Chicken Bacon Focaccia Club

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

Getting Started Crisp the Bacon.

You'll need a little oil. From Your Pantry salt and pepper.

> Chimichurri Steak with. Skillet Potatoes

30 Min 25 Min 1 Whisk to Table Hands Easy On

No prework needed.

make a casserole.

Layer everything to

Getting Started

Leftover Tip

QuickTips

meeŽ

meals

Chicken Florentine

25 Min	25 Min	1 Whisk				
to Table	Hands	Super				
	On	Easy				
Getting Started	Heat olive oil in large skillet.					
From your Pantry		ed a little er and olive iil.				

Smoky Creole Bean Tambalaya & Cornbread

40 Min 1 Whisk 15 Min to Table Hands Super On Easy

Preheat your oven to **Getting Started** 425. You'll need olive oil. From Your Pantry butter, salt & pepper

Bulgogi Tofu Lettuce Cups

20 Min 15 Min 1 Whisk to Table Hands Super On Easy Put a saucepan of **Getting Started** water on to boil. From Your Pantry You'll need olive oil.

Southweste	urn Tortilla c	Stew		u Tacos with a and Shrimp		Garlic Parmesan Crusted Salmon				
30 Min to Table	15 Min Hands On	1 Whisk Super Easy	30 Min to Table	30 Min Hands On	2 Whisks Easy	20 Min to Table	20 Min Hands On	1 Whisk Super Easy		
Getting Started		our oven to 50.	Getting Started		our oven to 50.	Getting Started Preheat your of 400.				
Omnivore Option	Chicken i add	is a classic ition.	From your Pantry	eggs, an	ed olive oil, ad salt and oper.	From Your Pantry	You'll need olive oil, butter, egg, salt & pepper			
Huli F	Iuli Chicken			and Gruyere -n-Cheese	ę	Mushroom Rigatoni with Parmesan Goat Cheese				
30 Min to Table	30 Min Hands On	2 Whisks Easy	30 Min to Table	20 Min 1 Whisk Hands Super On Easy		15 Min to Table	15 Min Hands On	1 Whisk Easy		
Meal Tip	chicken st	rtion size trips for the ds.	Getting Started	water on	ucepan of to boil and oven to 350.	Bring a la Getting Started saucepan of boil.		of water to		
Getting Started	and put water in a	ven to broil 2 cups of saucepan boil	From Your Pantry	butter, n	ed olive oil, nilk, salt & pper	Meal Tip	2/3 of the	up by using pasta and uce.		
Add Spice	olive oil, ¹ / per servin	eed some 4 cup flour g, salt and oper				From your Pantry		d olive oil, I salt.		

Health Snapshot

	Calories	Protein	Fat	Carbs	Fiber	Sodium	Sugar	Smart	Key Vitamins/Minerals	
Recipe		(grams)	(grams)	(grams)	(grams)	(milligrams)	(grams)	Points	(% of rcmr	nded daily)
Garlic Parmesan Crusted Salmon	660	43	40	47	6	1020	6	16	140% Vitamin A	60% Vitamin C
Chicken Florentine	580	60	27	36	8	1130	7	11	70% Vitamin A	35% Iron
Bulgogi Tofu Lettuce Cups	710	43	32	68 CC 40	16	1220	12	11	150% Vitamin A	35% Iron
(use half the peanuts)	620		25					9		
Shrimp & Gruyere Mac-n- Cheese	660	55	28	45	3	802	3	19	212% Vitamin A	92% Calcium
(use 2/3's of the cheese)	550		19					15		
Huli Huli Chicken	810	64	4	134	2	577		23	34% Vitamin A	11% Vitamin B-6
(Use 1/2 the sauce, 2/3 of the rice, and no flour on the chicken)	585		4					16		
Mushroom Rigatoni with Parmesan Goat Cheese	930	25	64	67	4	370	7	31	25% Calcium	23% Potassium
Use 2/3 pasta and pesto sauce	670		45					22		
Chimichurri Steak with Skillet Potatoes	530	36	18	59	6	112		15	124% Vitamin C	71% Vitamin B-12

Health Snapshot

	Calories	Protein	Fat	Carbs	Fiber	Sodium	Sugar	Smart	Key Vitamir	s/Minerals
Recipe		(grams)	(grams)	(grams)	(grams)	(milligrams)	(grams)	Points	(% of rcmnded daily)	
Chicken Bacon Focaccia Club	730	68	34	41 CC 31	4	1030	16	16	40% Vitamin C	20% Iron
(use 1/2 the focaccia & 1/2 the dressing	590		27					11		
Smoky Creole Bean Jambalaya & Cornbread	770	24	19	128	11	1360	8	19	60% Vitmain C	40% Iron
(use 1/2 the cornbread & 1/2 sour cream topper)	610		10					14		
Moo Shu Tacos with Chicken and Shrimp	720	64	13	90	9	2002		19	235% Vitamin A	101% Vitamin C
($\frac{1}{2}$ the tortillas and $\frac{1}{2}$ the sauce)	480		8					12		
Southwestern Tortilla Stew	615	23	16	97	16	1268		20	125% Vitamin C	47% Calcium
Add a Protein All-Natural Chicken Breast	220	41	5	0	0	85	0	3	90% Vitamin B6	4% Iron
Add a Preotein 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	1 <i>7</i> 0	0	1	8% Potassium	4% iron

Health Snapshot

	Calories	Protein	Fat	Carbs	Fiber	Sodium	Sugar	Smart	Key Vitamins/Minerals	
Recipe		(grams)	(grams)	(grams)	(grams)	(milligrams)	(grams)	Points	(% of rcmnded daily)	
THE Carrot Cake	540	6	34	49	2	440	36	13	6% Vitamin C	6% Calcium
Oreo Mousse Pie	760	8	49	78	3	390	52		6% Calcium	6% Iron
Belgian Chocolate Vegan Brownies	420	6	20	62	4	300			10% Iron	
Chocolate Chunk Cookies	180	2	9	22	1	170	10	9	2% Calcium	4% Vitamin A
Peanut Butter Cookies	400	8	22	45	2	330		18	4% Iron	6% Vitamin A

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

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

And, of course, if you have leftovers, the actual numbers will be lower.

Garlic Parmesan Crusted Salmon

This dinner is all about texture and flavor. Golden, crispy salmon gets a garlicky parmesan crust. It's crunchy on the outside and tender inside. Served over cheesy spinach and sweet roasted butternut squash, then topped with toasted capers and pepitas, it's rich, satisfying, and elegant.

20 Minutes to the Table

20 Minutes Hands On

2 Whisks Easy

Getting Organized

EQUIPMENT Large Skillet Medium Saucepan Baking Sheet

FROM YOUR PANTRY

Olive Oil Salt & Pepper Egg (1/2 svg) Butter (1 Tbsp/2 svg)

6 MEEZ CONTAINERS

Salmon Panko Breading Butternut Squash Spinach

Seasoned Cheese Sauce

Capers & Pepitas

Good to Know

Health snapshot per serving – 660 Calories, 40g Fat, 47g Carbs, 43g Protein, and 16 Freestyle Points.

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

INGREDIENTS: Salmon, Butternut Squash, Spinach, Cream Cheese, Cream, Pepitas, Panko, Mozzarella, Provolone, Parmesan, Lemon, Capers, Basil, Garlic, Onion Powder, Kosher Salt, Paprika, Black Pepper



1. Prepare and Cook the Salmon

Preheat the oven to 400. Spray or brush a baking sheet with oil. Pat dry the **Salmon** with a paper towel. Whisk 1 egg in a small mixing bowl and spread the **Panko Breading** onto a large plate. Dip each salmon filet into the egg and then press each side into the panko breading and transfer to the oiled baking sheet. Press more panko onto the top of each filet.

Bake until the panko breading is brown and crispy, about 13 to 15 minutes. Remove from the oven and let rest for 3 to 4 minutes before serving as described in step 5.

2. Cook the Squash

While the salmon is baking, heat 1 Tbsp olive oil in a large skillet over medium-high heat. When the oil is hot, add the **Butternut Squash** with a sprinkle of salt and pepper. Cook, stirring occasionally, until the squash starts to crisp and turn brown, about 7 to 8 minutes. Transfer directly to serving plates. Do not wipe out the skillet.

3. Make the Cheesy Spinach

Heat 1 Tbsp olive oil in the now-empty skillet over medium-high heat. When the oil is hot, add the **Spinach** and cook until wilted, about 1 to 2 minutes. Add the **Seasoned Cheese Sauce** and cook until it is warm and coats the spinach entirely, an additional 1 to 2 minutes. Transfer directly to the serving plates on top of the squash. Wipe out the skillet.

4. Toast the Capers and Pepitas

Heat 1 Tbsp olive oil in the now-empty skillet over medium-high heat. When the oil is hot, add the **Capers & Pepitas** and cook until the capers start to pop and the pepitas turn brown, about 2 to 3 minutes. Add 1 Tbsp of butter and continue to cook until the butter starts to brown, an additional 1 to 2 minutes. Remove from the heat.

5. Put It All Together

Serve the breaded salmon on top of the cheesy spinach and squash, then top the entire dish with the brown butter toasted capers & pepitas. Enjoy!

Instructions for two servings.

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

Try to get as much breading to stick to both sides before placing on the baking sheet.

Chicken Florentine

Chicken Florentine sounds fancy, but we make it easy to cook on a busy weeknight. Our scrumptious marinara sauce arrives ready to heat and we're serving cage-free, all-natural chicken breast, spinach and creamy cheese sauce, sautéed zucchini, and capers and pepitas for a crunch.

25 Minutes to the Table

25 Minutes Hands Or

1 Whisk Super Eas

Getting Organized

EQUIPMENT
2 Large Skillets

FROM YOUR PANTRY Olive Oil Salt & Pepper

6 MEEZ CONTAINERS
Chicken
Capers & Pepitas
Zucchini
Marinara Sauce
Spinach
Seasoned Cheese Sauce

Good to Know

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

Health snapshot per serving – 625 Calories, 38g Protein, 44g Fat, 20g Carbs, 20 Freestyle 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: Chicken, Spinach, Zucchini, Tomato, Cream Cheese, Cream, Pepitas, Mozzarella, Provolone, Red Onion, Basil, Parmesan, Lemon Zest, Olive Oil, Sugar, Caper, Black Pepper, Tomato Paste, Sage, Kosher Salt, Fennel, Thyme, Tarragon, Garlic.



1. Cook the Chicken

Heat 1 Tbsp olive oil in a large skillet over high heat. Generously salt and pepper the **Chicken** on both sides and, when the oil is hot, add to the pan. Cook until crisp and brown on one side, about 4 to 5 minutes, and flip. Cook until brown on the second side, about 4 additional minutes. Remove the chicken and place on a cutting board to rest for 5 minutes. Do not wipe out the pan. When chicken has rested, cut into strips, about 1/4" to 1/2" thick and set aside.

2. Create the Sauce

While the chicken is cooking, heat 1 Tbsp olive oil in a second large skillet over medium-high heat. Add the *Capers & Pepitas* and cook, stirring frequently, until the seeds start to brown and the capers begin to pop, 4 to 5 minutes. Remove from the skillet and set aside.

Heat 1 Tbsp olive oil in the now-empty skillet used for the capers & pepitas over medium-high heat. When the oil is hot, add the **Zucchini** and cook until it is seared and starts to soften, about 2 to 3 minutes. Stir in the **Marinara Sauce**, reduce the heat to low, and simmer until it thickens slightly, about 2 to 3 minutes. Turn off the heat.

3. Cook the Spinach and Cheese Sauce

Heat 1 tbsp olive oil in the now-empty chicken skillet over medium-high heat. Add the **Spinach** and sauté until it wilts, about 3 minutes. Turn off the heat, add the **Seasoned Cheese Sauce** to the skillet and stir well.

4. Put It All Together

Serve the sliced chicken over the cheesy spinach and smother it with the zucchini and marinara. Top with the capers & pepitas and enjoy!

Instructions for two servings.

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

Bulgogi Tofu Lettuce Cups

Fresh, crisp, and full of bold flavor, this dinner brings Korean flavor to the table in just 20 minutes. We're searing tofu and tossing it in a rich sauce of tamari, gochujang and garlic, then pairing it with jasmine rice, crunchy peanuts, crisp romaine, and a fresh slaw of cabbage and carrots. It's a vibrant dinner that's as fun to eat as it is fast to make.

20 Minutes to the Table

15 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT Large Skillet Medium Saucepan

FROM YOUR PANTRY Olive Oil

6 MEEZ
CONTAINERS
Peanuts
Jasmine Rice
Tofu
Gochujang
Sauce
Romaine Lettuce
Cabbage &
Carrots

Add Protein Onstructions

Integrate into recipe: Prior to Step 3, cook the protein according to the directions below and stir in with or in place of the tofu 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:

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

<u>STEAK</u> 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.

<u>SALMON</u> 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 Cauliflower "rice" instead of rice, reducing the **carbs per serving to 40g**. Skip steps 1 and 2. Prior to step 3, heat 1 Tbsp olive oil in a large a large skillet over medium-high heat. When the oil is hot add the cauliflower "rice" with a sprinkle of salt and pepper and cook until it browns, about 4 to 5 minutes. Use in place of the rice in step 4.

Health snapshot per serving - 710 Calories, 32g Fat, 68g Carbs, 43g Protein, and 11 Freestyle Points.

Lightened-up health snapshot per serving – 620 Calories, 25g Fat, 65g Carbs, and 9g Freestyle Points, by using <u>half</u> of the peanuts.

INGREDIENTS: Romaine Lettuce, Tofu, Jasmine Rice, Peanuts, Mirin, Green Onion, Green & Red Cabbage, Carrot, Tamari, Gochujang, Brown Sugar, Cilantro, Basil, Garlic, Ginger, Sesame Oil



1. Get Organized

Bring a medium saucepan of water to boil.

2. Cook the Rice

Add the **Jasmine Rice** to the boiling water and cook uncovered until tender, about 12 to 15 minutes. Remove from heat, drain, return rice to the pot, fluff with a fork and set aside until step 4.

3. Cook the Tofu

When the rice has a few minutes left, heat 1 Tbsp olive oil in a large skillet over medium-high heat. When the oil is hot, add the **Tofu** and cook until the bottoms brown, about 2 to 3 minutes. Flip the tofu and add the **Gochujang Sauce** to the skillet. Cook until the sauce thickens and becomes sticky enough to coat the tofu, another 1 to 2 minutes. Turn off the heat.

4. Put It All Together

Crush the **Peanuts** in the bag they came in with a mallet or a small pot. Arrange pieces of the **Romaine Lettuce** on a plate (about 3 pieces per person) and spread a thin layer of rice inside, then top with the gochujang tofu and remaining sauce as desired. Add the **Cabbage & Carrots** and top with the crushed peanuts.

Enjoy!

Instructions for two servings.

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

Shrimp & Gruyere Mac-n-Cheese

Definitely not your mother's Mac & Cheese. We've cooked up a recipe that's healthier and more delicious than the American classic. It all starts with a creamy gruyere and white cheddar cheese sauce that's a perfect complement to sautéed shrimp, kale and tri-colored rotini. Topped with crunchy breadcrumbs, it's a speedy dinner that tastes out of this world.

30 Minutes to the Table

20 Minutes Hands On

1 Whisks Super Easy

Getting Organized

EQUIPMENT

Large Saucepan Casserole Dish

FROM YOUR PANTRY

Olive Oil

Salt & Pepper

Butter (½ Tbsp per serving) Milk (1/8 cup per serving)

5 MFF7 CONTAINERS

Tri-Colored Rotini

Kale

Shrimp

Cheese & Spices

Breadcrumbs

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 – 660 Calories, 55g Protein, 28g Fat, 19 Smart Points

Lighten Up snap shot per serving – 550 Calories, 47g Protein, 19g Fat, 15 Smart Points using 2/3 of the cheese.

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





1. Getting Organized

Pre heat oven to 350 and put a saucepan of water, with a pinch of salt, to boil.

2. Cook the Pasta and Kale

Add the **Tri-Colored Rotini** to the boiling water. Cook for 5 minutes then add the **Kale** to the boiling water and continue cooking until the pasta is all dente, about 3 to 4 additional minutes. When done, drain both the rotini and kale well and set aside.

3. Sauté the Shrimp

Pat the **Shrimp** dry with a paper towel and cut each piece in half. Lightly salt and pepper.

Wipe out the saucepan used to cook the pasta and kale and heat 1 Tbsp olive oil and 1 Tbsp butter over high heat. When the butter has melted add the shrimp and cook for a minute on each side until they are opaque and no longer grey in color. Remove the shrimp from saucepan and set aside with rotini and kale. Don't wipe out the saucepan.

4. Create the Cheese Sauce and Combine

Turn the heat to low and add the cooked pasta and kale, ¼ cup of milk and the **Cheese & Spices** and stir until the cheese melts. Add the cooked rotini, kale, and shrimp and mix well, then remove from the heat.

5. Bake & Serve

Transfer the contents of the saucepan to an oven-safe casserole dish. Top with the **Breadcrumbs**. Bake until the breadcrumbs are just starting to brown, about 8 to 10 minutes, then turn the oven to broil and cook (watching them the entire time so they don't burn) until the top is golden brown, and the breadcrumbs appear crunchy, about 1 to 2 more minutes.

Remove from the oven and let rest for at least 5 minutes. Enjoy!

After plating the mac-n-cheese, spoon any extra cheese sauce at the bottom of the casserole dish on top.

Instructions for two servings.

Meez Meals * 1459 N. Flowood Avenue * Fyanston * Illinois

Huli Huli Chicken

You can find huli-huli chicken all over Hawaii, from high end restaurants to roadside stands, and after one taste you'll know why. With a teriyaki inspired sauce on tender chicken and grilled pineapple rings, this recipe is going to be a family favorite. After you serve it with basmati rice and a pickled cucumber salad, get ready to fall in love. 30 Minutes to the Table

30 Minutes Hands On

2 Whisks Easy

Getting Organized

EQUIPMENT
Saucepan
Large Skillet
Bakina Sheet

FROM YOUR PANTRY
Olive Oil
Salt & Pepper
Flour (about 1/4 cup
per serving)

5 MEEZ CONTAINERS
Basmati Rice
Chicken Breast
Pineapple Rings
Huli Huli Sauce
Pickled Cucumber
Salad

Make The Meal Your Own

Shout "huli" as you cook. This dish was originally made on a grill with a make-shift spit and Hawaiians would scream "huli," which means turn, when they rotated the chicken.

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 – 810 Calories, 4g Fat, 64g Protein, 134g Carbs, 23 Smart Points

Lighten Up snapshot per serving – 585 Calories,3g Fat, and 16 Smart Points by using two-thirds of the rice, half the sauce, and

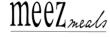
eliminating the flour

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

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INGREDIENTS: Free-Range Chicken, Basmati Rice, Pineapple, Cucumber, Red Onion, Carrot, Tamari Sauce, Ketchup, Rice Wine Vinegar, Ginger, Sambal, Sugar, Kosher Salt, Garlic



1. Getting Organized

Put 2 cups of water in a saucepan to boil. Set oven to broil.

2. Cook the Rice

Add the **Basmati Rice** to the boiling water, reduce heat to low, cover and simmer for 15-20 minutes or until desired tenderness. Let stand for 5 minutes and then fluff with a fork and set aside.

3. Prep and Cook the Chicken

While the rice is cooking, pour ½ cup flour in a shallow pan or plate and add a generous pinch of salt and pepper. Coat the **Chicken Breast** with the flour, making sure each piece is covered.

Heat a large skillet with 1 Tbsp olive oil on medium high heat. Add the coated chicken to the pan and cook for 3 to 4 minutes, until the chicken is crisp & brown. Turn the chicken over, cook for 3 to 4 minutes more, until this side is brown as well. Remove from heat and set aside.

4. Broil the Pineapple Rings

Lightly apply olive oil or cooking spray to a baking sheet and spread out **Pineapple Rings**. Place on the top rack of the oven and broil for 7-10 minutes or until rings begin to turn brown.

5. Put it All Together

Turn stove to medium-high, add **Huli Huli Sauce** and bring to a slight boil. Add cooked chicken breast and cook for 2 minutes.

Place the chicken on the rice and then top with the broiled pineapple rings. Drizzle a few large spoonfuls of the remaining sauce. Serve alongside the **Pickled Cucumber Salad** and enjoy!

Start by using just a little bit of the extra huli huli sauce and give it a try. You can always add more till it tastes, just right!

Instructions for two servings.

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

Mushroom Rigatoni with Parmesan Goat Cheese

This speed meal is a mushroom-lovers dream. We're using a flavorful Parmesan and basil goat cheese, sautéed cremini mushrooms and splash of cream to add an indulgent richness that we just love. Tossed with arugula and rigatoni, it's simple and sophisticate and on the table in a flash.

15 Minutes to the Table

15 Minutes Hands On

1 Whisk Super-Easy

Getting Organized

EQUIPMENT

Large Saucepan Large Skillet

FROM YOUR PANTRY Olive Oil Salt

5 MEEZ CONTAINERS

Rigatoni Cremini

Mushrooms Arugula

Mushroom Sauce

Parmesan Goat Cheese Add Protein Cooking Onstructions

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 pasta 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.

<u>STEAK</u> 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.

<u>SALMON</u> is crisp and brown, about 4 minutes per side. Let rest for 5 minutes. <u>SHRIMP</u> are opaque and no longer grey in color, about 1 minute per side.

Good to Know

Health snapshot per serving – 930 Calories, 25g Protein, 64g Fat, 67g Carbs.

Lightened Up Health snapshot per serving – 670 Calories, 45g Fat, 47g Carbs, using two-thirds of the pasta and sauce.

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INGREDIENTS: Mushrooms, Rigatoni, Arugula, Goat Cheese, Parmesan, Asiago, Cream, Olive Oil, Basil, Garlic, Black Pepper, Kosher Salt.



1. Get Organized

Bring a large saucepan of water to boil.

2. Cook the Rigatoni

Add the **Rigatoni** to the boiling water with a pinch of salt and cook until al dente, about 8 to 12 minutes. Drain well and follow the instructions in Step 4.

3. Sauté the Mushrooms and Arugula

As soon as the pasta is cooking, heat 1 Tbsp olive oil in a large skillet over medium high heat. When the oil is hot, add the Cremini Mushrooms and cook until they begin to soften, about 3 minutes. Add the **Arugula** and cook until it wilts, about 2 additional minutes. Turn off the heat.

4. Put It All Together

Add the cooked and drained rigatoni, Mushroom Sauce and 3/4 of the Parmesan Goat Cheese to skillet with the cooked mushrooms and arugula and turn the heat to low. Stir well until the goat cheese melts and everything is combined and warm, about a minute.

Transfer to serving bowls and top with dollops of the remaining cheese. Enjoy!

Instructions for two servings.

Meez Meals * 1459 N. Flmwood Avenue * Fyanston * Illinois

Chimichurri Steak with Skillet Potatoes

An irresistible update on an Argentinian classic. With a zesty chimichurri puree, mouthwatering steak and skillet roasted potatoes, it's a sinfully delicious meal without all the calories. Seconds, anyone?

30 Minutes to the Table

25 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT Large Skillet

FROM YOUR PANTRY Olive Oil Salt & Pepper

4 MEEZ CONTAINERS
Diced Potatoes
Onions & Garlic
Steak
Chimichurri

Make The Meal Your Own

If you ordered the **Carb Conscious** version, you received broccoli instead of the potatoes reducing the **carbs per serving to 30g**. Replace Step 1. with these instructions: Preheat your oven to 400. Toss the Broccoli in 2 Tbsp oil and season with salt and pepper. Spread evenly on a rimmed baking sheet. Roast until tender and starting to brown, about 15 to 17 minutes.

The leftovers from this meal make a great casserole. Layer everything in a casserole dish, top with your favorite cheese (Chef Max recommends Chihuahua) and bake for 10 minutes in a 375-degree oven.

Good To Know

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

Health snapshot per serving – 530 Calories, 18g Fat, 36g Protein, 59g Carbs, 15 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





1. Cook the Potatoes and Onions

Heat 2 Tbsp of oil in a large skillet over high heat. Add the **Diced Potatoes** and cook, stirring occasionally, until starting to brown, about 7 to 9 minutes. Add the **Onions & Garlic** to the skillet and continue cooking until the onions are translucent and the potatoes are fork tender, about 5 more minutes. Remove to a bowl and set aside.

2. Cook the Steak

Return the now-empty skillet to the stove with 1 Tbsp oil over high heat. While the skillet is heating, pat the **Steak** 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 steak. Cook it until the bottom browns 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).

3. Put It All Together

Mix the **Chimichurri** in a bowl with 3 tbsp olive oil and top the steak and potatoes to taste. Enjoy!

To test if the skillet is hot enough for the steak, hold your hand about 6 inches above the skillet. If you can feel serious heat, it's ready to go.

Beef continues to cook as it rests, so remove it from the heat when it's a little less done than you like to prevent it from overcooking.

Instructions for two servings.

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

Chicken Bacon Focaccia Club

This breezy sandwich pairs our famous Zesty Catalina dressing with all-natural chicken breast, sautéed kale, crispy bacon, arugula, crunchy veggies, and a toasted tomato focaccia roll. It's a dinner that's fast, fun and filling.

20 Minutes to the Table

20 Minutes Hands On

1 Whisks Super Easy

Getting Organized

EQUIPMENT

Meat Mallet/Tenderizer

(or Small Pot)

Mixing Bowl

FROM YOUR PANTRY Olive Oil Salt & Pepper

Large Skillet

6 MEEZ CONTAINERS
Bacon
Chicken Breasts
Arugula, Kale & Greens
Tomato Focaccia Roll
Zesty Catalina Dressing
Tomato, Cucumber &
Red Onion

Good To Know

If you ordered the **Carb Conscious version**, we sent you romaine lettuce instead of the Tomato Focaccia Rolls reducing the **carbs per serving to 31g**. Instead of making a sandwich in Step 5, chop the romaine into bite-size pieces and place directly in your serving dishes. Top with the Arugula, Kale & Greens, Bacon, and Tomato Cucumber & Red Onion. Cut the chicken into strips and layer on top of the salad, followed by the dressing.

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 –730 Calories, 34g Fat, 68g Protein, 41g Carbs, 16 Freestyle Points.

Lightened-up health snapshot per serving – 590 Calories, 27g Fat, 24g Carbs, 11 Freestyle Points by using half of the focaccia (open face) and half of the Zesty Catalina Dressing.

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

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INGREDIENTS: Chicken Breast, Tomato Focaccia Rolls, Bacon, Ketchup, Red Onion, Cucumber, Tomato, broccoli, brussels sprouts, green cabbage, kale, radicchio, Arugula, Yellow Onion, Vegetable Oil, Sugar, Mayonnaise, Apple Cider Vinegar, Worcestershire Sauce, Lemon, Garlic, Celery Salt, Paprika



1. Crisp the Bacon

Heat a large skillet over medium-high heat. Add the **Bacon** and cook, stirring occasionally, until crispy, about 3 minutes. Transfer to a paper-towel-lined plate. Do not wipe out the skillet.

2. Cook 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 less than 1/4" thick and has doubled in size.

Unwrap the chicken and lightly season with salt and pepper. Heat 1 Tbsp olive oil in the now-empty skillet over medium-high heat. When the oil is hot, add the chicken and cook until it starts to brown, about 3 minutes. Flip and repeat for the other side. Remove from the skillet and allow to rest for 5 minutes. Wipe out the skillet.

3. Sear the Arugula, Kale & Greens

While the chicken is resting, heat 1 Tbsp olive oil in the now-empty skillet over medium-high heat. When the oil is hot, add the **Arugula**, **Kale & Greens** and cook until slightly wilted, about 2 minutes. Transfer the vegetables to a mixing bowl and stir-in the cooked bacon. Wipe out the skillet.

4. Toast the Bread

Slice each of the **Tomato Focaccia Rolls** and brush the insides with olive oil. Heat the now-empty skillet over medium-heat and place the rolls cut side down in the skillet. Work in batches if you have to. Toast until they are golden brown, about 1 to 2 minutes. Remove from the heat.

5. Put it All Together

Spread the **Zesty Catalina Dressing** on <u>both</u> cut (toasted) sides of each of the rolls. Layer the bottom with the cooked veggies and bacon followed by the chicken breast, and **Tomato**, **Cucumber & Red Onion**. Top with the dressed roll and enjoy!

Instructions for two servings.

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

Smoky Creole Bean Tambalaya & Cornbread

With just fifteen minutes of hands-on cooking, this is New Orleans cuisine at its best. A smoky tomato base, two types of beans and toasted cornbread on the side, it's filling and fun.

40 Minutes to the Table

15 Minutes Hands On

l **Whisk** Super Easy

Getting Organized

EQUIPMENT Large Saucepan w/Lid Baking Sheet

FROM YOUR PANTRY Olive Oil Butter (1/2 Tbsp per serving) Salt & Pepper

6 MEEZ CONTAINERS
Peppers, Tomatoes &
Celery
Rice
Creole Sauce
Cajun-Seasoned
Beans
Cornbread
Cilantro & Sour Cream

Add Protein Cooking Onstructions

Integrate into recipe: When there is about 15 minutes left on the jambalaya, cook the protein (per instructions below) and then slice into strips (flake the salmon, leave shrimp whole) and stir in before serving.

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: <u>CHICKEN</u> is crisp and brown, about 4 to 5 minutes per side. Let rest for 5 minutes. <u>STEAK</u> 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.

<u>SALMON</u> is crisp and brown, about 4 minutes per side. Let rest for 5 minutes. <u>SHRIMP</u> are opaque and no longer grey in color, about 1 minute per side.

Good To Know

Health snapshot per serving – 770 Calories, 19g Fat, 128g Carbs, 24g Protein and 19 Freestyle Points

Lightened up health snapshot per serving – 610 Calorie s, 10g Fat, 109g Carbs, by using <u>half</u> of the Cornbread and half of the Cilantro & Sour Cream.

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INGREDIENTS: White Rice, Tomato, Green Bell Pepper, Kidney Beans, Black Eyed Peas, Corn Bread, Sour Cream, Celery, Cream, Yellow Onion, White Vinegar, Vegetable Stock, Tamari, Cilantro, Garlic, Chipotle in Adobo, Black Pepper, Bay Leaf, Fennel, Paprika, Cumin, Thyme, Oregano, Cayenne



1. Get Ready

Preheat the oven to 425.

2. Make the Jambalaya

Heat 1 Tbsp of olive oil in a large saucepan over medium-high heat. When the oil is hot, add the *Peppers, Tomatoes & Celery* and cook until fragrant, about 2 to 3 minutes.

Add the *Rice, Creole Sauce, Cajun-Seasoned Beans* and $1\frac{1}{2}$ cups water to the saucepan. Stir and bring to a low boil. Reduce the heat to low, cover, and simmer until the rice is cooked and most of the liquid has been absorbed, 25 to 30 minutes. Remove from the heat and stir in 1 Tbsp of butter. Salt and pepper to taste.

3. Toast the Cornbread

Once the jambalaya has been simmering for about 15 minutes, slice the **Cornbread** into 1" cubes and arrange on a baking sheet. Bake until golden brown, about 7 to 8 minutes. Remove from the oven and set aside.

4. Serve and Enjoy!

Drizzle the *Cilantro & Sour Cream* over the jambalaya and top with the cornbread. Enjoy!

The bites that include cornbread on your fork are our favorites!

Instructions for two servings

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

Moo Shu Tacos with Chicken and Shrimp

One of China's most beloved recipes served up Meez style. We're cooking chicken and shrimp in sweet, flavorful hoisin sauce, then tossing them with stirfried Brussels, cabbage, carrots, kale and mushrooms. We're putting it all inside a flour tortilla for a filling dinner that's out of this world.

30 Minutes to the Table

30 Minutes Hands On

2 Whisks Easy

Getting Organized

EQUIPMENT

Large Skillet

Baking Sheet

2 Mixing Bowls

FROM YOUR PANTRY

Olive Oil

Salt & Pepper Eggs (1 per serving)

6 MEEZ CONTAINERS

Hoisin Sauce

Chicken Breast

Shrimp

Veggies

Mushrooms

Tortillas

Make The Meal Your Own

Watching your carbs? This dinner would be just as delicious without the tortilla.

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 – 795 Calories, 73g Protein, 9g Fiber, 15g Fat, 13 Freestyle Points

Lighten Up snapshot per serving – 640 Calories, 12g Fat, 10 Freestyle Points by using half the tortillas and half the egg.

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

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1. Getting Organized

Preheat your oven to 350.

2. Prep the Chicken and Shrimp

Place the **Chicken Breast** on a cutting board. Using a sharp knife, cut the chicken breast the long way into two halves and then into short strips, about 1/4" wide. Cut each **Shrimp** piece in half. Put the cut chicken and shrimp into bowl and mix with <u>two-thirds</u> of the **Hoisin Sauce** until the chicken and shrimp are completely covered. Marinate for 5 minutes.

3. Cook the Eggs

While the chicken and shrimp are marinating, heat 1 Tbsp olive oil in a large skillet over medium heat. Mix 2 eggs in a bowl and add to the skillet, cooking until the egg has setstirring to get bite-sized pieces. Remove from skillet, place in a large mixing bowl & set aside.

4. Cook the Chicken and Shrimp

Wipe out the pan and heat 1 Tbsp olive oil over high heat. When oil is very hot use a fork to place the chicken and shrimp--but not the marinade itself--into the pan and discard the marinade. Cook until chicken starts to brown, 2 to 3 minutes. Remove the chicken and shrimp from the skillet and place into the bowl with the cooked eggs.

5. Cook the Veggies and Combine

Using the same skillet (without wiping it out) heat 1 Tbsp olive oil over high heat. Add the **Veggies** and **Mushrooms** and cook until the cabbage starts to wilt, about 5 to 6 minutes. Lower the heat to medium and add the chicken, shrimp, scrambled eggs, and the remaining Hoisin Sauce. Cook until everything is warm, about 2 additional minutes.

6. Put It All Together

While the veggies are cooking, place the **Tortillas** on a baking sheet and heat until they are warm, about 2 minutes. Fill the warm tortillas with the Moo Shu chicken, shrimp, and veggies and fold it like a taco. Enjoy!

Save the remaining Hoisin Sauce for step 5.

The trick to perfect scrambled eggs is to use a medium heat.
Too high and they will burn

Instructions for two servings.

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

Southwestern Tortilla Stew

A southwestern classic. This cozy stew stars roasted sweet potatoes, black beans and Mexican-spiced tomatoes, all topped with crispy tortillas and white cheddar. It's a dinner the whole family will love.

30 Minutes to the Table

15 Minutes Hands O

1 Whisk Super Easy

Getting Organized

EQUIPMENT Large Saucepan

FROM YOUR PANTRY Olive Oil

Olive Oil Salt & Pepper

5 MEEZ
CONTAINERS

Onions & Garlic Sweet Potatoes Tomatoes & Beans Corn Tortilla Cheddar

Cheese

Add Protein Cooking Onstructions

Integrate into recipe: Prior to step 2, cook the protein (per instructions below) and then slice into strips (shred the chicken, flake the salmon, leave shrimp whole) and stir into the stew after it simmers 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.

<u>STEAK</u> 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.

<u>SALMON</u> 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 is a great make-ahead meal. Cook the stew up to 4 days ahead of time, leaving off the toppers. While the stew reheats, crisp the tortilla strips in the toaster or oven. **A note about leftovers** – The stew thickens as it sits, so thin it with a little water before reheating. **If you're making the vegan version**, we've left the cheddar cheese out of your meal.

Health snapshot per serving – 615 Calories, 16g Fat, 23g Protein, 97g Carbs, 20 Smart Points

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INGREDIENTS: Sweet Potato, Tomato, Black Beans, Onion, Corn Tortillas, White Cheddar, Concentrated Vegetable Base, Garlic, Herbs and Spices



1. Getting Organized

Preheat your toaster or conventional oven to 350.

2. Cook the Vegetables

Heat 2 Tbsp of oil in a large saucepan over high heat. Add the **Onions & Garlic** and cook until browned, 5 to 7 minutes. Add the **Sweet Potatoes** and cook for an additional 5 minutes, stirring frequently.

3. Make the Stew

Stir in 2 cups of water and the *Tomatoes & Beans*. Bring the stew to a boil, reduce heat and simmer for 10 minutes.

4. Togst the Tortillas

While the stew is simmering, stack the **Corn Tortillas** on a cutting board and cut into even strips. Add one third of the strips to the stew and cook until slightly thickened, 5 - 7 minutes. Season with salt and pepper to taste.

Brush or spray the other 2/3 of the strips with oil and toast in a toaster or conventional oven until crispy, about 5 to 7 minutes.

Season the fortilla strips with salt and pepper to your taste.

5. Put It All Together

Serve the stew topped with **Cheddar Cheese** and the remaining crispy tortilla strips. Enjoy!

Instructions for two servings.

Meez Meals * 1459 N. Flowood Avenue * Fyanston * Illinois