# Quick Tips

## Meez Meals

### Chicken Shawarma
- **15 Min** to Table
- **15 Min** Hands On
- **1 Whisk** Super Easy
- **Getting Started**: Mix olive oil and simmer sauce in a small bowl.
- **From Your Pantry**: You'll need olive oil, salt and pepper

### Deep Dish Mushroom and White Cheddar Strata
- **70 Min** to Table
- **10 Min** Hands On
- **1 Whisk** Super Easy
- **Getting Started**: Preheat your oven to 350 and grease your pan.
- **Omnivore Option**: This meal tasted great with crumbled bacon.
- **From your Pantry**: You'll need butter or cooking spray, milk, and pepper.

### Tofu Pad Thai with Zucchini Noodles
- **20 Min** to Table
- **20 Min** Hands On
- **1 Whisk** Super Easy
- **Getting Started**: Dry the zucchini nodles with a paper towel.
- **From Your Pantry**: You'll need olive oil, salt, pepper, and eggs.

### Thai Sirloin Steak Udon Bowl
- **25 Min** to Table
- **25 Min** Hands On
- **1 Whisk** Super Easy
- **Getting Started**: Put a saucepan of water on to boil.
- **Meal Tip**: Chopped toasted nuts are a fun addition.

### Black Bean Quesadilla
- **20 Min** to Table
- **5 Min** Hands On
- **1 Whisk** Super Easy
- **Getting Started**: Preheat your oven to 400.
- **Meal Tip**: Check your avocado for ripeness. If ready, keep it in the fridge. If it is hard, keep it on the counter until you cook.
<table>
<thead>
<tr>
<th>Recipe</th>
<th>Time</th>
<th>Hands</th>
<th>Utensil</th>
<th>Difficulty</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Basil Shrimp with Baked Spaghetti</strong></td>
<td>40 Min</td>
<td>20 Min</td>
<td>1 Whisk</td>
<td>Super Easy</td>
<td>Put a saucepan of water onto boil and preheat oven to 400.</td>
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<tr>
<td><strong>Moroccan Couscous Soup</strong></td>
<td>20 Min</td>
<td>10 Min</td>
<td>1 Whisk</td>
<td>Super Easy</td>
<td>Preheat oven to 425.</td>
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<tr>
<td><strong>Chicken Cordon Bleu</strong></td>
<td>15 Min</td>
<td>35 Min</td>
<td>2 Whisks</td>
<td>Easy</td>
<td>You'll need olive oil, salt, pepper, and eggs.</td>
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<tr>
<td><strong>Up-side-Down Asparagus Quiche</strong></td>
<td>40 Min</td>
<td>25 Min</td>
<td>1 Whisk</td>
<td>Super Easy</td>
<td>Preheat your oven to 400 and coat your pan.</td>
</tr>
<tr>
<td><strong>Big Easy Gumbo with Andouille Sausage</strong></td>
<td>35 Min</td>
<td>20 Min</td>
<td>1 Whisk</td>
<td>Super Easy</td>
<td>Put a saucepan of water on to boil.</td>
</tr>
<tr>
<td><strong>Pecan Maple Salmon</strong></td>
<td>25 Min</td>
<td>15 Min</td>
<td>1 Whisk</td>
<td>Super Easy</td>
<td>Marinade the Salmon and put a saucepan of water on to boil.</td>
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</tbody>
</table>

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

**From Your Pantry**
- From your Pantry
  - You'll need olive oil, salt and pepper.
  - You'll need some olive oil, salt and pepper.

**Omnivore Option**
- Bacon or crumbled sausage would be a tasty addition.
- You'll need olive oil, salt, pepper and 3/4 cup milk per serving.
- You'll need olive oil, salt and pepper.

**Meal Tip**
- Add a little cayenne pepper for a bit of a kick.
- Cook the meal ahead of time and serve chilled.
- You'll need olive oil, salt and pepper.
<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 (percent of recommended daily)</th>
<th>Key Vitamins/Minerals</th>
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<tr>
<td>Thai Sirloin Steak Udon Bowl (½ udon, 1/2 sauce)</td>
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<td>Big Easy Gumbo with Andouille and Shrimp</td>
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<tr>
<td>Upside-Down Chimichurri Quiche (half the pie crust)</td>
<td>720</td>
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<td>4% Iron</td>
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</tbody>
</table>

Below some of the recipes you will see Lighten Up Options. Those meals can easily be prepared without all of the calorie-dense ingredients and still keep their magic.

These are our best estimates for a single serving based on the recipes as written. The actual nutritional information may vary a bit.

And, of course, if you have leftovers, the actual numbers will be lower.
**Chicken Cordon Bleu**

A restaurant-worthy recipe cooked up in your own kitchen has never been so easy. Breaded and rolled up with ham and Swiss cheese, it’s a French classic. We’re serving it with sautéed kale salad and cranberries for a delicious dinner perfect any night of the week.

**Getting Organized**

**EQUIPMENT**
- Baking Sheet
- Meat Mallet (or small pot)
- Small Bowl
- Skillet

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

6 MEEZ CONTAINERS
- Chicken Breast
- Cheese & Herbs
- Ham
- Toothpicks
- Panko Breading
- Kale Salad

**Make The Meal Your Own**

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

**Good To Know**

**Health snapshot per serving** – 795 Calories, 27g Fat, 94g Protein, 47g Carbs, 16 Freestyle Points.

**Lightened-Up Health snapshot per serving** – 655 Calories, 19g Fat, 39g Carbs, 11 Freestyle Points by using half the cheese and half the breading.

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

**INGREDIENTS:** Chicken Breast, Kale, Broccoli, Brussels Sprouts, Cabbage, Radicchio, Ham, Cranberries, Green Onion, Pecorino Romano, Parmesan, Swiss, Gruyere, Breadcrumbs, Garlic, Parsley, Mustard, Black Pepper, Kosher Salt, Oregano, Onion Powder, Paprika.
1. Getting Organized
Preheat the oven to 400. Line a baking sheet with parchment paper (or lightly brush with oil).

2. Prep the Chicken
Very loosely wrap each Chicken Breast in plastic 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 ¼” thick or less 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).

Take one of the chicken breasts and cover with half the Cheese & Herbs. Cover the entire breast and cheese with 3 slices of Ham and press down firmly. Position the breast with the narrow end facing you (imagine a piece of paper in portrait mode) on the cutting board and roll away from you tightly, securing with 3 of the provided Toothpicks. Repeat for the other breast.

3. Bread and Bake
Spread the Panko Breading evenly on a large plate. Crack 2 eggs into a small bowl and beat the eggs. Working with one at a time, dip the rolled-up breast first into the egg, then roll in the panko mixture, pressing down on all sides to coat. Place the breaded chicken breasts on the baking sheet and bake until golden brown on the outside and fully cooked inside, about 20 minutes. Remove from the oven and let rest for at least 5 minutes, then remove the toothpicks.

4. Cook the Ham and Kale Salad
While the chicken is resting, heat 1 Tbsp olive oil in a large skillet over medium heat. Slice the remaining ham slices into 1/2” squares and sauté for 2 minutes. Add the Kale Salad, and sprinkle with salt and pepper. Cook, stirring frequently, until the kale starts to wilt and turns bright green, about 3 minutes. Remove from the skillet and serve topped with the chicken. Enjoy!

Don’t be afraid to get your aggression out on the chicken!
Use a meat thermometer to ensure the inside of the chicken is at least 165 degrees before removing from the oven. It will continue to cook while resting.

Instructions for two servings.
Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois
**Tofu Pad Thai with Zucchini Noodles**

Your favorite Thai dinner cooked by you. Our fresh tamarin and miso Pad Thai sauce is perfect with sautéed tofu, edamame, cabbage and carrots. Served over zucchini noodles, it’s as low-carb dinner that’s as healthy as it is delicious.

**Getting Organized**

**EQUIPMENT**
- Large Skillet

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

**5 MEEZ CONTAINERS**
- Zucchini Noodles
- Tofu
- Vegetables
- Pad Thai Sauce
- Peanuts

**Make the Meal Your Own**

Pad Thai is listed at number five on a list of "World's 50 most delicious foods" readers' poll compiled by CNN.

**Good to Know**

Our **Tofu** is non-GMO, organic and oh so delicious!

**Health snapshot per serving** – 420 Calories, 30g Protein, 24g Fat, 5 Freestyle Points.

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

INGREDIENTS: Zucchini, Tofu, Edamame, Cabbage, Carrots, Onion, Peanuts, Basil, Garlic, Tamari, Tamarind, Miso, Brown Sugar.
1. **Cook the Zucchini Noodles**
   Heat 1 Tbsp olive oil in a large skillet over high heat.

   Dry the **Zucchini Noodles** with a paper towel. When the oil is very hot, place the zucchini noodles in the pan in a single layer spread evenly across the entire skillet. Cook, without stirring, until the zucchini noodles are slightly charred, 2 to 3 minutes. Remove from the pan and set aside.

2. **Sauté the Tofu and Vegetables**
   Add 2 Tbsp olive oil and return the skillet to the stove over high heat. When the oil is very hot, add the **Tofu** and sauté until the edges are crispy, about 2 minutes.

   Place the **Vegetables** in the skillet and cook until the carrots start to soften, and the cabbage turns bright green, about 2 minutes.

3. **Cook the Eggs**
   Beat 2 eggs in a small bowl.

   Lower the heat to medium and push the vegetables and tofu to one side of the pan. Pour the eggs into the open space and cook until the eggs are no longer liquid, about 1 to 2 minutes, then break up the eggs and stir them into the vegetables and tofu.

4. **Put It All Together**
   Pour the **Pad Thai Sauce** into the skillet and mix until all are coated. Remove from the heat.

   Add the zucchini noodles back to the pan, stirring until they are also coated in sauce.

   Plate the Pad Thai and top with the **Peanuts**. Enjoy!

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Instructions for two servings.

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

**Pecan Maple Salmon**

Simplicity at its best. Our maple apple glaze gives salmon a rich, caramelized flavor that we just love. Paired with pecans and roasted brussels sprouts, and you’ve got a restaurant-worthy dinner that’s on the table in just 25 minutes.

**Getting Organized**

**EQUIPMENT**
- Large Skillet
- Baking Sheet

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

**4 MEEZ CONTAINERS**
- Salmon
- Pecan
- Brussels Sprouts
- Maple Apple Glaze

**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** – 595 Calories, 32g Fat, 44g Protein, 33g Carbs, 18 Smart Points.

- **Have questions?** The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.
1. **Getting Started**
   Preheat oven to 400.

2. **Roast the Brussels**
   Place *Brussels Sprouts* cut side down on a baking sheet and sprinkle with olive oil, salt, and pepper. Cook until Brussels are soft and start to brown, 16 to 18 minutes. Remove from oven and set aside.

3. **Cook the Salmon**
   While the Brussels are roasting, dry the *Salmon* and place in a ziplock bag or small bowl. Pour the *Maple Apple Glaze* into the ziplock bag and let marinate for at least 5 minutes.

   When the salmon is ready to cook, heat 1½ Tbsp olive oil in a large skillet over high heat. When the oil is very hot place the salmon – not the marinade - in the skillet. Save the marinade.

   Cook the salmon until the bottom has a golden sear, about 4 minutes. Flip the salmon and add all the Maple Apple Glaze to the pan. Cook for 3 minutes, frequently spooning the glaze over the top of the salmon as it boils.

   Turn off the heat and remove the salmon from the skillet – leaving the glaze - and set aside. Mix the *Pecans* and glaze in the skillet until the pecans are well coated.

4. **Put It All Together**
   Serve the salmon on top of the Brussels Sprouts and top with the glaze and pecans. Enjoy!
**Chicken Shawarma**

A Middle Eastern favorite cooked up in a heartbeat. A quick sear and just the right spices turns shredded chicken into this delicious sandwich. We’re serving it up with a fresh tzatziki sauce, peppers and cucumbers in a warm pita. Dinner’s never been so easy.

**Getting Organized**

**EQUIPMENT**
- Large Skillet

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

**5 MEEZ CONTAINERS**
- Shawarma Chicken
- Simmer Sauce
- Pita
- Tzatziki Sauce
- Peppers & Cucumbers

**Make the Meal Your Own**

If you ordered the **Carb Conscious version**, we sent you romaine lettuce instead of the pita, reducing the **carbs per serving to 22g**. In step 2, cut the romaine heads into 1” slices and combine with other ingredients in a large bowl to make a Chicken Shawarma Salad.

**Good to Know**

**Health snapshot per serving** – 560 Calories, 18g Protein, 33g Fat, 17 Freestyle Points

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

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INGREDIENTS: Shawarma Chicken, Cucumbers, Red Bell Peppers, Pita, Yogurt, Cream, Lemon, Parsley, Apple Cider Vinegar, Tahina, Ground Shawarma Spice, Dill, Garlic, Kosher Salt
1. **Cook the Shawarma Chicken**
   Mix 2 Tbsp olive oil with the **Simmer Sauce** (the thin, smooth, orange sauce) in a small bowl.

   Combine the simmer sauce and **Shawarma Chicken** in a large skillet over medium-high heat. Cook, stirring occasionally, until the edges are slightly crispy, and sauce has completely evaporated, about 4 to 5 minutes. Remove from heat and set aside.

2. **Warm the Pita**
   Wipe out the skillet and return to stove over medium heat. Heat each **Pita** until warm and soft, about 15 to 25 seconds per side. Cut each pita in half.

3. **Put It All Together**
   Fill each pita half with white **Tzatziki Sauce, Peppers & Cucumbers**, and shawarma chicken. Drizzle additional tzatziki sauce on top. Enjoy!
Thai Sirloin Steak Udon Bowl

Thai flavors at their best. We're pairing an irresistible basil peanut sauce with sirloin steak and fresh peppers. Served over a bed of udon noodles, it's a dinner you'll crave again and again.

Getting Organized

EQUIPMENT
- Saucepan
- Large Skillet

FROM YOUR PANTRY
- Olive Oil
- Salt & Pepper

4 MEEZ CONTAINERS
- Udon Noodles
- Steak
- Peppers & Onions
- Thai Basil Peanut Sauce

Make The Meal Your Own

If you ordered the Carb Conscious version, we sent you zucchini “noodles” instead of the udon noodles, reducing the carbs per serving to 28g. In step 4., while the steaks are resting, pat dry the zucchini noodles and add them to the empty skillet (without wiping it out). Cook on medium-high heat until they start to brown, about 2 to 3 minutes. Place directly on serving plates and top with the Thai basil beef, peppers and onions.

If you ordered the gluten-free version, you received rice noodles. Add the rice noodles to boiling water and cook until tender, 5-6 minutes. Drain, rinse under cold water and set aside.

Good To Know

Health snapshot per serving – 730 Calories, 40g Fat, 45g Protein, 55g Carbs, 21 Smart Points

Lighten Up snapshot per serving - 495 Calories, 25g Fat, 37g Protein, 34g Carbs, 14 Smart Points by using ½ the sauce and udon.

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

INGREDIENTS: Bell Peppers, Steak, Udon Noodles, Red Onion, Peanuts, Vegetable Oil, Rice Wine Vinegar, Tamari, Brown Sugar, Basil, Ginger, Garlic, Sesame Oil
1. Getting Organized
   Put a saucepan of water on to boil.

2. Cook the Udon
   Salt the boiling water and add the *Udon Noodles*. Cook until they are soft, about 6 to 8 minutes, then drain.

3. Cook the Peppers
   While the udon is cooking, heat 2 Tbsp olive oil in a large skillet over medium-high heat. When the oil is smoking, add the *Peppers & Onions* and cook until browned, 4 to 7 minutes. Remove to a bowl or plate.

4. Cook the Steak
   Return the now-empty skillet to the stove over high heat. 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). Toss the strips with the *Thai Basil Peanut Sauce*.

5. Put It All Together
   Toss the udon noodles with Thai basil beef, peppers and onions.

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Instructions for two servings,

*Meez Meals* *1459 N. Elmwood Avenue* *Evanston* *Illinois*
Basil Shrimp with Baked Spaghetti

Al dente spaghetti, a fresh tomato sauce and shrimp sautéed in a lemon garlic basil oil and baked with plenty of mozzarella and Parmesan. It’s comfort food taken up a notch.


Getting Organized

EQUIPMENT
- Large Saucepan
- Large Skillet
- Casserole Dish

FROM YOUR PANTRY
- Olive Oil
- Salt & Pepper

6 MEEZ CONTAINERS
- Spaghetti
- Yellow Peppers
- Tomato Herb Sauce
- Lemon Garlic Basil Oil
- Shrimp
- Italian Cheese

Make The Meal Your Own

If you ordered the Carb Conscious version, we sent you zucchini and squash “noodles” instead of pasta, reducing the carbs per serving to 29g. Skip boiling water in step 1 and skip step 2 completely. Use the uncooked zucchini and squash noodles in place of the cooked pasta in step 3.

We love this dish as a baked pasta, but if you’re in a hurry, skip the baking and have it on the table in just 20 minutes.

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

Good To Know

Health snapshot per serving – 575 Calories, 15g Fat, 47g Protein, 66g Carbs, 11 Freestyle Points.

Have questions? The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.
1. **Getting Organized**
   Put a large saucepan of water on to boil over high heat. Preheat oven to 400 degrees and spray or lightly brush a casserole dish with oil.

   While the water is coming to a boil, pat dry the Shrimp, and generously salt and pepper. Transfer the shrimp to a ziplock bag and add half the Lemon Garlic Basil Oil (the green sauce). Seal and mix until the shrimp is well coated. Let marinate until step 4.

2. **Cook The Spaghetti**
   Add a generous pinch of salt and the Spaghetti to the boiling water and cook until al dente, about 10 minutes. Drain the pasta and return it to the saucepan.

3. **Prepare The Spaghetti Bake**
   Add half the Italian Cheese, the Tomato Herb Sauce, the Yellow Peppers, and the remaining Lemon Garlic Basil Oil to the saucepan with the cooked spaghetti and stir well.

   Pour the contents of the saucepan into the oiled casserole dish, top with the remaining Italian Cheese and bake until the sauce is bubbly, and cheese is melted, about 20 minutes. Remove from the oven and let cool for at least 5 minutes.

4. **Cook The Shrimp**
   While the casserole is cooling, heat a large skillet over medium-high heat. When the pan is hot, remove the shrimp form the ziplock bag and cook for a minute on each side until they are opaque and no longer grey in color. Discard the remaining marinade.

5. **Put It All Together**
   Remove just the shrimp from the skillet and place on top of the baked spaghetti. Drizzle any remaining cooked Lemon Garlic Basil Oil over top and enjoy!

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Instructions for two servings.
Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois *
**Black Bean Quesadilla**

Classic, simple and delicious. With Mexican-spiced black beans, plenty of Chihuahua cheese and fresh avocado, this is what a quesadilla should be.

**INGREDIENTS:** Flour Tortillas, Avocado, Black Beans, Chihuahua Cheese, Tomato, Sour Cream, Lime Juice, Garlic, Herbs and Spices

**Getting Organized**

**EQUIPMENT**
Baking Sheet

**FROM YOUR PANTRY**
Olive Oil

**5 MEEZ CONTAINERS**
Avocado
Tortillas
Cheese & Spices
Black Beans
Salsa Crema

**Good to Know**

Family Favorite!

Want to save the oven time? You can cook this on the stovetop, instead

Health snapshot per serving – 600 Calories, 23g Protein, 37g Fat, 48g Carbs, 14 Freestyle Points.

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

**INGREDIENTS:** Flour Tortillas, Avocado, Black Beans, Chihuahua Cheese, Tomato, Sour Cream, Lime Juice, Garlic, Herbs and Spices
1. **Getting Organized**
   Preheat your oven to 400 and slice the *Avocado*.

2. **Prep the Tortillas**
   Oil the baking sheet with 1½ Tbsp olive oil. Take one *Tortilla* and wipe it through the oil to coat one side. Repeat for the other tortilla, leaving them both on the baking sheet, oiled sides down.

3. **Build the Quesadilla**
   Sprinkle half the *Cheese & Spices* on the first tortilla then top with half the *Black Beans* and half of the sliced avocado. Fold the tortilla over in half and press down to keep it closed, encasing the cheese, beans and avocado. Repeat for the second tortilla.

4. **Put It All Together**
   Bake the quesadillas until the tops are golden brown, about 6 to 8 minutes. Flip and cook until the other side is also brown, another 3 to 5 minutes. Cut into wedges and serve with the *Salsa Crema* and enjoy!

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Instructions for two servings.

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

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**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

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**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!

   Love this recipe? #meezmagic

Instructions for two servings.
Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois
Big Easy Gumbo with Andouille and Shrimp

Classic New Orleans Gumbo sounds intimidating, but it’s a breeze. We’re cooking it up this week with Andouille sausage, shrimp, black eyed peas and okra with just the right mix of Cajun seasonings.

Getting Organized

EQUIPMENT
- Saucepan with Lid
- Large Skillet with Lid

FROM YOUR PANTRY
- Olive Oil
- Salt & Pepper
- 6 MEEZ CONTAINERS
  - Andouille Sausage
  - Shrimp
  - Rice
  - Mirepoix, Okra & Black-Eyed Peas
  - Spiced Tomatoes
  - Gumbo Seasoning

Make the Meal Your Own

If you’re cooking the Carb Conscious version, we sent you cauliflower “rice” instead of rice, reducing the carbs to 44g per serving. In step 2, heat 1 Tbsp olive oil in a large skillet over high heat. When the oil is hot, add the cauliflower “rice” and cook until it starts to brown, about 2 to 3 minutes. Remove from the heat and set aside. Wipe out the skillet and use it for step 3.

Love spicy? Add additional cayenne pepper for an extra kick

Good to Know

Gumbo was first served in 1803 at a gubernatorial reception in New Orleans and it is derived from the West African word for okra. It is thought of by many as the original “melting-pot” dish.

Health snapshot per serving – 610 Calories, 10g Fat, 8g Fiber, 80g Carbs, 45g Protein and 17 Smart Points

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

INGREDIENTS: Andouille Sausage, Shrimp, White Rice, Green Pepper, Celery, Okra, Black Eyed Peas, Tomato, Chicken Broth, Gumbo Seasoning, Garlic, Cayenne Pepper, Black Pepper, herbs and spices
1. Getting Organized
   Put a saucepan of water on to boil.
   Cut Andouille Sausage link(s) lengthwise in half and then into ¼ inch slices (each slice should be a half-moon) and set aside.

2. Cook the Rice
   Add the Rice to the boiling water. Reduce heat to medium and simmer uncovered for 15 to 20 minutes until desired tenderness. Drain and return to the saucepan. Cover and set aside.

3. Cook the Veggies
   While the rice is cooking, heat 1 tablespoon olive oil in a large skillet on medium-high heat. Add the Mirepoix, Okra & Black-Eyed Peas and sauté until onions are translucent and vegetables have softened slightly, about 6 to 7 minutes.

4. Make the Gumbo
   Add the Spiced Tomatoes, and Gumbo Seasoning to the pan. Stir continuously for one minute and then add 1¼ cup of water and the sliced Andouille sausage. Bring to boil and then reduce heat to low, cover, and simmer for 10 minutes.

5. Add the Shrimp
   After the gumbo has been simmering for 10 minutes (step #4), stir in the Shrimp, cover and simmer for another 5 minutes (15 minutes total simmer time, only the last 5 minutes include the shrimp).

6. Finish and serve
   Place rice in a bowl, cover with the gumbo and enjoy!

We cook our rice like pasta, so you just need enough water to make sure rice is completely covered.

This dish will develop even richer flavors the longer it simmers. Just be sure to hold back the shrimp and add only to cook them for the last five minutes so they don’t dry out.

Instructions for two servings
Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois
Upside-Down Chimichurri Quiche

The flaky, buttery pie crust is our favorite part of making a quiche. But the hassle of rolling and shaping the dough is too much work for a weeknight dinner. So we're baking the crust right on top and finishing it with our own Chimichurri Salsa. Inside is a pepper medley and three cheeses that make this an Argentinean-French mash-up we just love!

Getting Organized

**EQUIPMENT**
- Loaf Pan
- Casserole Dish
- Mixing Bowl
- Large Skillet

**FROM YOUR PANTRY**
- Olive Oil (½ tbsp. per serving)
- Salt & Pepper

**4 MEEZ CONTAINERS**
- Eggs and Cream
- Mexican Cheese
- Pepper Medley
- Chimichurri Salsa

**Make the Meal Your Own**

**Meez Family Favorite!**
It tastes great even without the salsa so if you have picky eaters, start them with a little bit and add more to taste.

Good to Know

**Health snapshot per serving** – 880 Calories, 25g Protein, 62g Fat, 58g carbs, 28 Freestyle Points.

**Lighten Up snapshot per serving** – 670 Calories, 48g Fat, 41g carbs, 21 Freestyle Points with half the pie crust.

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

1. **Getting Organized**
   Preheat oven to 400 and coat a loaf pan (or casserole dish) with cooking spray or olive oil.
   
   Drain off excess liquid and place the **Chimichurri Salsa** in a bowl. Add 1 Tbsp olive oil, mix well, and set aside.

2. **Sauté the Veggies**
   Heat 1 Tbsp oil in a skillet over medium high heat. When the oil is hot, add the **Pepper Medley** and salt and pepper. Sauté for 2 to 3 minutes until the vegetables start to char. Transfer the cooked vegetables to the baking dish.

3. **Make the Quiche**
   Add the **Egg & Cream** to a mixing bowl and stir in the **Cheese** until evenly dispersed.
   Pour the entire mixture over the cooked vegetables. Top with the **Pie Crust**, overlapping pieces as necessary to cover the entire top surface.
   Bake, until the pie crust is golden brown, about 20 to 25 minutes.
   Remove from oven and let cool for at least 5 minutes before serving.

4. **Serve and Enjoy**
   Serve the quiche topped with the chimichurri salsa. Enjoy!

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Quiche is traditionally baked in a pie pan, but we like a loaf pan or rectangular baker for this recipe because it matches the shape of the pie crust.

After you pour the egg mix, use a spoon to make sure the veggies are not all clumped up in one spot in the pan.

Resist the temptation to eat right away. The quiche will continue cooking as it cools.
Moroccan Couscous Soup

Fast, easy and delicious. This recipe is classic Meez. We’re cooking up chickpeas, carrots, celery and couscous in a delectable soup seasoned with classic Moroccan spices. Served with Cilantro Yogurt and warm naan bread. Yum!

INGREDIENTS: Couscous, Garbanzo Beans, Naan, Carrot, Celery, Red Onion, Turnip, Greek Yogurt, Cilantro, Mint, Ginger, Turmeric, Cumin, Coriander, Black Pepper, Cayenne Pepper, Cinnamon, Vegetable Broth, Tomato.

Getting Organized

EQUIPMENT
Large Saucepan with lid

FROM YOUR PANTRY
Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS
Mixed Veggies
Broth Starter
Couscous
Garbanzo Beans
Naan
Cilantro Yogurt Sauce

Good to Know

Health snapshot per serving – 395 Calories, 16g Protein, 71g Carbs, 6g Fat, 8 Freestyle Points.

Have questions? The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.
1. Getting Organized
   Preheat oven to 425.

2. Cook the Veggies
   Heat 2 Tbsp olive oil in a large saucepan over medium-high heat. When the oil is hot add the Mixed Veggies to the saucepan and cook, stirring continuously, until aromatic, about 2 minutes.

3. Make the Broth
   Add the Broth Starter, Couscous, Garbanzo Beans, and 2 cups of water, cover, and bring to a boil. Once the soup is boiling, reduce heat to medium and simmer, covered for 15 minutes.

4. Toast the Naan
   When the soup is almost ready, brush both sides of the Naan very lightly with olive oil and a little salt and pepper. Heat until warm, about 1 minute.

5. Serve and Enjoy
   Serve the soup topped with the Cilantro Yogurt Sauce and naan on the side. Enjoy!

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