

### *Knife & Fork Grilled Cheese*

|                           |                              |                                 |
|---------------------------|------------------------------|---------------------------------|
| <b>25 Min</b><br>to Table | <b>25 Min</b><br>Hands<br>On | <b>2 Whisk</b><br>Super<br>Easy |
|---------------------------|------------------------------|---------------------------------|

|                        |                           |
|------------------------|---------------------------|
| <b>Getting Started</b> | Preheat your oven to 400. |
|------------------------|---------------------------|

|                         |                                               |
|-------------------------|-----------------------------------------------|
| <b>From your Pantry</b> | You'll need olive oil, eggs, salt and pepper. |
|-------------------------|-----------------------------------------------|

### *Orleans Blackened Salmon Tacos*

|                           |                              |                                 |
|---------------------------|------------------------------|---------------------------------|
| <b>20 Min</b><br>to Table | <b>20 Min</b><br>Hands<br>On | <b>1 Whisk</b><br>Super<br>Easy |
|---------------------------|------------------------------|---------------------------------|

|                        |                    |
|------------------------|--------------------|
| <b>Getting Started</b> | Make the coleslaw. |
|------------------------|--------------------|

|                         |                                               |
|-------------------------|-----------------------------------------------|
| <b>From Your Pantry</b> | You'll need flour, olive oil, salt and pepper |
|-------------------------|-----------------------------------------------|

## Quick Tips



### *Creamy Shrimp Bisque*

|                           |                              |                                 |
|---------------------------|------------------------------|---------------------------------|
| <b>35 Min</b><br>to Table | <b>35 Min</b><br>Hands<br>On | <b>1 Whisk</b><br>Super<br>Easy |
|---------------------------|------------------------------|---------------------------------|

|                        |                                    |
|------------------------|------------------------------------|
| <b>Getting Started</b> | Put a saucepan of water onto boil. |
|------------------------|------------------------------------|

|                         |                                                       |
|-------------------------|-------------------------------------------------------|
| <b>From Your Pantry</b> | You'll need olive oil, butter, flour, salt and pepper |
|-------------------------|-------------------------------------------------------|

### *Chicken Au Poivre with Brussels & Potato Hash*

|                           |                              |                         |
|---------------------------|------------------------------|-------------------------|
| <b>25 Min</b><br>to Table | <b>25 Min</b><br>Hands<br>On | <b>2 Whisks</b><br>Easy |
|---------------------------|------------------------------|-------------------------|

|                        |                                  |
|------------------------|----------------------------------|
| <b>Getting Started</b> | Heat olive oil in large skillet. |
|------------------------|----------------------------------|

|                         |                                                        |
|-------------------------|--------------------------------------------------------|
| <b>From your Pantry</b> | You'll need flour, butter, olive oil, salt and pepper. |
|-------------------------|--------------------------------------------------------|

### *Crisp Salmon with Olive Tapenade*

|                           |                              |                                 |
|---------------------------|------------------------------|---------------------------------|
| <b>20 Min</b><br>to Table | <b>20 Min</b><br>Hands<br>On | <b>1 Whisk</b><br>Super<br>Easy |
|---------------------------|------------------------------|---------------------------------|

|                        |                               |
|------------------------|-------------------------------|
| <b>Getting Started</b> | Prep the Fingerling Potatoes. |
|------------------------|-------------------------------|

|                         |                                                           |
|-------------------------|-----------------------------------------------------------|
| <b>From your Pantry</b> | You'll need 1/2 cup of flour, olive oil, salt and pepper. |
|-------------------------|-----------------------------------------------------------|

### *Lemon-Chai Brussels Sprouts Over Pearl Couscous*

**20 Min**  
to Table

**10 Min**  
Hands  
On

**1 Whisk**  
Super  
Easy

#### **Omnivore Option**

Halibut tastes great  
with this recipe.

#### **Getting Started**

Preheat your oven to  
400 and boil some  
water.

### *Italian Sausage & Peppers with Penne Verde*

**20 Min**  
to Table

**20 Min**  
Hands  
On

**1 Whisk**  
Super  
Easy

#### **Getting Started**

Bring a saucepan of  
water on to boil.

#### **From Your Pantry**

You'll need olive oil,  
and salt.

#### **Meal Tip**

The sausage is fully  
cooked, so just heat  
and eat.

### *Honey & Tamari Glazed Mushrooms with Udon Noodles*

**25 Min**  
to Table

**20 Min**  
Hands  
On

**1 Whisk**  
Super  
Easy

#### **Getting Started**

Bring a medium  
saucepan of water to  
boil.

#### **From Your Pantry**

You'll need olive oil,  
salt and pepper

### *Black Bean Quesadilla*

**20 Min**  
to Table

**5 Min**  
Hands  
On

**1 Whisk**  
Super  
Easy

#### **Getting Started**

Preheat your oven to  
400.

#### **From Your Pantry**

You'll need olive oil.

### *Steak with Jalapeno-Lime-Butter and Cornbread*

**30 Min**  
to Table

**30 Min**  
Hands  
On

**1 Whisk**  
Super  
Easy

#### **Getting Started**

Melt the Jalapeno-  
Lime Butter.

#### **From Your Pantry**

You'll need olive oil,  
salt & pepper

### *Ramen Chicken*

**45 Min**  
to Table

**25 Min**  
Hands  
On

**2 Whisks**  
Easy

#### **Getting Started**

Bring a saucepan of  
water to a boil

#### **Meal Tip**

Add Sriracha,  
Gochujang, or  
Jalapenos to spice it  
up.

#### **From Your Pantry**

You'll need olive oil,  
salt, pepper and one  
egg per serving.

# Health Snapshot

| Recipe                                                        | Calories | Protein<br>(grams) | Fat<br>(grams) | Carbs<br>(grams) | Fiber<br>(grams) | Sodium<br>(milligrams) | Sugar<br>(grams) | Smart<br>Points | Key Vitamins/Minerals<br>(% of rcmndd daily) |                    |
|---------------------------------------------------------------|----------|--------------------|----------------|------------------|------------------|------------------------|------------------|-----------------|----------------------------------------------|--------------------|
| Chicken Au Poivre with<br>Brussels & Potato Hash              | 810      | 51                 | 45             | 49<br>CC 31      | 8                | 310                    | 15               | 23              | 140%<br>Vitamin C                            | 50% Vitamin<br>A   |
| (use 2/3 of the potatoes, Au<br>Poivre sauce, butter & flour) | 650      |                    | 33             |                  |                  |                        |                  | 16              |                                              |                    |
| Honey & Tamari Glazed<br>Mushrooms with Udon<br>Noodles       | 440      | 13                 | 8              | 93               | 6                | 2030                   | 37               | 14              | 30%Vitamin<br>C                              | 10% Iron           |
| Orleans Blackened Salmon<br>Tacos                             | 730      | 47                 | 24             | 86               | 12               | 730                    |                  | 17              | 31%<br>Calcium                               | 77% Vitamin<br>A   |
| (Use 2 of the tortillas,& 2/3 of<br>the coleslaw dressing     | 620      |                    | 21             |                  |                  |                        |                  | 13              |                                              |                    |
| Crisp Salmon with Olive<br>Tapenade                           | 635      | 26                 | 39             | 52               | 6                | 1208                   |                  | 19              | 182%<br>Vitamin C                            | 22% Vitamin<br>B-6 |
| Creamy Shrimp Bisque                                          | 890      | 43                 | 42             | 86               | 7                | 960                    | 15               | 28              | 68% Vitamin<br>C                             | 44% Iron           |
| (use 1/2 the bread)                                           | 630      |                    | 40             |                  |                  |                        |                  | 15              |                                              |                    |
| Lemon-Chai Brussels Sprouts<br>Over Pearl Couscous            | 865      | 19                 | 7              | 44               | 10               | 518                    | 7                | 29              | 34% Vitamin<br>A                             | 41% Folate         |
| (½ cheese, nuts and<br>vinaigrette)                           | 515      |                    | 37             |                  |                  |                        |                  | 17              |                                              |                    |

# Health Snapshot

| Recipe                                             | Calories | Protein<br>(grams) | Fat<br>(grams) | Carbs<br>(grams) | Fiber<br>(grams) | Sodium<br>(milligrams) | Sugar<br>(grams) | Smart<br>Points | Key Vitamins/Minerals<br>(% of rcmndd daily) |                   |
|----------------------------------------------------|----------|--------------------|----------------|------------------|------------------|------------------------|------------------|-----------------|----------------------------------------------|-------------------|
| Italian Sausage & Peppers<br>with Penne Verde      | 980      | 47                 | 60             | 63<br>CC 25      | 5                | 1760                   | 14               | 32              | 120%<br>Vitamin A                            | 410%<br>Vitamin C |
| (use 1/2 the pasta sauce &<br>parmesan)            | 710      |                    | 45             |                  |                  |                        |                  | 22              |                                              |                   |
| Steak with Jalapeno-Lime-<br>Butter and Cornbread  | 650      | 38                 | 34             | 51<br>CC 21      | 4                | 800                    | 9                | 19              | 76% Vitamin<br>A                             | 283%<br>Vitamin C |
| Knife & Fork Grilled Cheese                        | 685      | 36                 | 33             | 63               | 6                | 1180                   |                  | 20              | 19% Vitamin<br>A                             | 56% Calcium       |
| (use 1/2 the bread, place<br>egg on top of cheese) | 565      |                    | 30             |                  |                  |                        |                  | 16              |                                              |                   |
| Black Bean Quesadilla                              | 720      | 26                 | 40             | 70               | 12               | 1224                   |                  | 18              | 46%<br>Calcium                               | 17% Vitamin<br>C  |
| ½ the tortillas and two-<br>thirds of the cheese   | 525      |                    | 32             |                  |                  |                        |                  | 12              |                                              |                   |
| Ramen Chicken                                      | 695      | 80                 | 14             | 63<br>CC 11      | 8                | 3315                   | 2                | 10              | 10% Vitamin<br>C                             | 0.5% Vitamin<br>A |
| (Use 2/3 noodles, and omit<br>the egg)             | 545      |                    | 8              |                  |                  |                        |                  | 7               |                                              |                   |
| Add a Protein                                      |          |                    |                |                  |                  |                        |                  |                 |                                              |                   |
| All-Natural Chicken Breast                         | 220      | 41                 | 5              | 0                | 0                | 85                     | 0                | 3               | 90% Vitamin<br>B6                            | 4% Iron           |
| Add a Pretein                                      |          |                    |                |                  |                  |                        |                  |                 |                                              |                   |
| Bistro Chateau Steak                               | 220      | 30                 | 10             | 0                | 0                | 75                     | 0                | 5               | 10% Iron                                     | 10%<br>Potassium  |
| Add a Protein                                      |          |                    |                |                  |                  |                        |                  |                 |                                              |                   |
| Norwegian Salmon                                   | 220      | 35                 | 0              | 0                | 0                | 130                    | 0                | 4               | 60% Vitamin<br>B6                            | 15%<br>Potassium  |

# Health Snapshot

| Recipe                                       | Calories | Protein<br>(grams) | Fat<br>(grams) | Carbs<br>(grams) | Fiber<br>(grams) | Sodium<br>(milligrams) | Sugar<br>(grams) | Smart<br>Points | Key Vitamins/Minerals<br>(% of recommended daily) |               |
|----------------------------------------------|----------|--------------------|----------------|------------------|------------------|------------------------|------------------|-----------------|---------------------------------------------------|---------------|
| Add a Protein<br>Premium Shrimp              | 120      | 28                 | 0.5            | 0                | 0                | 170                    | 0                | 1               | 8% Potassium                                      | 4% iron       |
| Honduran Chocolate<br>Brownies (Gluten-Free) | 340      | 4                  | 18             | 42               | 3                | 140                    | 31               | 16              | 4% Vitamin C                                      | 15% Iron      |
| Flourless Chocolate Cake                     | 370      | 5                  | 16             | 32               | 2                | 130                    | 18               | 18              | 20% Iron                                          | 10% Vitamin A |
| THE Carrot Cake                              | 540      | 6                  | 34             | 49               | 2                | 440                    | 36               | 13              | 6% Vitamin C                                      | 6% Calcium    |
| Peanut Butter Cookies                        | 400      | 8                  | 22             | 45               | 2                | 330                    |                  | 18              | 4% Iron                                           | 6% 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.*

# Chicken Au Poivre with Brussels & Potato Hash

**25** Minutes to the Table

**25** Minutes Hands On

**2 Whisks** Easy

Classic French flavor made weeknight easy. Our signature au poivre sauce is rich, peppery, and silky—perfect over golden seared chicken. Served with a crispy Brussels sprouts and potato hash that soaks up every drop, this dinner is indulgent, elegant, and unbelievably satisfying.

## Getting Organized

### EQUIPMENT

2 Large Skillets

### FROM YOUR PANTRY

Olive Oil

Salt & Pepper

Butter (1½ Tbsp)

Flour (1 Tbsp)

### 6 MEEZ CONTAINERS

Hash Brown Potatoes

Brussels Sprouts

Chicken

Onions & Garlic

Au Poivre Sauce

Lemon

## Good to Know

If you ordered the **Carb Conscious version**, we sent you cauliflower “rice” instead of the hash brown potatoes, reducing the **carbs per serving to 31g**. Use them in place of the potatoes in step 1.

**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** – 810 Calories, 45g Fat, 49g Carbs, 51g Protein, and 23 Freestyle Points.

**Lightened-up health snapshot per serving** – 650 Calories, 33g Fat, 39g Carbs, and 16 Freestyle Points, by using two-thirds of the hash browns and two-thirds of the Au Poivre sauce, butter and flour. When creating the Au Poivre sauce in step 3, use 1 Tbsp of butter and 2/3 Tbsp of flour when creating the sauce.

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

INGREDIENTS: Chicken Breasts, Hash Browns Brussels Sprouts, Cream, Red Onion, White Wine, Garlic, Chicken Stock, Lemon, Black Pepper, Brown Sugar, Dijon Mustard.



### 1. Cook the Brussels and Potato Hash

Heat 2 Tbsp olive oil in a large skillet over medium-high heat. Pat dry the **Hash Brown Potatoes** with a paper towel to remove as much moisture as possible. When the oil is hot, combine the hash brown potatoes and **Brussels Sprouts** in the skillet. Sprinkle with a little salt and pepper and arrange into a single layer in the skillet. Cook undisturbed until the bottom is a deep golden brown and crispy, about 7 minutes. Flip the hash and cook undisturbed again until the other side is brown and crispy, an additional 5 to 7 minutes. Remove from the skillet and transfer directly to serving plates.

### 2. Cook the Chicken

While the hash is cooking, heat 1 Tbsp olive oil in a second large skillet over medium-high heat. Pat dry and generously salt and pepper the **Chicken Breasts** on both sides. When the oil is hot, add the chicken and cook until crisp and brown, about 4 to 5 minutes. Flip, then cook until brown on the second side, an additional 4 to 5 minutes. Transfer the chicken to a cutting board and let rest for 5 minutes. Wipe out the skillet. Once rested, slice into ½" strips and place on top of the brussels and potato hash.

### 3. Make the Au Poivre Sauce

While the chicken is resting, heat 1 Tbsp olive oil in the now-empty chicken skillet over medium-high heat. When the oil is hot, add the **Onions & Garlic** and cook until the onions are translucent and the garlic is starting to brown, about 4 to 6 minutes. Add 1½ Tbsp of butter and allow it to melt then add 1 Tbsp flour and stir well. Cook until the flour starts to brown, about 2 minutes. Add the **Au Poivre Sauce** and stir, scraping the tasty, browned bits of flour off the bottom of the pan. Cook, stirring continuously, until the sauce is the consistency of gravy and has turned golden brown, about 3 to 4 minutes. Remove from the heat.

### 4. Put It All Together

Serve the au poivre sauce over top of the sliced chicken and hash and finish with a squeeze of **Lemon** juice. Enjoy!

Instructions for two servings.

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

# Honey & Tamari Glazed Mushrooms with Udon Noodles

Umami-rich cremini mushrooms are a perfect pairing for a savory honey and tamari sauce. With snow peas, cabbage, and udon noodles, it's a speed Asian-inspired dinner the whole family will love.

**25** *Minutes to the Table*

**20** *Minutes Hands On*

**1 Whisk** *Super Easy*

## Getting Organized

### EQUIPMENT

Medium Saucepan  
Large Skillet

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### 6 MEEZ CONTAINERS

Udon Noodles  
Seasoned Onions  
Snow Peas & Cabbage  
Cremini Mushrooms  
Honey & Tamari Glaze  
Green Onion & Cilantro

## Add Protein Instructions

**Integrate into recipe:** Prior to step 4, cook the protein and let rest, then slice into ½" strips (flake the salmon and cut the shrimp in half.) Stir into the mushrooms and glaze 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

**Health snapshot per serving** – 440 Calories, 8g Fat, 93g Carbs, 13g Protein, and 14 Freestyle Points.

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

INGREDIENTS: Mushrooms, Udon Noodles, Snow Peas, Cabbage, Mae Ploy, Yellow Onion, Tamari, Brown Sugar, Honey, Green Onion, Ginger, Garlic, Cilantro, Sesame Oil, Vegetable Stock, Miso, Parsley, White Pepper

meezmeals

### 1. Get Organized

Bring a medium saucepan of water to a boil.

### 2. Cook the Udon

Add the **Udon Noodles** to the boiling water and cook until tender, about 10 to 14 minutes. Place the noodles in a colander and rinse thoroughly with hot water. Drain well and set aside in the colander. Wipe out the saucepan.

Heat 1 Tbsp olive oil in the now-empty saucepan over medium-high heat. When the oil is hot, add the **Seasoned Onions**. Cook until the onions begin to soften, about 1 to 2 minutes. Add the drained udon noodles back and stir. Cover and set aside.

### 3. Sauté the Asian Veggies

While the noodles are cooking, heat 1 Tbsp olive oil in a large skillet over medium-high heat. When the oil is hot, add the **Snow Peas & Cabbage** with a sprinkle of salt and pepper. Sauté, stirring frequently, until the edges of the cabbage char, about 4 to 5 minutes. Transfer the veggies to the saucepan with the udon and onions and stir. Cover and set aside until step 5. Wipe out the skillet.

### 4. Cook the Mushrooms

Heat 1 Tbsp olive oil in the now-empty skillet over medium-high heat. When the oil is hot, add the **Cremini Mushrooms** and cook until they brown and the liquid is evaporated, about 5 to 6 minutes. Add the **Honey & Tamari Glaze** and cook, stirring occasionally, until the glaze thickens enough to coat the mushrooms, an additional 3 to 4 minutes.

### 5. Put It All Together

Serve the noodles and veggies topped with the glazed cremini mushrooms. Sprinkle the **Green Onion & Cilantro** over top and enjoy!

*Be sure to get  
all the seasoned  
onions out of  
the saucepan to  
not miss any  
deliciousness.*

Instructions for two servings.

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

## Orleans Blackened Salmon Tacos

Omega-3 rich salmon is coated with our Cajun seasonings then paired with creamy pineapple coleslaw, corn and cheese, and wrapped in warm tortilla. Fast, fantastic and full of flavor.

**20** *Minutes to the Table*

**20** *Minutes Hands On*

**1 Whisk** *Super Easy*

### Getting Organized

#### EQUIPMENT

Mixing Bowl  
Large Skillet

#### FROM YOUR PANTRY

Flour (2 teaspoons)  
Olive Oil  
Salt & Pepper

#### 6 MEEZ CONTAINERS

Cabbage & Carrots  
Coleslaw Dressing  
Cajun Seasoning  
Salmon  
Tortillas  
Cheese & Corn

### 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** – 730 Calories, 24g Fat, 47g Protein, 86g Carbs, 17 Freestyle Points.

**Lightened-up health snapshot per serving** – 620 Calories, 21g Fat, 67g Carbs, 13 Freestyle points by using 2 tortillas per serving and two-thirds of the coleslaw dressing.

**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:** Salmon, Corn Tortillas, Carrots, Green Cabbage, Red Cabbage, Corn, Mayonnaise, Brown Sugar, Cajun Seasoning, Cotija, White Wine Vinegar, Pineapple, Lemon Juice, Cilantro, Garlic, Black Pepper

*meez* meals

### 1. Make the Coleslaw

Combine the **Cabbage & Carrots** and **Coleslaw Dressing** in a large mixing bowl and toss. Place in the refrigerator until ready to eat.

### 2. Season and Cook the Salmon

Combine **Cajun Seasoning** with 2 teaspoons of flour on a plate. Coat the **Salmon** on all sides with the seasoning and then let it sit in the flour/seasoning mix for 2 minutes. Give the salmon a second coat.

Heat 2 Tbsp of olive oil in a large skillet over medium-high heat. When the oil is hot, add the salmon and cook until the seasoning is blackened and slightly crispy, about 4 minutes. Flip, and the other side until it is also blackened, about 4 additional minutes. Remove from the heat and let rest for 5 minutes. Wipe out the skillet.

### 3. Heat the Tortillas and Serve

While the salmon is resting, heat the **Tortillas** in the now-empty skillet over medium-high heat, about 30 seconds per side.

Use a fork to flake the salmon into bite-sized pieces. Fill the warm tortillas with the flaked salmon and top with the coleslaw and **Cheese & Corn**. Enjoy!

*The fish absorbs the seasoning as it sits, which adds tons of flavor.*

*The seasoning gets very dark as it cooks, so don't worry if it starts to blacken, it's supposed to be that way.*

Instructions for two servings.

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

## Crisp Salmon with Olive Tapenade

We're topping pan-fried salmon with our favorite tapenade. It has kalamata olives, plus a not-so-secret ingredient: sweet cherries. Sound strange? Cherries balance the olives, making a combo that's perfect over crispy salmon. Served over Dijon Brussels sprouts and fingerling potatoes, it's a gourmet taste in just 20 minutes.

**20** *Minutes to the Table*

**20** *Minutes Hands On*

**1 Whisk** *Super Easy*

### Getting Organized

#### EQUIPMENT

- 2 Skillets
- Shallow Pie Pan or Plate

#### FROM YOUR PANTRY

- ½ Cup Flour
- Olive Oil
- Salt & Pepper

#### 5 MEEZ CONTAINERS

- Fingerling Potatoes
- Brussels Sprouts
- Salmon
- Olive Tapenade
- Mustard Vinaigrette

### Make The Meal Your Own

**Picky Eaters Tip** – Cooking with someone who doesn't love Brussels sprouts? Cook the potatoes and Brussels separately, and keep all of their Brussels sprouts for yourself!

If you ordered the **Carb Conscious** version we sent you broccoli instead of the potatoes reducing the total **carbs** to **18g**, you can skip Step 1. and in Step 2. Simply add the broccoli where it says to add the potatoes.

### Good To Know

**Health snapshot per serving** – 635 Calories, 39g Fat, 26g Protein, 52g Carbs, 19 Smart Points

**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:** Salmon, Fingerling Potatoes, Brussels Sprouts, Olive Oil, Kalamata Olives, Apple Cider Vinegar, Green Onion, Dijon Mustard, Brown Sugar, Dried Cherries, Garlic, Herbs

*meez* meals

### 1. Prep the Potatoes

Cut the **Fingerling Potatoes** in half lengthwise and then cut across to create small, even pieces, about ½" each.

### 2. Make the Dijon Brussels & Potatoes

Heat 1 Tbsp oil in a large skillet over high heat. Add the cubed potatoes and cook, stirring occasionally, until starting to brown on the edges, 3 to 5 minutes. Add the **Brussels Sprouts** along with a generous pinch of salt and pepper and cook, stirring, until the Brussels are well browned and the potatoes are fork tender, about 10 to 15 minutes. Mix half of the **Mustard Vinaigrette** into the cooked Brussels and potatoes.

### 3. Cook the Salmon

While the hash is cooking, pour ½ cup flour in a shallow pie pan or on to a plate and add a generous pinch of salt and pepper. Pat the **Salmon** fillets dry with a paper towel and coat with the flour, making sure each fillet is covered with a thin layer. Repeat this process with remaining salmon.

Heat 2 Tbsp of oil in a large skillet on high heat. Add the salmon and cook until it colors about halfway up the sides, about 4 minutes. Flip and cook an additional 2 minutes. Remove from the heat and let rest 5 minutes.

### 4. Put It All Together

Serve the veggies topped with salmon. Spread the **Olive Tapenade** on the salmon to taste and drizzle the finished dish with remaining vinaigrette.

*Any kind of flour will work here: all-purpose, rice flour, even tapioca flour. Use your favorite.*

*Place the salmon in the pan early to avoid any oil splashing.*

Instructions for two servings.

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

## Creamy Shrimp Bisque

Our spin on a lobster bisque. We cook ours with orzo and jasmine rice for added texture and serve topped with a ratatouille of French vegetables. With grilled French bread on the side, it's upscale comfort food that we love.

**45** *Minutes to the Table*

**45** *Minutes Hands On*

**2 Whisks** *Easy*

### Getting Organized

#### EQUIPMENT

Medium Saucepan  
Large Saucepan with  
Cover  
Large Skillet

#### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper  
Butter (1½ Tbsp)  
Flour (1 ½ Tbsp)

#### 6 MEEZ CONTAINERS

Orzo & Jasmine Rice  
Mirepoix  
Bisque Starter  
Shrimp  
French Bread  
Ratatouille

### 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-** 890 Calories, 43g Protein, 42g Fat, 86g Carbs, 28 Freestyle points

**Lightened-up health snapshot per serving-** 630 Calories, 40g Fat, 39g Carbs, by skipping the bread.

**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: Shrimp, Tomatoes, Yellow Onion, Celery, Zucchini, Tomato, Yellow Pepper, Carrot, Red Onion, Orzo, Jasmine Rice, Roll, Cream, Garlic, Vegetable Stock, Basil, Old Bay, Thyme

*meez* meals

### 1. Cook the Orzo & Jasmine Rice

Set a medium saucepan of water to boil. Add the **Orzo & Jasmine Rice** to the boiling water and cook until tender, about 15 minutes. Drain well and set aside.

### 2. Create the Bisque

While the orzo & rice are cooking, heat 1 Tbsp olive oil in a large saucepan over medium high heat. When the oil is hot, add the **Mirepoix** (look for carrots, onions, and celery) and cook until the veggies start to brown, about 5 to 7 minutes. Add 1½ Tbsp of butter and once melted add in 1½ Tbsp of flour and stir well. Cook until the flour starts to brown, about 2 to 3 minutes.

Add the **Bisque Starter** (the bag with liquid) and 2 cups of water. Stir the mixture, making sure to scrape the tasty bits off the bottom. Bring to a boil, then reduce the heat to medium low, cover and simmer for 20 minutes. Remove the cover and simmer for an additional 10 minutes until the soup thickens. Remove from the heat and stir in the cooked orzo & rice. Let rest for 5 minutes.

### 3. Cook The Shrimp

Once the bisque is simmering, dry and lightly salt & pepper the **Shrimp**. Heat 1 Tbsp olive oil in a large skillet over medium-high heat. Cook for a minute on each side until they are opaque and no longer grey in color. Remove from the heat and transfer to a cutting board. Cut each shrimp piece into thirds and transfer directly to serving bowls. Do not wipe out the skillet.

### 4. Grill the Bread

Cut the **French Bread** in half lengthwise and drizzle with olive oil, salt and pepper. Heat the now-empty skillet over medium high heat. Add the sliced French bread halves, cut-side-down and cook until they turn golden brown, about 1 to 2 minutes. Set the grilled bread aside. Wipe out the skillet.

### 5. Cook the Ratatouille

Heat 1 Tbsp olive oil in the now-empty skillet over medium high heat. Add the **Ratatouille** (look for tomatoes & yellow peppers) and cook until charred slightly, about 2 to 3 minutes.

### 6. Put It All Together

Serve the bisque over the shrimp & top with the ratatouille. Enjoy alongside the grilled bread!

*Use  
enough  
water to  
submerge  
the orzo  
and rice by  
one inch.*

Instructions for two servings.

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

# Lemon Chai Brussels Sprouts Over Pearl Couscous

We crave the sunny flavors of the Mediterranean this time of year. One bite of this gem, and we were transported. The magic comes from lemon-chai vinaigrette, which has a depth of flavor that pairs perfectly with crispy Brussels sprouts. We're serving it over pearl couscous with feta and walnuts.

**20** *Minutes to the Table*

**10** *Minutes Hands On*

**1 Whisk** *Super Easy*

## Getting Organized

### EQUIPMENT

Rimmed  
Baking Sheet  
Saucepan

### FROM YOUR

### PANTRY

Olive Oil  
Salt & Pepper

### 5 MEEZ

### CONTAINERS

Brussels Sprouts  
Couscous  
Lemon Chai  
Vinaigrette  
Feta Cheese  
Walnuts

## Make The Meal Your Own

**Integrate into recipe:** While the brussels sprouts are roasting in step 2, cook the protein (per instructions below) and then slice into strips (*shred the chicken, flake the salmon, leave shrimp whole*) and serve on top of the couscous before topping with the Feta and Walnuts.

**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

This meal is low in carbs but to turn it into a fully **Carb Conscious version with only 24g of carbs per serving**, use half the couscous. **If you're making the vegan version**, we're skipping the feta. Add an extra pinch of salt. **If you're making the gluten-free version**, bring 2.5 cups of water to a boil, add the quinoa and a dash of salt. Cover and lower the heat to a simmer. Cook for 12 to 15 minutes, until the grain blooms and most of the liquid is absorbed. Fluff it up and let it sit covered for 5 minutes more.

**Health snapshot per serving** – 865 Calories, 19g Protein,  
10g Fiber, 44g Carbs, 29 Smart Points

**Lightened up snapshot** – 515 Calories, 37g Fat and  
17 Smart Points with ½ the cheese, nuts and vinaigrette.

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



INGREDIENTS: Brussels Sprouts, Couscous, Feta Cheese, Vegetable Oil, Walnuts, Lemon, Green Onions, Brown Sugar, Garlic, Herbs & Spices

*meez* meals

**1. Get Organized**

Preheat your oven to 400 and put a saucepan of water on to boil.

**2. Roast the Brussels Sprouts**

Put the **Brussels Sprouts** on to a rimmed baking sheet and drizzle with olive oil, salt and pepper. Toss well, then arrange in a single layer and bake until brown and crispy, 12 to 15 minutes.

**3. Cook the Couscous**

While the sprouts are cooking, salt your boiling water generously and add the **Couscous**. Cook until al dente, 5 to 10 minutes. Drain, return to the saucepan and set aside until the sprouts are done cooking.

**4. Put It All Together**

When the sprouts are done, add them to the saucepan with the couscous and stir in the **Lemon-Chai Vinaigrette**. Heat over medium until warm throughout, about 2 minutes.

Top with the **Feta Cheese** and **Walnuts** and enjoy!

Instructions for two servings.

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

# Italian Sausage & Peppers with Penne Verde

We love traditional Italian sausage & peppers. This week, we created a delicious creamy spinach sauce and paired it with al dente penne and locally sourced sausage. It's a simple meal that's packed with flavor.

**20** Minutes to the Table

**20** Minutes Hands On

**1 Whisk** Super Easy

## Getting Organized

### EQUIPMENT

Large Skillet  
Large Saucepan

### FROM YOUR PANTRY

Olive Oil  
Salt

### 5 MEEZ CONTAINERS

Italian Sausage  
Penne  
Red & Green Bell  
Peppers  
Creamy Spinach  
Sauce  
Parmesan & Black  
Pepper

## Good to Know

If you ordered the **Carb Conscious version** we sent you zucchini "noodles" instead of the penne, reducing the **carbs per serving to 25g**. Skip steps 1 and 2 and prior to step 3, heat 1 Tbsp olive oil in a large skillet over high heat. When the oil is hot, add the zucchini noodles and cook until they start to char, about 2 to 3 minutes. Set aside and wipe out the skillet. Use the zucchini noodles in place of the pasta in step 4.

**Health snapshot per serving** – 980 Calories, 60g Fat, 47g Protein, 63g Carbs, and 32 Freestyle Points.

**Lightened up health snapshot per serving** – 710 Calories, 45g Fat, 38g Carbs, and 22 Freestyle Points, by using half of the pasta, sauce, and parmesan & black pepper.

**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: Italian Sausage, Red Bell Peppers, Green Bell Peppers, Penne Pasta, Cream, Parmesan, Spinach, Green Onion, Black Pepper, Lemon Pepper

meez meals

### 1. Get Organized

Bring a large saucepan of water to boil.

### 2. Cook the Pasta

Add the **Penne** to the boiling water with a pinch of salt and cook until al dente, about 10 to 12 minutes. Drain and return the pasta to the saucepan with a cover.

### 3. Cook the Sausage

While the pasta is cooking, cut the **Italian Sausage** in half, lengthwise and then into ½" half-moon slices.

Heat a large skillet over medium high heat. Add the sausage and cook, stirring frequently, until brown and slightly crispy, about 2 to 3 minutes. Transfer to a paper towel lined plate. Do not wipe out the skillet.

*The sausage  
will arrive fully-  
cooked. This  
step is to heat  
it and add  
charred flavor.*

### 4. Cook the Peppers and Sauce

Heat 1 Tbsp olive oil and the oil remaining from cooking the sausage in the now-empty skillet over medium-high heat. When the oil is hot, add the **Red & Green Bell Peppers** and cook until they start to char, about 4 to 5 minutes. Turn off the heat and add the **Creamy Spinach Sauce** and stir until hot. Add the cooked penne and Italian sausage to the skillet and stir well.

### 5. Put It All Together

Serve the pasta topped with the **Parmesan & Black Pepper**. Enjoy!

Instructions for two servings.

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

## Steak with Jalapeno-Lime-Butter and Cornbread

This dinner pairs tender, juicy steak with toasted cornbread and seared peppers, onions and tomatoes but the true magic comes from our jalapeno-lime butter, which adds a savory zing we just love.

**30** Minutes to the Table

**30** Minutes Hands On

**1 Whisk** Super Easy

### Getting Organized

#### EQUIPMENT

Small Saucepan  
Large Skillet

#### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

#### 6 MEEZ CONTAINERS

Jalapeno-Lime-Butter  
Cornbread  
Steak  
Tomatoes  
Peppers & Onions  
Lime

### Make The Meal Your Own

If you ordered the **Carb Conscious version**, we sent you cauliflower instead of the cornbread, reducing the **carbs per serving to 21g**. Instead of cooking the cornbread in step 2, add 1½ Tbsp olive oil to a large skillet over medium high heat. When the oil is hot, add the cauliflower with a pinch of salt and pepper. Cook undisturbed, until it browns about 4 to 5 minutes. Continue to stir and cook until the other sides are brown, about an additional 5 to 7 minutes.

**Health snapshot per serving** – 650 Calories, 38g Protein, 34g Fat, 51g Carbs, Freestyle Points 19

**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, Cornbread, Grape Tomatoes, Red Bell Pepper, Poblano Pepper, Butter, Red Onion, Yellow Onion, Jalapeño, Cilantro, Lime.

*meez* meals

### 1. **Melt the Jalapeño-Lime-Butter**

Melt the **Jalapeño-Lime-Butter** in a small saucepan over medium low heat. Turn off the heat but leave the saucepan on the burner.

### 2. **Toast the Cornbread**

Cut the **Cornbread** into 1-inch cubes. Heat 1½ Tbsp olive oil in a large skillet over medium heat. Add the cornbread cubes to the skillet and stir gently to coat. Cook undisturbed until the bottoms turn golden brown, about 2 to 3 minutes. Gently stir the cornbread again and cook until another side turns golden brown, an additional 2 to 3 minutes. Remove the cornbread from the skillet and transfer directly to serving plates. Drizzle with half the melted Jalapeño-Lime-Butter. Wipe out the skillet.

### 3. **Cook the Steak**

Return the now-empty skillet to the stove over high heat and add 1 Tbsp of olive oil. When the oil is very hot, add the **Steaks** with a sprinkle of salt and pepper. Cook until the bottoms brown and the sides start to color, about 3 minutes. Flip and continue cooking for 3 minutes if you prefer your steak **medium-rare**. (Cook for 4 minutes for **medium**, and 5 to 6 for **well done**). When the steaks are done, set aside and allow to rest for 5 minutes. Wipe out the skillet. Once the steak has rested, slice into strips about ½ inch wide.

### 4. **Sear the Peppers & Onions and Tomatoes**

While the steaks are resting, place the **Tomatoes** in a ziplock bag and squish. Add 1 Tbsp olive oil to the now-empty skillet over medium high heat. When the oil is hot, add the **Peppers & Onions** with a pinch of salt and pepper and cook undisturbed until they char, about 3 minutes. Stir in the squished tomatoes and cook an additional 3 minutes.

### 5. **Put It All Together**

Serve the veggies over the cornbread and top with the sliced steak. Drizzle the remaining Jalapeño-Lime-Butter over everything. Slice the **Lime** in half and squeeze over the entire dish. Enjoy!

Instructions for two servings.

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

# Knife & Fork Grilled Cheese

Imagine your favorite grilled cheese on steroids. We're starting with a gouda and provolone grilled cheese made with tender, flavorful whole-grain panini bread. But it's the fried egg-in-a-hole, roasted beets, butternut squash, kale and honey aioli that make it really special. It's messy, satisfying, and over-the-moon delicious.

**25** Minutes to the Table

**25** Minutes Hands On

**2 Whisks** Easy

## Getting Organized

### EQUIPMENT

2 Rimmed Baking Sheets  
Large Skillet  
Large Mixing Bowl

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper  
Eggs (one per svg.)

### 5 MEEZ CONTAINERS

Beets & Butternut  
Squash  
Kale  
Honey Aioli  
Whole-Grain Panini  
Bread  
Smoked Gouda &  
Provolone

## Good To Know

**Integrate into recipe:** Before grilling the bread in step 3, cook the protein (per instructions below) and then slice into strips (*flake the salmon, leave shrimp whole*) and add to the sandwich after it comes out of the oven 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

**Health snapshot per serving** – 820 Calories, 42g Protein, 53g Fat, 45g Carbs, 24 Freestyle Points

**Lightened-Up Health snapshot per serving** – 660 Calories, 45g Fat, 34g Carbs, 19 Freestyle Points by using half the bread and eating as an open-faced sandwich and  $\frac{3}{4}$  of the cheese. Serve the egg on top.

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



INGREDIENTS: Whole-Grain Panini Bread, Kale, Beets, Butternut Squash, Gouda, Provolone, Garlic, Mayonnaise, Red Wine Vinegar, Honey, Thyme, Mustard, Black Pepper.

*meez* meals

### 1. Roast the Beets & Butternut Squash

Preheat your oven to 400. Arrange the **Beets & Butternut Squash** on a rimmed baking sheet in a single layer and drizzle with olive oil, salt, and pepper. Roast until golden in places, about 15 to 20 minutes, stirring once about halfway through.

### 2. Roast the Kale

While the veggies are cooking, arrange the **Kale** on a rimmed baking sheet, and drizzle with olive oil, salt, and pepper. When the beets and squash are about halfway through their cooking time, put the kale in the oven and bake until slightly crispy, 7 to 10 minutes.

Once all the veggies are finished cooking, transfer them to a large mixing bowl and add the **Honey Aioli**. Mix well, then set aside until step 4.

### 3. Grill the Bread

While the veggies are cooking, heat 1 Tbsp olive oil in a large skillet over medium heat. Place two of the **Whole-Grain Panini Bread** slices in the pan and cook until the bread starts to brown, about 2 minutes. Flip the bread over and repeat for the other side. Transfer the grilled bread to a now-empty baking sheet. Wipe out the skillet.

### 4. Build the Bottom of the Sandwich

Divide the **Smoked Gouda & Provolone** into four portions. Spread one of the portions evenly over one of the bread slices. Then spread the squash over the cheese, followed by the dressed kale, and top with another portion of cheese. Leave uncovered. Repeat for the other grilled bread slice to make the base of the other sandwich. Bake until the cheese is bubbly and melted, about 5 minutes. Transfer directly to serving plates.

### 5. Make An Egg-In-A-Hole To Top the Sandwich

While the bottom section of the sandwich is cooking, return the now empty skillet to the stove over medium high heat with 1 Tbsp of olive oil. Use a cookie cutter (or bottom of a glass) to create a hole about 2 inches in diameter in each of the two remaining bread slices.

When the oil is hot, place the bread in the skillet and then break an egg directly into each hole. Sprinkle with salt and pepper and cook until the egg has set and turns golden, about 2 minutes. Flip the bread and egg over and cook the other side until egg is over medium, an additional 2 minutes.

### 6. Put it All Together

Place the Egg-In-a-Hole bread on top of the bottom part of the sandwich and use a fork and knife to enjoy!

*Time is  
for eggs  
to be over-  
medium.  
Cook less  
for a  
runnier  
yolk or  
longer for  
firmer.*

Instructions for two servings.

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

# Black Bean Quesadilla

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

**20** Minutes to the Table

**5** Minutes Hands On

**1** Whisks *Super Easy*

## Getting Organized

### EQUIPMENT

Baking Sheet

### FROM YOUR

### PANTRY

Olive Oil

### 4 MEEZ CONTAINERS

Tortillas

Spiced Corn &

Beans

Chihuahua

Cheese

Jicama Salsa

## Add Protein Cooking Instructions

**Integrate into recipe:** Prior to step 2, cook the protein (per instructions below). Slice the protein into strips (flake the salmon and cut shrimp in half) and layer into the quesadilla in 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 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** – 640 Calories, 30g Protein, 32g Fat, 63g Carbs, 21 Freestyle Points.

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

INGREDIENTS: Flour Tortillas, Chihuahua Cheese, Corn, Black Beans, Jicama, Tomato, Red Onion, Red Radish, Cilantro, Queso Fresco, Sour Cream, Onion Powder, Cumin, Coriander, Garlic, Lime, Olive Oil.

*meez* meals

### 1. Getting Organized

Preheat your oven to 400.

### 2. Prep the Tortillas

Oil the baking sheet with 1 Tbsp of 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 **Spiced Corn & Beans** on the first tortilla then top with half the **Chihuahua Cheese**. Fold the tortilla over in half and press down to keep it closed, encasing the cheese, and corn & beans. 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 **Jicama Salsa** on top. Enjoy!

Instructions for two servings.

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

# Ramen Chicken

Forget that instant ramen soup you survived on in college. This is Japan's classic soup cooked up the way it was intended: flavorful broth, tender bok choy, juicy bites of chicken and of course plenty of noodles. We're not sure if it's our broth, the fresh cilantro finish, or the authentic egg ribbons that make this dish magic, but whatever it is, it's a recipe you don't want to miss.

**40** *Minutes to the Table*

**25** *Minutes Hands On*

**2 Whisks** *Easy*

## Getting Organized

### EQUIPMENT

- 2 Large Saucepans
- Small Bowl
- Medium Bowl

### FROM YOUR PANTRY

- Salt & Pepper
- 1 Egg Per Serving

### 6 MEEZ CONTAINERS

- Chicken Broth Starter
- Chicken
- Bok Choy
- Tamari Marinade
- Ramen Noodles
- Green Onions, Cilantro
- & Sesame Seeds

## Make the Meal Your Own

If you ordered the **Carb Conscious version**, we sent you zucchini noodles instead of the ramen noodles, reducing the **carbs per serving to 11g**. Add the zucchini noodles at the beginning of Step 4, prior to stirring in the egg.

## 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** – 695 Calories, 80g Protein, 14g Fat, 10 Freestyle Points.

**Lighten Up snap shot per serving** – 545 Calories, 71g Protein, 8g Fat, 7 Freestyle Points using two-thirds of the noodles and not including the eggs.

**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, Ramen Noodles, Bok Choy, Tamari, Chicken Base, Garlic, Ginger, Miso, Green Onions, Cilantro, Sesame Seeds

*meez* meals

## 1. Cook the Noodles and Create the Chicken Broth

Bring the **Chicken Broth Starter** (the one that is the color of chicken soup) and 3½ cups water to a boil in a large saucepan. Add the **Chicken**, cover, and turn to medium-high. Cook on a low boil for 20 minutes.

In a second large saucepan, bring 5 cups of water to a boil. Add the **Ramen Noodles** and cook for 3 minutes. Drain the noodles and place in 2 soup bowls.

## 2. Prep the Bok Choy, Marinade, and Eggs

Place one **Bok Choy** bulb flat onto cutting board, remove the bottom end, and cut remainder into thirds crosswise – repeat for each bulb.

Place the **Tamari Marinade** (the thin brown sauce) in a medium mixing bowl.

Crack 2 eggs into a separate small bowl. Whisk the eggs thoroughly.

Set both bowls aside.

## 3. Finish the Chicken and Add the Bok Choy

After 20 minutes, remove the chicken and place on a cutting board. 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). Repeat for each breast. Place chicken into tamari marinade & stir for just long enough to ensure marinade had covered the chicken.

Using a fork, add the shredded chicken only (NOT the remaining marinade) into the broth.

Add the bok choy to the broth, cover, and cook for an additional 3 minutes on a low boil.

## 4. “Drop” the Egg and Serve

Stir soup vigorously to create a whirlpool. Pour the eggs through the tines of a fork into the swirling soup to form little ribbons. Allow 10 seconds for egg to set then break up egg ribbons with a with spoon.

Ladle soup on top of noodles and finish with **Green Onions, Cilantro & Sesame Seeds**. Enjoy!

*It is very important the broth is covered while cooking so it doesn't all evaporate.*

*Bok Choy is a delicate green and wouldn't hold up if we cut it in advance in the Meez Kitchen.*

*Try cutting the breasts lengthwise and shredding each half separately.*

Instructions for two servings.

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