

### *Himalayan Red Rice with Bangkok Basil Crunch*

**35 Min**  
to Table

**10 Min**  
Hands  
On

**1 Whisk**  
Super  
Easy

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**Getting Started**

Preheat your oven to 425 and bring water to a boil.

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**Omnivore Option**

Chicken drumsticks are great in this.

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### *Acorn Squash & Herb Risotto*

**45 Min**  
to Table

**10 Min**  
Hands  
On

**1 Whisk**  
Super  
Easy

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**Getting Started**

Preheat your oven to 400.

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**From Your Pantry**

You'll need olive oil, salt and pepper.

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## *Quick Tips*



### *Ricotta and Caramelized Onions Stuffed Steak*

**30 Min**  
to Table

**25 Min**  
Hands  
On

**1 Whisk**  
Easy

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**Getting Started**

Preheat your oven to 400.

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**From your Pantry**

You'll need olive oil, salt and pepper

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### *Chicken Enchiladas Verde*

**25 Min**  
to Table

**45 Min**  
Hands  
On

**1 Whisk**  
Super  
Easy

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**From Your Pantry**

You'll need olive oil, salt and pepper

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**Getting Started**

Preheat your oven to 375. & put a pot of water on to boil.

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### *Spinach & Artichoke Dip Chicken Casserole*

**30 Min**  
to Table

**20 Min**  
Hands  
On

**1 Whisk**  
Super  
Easy

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**Getting Started**

Preheat your oven to 400.

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**From Your Pantry**

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

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### *BBQ Pulled Porkon Brioche*

**20 Min**  
to Table

**20 Min**  
Hands  
On

**1 Whisk**  
Super  
Easy

#### **Getting Started**

Assemble the slaw  
and refrigerate.

#### **From Your Pantry**

You'll need olive oil,  
salt and pepper.

### *Sesame Ginger Salmon*

**40 Min**  
to Table

**25 Min**  
Hands  
On

**1 Whisk**  
Super  
Easy

#### **Getting Started**

Preheat your oven to  
400 and bring a pot  
of water to a boil.

#### **From Your Pantry**

You'll need olive oil,  
salt and pepper

#### **Meal Tip**

Add as much or as  
little glaze as you like  
to get it just the way  
you like it.

### *Grilled Halloumi Gyros*

**10 Min**  
to Table

**10 Min**  
Hands  
On

**1 Whisk**  
Super  
Easy

#### **Getting Started**

Prepare the Broccoli  
& Zucchini Slaw.

#### **From Your Pantry**

You'll need olive oil,  
salt and pepper.

### *Pappardelle with Chicken & Herby Cream Sauce*

**25 Min**  
to Table

**25 Min**  
Hands  
On

**1 Whisk**  
Super  
Easy

#### **Getting Started**

Bring a medium  
saucepan of water to  
a boil.

#### **From Your Pantry**

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

### *Shrimp & Bacon Wrap with Creamy Avocado Dressing*

**15 Min**  
to Table

**15 Min**  
Hands  
On

**1 Whisk**  
Super  
Easy

#### **From Your Pantry**

You'll need olive oil,  
salt and pepper

#### **Getting Started**

Heat a large skillet  
over medium high  
heat.

### *Ravioli with Arugula Pesto*

**15 Min**  
to Table

**15 Min**  
Hands  
On

**1 Whisk**  
Super  
Easy

#### **Getting Started**

Bring a large  
saucepan of water  
on to boil.

#### **From Your Pantry**

You'll need olive oil,  
salt and pepper

#### **Meal Tip**

Add the pesto to your  
taste.

# Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmndd daily)	
Sesame Ginger Salmon	700	47	40	48	8	478		13	263% Vitamin C	23% Vitamin B-6
(half the walnuts)	589		29					10		
Pappardelle with Chicken and Herby Cream Sauce (use 2/3 pasta, parm, butter, & cream sauce)	850	57	132	45 CC 35	13	1400	50	25	35% Vitamin A	30% Calcium
	660		92					18		
Grilled Halloumi Gyros	610	35	37	35 CC 22	4	1410	10	20	50% Vitamin C	35% Vitamin A
BBQ Pulled Pork on Brioche (use 3/4 BBQ sauce and open face)	830	32	31	110	6	1400	66	31	200% VitaminC	50% Vitamin B6
	640		24					23		
Ravioli with Arugula Pesto	560	32	17	67	6	1048		15	51% Vitamin A	157% Vitamin C
Shrimp & Bacon Wrap with Creamy Avocado Dressing	660	32	42	43 CC 21	5	1300	4	17	70% Vitamin K	50% Vitamin C
Chicken Enchiladas Verde (use half the rice)	720	56	16	88	8	1200	6	16	23% Calcium	33% Iron
	630		16					13		

# Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmndd daily)	
Himalayan Red Rice with Bangkok Basil Crunch	600	29	35	49	10	1444		19	316% Vitamin A	30% Calcium
Ricotta and Caramelized Onions Stuffed Steak										
Acorn Squash & Herb Risotto	710	13	44	57 CC 40	5	1335	9	26	58% Vitamin A	62% Vitamin C
(use all of squash and 1/3 of other ingredients)	495		30					17		
Spinach & Artichoke Dip	960	66	45	73	7	1350	16	24	46% Calcium	68% Vitamin A
Chicken Casserole										
(use 2/3 crackers, shells, and dip mix)	730		32					16		
Add a Protein										
All-Natural Chicken Breast	220	41	5	0	0	85	0	3	90% Vitamin B6	4% Iron
Add a Pretein										
Bistro Chateau Steak	220	30	10	0	0	75	0	5	10% Iron	10% Potassium
Add a Protein										
Norwegian Salmon	220	35	0	0	0	130	0	4	60% Vitamin B6	15% Potassium
Add a Protein										
Premium Shrimp	120	28	0.5	0	0	170	0	1	8% Potassium	4% iron

# Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of recommended daily)	
Flourless Chocolate Cake	370	5	16	32	2	130	18	18	20% Iron	10% Vitamin A
Tiramisu for Two	290	5	15	35	1	40	29		6% Calcium	2% Iron
Oreo Mousse Pie	760	8	49	78	3	390	52		6% Calcium	6% Iron
Kitchen Sink Cookies	380	5	19	49	2	400	10	17	20% Iron	8% Vitamin A
Chocolate Chunk Cookies	180	2	9	22	1	170	10	9	2% Calcium	4% 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.*

## 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.

**40** *Minutes to the Table*

**15** *Minutes Hands On*

**1 Whisk** *Super Easy*

### 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 instead of the rice, reducing the **carbs per serving to 38g**. In step 3 cook the cauliflower just like the broccoli (you may need a second baking sheet). Place the cauliflower directly on serving plates along with the broccoli.

### Good To Know

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

**Health snapshot per serving** – 760 Calories, 30g Fat, 85g Carbs, 43g Protein and 18 Freestyle Points.

**Lighten Up snapshot per serving** – 660 Calories, 23g Fat, and 14 Freestyle Points with half the walnuts.

**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: Brown Rice, Salmon, Broccoli, Honey, Sesame Oil, Tamari, Ginger Puree, Green Onions, White Sesame Seeds, Black Sesame Seeds, Walnuts

*meez* meals

### 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.

*We cook our rice like pasta so cover the rice with plenty of water.*

### 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.

*We put the opened glaze bag in a glass, so it stays upright until needed.*

### 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 the oven for 10 minutes, pull the baking sheet from oven. Remove just the walnuts and place them in the bowl you used for the broccoli and set aside.

*Check on the walnuts very couple minutes to ensure they don't burn.*

Spoon additional glaze on the salmon to cover the top. Turn the oven to broil setting and move baking sheet to top rack. Continue to cook the **Broccoli** and **Salmon** until they have a nice crispy exterior, about 3 to 5 minutes.

*It is important to watch the salmon and broccoli while broiling so they don't burn.*

### 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!

# Pappardelle with Chicken & Herby Cream Sauce

**25** *Minutes to the Table*

**25** *Minutes Hands On*

**1 Whisk** *Super Easy*

Wide ribbons of pappardelle pasta and tender chicken breast are coated in a flavorful herby cream sauce infused with white wine, fennel, herbs, and lemon. Finished with sweet peas, Parmesan, and a touch of black pepper, this comforting dish balances richness with bright, aromatic flavor.

## Getting Organized

### EQUIPMENT

Large Skillet  
Medium Saucepan

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper  
Butter (1 Tbsp/svg)

### 6 MEEZ CONTAINERS

Chicken  
Pappardelle Pasta  
Fennel & Onions  
Herby Cream Sauce  
Peas  
Parmesan

## Good to Know

If you ordered the **Carb Conscious version**, we sent you Red Peppers instead of Pappardelle, reducing the **carbs per serving to 35g**. Skip steps 1 and 3 and prior to step 3, heat 1 Tbsp olive oil in the empty skillet over medium-high heat and cook the peppers until charred, about 5 minutes. Use in place of the pasta.

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

**Health snapshot per serving** – 850 Calories, 132g Fat, 45g Carbs, 57g Protein, and 25 Freestyle Points.

**Lightened-up health snapshot per serving** – 660 Calories, 92g Fat, 31g Carbs, and 18g Freestyle Points, by using two-thirds of the pappardelle, parmesan, and Herby Cream Sauce, and butter.

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

INGREDIENTS: Chicken, Cream, Fennel, Yellow Onion, White Wine, Pappardelle, Peas, Parmesan, Chicken Stock, Lemon, Garlic, Black Pepper, Thyme, Oregano, Tarragon

  
**meez** *meals*



### 1. Get Organized

Bring a medium saucepan of water to boil.

### 2. Cook the Chicken

While the water is coming to a boil, heat 1½ Tbsp olive oil in a large skillet over high heat. Pat dry and generously salt and pepper the **Chicken Breasts** on both sides. Cook until brown on one side, about 4 to 5 minutes. Flip, then cook until brown on the second side, about 4 additional minutes. Transfer the chicken to a cutting board and let rest for 5 minutes. Wipe out the skillet. After the chicken has rested, shred with two forks and set aside until step 4.

### 3. Cook the Pasta

While the chicken is resting, add the **Pappardelle Pasta** to the boiling water with a sprinkle of salt and cook until al dente, about 6 to 8 minutes. Drain well, return to the saucepan, cover and set aside.

### 4. Create the Sauce

While the pasta is cooking, heat 1 Tbsp olive oil in the now-empty chicken skillet over medium-high heat. Add the **Fennel & Onions** and cook until they start to soften, 5 to 6 minutes. Add the **Herby Cream Sauce** and bring the mixture to boil. Reduce the heat to medium-low and simmer, stirring frequently, until it thickens, about 5 to 6 additional minutes. Add the **Peas** and 2 Tbsp of butter and stir until the butter has melted. Remove from the heat and add the half the **Parmesan**, shredded chicken, and cooked pasta. Stir well.

### 5. Put It All Together

Serve the pasta with the remaining parmesan sprinkled over top. Enjoy!

Instructions for two servings.

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

# Grilled Halloumi Gyros

Our spin on Greek street food. It all starts with grilled halloumi, the classic Greek cheese that gets charred and crispy when it's cooked. We're pairing it with an eggplant tapenade and fresh slaw, then wrapping everything up in warm naan. It might not be traditional, but it's so delicious it should be.

10 Minutes to the Table

10 Minutes Hands On

1 Whisk Super Easy

## Getting Organized

### EQUIPMENT

Large Skillet  
Cutting Board

### FROM YOUR

### PANTRY

Olive Oil  
Salt & Pepper

### 5 MEEZ

### CONTAINERS

Tzatziki Sauce  
Broccoli &  
Zucchini Slaw  
Halloumi Cheese  
Naan  
Eggplant  
Tapenade

## Add Protein Cooking Instructions

**Integrate into recipe:** Prior to step 2, cook the protein (per instructions below). Slice into strips (flake the salmon and leave the shrimp whole) and combine with the Halloumi to add to the gyro 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 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 romaine lettuce instead of the naan bread to make a grilled halloumi salad, reducing the **carbs per serving to 22g**. Skip step 3 and cut the romaine into one-inch strips.

**Health snapshot per serving** – 610 Calories, 35g Protein, 37g Fat, 35g Carbs, and 20 Freestyle Points.

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

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cooking video



INGREDIENTS: Halloumi Cheese, Broccoli, Zucchini, Eggplant, Tomato, Red Onion, Cucumber, Greek Yogurt, Cream, Lemon, Garlic, Kosher Salt, Dill.

meez meals

### 1. Create the Tzatziki Slaw

Combine two-thirds of the **Tzatziki Sauce** with the **Broccoli & Zucchini Slaw** in a bowl and place in the fridge until step 4.

### 2. Cook the Halloumi Cheese

Place the **Halloumi Cheese** on a cutting board and cut in half lengthwise, then slice into rectangles about 1/4" thick. You should have about 10 to 12 pieces per serving after slicing.

*We're sending the halloumi uncut to maintain maximum taste and freshness.*

Heat 1 Tbsp of olive oil in a large skillet over medium heat. When the oil is hot, add the Halloumi and lightly season with pepper. Cook until one side is golden brown, about 2 minutes, then flip and cook the other side until golden brown, an additional 2 minutes. Remove from the skillet and set aside. Wipe out the pan.

### 3. Warm the Naan

Very lightly brush both sides of the **Naan** with olive oil and sprinkle with salt and pepper. Return the now-empty skillet to the stove over medium high heat. Warm both sides of the naan, about a minute on each side.

### 4. Put It All Together

Spread a little of the remaining tzatziki sauce in the center of the Naan, then top with the grilled Halloumi, broccoli & zucchini slaw, and **Eggplant Tapenade**. Drizzle with additional tzatziki Sauce to taste. Enjoy!

Instructions for two servings.

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

## BBQ Pulled Pork on Brioche

The name says it all in this one. Tender, smoky, pulled pork smothered in our delicious BBQ sauce, topped with tangy & sweet brussels sprouts slaw, and resting inside the softest brioche roll we could find. With sautéed veggies on the side, it's the flavors of a down home barbeque, cooked up Meez style!

**20** *Minutes to the Table*

**20** *Minutes Hands On*

**1 Whisks** *Super Easy*

### Getting Organized

#### EQUIPMENT

Large Skillet  
Mixing Bowl

#### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

#### 6 MEEZ CONTAINERS

Brussels Sprout Slaw  
Slaw Dressing  
Corn & Peppers  
Pulled Pork  
Brioche  
BBQ Sauce

### Good to Know

**Health snapshot per serving** – 830 Calories, 32g Protein, 31g Fat, 110g Carbs, 31 Freestyle Points

**Lighten Up snapshot per serving** – 640 Calories, 24g Fat, 82g Carbs, 23 Freestyle Points, served open face and  $\frac{3}{4}$  of the BBQ Sauce.

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

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INGREDIENTS: Pulled Pork, Brioche, BBQ Sauce, Brussels Sprouts, Corn, Red Bell Peppers, Green Bell Peppers, Brussels Sprouts, Carrots, Green Onion, Red Onion, Mayo, White Wine Vinegar, Lemon, Garlic, Brown Sugar, Ground Black Pepper.

*meez* meals

### 1. Assemble the Slaw

Combine the **Brussels Sprouts Slaw** and the **Slaw Dressing** (white liquid) with 1 Tbsp olive oil in a mixing bowl. Stir thoroughly, cover and place in the refrigerator until Step 5.

### 2. Cook the Veggies

Heat 1 Tbsp olive oil in a large skillet over high heat. When the oil is hot, add the **Corn & Peppers** along with a generous pinch of salt and pepper, and cook until the corn turns golden brown and the veggies start to char, about 6 to 8 minutes. Remove from the heat and transfer to serving plates. Wipe out the skillet.

### 3. Toast the Brioche Rolls

Return the now-empty skillet to the stove over medium heat. Lightly brush the inside of both halves of the **Brioche** and place, olive oil side down, in the skillet. Toast until it turns golden brown. Repeat for each roll.

### 4. Heat the Pulled Pork

Return the skillet to the stove over medium heat. Add the **Pulled Pork** and stir until it is hot, about 3 minutes. Turn off the heat and stir in the **BBQ Sauce**.

### 5. Put It All Together

Add a heaping portion of BBQ pork to each brioche bun. Place the Brussels sprouts slaw on top the BBQ pork and cover with the top half of the brioche roll. Serve alongside the sautéed veggies and enjoy!

*The pulled pork is fully cooked. This step is to warm it and add a slight caramelization for flavor.*

*WARNING: This meal will be messy. No one will judge you if you want to eat it with a fork and knife*

Instructions for two servings.

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

# Ravioli with Arugula Pesto

We're putting together two of our favorite ravioli flavors into one knockout dinner: spinach and artichoke. Tossed with seared summer squash, peppers and our signature arugula pesto, it's a fifteen-minute dinner that's high on flavor, low on effort.

**15** Minutes to the Table

**15** Minutes Hands On

**1 Whisk** Super Easy

## Getting Organized

### EQUIPMENT

Large Saucepan  
Large Skillet  
Large Mixing Bowl

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### 4 MEEZ CONTAINERS

Ravioli  
Veggies  
Arugula Pesto  
Italian Cheese

## Add Protein Cooking Instructions

**Integrate into recipe:** Prior to step 3, cook the protein (per instructions below) and then slice into strips (*flake the salmon, leave shrimp whole*) and stir into the veggies at the end of step 3.

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

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

STEAK bottoms are brown and sides start to color, about 4 minutes per side for medium (3 min 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** – 610 Calories, 27g F at,  
23g Protein, 76g Carbs, 18 Freestyle Points.

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INGREDIENTS: Spinach Artichoke Ravioli, Zucchini, Summer Squash, Onion, Bell Peppers, Arugula, Chive, Parmesan, Asiago, Olive Oil, Lemon, Garlic.

*meez* meals

### 1. Get Organized

Bring a large saucepan of water to boil with a pinch of salt.

### 2. Cook the Ravioli

Add the **Ravioli** to the boiling water and cook until al dente, about 4 minutes. Drain well and transfer directly to serving bowls.

### 3. Prepare the Veggies

While the Ravioli are cooking, add 1 Tbsp olive oil to a large skillet over high heat. When the oil is hot, add the **Veggies** and a sprinkle of salt and pepper. Sauté until they turn bright colors about 2 minutes.

Transfer the cooked veggies to a large mixing bowl and lightly toss with 2 Tbsp of the **Arugula Pesto**.

*We've given you extra  
Arugula Pesto. Start with  
a little and add more as  
desired.*

### 4. Put It All Together

Spoon the veggies and pesto over the ravioli. Top with the **Italian Cheese** and enjoy!

Instructions for two servings.

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

# Shrimp & Bacon Wrap with Creamy Avocado Dressing

Shrimp, bacon, and avocado—need we say more? This summery wrap is everything we want in a warm-weather dinner: juicy shrimp, crispy bacon, and a creamy avocado dressing tossed with fresh greens and pico de gallo, all wrapped in a soft flour tortilla. It's cool, crisp, and craveable, ready in just 15 minutes.

**15** Minutes to the Table

**15** Minutes Hands On

**1 Whisk** Super Easy

## Getting Organized

### EQUIPMENT

Large Skillet  
Mixing Bowl

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### 6 MEEZ CONTAINERS

Bacon  
Shrimp  
Greens  
Creamy Avocado Dressing  
Tortillas  
Pico de Gallo

## Good to Know

If you ordered the **Carb Conscious version**, we sent you Romaine Lettuce instead of the tortillas, reducing the **carbs per serving to 21g**. Cut the romaine into bite size pieces and toss with the veggies and dressing to make a salad. Top the salad greens with shrimp and Pico de Gallo.

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

**Health snapshot per serving** – 660 Calories, 42g Fat, 43g Carbs, 32g Protein, and 17 Freestyle Points.

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

INGREDIENTS: Shrimp, Flour Tortillas, Tomato, Bacon, Avocado, Mayonnaise, Red Onion, Broccoli, Carrots, Re Cabbage, Arugula, Cilantro, Lime.

  
meez meals



### 1. Crisp the Bacon

Heat a large skillet over medium-high heat. When the skillet is hot, add the **Bacon** and cook until crisp, about 3 to 4 minutes. Remove from the skillet with a slotted spoon and place on a paper-towel-lined plate. Leave as much of the bacon oil in the skillet as possible.

### 2. Cook the Shrimp

Pat dry the **Shrimp** and season with salt and pepper. Return the skillet to medium-high heat. (If there is not enough bacon grease in your skillet to lightly coat the skillet, you may need to add 1 Tbsp of oil.) When the oil is hot, add the shrimp in a single layer and cook until opaque and starting to brown, about 1 minute each side. Remove from the skillet and set aside until step 4.

### 3. Dress the Greens

Toss the **Greens** with the **Creamy Avocado Dressing** and the crispy bacon in a mixing bowl.

### 4. Create the Wraps

Layer the shrimp in the center of each **Tortilla**, followed by the creamy avocado greens and bacon, and then the **Pico de Gallo**. Join the front and bottom flaps and lift the tortilla in the air, open-faced. Pull the left and right flaps toward the center so they fold over about 1 to 2 inches and hold them in place with your fingers. Using your thumbs roll the wrap away from your body, keeping the left and right flaps underneath using the weight of the wrap to keep it closed. Press down gently on the top to hold everything in place.

Enjoy!

*If the tortillas are still cold, you may need to microwave them for 10-15 seconds so they are pliable.*

Instructions for two servings.

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

## Chicken Enchiladas Verde

Classic enchiladas, on the table in a flash. With shredded chicken breast, sautéed bell peppers and a salsa verde that's fresh, flavorful, and unique. It's Mexican comfort food the family will love.

**45** *Minutes to the Table*

**25** *Minutes Hands On*

**2 Whisk** *Easy*

### Getting Organized

#### EQUIPMENT

2 Large Skillets  
Casserole Dish  
Large Mixing Bowl

#### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

#### 7 MEEZ CONTAINERS

Chicken Breasts  
Veggies  
Chihuahua Cheese  
Salsa Verde  
Corn Tortillas  
Rice  
Lime

### Make The Meal Your Own

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

**Health Snapshot Per Serving-** 720 Calories, 56g Protein, 16g Fat, 88g Carbs, 16 Freestyle Points

**Lightened-up Health Snapshot Per Serving-** 630 Calories, 16g Fat, 69g Carbs, 13 Freestyle Points, by using half of the rice.

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



INGREDIENTS: Chicken Breasts, Corn Tortillas, Green Chili Sauce, White Rice, Lime, Yellow Onion, Chihuahua Cheese, Red Bell Pepper, Green Bell Pepper, Sugar, Parsley, Cilantro, Garlic, Salt, Cumin, Coriander, Black Pepper

**meez** *meals*

### 1. Get Organized

Preheat your oven to 375 degrees and put a saucepan of water to boil over high heat. Spray or brush a 10x10 or similar casserole dish with oil.

### 2. Cook the Chicken

Heat 1½ Tbsp olive oil in a large skillet over medium high heat. Pat dry and generously salt and pepper the **Chicken Breasts** on both sides. Cook until crisp and brown, on one side, about 4 to 5 minutes. Flip, then cook until brown on the second side, about 4 additional minutes. Transfer the chicken to a cutting board and let rest for 5 minutes. Do not wipe out skillet. Once the chicken has rested, hold the chicken in place with one fork and with a second fork, shred the chicken into pieces typical of the size used in chicken soup and put into a large bowl.

### 3. Cook the Veggies

While the chicken is resting, add the **Veggies** to the now-empty skillet over medium high heat. Sauté until the peppers start to char and the onions become translucent, about 2 to 3 minutes. Transfer the cooked veggies to the large mixing bowl with the shredded chicken. Add half of the **Chihuahua Cheese**. Add one-third of the **Salsa Verde** to the bowl. Mix well.

### 4. Bake the Enchiladas

Add half the remaining salsa verde to the bottom of the casserole dish. Wrap the **Corn Tortillas** in paper towels and microwave until soft, about 20 to 30 seconds. Fill the tortillas with as much of the filling as possible while still being able to roll into tubes. Place the rolled enchiladas on top of the salsa verde, folded side down. Spread any filling that wouldn't fit inside the tortillas around the bottom of the casserole dish. Top everything with the remaining salsa verde and remaining cheese. Bake until the cheese is melted and starts to brown, about 15 minutes. Remove from the oven and let rest for 5 minutes

### 5. Cook the Rice and Serve

While the enchiladas are baking, add the **Rice** to the boiling water and cook at a rolling boil until the rice is tender, about 15 minutes. Drain well and transfer directly to serving plates. Serve the enchiladas (and the extra cooked enchilada filling) on top of the rice with a squeeze of fresh **Lime**. Enjoy!

Instructions for two servings.

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

## Himalayan Red Rice with Bangkok Basil Crunch

Our favorite rice bowl. It all starts with an Asian-inspired basil crunch made from plenty of fresh basil, ginger, coconut and ground peanuts, mixed up with Himalayan red rice, baked organic tofu and roasted kale. Unusual and totally delicious.

**35** *Minutes to the Table*

**10** *Minutes Hands On*

**1 Whisk** *Super Easy*

### Getting Organized

#### EQUIPMENT

2 Rimmed Baking  
Sheets  
Saucepan

#### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

#### 5 MEEZ CONTAINERS

Basil Peanut  
Crunch  
Red Rice  
Kale  
Tofu  
Coconut

### Add Protein Cooking Instructions

**Integrate into recipe:** While the tofu and kale are roasting in step 3, cook the protein (per instructions below) & then slice into strips (*flake the salmon, leave shrimp whole*) and toss with the rice 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're cooking the carb conscious version**, we sent you veggie "rice" instead of the red rice, reducing the **carbs per serving to 28g**. In step 3, while the kale and tofu are roasting, heat 1½ Tbsp olive oil in a skillet over high heat. When the oil is hot, add the veggie "rice" and cook until it starts to brown, about 2 to 3 minutes. Remove from the heat and set aside until step 4.

**Health snapshot per serving** – 600 Calories,  
29g Protein, 10g Fiber, 19 Smart Points

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



INGREDIENTS: Organic Tofu, Kale, Himalayan Red Rice, Peanuts, Coconut Milk, Coconut, Tamari Sauce, Rice Wine Vinegar, Brown Sugar, Basil, Ginger, Sesame Oil, Garlic, Spices

*meez* meals

### 1. Getting Organized

Preheat your oven to 425, put a saucepan of water on to boil and take the **Basil Peanut Crunch** out of the refrigerator to warm up.

### 2. Cook the Red Rice

Salt the boiling water and add the **Red Rice**. Simmer uncovered until tender, about 20 to 25 minutes. Drain, return to the pot and let sit, covered, for 5 minutes.

### 3. Roast the Kale, Tofu and Coconut

Put the **Kale** on a rimmed baking sheet and drizzle with olive oil, salt and pepper. Cook until it just starts to crisp at the edges, about 12 to 15 minutes.

Start the tofu as soon as the kale goes into the oven. Put the **Tofu** on to a rimmed baking sheet. Drizzle with olive oil and arrange in a single layer, then bake until it's golden brown at the edges and puffs a little, about 7 to 15 minutes. When the tofu is about 3 minutes away from coming out of the oven, add the **Coconut** to the baking sheet. Bake until fragrant and golden brown, about 3 minutes.

*We like to line our baking sheets with parchment to make clean up easier.*

*Keep an eye on the coconut while it cooks! Even Chef Max has burned it once or twice.*

### 4. Put It All Together

Serve the rice topped with the kale, tofu and half of the **Basil Peanut Crunch**. Mix together, then add more basil peanut crunch to taste. Serve topped with the toasted coconut. Enjoy!

*Love this recipe? #meezmagic*

Instructions for two servings.

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

## Ricotta and Caramelized Onion Stuffed Steak

Steak gets restaurant treatment this week when stuffed with a rich ricotta and cream sauce and caramelized onions. Served over spinach with roasted broccoli and cauliflower on the side, it's a winner.

**30** *Minutes to the Table*

**25** *Minutes Hands On*

**1 Whisk** *Super Easy*

### Getting Organized

#### EQUIPMENT

- 2 Baking Sheets
- Large Skillet

#### FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper

#### 5 MEEZ CONTAINERS

- Broccoli &  
Cauliflower
- Steak
- Herby Ricotta Sauce
- Onions
- Spinach

### Good to Know

**Health snapshot per serving** – 410 Calories, 40g Protein, 20g Fat, 23g Carbs, and 9 Freestyle Points.

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

INGREDIENTS: Steak, Cauliflower, Broccoli, Green Onion, Red Onion, Yellow Onion, Spinach, Cream, Ricotta, Cream Cheese, Mozzarella, Basil, Lemon Zest, Black Pepper, Oregano

meez *meals*

### 1. Get Organized

Preheat your oven to 400.

### 2. Roast the Broccoli & Cauliflower

Arrange the **Broccoli & Cauliflower** on a baking sheet, drizzle with olive oil, and sprinkle with salt and pepper. Toss and arrange in a single layer, then roast until they start to brown, about 18 to 20 minutes. Transfer directly to serving plates.

### 3. Sear and Slice the Steak

While the veggies are roasting, pat dry the **Steaks** and sprinkle with salt and pepper. Heat 1 Tbsp olive oil over high heat. When the oil is hot, sear the steaks for 1 minute on each side. Transfer the steak to a cutting board. Wipe out the skillet.

Once the steak has cooled a bit, make a lengthwise slice through the steak, leaving about ½" on the top and ½" on the bottom unsliced. You should be able to spread the sides of the steak so there is a large gap in the middle with the two sides of the steak connected at the top and bottom only. Transfer the steak to a second baking sheet for step 4.

### 4. Create the Filling and Finish the Steak

Heat 1 Tbsp olive oil in the now-empty steak skillet over medium heat. Add the **Onions** and cook, stirring occasionally, until caramelized, about 7 to 8 minutes. Turn off the heat and stir in the **Herby Ricotta Sauce**. Stuff as much of the onions and ricotta sauce as you can into the gap you created in step 3 and place the rest of it on top of the steak. Wipe out the skillet.

- **If you prefer your steak medium-rare**, bake for 4 minutes.
- **If you prefer your steak medium**, bake for 5 to 6 minutes.
- **If you prefer your steak medium-well or well done**, bake for 7 to 8 minutes.

### 5. Put It All Together

While the steak is finishing in the oven, heat 1 Tbsp olive oil in the now-empty onions and sauce skillet over medium-high heat. Add the **Spinach** and cook until wilted, about 2 to 3 minutes. Transfer directly to serving plates and when the steak is finished cooking, remove from the oven and place on top of the wilted spinach alongside the broccoli & cauliflower. Let the steak rest for 5 minutes and enjoy!

Instructions for two servings.

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

# Acorn Squash & Herb Risotto

The world's easiest risotto. We've found a trick for making creamy, hands-free risotto right in your oven. We're cooking it up with seared acorn squash and just the right blend of spices for a delicious dinner perfect any night of the week.

**45** Minutes to the Table

**10** Minutes Hands On

**1 Whisk** Super Easy

## Getting Organized

### EQUIPMENT

Large Oven-  
Safe Skillet &  
Lid

### FROM YOUR

### PANTRY

Olive Oil  
Salt & Pepper

### 6 MEEZ

### CONTAINERS

Acorn Squash  
Arborio Rice  
White Wine  
Sauce  
Herbs, Onion &  
Garlic  
Green Onions &  
Parsley  
Pepitas

## Add Protein Cooking Instructions

**Integrate into recipe:** While the risotto is cooking in step 3, cook the protein (per instructions below) and serve alongside the risotto.

**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.

## Make The Meal Your Own

**Health snapshot per serving** – 790 Calories, 17g Protein, 65g Carbs, 48g Fat, 26 FS Points

**Lightened-Up Health snapshot per serving** – 630 Calories, 57g Carbs, 38g Fat, 22 Freestyle Points, reducing all the ingredients, except for the Acorn Squash by one-third.

SCAN QR CODE to view  
YouTube cooking video



INGREDIENTS: Arborio Rice, Acorn Squash, Pepitas (pumpkin seeds), Green Onions, White Wine, Cream, Parmesan, Asiago, Capers, Parsley Garlic, Miso, Lemon, Basil, Black Pepper.

*meez* meals



### 1. Getting Organized

Preheat your oven to 400.

### 2. Sear the Acorn Squash

Heat 1 Tbsp olive oil in a large, oven safe skillet on medium high heat. When oil is hot, add the **Acorn Squash**, to the pan in a single layer. Sprinkle with salt and pepper and cook, undisturbed until the squash starts to brown, about 2 to 3 minutes. Flip and cook the other side until it begins to brown, an additional 2 to 3 minutes. Remove from the skillet and set aside. Do not wipe out skillet.

*This step is to sear the squash. It will finish cooking in Step 3.*

### 3. Prepare and Bake the Risotto

Return the now empty skillet to the stove with 1 Tbsp olive oil over medium-high heat. When the oil is hot, add the **Arborio Rice** and stir until the rice is coated with oil. Stir in the **White Wine & Cream Sauce** (the component containing the white liquid), 1 cup of water, and the **Herbs, Onion & Garlic**. Turn heat to high and bring to a boil.

Remove the skillet from the heat and arrange the seared Acorn Squash gently on top of the rice mixture. Cover with an oven safe lid and bake, undisturbed until the rice is tender, and the water has been absorbed, about 25 minutes. After 20 minutes, check the water level. If it's been absorbed but the rice isn't fully cooked, add a little more water and continue cooking until the rice is tender. If the rice is tender but there is still liquid, uncover until it is absorbed.

*If you don't have a cover you can use a baking sheet.*

When the rice is cooked, sprinkle the **Green Onions & Parsley** on top, cover, and cook the casserole for an additional 5 minutes. Remove from the oven and let cool for at least 5 minutes.

### 4. Put It All Together

Serve the risotto topped with the **Pepitas** and enjoy!

Instructions for two servings.

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

# Spinach & Artichoke Dip Chicken Casserole

We've made a few recipes inspired by the classic American spinach and artichoke dip, and this is one of our favorites. We're combining its creamy deliciousness with pasta shells, arugula and peppers, and sautéed chicken. Baked up with a Ritz cracker topping, it's comfort food just right for a chilly night.

**30** *Minutes to the Table*

**20** *Minutes Hands On*

**1 Whisk** *Super Easy*

## Getting Organized

### EQUIPMENT

Large Saucepan (with cover)  
Large Skillet  
Casserole Dish

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### 6 MEEZ CONTAINERS

Pasta Shells  
Cheese & Sour Cream  
Chicken Breast  
Artichokes & Bell Peppers  
Spinach & Arugula  
Ritz Crackers

## Good to Know

**Health Snapshot Per Serving-** 810 Calories, 61g Protein, 37g Fat, 58g Carbs, 19 Freestyle Points

**Lightened-up Health Snapshot Per Serving-** 660 Calories, 30g Fat, 44g Carbs, 15 Freestyle Points by using two-thirds of the Ritz crackers, pasta shells, and cheese & sour cream.

**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 Breast, Artichoke, Red Bell Peppers, Mayonnaise, Sour Cream, Shell Pasta, Ritz Crackers, Cream, Mozzarella, Spinach, Parmesan, Arugula, Chive, Lemon, Garlic, Black Pepper

**meez** *meals*

### 1. Get Organized

Preheat the oven to 400 degrees and set a large saucepan of water to boil. Spray or brush a casserole dish with oil.

### 2. Cook the Pasta

Add the **Pasta Shells** to the boiling water with a generous pinch of salt. Cook until slightly harder than al dente, about 8 to 10 minutes. Drain the pasta and return it to the empty saucepan. Immediately add the **Cheese & Sour Cream** to the cooked pasta and stir well. Cover and set aside until step 4.

### 3. Cook the Chicken

While the pasta is cooking, heat 1½ Tbsp olive oil a large skillet over medium-high heat. Pat dry and generously salt and pepper the **Chicken Breasts** on both sides. Cook until crisp and brown on one side, about 4 to 5 minutes. Flip, then cook until brown on the second side, about 4 additional minutes. Transfer the chicken to a cutting board to rest for 5 minutes. Wipe out the skillet. Once the chicken has rested, slice into ½" strips. Add the chicken to the saucepan with the pasta and cheese & sour cream.

### 4. Cook the Veggies

Heat 1 Tbsp olive oil in the now-empty skillet over medium-high heat. When the oil is hot, add the **Artichokes & Bell Peppers**. Sauté until the vegetables start to char, about 3 to 4 minutes. Add the **Spinach & Arugula** and stir until it begins to wilt, about 1 to 2 minutes. Transfer the veggies to the saucepan with the other ingredients and stir well.

### 5. Finish the Casserole

Transfer the contents of the saucepan to the oiled casserole dish. Break the **Ritz Crackers** in the bag into small pieces and sprinkle the crumbs across the top of the casserole. Bake until the cracker crumbs start to brown, about 10 to 12 minutes. Remove from the oven to rest for at least 5 minutes. Enjoy!

*We recommend  
8"x8" or  
similar sized  
casserole dish.*

*The pasta will  
soften up to al  
dente texture  
when baked in  
step 4.*

Instructions for two servings.

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