Prepare the Pizza Dough

Once the kale is cooking, shape your pizza dough. Sprinkle your counter with a little flour and stretch the dough into shape. The size and thickness are up to you, but we target about ¼" thickness. We usually make two-person pizzas (even if we're making the 4-serving size) and ours are about 8" wide and 14" long, but you can make yours however you like.

Sprinkling your counter with flour is important. It keeps the dough from sticking.

4. Bake the Pizza

Put the pizza on to the now-empty baking sheet. Spread some of the **Barbeque Sauce** over the pizza. (Use just as much as you need. Too much will make the crust soggy.)

We line our baking sheets to make clean up a breeze.

Top with the **Black Beans** and cooked kale. Sprinkle the **Cheese & Cherries** on top and bake until the crust is golden and the cheese is melted, about 15 to 20 minutes. Enjoy!

Keep an eye on the pizza as it cooks. If the kale is turning too brown, turn the heat down.

Love this recipe? #meezmagic

Instructions for two servings.

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