

Thai Green Curry Steak

25 Min to Table	25 Min Hands On	1 Whisk Super Easy
---------------------------	------------------------------	---------------------------------

Getting Started	Bring a saucepan of water to a boil.
------------------------	--------------------------------------

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

Gyros with Red Pepper Tapenade

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

Getting Started	Warm your pita.
------------------------	-----------------

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

Quick Tips



Truffle Mac-n-Cheese

45 Min to Table	25 Min Hands On	1 Whisk Super Easy
---------------------------	------------------------------	---------------------------------

Getting Started	Preheat oven to 375 and bring a saucepan of water to boil.
------------------------	--

From Your Pantry	You'll need olive oil, flour, butter, salt, & pepper.
-------------------------	---

Lemon Orzo with Spinach & Halloumi

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

Getting Started	Put a saucepan of water onto boil.
------------------------	------------------------------------

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

Deconstructed Chicken Kiev

25 Min to Table	25 Min Hands On	1 Whisk Super Easy
---------------------------	------------------------------	---------------------------------

Getting Started	Preheat your oven to 425.
------------------------	---------------------------

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

Smoky Salmon Salad

10 Min
to Table

10 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Heat olive oil in a large skillet.

From your Pantry

You'll need olive oil, salt & pepper.

Black Bean & Green Chile Enchiladas

40 Min
to Table

15 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Preheat your oven to 375.

From Your Pantry

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

Spinach & Artichoke Dip Chicken Casserole

30 Min
to Table

20 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Preheat your oven to 400.

From Your Pantry

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

Shrimp and Corn Chowder

15 Min
to Table

30 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Heat the olive oil in a large saucepan.

From Your Pantry

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

Chana Masala Flatbread

25 Min
to Table

20 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Preheat your oven to 400.

From Your Pantry

You'll need olive oil.

Chicken Copacabana

25 Min
to Table

25 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Bring a saucepan of water to a boil.

From Your Pantry

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

Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmndd daily)	
Chicken Copacabana	950	56	54	65 CC 36	5	950	23	30	100% Vitamin A	160% Vitamin C
(use 2/3 of the noodles & sauce)	760		40					23		
Lemon Orzo with Spinach & Halloumi	720	42	32	65 CC 20	5	920	6	22	42% Vitamin C	25% Vitamin A
(1/2 the orzo)	590		32					18		
Thai Green Curry Steak	600	34	33	40 CC 21	3	990	12	21	140% Vitamin C	30% Vitamin A
Deconstructed Chicken Kiev	790	54	27	82	10	690	9	17	100% Vitamin A	15% Vitamin C
(1/2 the panko & 2/3 the butter)	640		20					11		
Truffle Mac-n-Cheese	980	39	63	69	7	695	15	38	156% Vitamin C	90% Calcium
(use all the veggies and half of everything else)	610		42					32		
Gyros with Red Pepper Tapenade	650	30	36	53 CC 30	7	920	8	18	94% Vitamin C	33% Iron
Smoky Salmon Salad	670	22	43	52 CC 38	6	2320	26	22	45% Vitamin A	35% Vitamin C

Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmndd daily)	
Black Bean & Green Chile Enchiladas	640	24	22	87	10	1200	10	19	180% Vitamin C	35% Calcium
Spinach & Artichoke Dip	960	66	45	73	7	1350	16	24	46% Calcium	68% Vitamin A
Chicken Casserole (use 2/3 crackers, shells, and dip mix)	730		32					16		
Chana Masala Flatbread	640	27	30	68 CC 39	8	830	13	16	130% Vitamin C	45% Calcium
Shrimp and Corn Chowder	470	37	15	50	7	549		8	29% Vitamin C	22% Vitamin A
Add a Protein										
All-Natural Chicken Breast	220	41	5	0	0	85	0	3	90% Vitamin B6	4% Iron
Add a Pretein										
Bistro Chateau Steak	220	30	10	0	0	75	0	5	10% Iron	10% Potassium
Add a Protein										
Norwegian Salmon	220	35	0	0	0	130	0	4	60% Vitamin B6	15% Potassium
Add a Protein										
Premium Shrimp	120	28	0.5	0	0	170	0	1	8% Potassium	4% iron

Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmndd daily)	
Honduran Chocolate Brownies (Gluten-Free)	340	4	18	42	3	140	31	16	4% Vitamin C	15% Iron
Tiramisu for Two	290	5	15	35	1	40	29		6% Calcium	2% Iron
Flourless Chocolate Cake	370	5	16	32	2	130	18	18	20% Iron	10% Vitamin A
Chocolate Chunk Cookies	180	2	9	22	1	170	10	9	2% Calcium	4% Vitamin A
Kitchen Sink Cookies	380	5	19	49	2	400	10	17	20% Iron	8% 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 Copacabana

Inspired by the sunny flavors of Brazil, this creamy chicken dish is both comforting and vibrant. Juicy chicken, sweet potatoes, and peppers simmer together in a rich, tangy sauce with Dijon and a touch of spice, then get paired with tender noodles and seared zucchini. It's bright, hearty, and full of flavor.

Getting Organized

EQUIPMENT

Large Skillet
Medium Saucepan

FROM YOUR PANTRY

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

5 MEEZ CONTAINERS

Egg Noodles
Chicken
Zucchini
Sweet Potato, Pepper,
& Onion
Copacabana Sauce

Good to Know

If you ordered the **Carb Conscious version**, we sent you cauliflower "rice" instead of egg noodles, reducing the **carbs per serving to 36g**. Skip step 1. Before cooking the zucchini in step 4, heat 1 tbsp olive oil in the saucepan and sauté the cauliflower until brown. Serve in place of the noodles.

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 – 950 Calories, 54g Fat, 65g Carbs, 56g Protein, and 30 Freestyle Points.

Lightened-up health snapshot per serving – 760 Calories, 40g Fat, 50g Carbs, and 23g Freestyle Points, by using two-thirds of the egg noodles and Copacabana sauce.

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

25 *Minutes to the Table*

25 *Minutes Hands On*

1 Whisk *Super Easy*

INGREDIENTS: Chicken, Egg Noodles, Zucchini, Cream, Red Bell Pepper, Sweet Potato, Onion, Ketchup, Celery, Garlic, Tomato Paste, Tamari, Chicken Stock, Dijon Mustard, Paprika, Black Pepper, Tarragon.

meez meals

1. Cook the Noodles

Bring a medium saucepan of water to a boil. Add the **Egg Noodles** to the boiling water with a generous sprinkle of salt and cook until al dente, about 6 to 7 minutes. Drain thoroughly and set aside. Wipe out the saucepan.

2. Cook the Chicken

While the pasta is cooking, heat 1 Tbsp olive oil in a large skillet over medium-high heat. Pat dry the **Chicken Breast** and generously season with salt and pepper. When the oil is hot, add the chicken breasts and cook until crisp and brown, about 4 to 5 minutes. Flip and cook until brown on the second side, about 4 additional minutes. Transfer the chicken to a cutting board and let rest for 5 minutes before slicing into ½" strips. Wipe out the skillet.

3. Cook the Zucchini

While the chicken is resting, heat 1 Tbsp olive oil in the now-empty noodle saucepan over medium-high heat. When the oil is hot, add the **Zucchini** with a sprinkle of salt and pepper. Cook until they start to brown, about 3 to 4 minutes. Remove from the heat and set aside.

4. Cook the Veggies and Sauce

Heat 1 Tbsp olive oil in the now-empty chicken skillet over medium-high heat. When the oil is hot, add the **Sweet Potato, Pepper & Onion** and cook until the onions turn translucent and the sweet potatoes start to brown, about 3 to 4 minutes. Add 1 Tbsp butter and when it has melted, add 1 Tbsp of flour and stir until the veggies are well coated. Cook until the flour begins to brown, about 1 minute. Add the **Copacabana Sauce** and bring to a boil. Reduce the heat to medium-low and cook, stirring continuously until the sauce has thickened enough to coat the back of a spoon, about 3 to 4 minutes. Turn off the heat and stir in the sliced chicken.

*Be careful
not to burn
the garlic.*

5. Put It All Together

Serve the chicken and sauce over the egg noodles and top with the seared zucchini. Enjoy!

Instructions for two servings.

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

Lemon Orzo with Spinach & Halloumi

We're taking our inspiration from sunny Greece, where spinach, lemon and seared halloumi cheese are staples. This week we're pairing them with grape tomatoes and tender orzo pasta for a 15-minute dinner that's bright and fresh.

15 Minutes to the Table

15 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Large Skillet
Large Saucepan

FROM YOUR

PANTRY

Olive Oil
Salt & Pepper

6 MEEZ

CONTAINERS

Orzo Pasta
Spinach
Grape Tomatoes
Seasoned
Onions
Halloumi Cheese
Lemon

Add Protein Cooking Instructions

Integrate into recipe: Prior to step 4, cook the protein (per instructions below) and then slice into strips (*flake the salmon, leave shrimp whole*) and serve on top of the orzo.

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

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

STEAK bottoms are brown and sides start to color, about 4 minutes per side for medium (3 min for med-rare and 5-6 min for well done.) Let rest for 5 minutes.

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

SHRIMP are opaque and no longer grey in color, about 1 minute per side.

Good To Know

If you ordered the **Carb Conscious version** we sent you cauliflower "rice" instead of orzo, reducing the **carbs per serving to 20g**. Skip step 1 and prior to step 3, heat 1 Tbsp oil in a large skillet over high heat. Add the cauliflower and sauté until it starts to brown, about 3 to 4 minutes. Add the spinach and stir until it starts to wilt, about a minute longer and transfer to a mixing bowl. Combine with the cooked, seasoned onions at the completion of step 3. If you're cooking the **gluten-free version**, we sent you white rice instead of orzo. Follow the instructions in step 2 but cook the rice for 15 to 20 minutes.

Health snapshot per serving – 720 Calories, 42g Protein, 32g Fat, 65g Carbs, and 22 Freestyle Points. **Lightened-Up Health snapshot per serving** – 590 Calories, 32g Fat, 39g Carbs, and 19 Freestyle Points using half the orzo.

SCAN QR CODE
to view YouTube
cooking video



INGREDIENTS: Halloumi Cheese, Spinach, Onion, Tomato, Orzo, Garlic, Parsley, Dill, Lemon Pepper, Black Pepper, Oregano, Lemon.

meez *meals*

1. Get Organized

Set a large saucepan of water to boil.

2. Cook the Orzo

Add the **Orzo Pasta** to the boiling water with a pinch of salt. Cook until al dente, about 10 to 12 minutes. Remove from the heat and drain. Return the cooked orzo to the empty saucepan along with the **Spinach** and stir well. Cover and set aside.

3. Make the Sauce

While the orzo is cooking, transfer the **Grape Tomatoes** to a zip lock bag and squish each one.

Heat 1 Tbsp olive oil in a large skillet over medium heat. When the oil is hot, add the **Seasoned Onions** and contents of the zip lock bag. Sauté until the onions and tomatoes become soft, about 4 minutes. Transfer the contents of the skillet to the saucepan with the orzo and spinach and mix well. Wipe out the skillet.

4. Grill the Halloumi

Place the **Halloumi Cheese** on a cutting board and slice into ½" cubes (they don't need to be perfect). Slice the **Lemon** in half.

Heat 1 Tbsp olive oil in the now-empty skillet over medium heat. When the oil is hot, add the cubed halloumi and the lemon halves, cut side down. Cook undisturbed until bottom of halloumi is golden brown, about 2 to 3 minutes. Flip and cook until another side is golden brown, about 2 additional minutes. Remove from the heat.

5. Put It All Together

Serve the seared Halloumi on top of the orzo with a generous squeeze of lemon. Enjoy!

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

Instructions for two servings.

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

Thai Green Curry Steak

We love a dinner that's low on fuss and high on flavor, and this one knocks it out of the park. We're pairing a mellow green curry with seared steak strips, green beans, peppers and baby corn, then serving it over jasmine rice. Super simple, super delicious.

25 *Minutes to the Table*

25 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet
Medium Saucepan

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

4 MEEZ CONTAINERS

Jasmine Rice
Steak
Baby Corn, Green
Beans & Peppers
Green Curry Sauce

Good to Know

If you ordered the **Carb Conscious version**, we sent you Cauliflower "rice" instead of jasmine rice, reducing the **carbs per serving to 21g**.

Skip steps 1 and 2. Prior to step 3, heat 1 Tbsp olive oil in the large skillet over medium-high heat and sauté the cauliflower rice until browned, about 3 to 4 minutes. Use in place of the rice.

Health snapshot per serving – 600 Calories, 33g Fat, 40g Carbs, 34g Protein, and 21 Freestyle Points.

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

INGREDIENTS: Steak, Coconut Milk, Jasmine Rice, Baby Corn, Red Bell Pepper, Green Beans, Tamari, Green Curry, Lime, Garlic, Basil, Cilantro, Sugar, Ginger, Fish Sauce, Miso.



1. Get Organized

Bring a medium saucepan of water to a boil.

2. Cook the Ingredient

Add the **Jasmine Rice** to the boiling water and cook until the rice is tender, about 12 to 15 minutes. Drain well, then return the saucepan, fluff with a fork, cover and set aside until step 5.

3. Cook the Steak

While the rice is cooking, heat 1 Tbsp olive oil in a large skillet over high heat. Pat dry the **Steak** and season with salt and pepper. When the oil is hot, add the steak and cook until the bottoms brown and sides start to color, about 3 minutes. Flip and continue cooking for 3 minutes if you like your steak **medium-rare**. (Cook for 4 minutes for **medium**, and 5 to 6 for **well done**.) Transfer to a cutting board to rest for 5 minutes. Wipe out the skillet. Once the steak has rested, slice into ½" strips.

4. Create the Green Curry

While the steak is resting, heat 1 Tbsp olive oil in the now-empty skillet over medium-high heat. When the oil is hot, add the **Baby Corn, Green Beans & Peppers** and cook, stirring frequently, until the peppers char, about 5 to 6 minutes. Add the **Green Curry Sauce** and bring to a low boil, then reduce the heat to low and simmer, stirring occasionally, until the sauce thickens slightly, about 4 to 5 minutes. Turn off the heat and add the cooked steak. Stir until well coated.

5. Put It All Together

Serve the curry over the jasmine rice. Enjoy!

Instructions for two servings.

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

Deconstructed Chicken Kiev

We're bringing all the flavors of a chicken Kiev to a busy weeknight by skipping the fussy rolling and stuffing. With panko-crusted chicken breasts, chive butter and a roasted root vegetable pilaf, it's a perfect cozy dinner.

25 *Minutes to the Table*

25 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet
Baking Sheet

FROM YOUR PANTRY

Egg (1)
Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Root Vegetables
Chive Butter
Chicken Breast
Seasoned Panko
Five Grain Blend

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 – 790 Calories, 54g Protein, 27g Fat, and 17 Freestyle Points

Lightened-up health snapshot per serving – 640 Calories, 52g Protein, 20g Fat, and 11 Freestyle Points by using half of the seasoned panko and two-thirds of the butter.

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

INGREDIENTS: Chicken Breast, Carrots, Panko, Beets, Parsnips, 5 Grain Blend, Butter, Chive, Paprika, Garlic, Salt, White Pepper

meez *meals*

1. Roast the Vegetables

Preheat your oven to 425. Place the **Root Vegetables** in a single layer on a rimmed baking sheet. Lightly drizzle with olive oil, salt and pepper, toss well, then arrange in a single layer. Cook until they start to brown, about 15 to 18 minutes. Remove from the oven and add half the **Chive Butter** to the veggies still on the baking sheet. Mix until the butter melts and veggies are coated, then set aside until step 4.

2. Prepare the Chicken

While the root vegetables are roasting, pat dry and very loosely wrap each **Chicken Breast** in plastic wrap and place on a cutting board. Using a meat tenderizer (mallet) or the bottom of a small pot, pound the thicker sections of the breast until each has doubled in size and reached uniform thickness, about ¼".

In a small bowl, beat one egg. Spread the **Seasoned Panko** evenly on a large plate. Dip each chicken breast completely into the egg. Then put each piece of chicken into the breading. Press down to make sure the breading adheres then repeat on the other side. Discard any unused breading.

3. Cook the Chicken

Heat 2 Tbsp olive oil in a large skillet over medium heat. When the oil is hot, add the chicken and cook until the panko crust is golden brown, about 3 to 4 minutes. Flip and cook the other side until it is also brown, an additional 3 to 4 minutes. Remove from the skillet and immediately spread the remaining chive butter evenly on top of the breaded chicken breasts. Wipe out the skillet.

4. Cook Five Grain Blend

In the now-empty skillet, heat 1 Tbsp olive oil over medium-high heat. When the oil is hot, add the **Five Grain Blend** and sauté until the grains start to pop, about 2 to 3 minutes. Turn off the heat and add the roasted root vegetables and the butter remaining on the baking sheet to the skillet. Mix well.

5. Put It All Together

Serve the five grain root vegetable pilaf topped with the chicken. Enjoy!

Instructions for two servings.

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

Truffle Mac-n-Cheese

There's no confusing this mac-n-cheese with the stuff in a box. We are combining gruyere and white cheddar with mushrooms, brussels, shell pasta and REAL truffle butter to create a dinner that's rich, sophisticated, and out of this world good.

45 Minutes to the Table

25 Minutes Hands On

1 Whisk Super-Easy

Getting Organized

EQUIPMENT

Large Saucepans
Casserole Dish
Mixing Bowl

FROM YOUR PANTRY

Flour (1/2 Tbsp per svg.)
Butter (1/2 Tbsp per svg.)
Olive Oil
Salt and Pepper

6 MEEZ CONTAINERS

Shell Pasta
Mushrooms
Brussels Sprouts
Cream Sauce
Cheese & Breadcrumbs
Truffle Butter

Add Protein Cooking Instructions

Integrate into recipe: Prior to step 3, cook the protein (per instructions below) and then slice into strips (*flake the salmon, leave shrimp whole*) and stir into the mac n cheese before it bakes in step 5.

Cook protein: Lightly sprinkle the protein with salt & pepper. Heat a large skillet with 1-2 Tbsp olive oil on medium-high heat (*high for steak.*) When the oil is hot, cook the protein until the: CHICKEN is crisp and brown, about 4 to 5 minutes per side. Let rest for 5 minutes. STEAK bottoms are brown and sides start to color, about 4 minutes per side for medium (3 min for med-rare and 5-6 min for well done.) Let rest for 5 minutes. SALMON is crisp and brown, about 4 minutes per side. Let rest for 5 minutes. SHRIMP are opaque and no longer grey in color, about 1 minute per side.

Good to Know

Health snapshot per serving – 980 Calories, 39g Protein, 63g Fat, 69g Carbs.

Lightened Up Health snapshot per serving – 610 Calories, 42g Fat, 41g Carbs, using all the veggies and half of everything else.

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



INGREDIENTS: Shell Pasta, Brussel Sprouts, Mushrooms, Half & Half, Gruyere, White Cheddar, Panko Breadcrumbs, Vegetable Stock, Salted Butter, Black Truffle Pate, Black Pepper, Paprika, Garlic, Onion Powder.

meez meals

1. Getting Organized

Preheat oven to 375 degrees. Bring a large saucepan of water to boil with a pinch of salt. Spray or lightly brush a casserole dish with oil.

2. Cook the Shell Pasta

Add the **Shell Pasta** to the boiling water and cook until slightly firmer than al dente, about 7 to 8 minutes (it will finish cooking in step 5). Drain and set aside in the colander until step 4.

3. Sauté the Mushrooms and Brussels

Return the now-empty saucepan to the stove, with 1 Tbsp olive oil, over medium high heat. Add the **Mushrooms** and two-thirds of the **Brussels Sprouts** and cook until the mushrooms have softened and the Brussels are bright green, about 4 minutes.

4. Create the Cheese Sauce

Add 1 Tbsp plain butter (not the Truffle Butter we sent you) to the pan. Mix to coat the vegetables. Add 1 Tbsp flour and mix until the vegetables are coated in flour. Cook until the flour starts to brown, about 2 minutes. Add the **Cream Sauce** and bring to a boil, stirring continuously. Continue stirring and cook until the sauce thickens, about an additional 3 minutes. Turn off the heat. Add half the **Cheese & Breadcrumbs** and stir until cheese melts and there are no clumps. Add the cooked shells and mix well.

5. Bake the Dish

Pour the entire contents of the saucepan into the oiled casserole dish. Combine the remaining cheese & breadcrumbs and remaining uncooked brussels in a mixing bowl. Spread in a single layer, edge-to-edge on top of the mac-n-cheese. Bake until the sauce is bubbly and the breadcrumbs are golden brown, about 12 to 15 minutes.

6. Top with the Truffle Butter

Remove the casserole dish from the oven and immediately top with small dollops of the **Truffle Butter**. Let the dish rest for at least 5 minutes. Enjoy!

*It doesn't
matter how
much water you
use as long as it
will comfortably
cover the shells.*

Instructions for two servings.

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

Gyros with Red Pepper Tapenade

Gyros with pita is the perfect speedy dinner after a long day at work. Add delicious olive & red pepper tapenade, tomatoes, yellow peppers and chickpea romesco sauce and you have a fun and meal that's on the table in just ten minutes.

10 Minutes to the Table

10 Minutes Hands On

1 Whisks Super Easy

Getting Organized

EQUIPMENT

Large Skillet

FROM YOUR PANTRY

Olive Oil

Salt & Pepper

5 MEEZ CONTAINERS

Pita

Gyros

Chickpea Romesco

Sauce

Red Pepper & Olive

Tapenade

Yellow Peppers &

Tomatoes

Make the Meal Your Own

If you ordered the **Carb Conscious version**, we sent you romaine lettuce instead of the pita, reducing the **carbs per serving to 30g**. Skip step 1 and prior to step 2, cut the Romaine Lettuce head in half the long way leaving the root at the bottom intact, so each romaine-heads half holds together. Arrange the romaine halves, cut-side-up, on a cutting board and drizzle with olive oil, salt and pepper. Heat a large skillet over medium heat and place the romaine halves in the pan, cut-side-down. Cook until the leaves start to brown, about 2 minutes. Flip the romaine halves and cook the other side until it starts to brown, an additional 2 minutes. Return the romaine to the cutting board and cut into 1" pieces to create a gyros and red pepper tapenade salad in step 3.

Good to Know

Health snapshot per serving 650 Calories, 30g Protein, 36g Fat, 53g Carbs, 18 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: Beef & Lamb Gyros, Pita, Garbanzo Beans, Tomato, Bell Pepper, Red Onion, Roasted Red Pepper, Kalamata Olives, Black Olives, Parsley, Cumin, Olive Oil, Kosher Salt, Lemon.

meez meals

1. Warm the Pita

Very lightly brush both sides of the **Pita** with olive oil and sprinkle with salt and pepper. Heat a large skillet over medium high heat. Warm both sides of the pita, about 30 seconds on each side. Cut each pita in half and wrap in aluminum foil or cover with a towel. Do not wipe out the skillet.

2. Heat the Gyros

Return the now-empty skillet to the stove over medium high heat. Add the **Gyros Meat** and cook until the edges are slightly crispy, about 3 to 4 minutes

Lower the heat to medium low and add the **Chickpea Romesco Sauce** (the thinner orange sauce) to the pan. Cook, stirring frequently, until the hummus is warm, about 2 to 3 additional minutes.

Remove from heat and set aside.

The gyros is already fully cooked, so you are just adding flavor and warming it in this step.

3. Put It All Together

Fill each pita half with the chickpea romesco coated gyros and **Yellow Pepper & Tomatoes**. Top with the **Red Pepper & Olive Tapenade** (the darker, chunkier sauce). Enjoy!

Instructions for two servings.

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

Smoky Salmon Salad

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

10 *Minutes to the Table*

10 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet
Large Mixing Bowl

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Salmon
Smoky Glaze
Spinach & Arugula
Pita Chips
Cucumber Dill Dressing

Good to Know

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

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

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

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

meez meals

1. Cook the Salmon

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

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

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

2. Create the Salad

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

3. Put It All Together

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

Enjoy!

Instructions for two servings.

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

Black Bean & Green Chile Enchiladas

40 *Minutes to the Table*

25 *Minutes Hands On*

2 Whisks *Easy*

We're rolling sauteed red peppers, spiced black beans, rice and red enchilada sauce up with monterey jack in a corn tortilla. Smothered with our signature green chile sauce and baking to perfection, it takes black bean enchiladas from good to great.

Getting Organized

EQUIPMENT

Medium Saucepan
Casserole Dish

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Mexican Cheese
Black Beans &
Chipotles
Rice
Seasoned Veggies
Corn Tortillas
Green Chile Crema

Add Protein Instructions

Integrate into recipe: Prior to step 3, cook the protein (per instructions below) and then slice into strips (*flake the salmon, leave shrimp whole*) and layer into the enchiladas before baking in step 5.

Cook protein: Lightly sprinkle the protein with salt & pepper. Heat a large skillet with 1-2 Tbsp olive oil on medium-high heat (*high for steak*.) When the oil is hot, cook the protein until the: CHICKEN is crisp and brown, about 4 to 5 minutes per side. Let rest for 5 minutes.

STEAK bottoms are brown and sides start to color, about 4 minutes per side for medium (3 min for med-rare and 5-6 min for well done.) Let rest for 5 minutes.

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

SHRIMP are opaque and no longer grey in color, about 1 minute per side.

Good to Know

Health snapshot per serving – 640 Calories, 22g Fat, 87g Carbs, 24g Protein, and 19 Freestyle Points.

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

INGREDIENTS: Corn Tortillas, Green Chile Sauce, Black Beans, Red Bell Pepper, Monterrey Jack, White Rice, Red Enchilada Sauce, Corn, Yellow Onion, Sour Cream, Carrot, Cilantro, Orange Juice, Chipotles in Adobo, Lime, Tomato Paste, Vegetable Stock, Ancho Chile, Garlic, Paprika, Cumin, Coriander, Oregano

meez meals

1. Get Organized

Preheat the oven to 375. Bring a medium saucepan of water to a boil. Spray or brush a casserole dish with oil.

*We recommend
8" x 8" or similar
sized dish.*

2. Cook the Rice

Add the **Rice** to the boiling water and cook until tender, about 15 minutes. Drain and set aside in a colander.

3. Cook the Veggies

Heat 1 Tbsp olive oil in the now-empty saucepan over medium-high heat. When the oil is hot, add the **Seasoned Veggies** and 3 Tbsp water. Cook, stirring frequently, until the red peppers and carrots soften, about 4 to 5 minutes. Turn off the heat and add back the cooked rice. Stir well and set aside.

4. Create the Enchiladas

Mix two-thirds of the **Cheese** with the **Black Beans & Chipotles** in a mixing bowl. Wrap the **Corn Tortillas** in a moist paper towel and microwave until pliable, about 20 to 30 seconds.

Layer each tortilla with the rice and seasoned veggies, followed by the beans and cheese. Once filled, roll the tortillas to close and place, seam-side-down, in the oiled casserole dish. Cover with the **Green Chile Crema** and sprinkle with the remaining cheese. Bake until the tortillas start to crisp and cheese starts to brown, about 15 minutes.

5. Put It All Together

Allow the enchiladas to rest for 5 minutes. Enjoy!

Instructions for two servings.

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

Spinach & Artichoke Dip Chicken Casserole

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

30 *Minutes to the Table*

20 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Saucepan (with cover)
Large Skillet
Casserole Dish

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

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

Good to Know

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

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

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

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



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

meez *meals*

1. Get Organized

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

2. Cook the Pasta

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

3. Cook the Chicken

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

4. Cook the Veggies

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

5. Finish the Casserole

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

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

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

Instructions for two servings.

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

Chana Masala Flatbread

Indian chana masala meets Italian pizza in this fun recipe. We're topping individual naan breads with flavorful tomato chickpea curry, mozzarella and provolone cheeses, and fresh arugula. With a mango yogurt drizzle on top, it's an East-meets-West fusion that is a wow!

Getting Organized

EQUIPMENT

Large Skillet
Baking Sheet

FROM YOUR PANTRY

Olive Oil

6 MEEZ

CONTAINERS

Chickpeas &
Peppers
Garam Masala
Sauce
Naan Bread
Mozzarella &
Provolone
Arugula
Mango Raita

Add Protein Cooking Instructions

Integrate into recipe: While the flatbread is baking in step 3, cook the protein (per instructions below). Slice into strips (*flake the salmon, leave the shrimp whole*) and place immediately on top of the flatbread when removed from the oven.

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

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

STEAK bottoms are brown and sides start to color, about 4 minutes per side for medium (3 min for med-rare and 5-6 min for well done.) Let rest for 5 minutes.

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

SHRIMP are opaque and no longer grey in color, about 1 minute per side.

Good to Know

If you ordered the **Carb Conscious version**, we sent you cauliflower "rice" instead of bread, reducing the **carbs per serving to 29g**. Skip step 1. Prior to step 2, heat 1 tbsp olive oil in a large skillet. When the oil is hot, add the cauliflower and sauté until browning, about 4 to 5 minutes. Place straight on your serving plates. After step 2, turn off the heat and stir in the arugula. Serve the chickpeas, sauce, and arugula on top of the cauliflower rice and top with the cheese and mango raita.

Health snapshot per serving – 640 Calories, 30g Fat, 68g Carbs, 27g Protein, and 16 Freestyle Points.

25 Minutes to the Table

20 Minutes Hands On

1 Whisk Super Easy

SCAN QR CODE
to view YouTube
cooking video



INGREDIENTS: Naan Bread, Tomatoes, Garbanzo Beans, Mozzarella, Provolone, Red Bell Pepper, Arugula, Red Onion, Mayonnaise, Cucumber, Yellow Bell Pepper, Mango, Yogurt, Garlic, Ginger, Lime, Buttermilk, Tomato Paste, White Vinegar, Chive, Cilantro, Coriander, Crushed Red Pepper, Fenugreek, Garam Masala, Miso, Black Pepper, Turmeric, Cumin, Parsley

meez^{meals}

1. Get Organized

Preheat your oven to 400.

2. Cook the Spiced Chickpeas

Heat 1 Tbsp olive oil in a large skillet over medium-high heat. When the oil is hot, add the **Chickpeas & Peppers** and cook until chickpeas begin to brown and the peppers start to char, about 4 to 5 minutes. Add the **Garam Masala Sauce** and cook until the sauce is hot and thickens slightly, about 3 to 4 minutes.

3. Assemble the Flatbread and Bake

Spread the spiced chickpeas evenly on each **Naan Bread**, then top with the shredded **Mozzarella & Provolone**, from edge to edge. Bake until the cheese melts, about 7 to 8 minutes then remove from the oven and top with the **Arugula**. Bake until the arugula is wilted and the cheese is starting to brown, about 5 additional minutes.

4. Put It All Together

Allow to cool for 5 minutes, then drizzle with the **Mango Raita** and enjoy!

Instructions for two servings.

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

Shrimp and Corn Chowder

We love a hearty soup on a chilly night, and this recipe is a favorite. With shrimp, corn, butternut squash, bacon and a splash of cream, this recipe is comfort food at its best. (Did we mention it's on the table in less than 30 minutes?)

30 *Minutes to the Table*

15 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Saucepan & Lid

FROM YOUR PANTRY

Olive Oil

Salt & Pepper

1 Teaspoon flour per
serving

5 MEEZ CONTAINERS

Shrimp

Butternut Squash

Lacinato Kale

Chowder Broth

Bacon & Spiced Corn

Good to Know

Health snapshot per serving – 470 Calories, 37g Protein, 15g Fat, 50g carbs, 8 Freestyle Points.

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

INGREDIENTS: Shrimp, Butternut Squash, Corn, Lacinato Kale, Bacon, Red Onion, Cream, Vegetable Stock, Garlic, Paprika, Cumin, White Pepper, Old Bay, Black Pepper.

meez *meals*

1. Cook the Shrimp

Pat dry the **Shrimp** with a paper towel and heat 1 Tbsp olive oil in a large saucepan over medium-high heat. When the oil is hot, 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 the skillet and place on a cutting board to cool, then cut shrimp in half and set aside. Do not wipe out saucepan.

2. Cook the Veggies

Add 1 Tbsp olive oil to the now empty saucepan and heat over medium high heat. When the oil is hot, add the **Bacon & Spiced Corn** and the **Butternut Squash**. Stir once, then cook undisturbed until the squash starts to brown, about 4 to 5 minutes.

Add 2 teaspoons of flour and stir until the flour starts to brown, about 2 minutes. Add the **Lacinato Kale** and cook, stirring frequently, until the kale turns bright green, about 2 to 3 minutes.

*The flour thickens
the chowder and
gives it body.*

3. Add the Broth

Add the **Chowder Broth**, and 2 cups water to the saucepan. Cover, and bring to a boil over high heat, then reduce heat to medium. Cook, covered, over a low boil until squash pieces are fork tender, about 15 to 18 minutes, stirring occasionally. Remove from the heat.

4. Put It All Together

Stir in the cut shrimp, serve, and enjoy!

Instructions for two servings.

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