

Honey-Glazed Salmon

30 Min
to Table

20 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Preheat your oven to 425.

From your Pantry

You'll need olive oil, eggs, and salt and 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

Quick Tips



Cheese Tortellini Pasta Fagioli

25 Min
to Table

15 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Heat olive oil in a saucepan.

Meal Tip

You'll need olive oil, salt and pepper

Queso Fiesta Casserole

45 Min
to Table

10 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Preheat your oven to 425.

From your Pantry

You'll need olive oil, salt and pepper.

Pulled Pork Hash & Eggs

15 Min
to Table

15 Min
Hands
On

1 Whisks
Super
Easy

Getting Started

Heat olive oil in a large skillet.

From your Pantry

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

Indian Butter Chicken

25 Min to Table	25 Min Hands On	2 Whisks Easy
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Getting Started	Preheat oven to 425.
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From your Pantry	You'll need olive oil, salt and pepper
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Herb Roasted Chicken with Fingerling Potatoes

65 Min to Table	10 Min Hands On	1 Whisk Super Easy
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Getting Started	Preheat oven to 425.
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From your Pantry	You'll need 1/2 Tbsp of flour per serving.
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Meal Tip	Bacon would make this meal even more delicious.
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Sweet & Sour Tofu Over Sesame Noodles

25 Min to Table	25 Min Hands On	1 Whisk Super Easy
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Getting Started	Put a saucepan of water on to boil.
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Meal Tip	You'll need olive oil, salt and pepper.
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Crispy Bangkok Shrimp

30 Min to Table	15 Min Hands On	3 Whisks Moderate
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Getting Started	Bring a pot of water to boil.
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From Your Pantry	You'll need eggs, olive oil, salt and pepper.
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Meal Tip	To keep your shrimp crispy, toss them in the sauce right before you're ready to eat.
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Chicken Al Pastor Tacos

20 Min to Table	20 Min Hands On	1 Whisk Super Easy
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Getting Started	Heat olive oil over medium high heat.
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From Your Pantry	You'll need olive oil, salt and pepper
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Orange Zest Beef

25 Min to Table	25 Min Hands On	1 Whisk Super Easy
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Getting Started	Bring a large saucepan of water on to boil.
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From Your Pantry	You'll need olive oil, salt and pepper
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Cooking Tip	Use about twice as much water as rice.
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Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmnndd daily)	
Cheese Tortellini Pasta Fagioli	520	20	13	92	9	1210	9	12	80% Vitamin A	240% Vitamin C
Chicken Al Pastor Tacos	610	51	12	75 CC 39	8	950	30	13	25% Vitamin A	141% Vitamin C
Crispy Bangkok Shrimp	625	34	29	63	7	746		19	28% Vitamin C	25% Calcium
Lemon Orzo with Spinach & Halloumi (1/2 the orzo)	720	42	32	65 CC 20	5	920	6	22	42% Vitamin C	25% Vitamin A
	590		32					18		
Herb-Roasted Chicken With Fingerling Potatoes	640	46	13	75 CC 28	8	1284	7	16	125% Vitamin C	2% Vitamin D
Orange Zest Beef	630	40	13	89	8	1190	29	17	60% Calcium	100% Vitamin C
Pulled Pork Hash & Eggs	460	29	17	46 CC 27	7	1450	13	10	230% Vitamin C	150% Vitamin A

Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmndd daily)	
Honey-Glazed Salmon	560	39	23	50 CC 40	8	121		12	52% Vitamin C	14% Vitamin A
Sweet & Sour Tofu Over Sesame Noodles	621	33	14	92 CC 35	10	1624		12	167 % VitaminC	77% Calcium
Indian Butter Chicken	840	53	60	28	8	560	14	24	302% Vitamin A	192% Vitamin C
(½ the butter and ½ the nuts)	670		43					17		
Queso Fiesta Casserole	440	16	17	57	9	830	10	12	147% Vitamin C	73% Calcium
Add a Protein										
All-Natural Chicken Breast	220	41	5	0	0	85	0	3	90% Vitamin B6	4% Iron
Add a Protein										
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)	
THE Carrot Cake	540	6	34	49	2	440	36	13	6% Vitamin C	6% Calcium
Belgian Chocolate Vegan Brownies	420	6	20	62	4	300			10% Iron	
Oreo Mousse Pie	760	8	49	78	3	390	52		6% Calcium	6% Iron
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.

Cheese Tortellini Pasta Fagioli

This hearty bowl lands somewhere between a cozy soup and an Italian chili. Cheese stuffed tortellini simmer with beans, vegetables, and a tomato-rich broth for a dish that's filling without feeling heavy. Served with toasted dinner rolls for dipping, it's warm, satisfying, and full of classic Italian flavor.

25 Minutes to the Table

15 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Medium Saucepan
(with a lid)
Large Skillet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Carrots, Onion &
Celery
Tomato Broth
Starter
Beans & Tomatoes
Cheese Tortellini
Dinner Rolls

Add Protein Instructions

Integrate into recipe: While the soup is simmering in step 2, cook the protein according to the instructions below (shred the chicken, slice the steak, flake the salmon, and leave the shrimp whole) and stir into the soup once it is done cooking.

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 – 520 Calories, 13g Fat, 92g Carbs, g Protein, and 12 Freestyle Points.

INGREDIENTS: Tri-color Cheese Tortellini, Country French Dinner Roll, Roasted Red Peppers, Great Northern Beans, Tomato, Yellow Onion, Carrot, Celery, Yellow Squash, Vegetable Stock, Garlic, Tomato Paste, Oregano, Basil, Salt, White Pepper.

 meez meals

1. Cook the Mirepoix

Heat 1 Tbsp olive oil in a medium saucepan over medium-high heat. When the oil is hot, add the **Carrots, Onion & Celery** and cook, stirring occasionally, until the onions start to brown, about 3 to 4 minutes.

2. Create the Soup

Add the **Tomato Broth Starter, Beans & Tomatoes**, and 1 cup water to the saucepan and bring to a boil. Reduce the heat to medium and simmer covered until the vegetables start to soften, about 8 to 10 minutes. Add the **Cheese Tortellini** and continue to simmer covered until the pasta is al dente, an additional 5 to 6 minutes. Remove from the heat and keep covered until step 4.

3. Toast the Rolls

Slice each **Dinner Roll** in half and brush the cut sides with olive oil. Heat a large skillet over medium heat and toast the bread, cut side down, until golden brown, about 2 minutes. Remove from the heat.

*If you prefer
you can toast
the bread in a
toaster oven.*

4. Put It All Together

Serve the pasta fagioli with the toasted bread on the side. Enjoy!

Instructions for two servings.

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

Chicken Al Pastor Tacos

We love the smoky, tropical flavor of al pastor sauce. We're mixing ours up with shredded chicken, cabbage and red onion, then serving it in soft flour tortillas with a pineapple salsa. It's a speedy dinner that's on the table in a heartbeat.

20 Minutes to the Table

20 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Large Skillet

FROM YOUR PANTRY

Olive Oil

Salt & Pepper

6 MEEZ CONTAINERS

Chicken Breast

Tortillas

Red Cabbage & Onion

Al Pastor Sauce

Pineapple Salsa

Lime

Make The Meal Your Own

If you ordered the **Carb Conscious version**, we sent you lettuce instead of tortillas, reducing the **carbs per serving to 39g**. Skip step 2 and use the lettuce as a bed for the other ingredients to make a Chicken Al Pastor Salad.

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

Good To Know

Health snapshot per serving – 610 Calories, 51g Protein, 12g Fat, 75g Carbs, and 13 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 Breast, Flour Tortillas, Pineapple, Lime, Tomato, Yellow Onion, Red Cabbage, Red Onion, Red Bell Pepper, Radish, Chipotles in Adobo, Ancho Chili, Cilantro, Tamari, Jalapeño, Honey, Garlic, Cumin, Oregano

meez meals

1. Cook the Chicken

Heat 1 Tbsp olive oil 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 breasts and cook until they are brown on one side, about 4 to 5 minutes. Flip, then cook until brown on the second side, about 4 additional minutes. Transfer the chicken to a cutting board and let rest for 5 minutes. Wipe out the skillet.

Once it has rested, hold the chicken in place with one fork and use a second fork to shred the chicken (into pieces typical of the size used in chicken soup).

2. Warm the Tortillas

While the chicken is resting, return the now-empty skillet to the stove over medium high heat. Warm each **Tortillas** for about 30 seconds on each side. Transfer the warm tortillas directly to serving plates.

3. Create the Filling

In the now-empty skillet, add 1 Tbsp of olive oil over medium high heat. When the oil is hot, add the **Red Cabbage & Onion** and sauté until the onions become translucent, about 4 to 5 minutes. Add the **Al Pastor Sauce** and cook until it starts to thicken, about 2 minutes. Turn off the heat and stir in the shredded chicken until it is well coated.

4. Put It All Together

Divide the filling between the tortillas and then top with the **Pineapple Salsa**. Finish with a generous squeeze of **Lime** and enjoy!

Instructions for two servings.

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

Crispy Bangkok Shrimp

Get ready to amaze yourself. This gem is a restaurant-worthy dinner made right in your own kitchen. Crispy, pan-fried shrimp gets served up over stir-fried snow peas and bamboo shoots in an outrageously delicious creamy Thai sauce. It's a little bit spicy, a little bit Asian and totally delicious.

30 *Minutes to the Table*

15 *Minutes Hands On*

3 Whisk *A little more involved*

Getting Organized

EQUIPMENT

Medium Sauce Pan
Skillet
2 Mixing Bowls

FROM YOUR PANTRY

Olive Oil
Salt & Pepper
Eggs (1 per serving)

6 MEEZ CONTAINERS

Brown Rice
Shrimp
Snow Peas and
Bamboo Shoots
Thai Sauce
Cornstarch
Toasted Walnuts

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 – 625 Calories, 29g Fat, 746mg Sodium, 7g Fiber, 63g Carbs, 34g Protein and 19 Smart Points

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

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cooking video**



INGREDIENTS: Brown Rice, Shrimp, Snow Peas, Bamboo Shoots, Mayonnaise, Mae Ploy, Sriracha, Peanut Butter, Garlic Powder, Walnuts

meez meals

1. Getting Organized

Bring a pot of water to a boil.

Add the **Brown Rice** to the boiling water with a pinch of salt. Cook until tender, about 25 to 30 minutes. Drain the rice, fluff with fork and cover and let it steam for a few minutes, then transfer to a serving platter or individual bowls just before cooking the vegetables in step 3.

2. Prepare the Shrimp

While the rice is cooking, whisk 2 eggs in a small bowl and place the **Cornstarch** in a large zip-lock bag. Heat 2 tablespoons of oil in a skillet over medium-high heat. Dry and place all **Shrimp** into the zip-lock bag with the Cornstarch and shake until **Shrimp** are coated. Dip each **Shrimp** into the egg and place on a plate. When all shrimp have been coated carefully place into the hot oil. Cook for a minute on each side and remove to a paper-towel-lined-plate.

3. Cook the Veggies

Place **Snow Peas and Bamboo Shoots** in the still hot skillet pan and cook until the snow peas are bright green and tender, 3-5 minutes. Remove veggies from the pan and place on top of the **Brown Rice**. Turn off heat but leave the pan on the stove.

4. Combine Sauce, Shrimp, and Walnuts

Add the **Thai Sauce** to the hot skillet until it's warm, then add the cooked shrimp and **Walnuts**. Toss it to coat, then serve them over the rice and vegetables. Enjoy!

The oil for the shrimp should be hot, but not too hot. Use a shrimp as your test. If it turns golden after 60 seconds, your temperature is right on. If it gets dark too fast or takes longer to cook, adjust and try another

Salt and pepper the shrimp right as it comes out of the pan. The hot coating will ensure the seasoning sticks to the shrimp.

Wait to toss the shrimp and walnuts in the sauce until right before you are going to eat so the shrimp stays crispy.

Love this recipe? #meezmagic

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

Herb-Roasted Chicken with Fingerling Potatoes

We're putting a fresh spin on classic roast chicken this week. With fingerling potatoes, cremini mushrooms, fresh herb rub and hands-free white wine sauce, it's a sophisticated one-pan dinner we just love. (Did we mention it's just 10 minutes hands on?)

65 Minutes to the Table

10 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Deep Casserole Dish or
Roasting Pan

FROM YOUR PANTRY

1 Tbsp Flour
Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Chicken Thighs
Fingerling Potatoes
Mushrooms
Red Onion
Herbs & Garlic
White Wine Sauce

Make The Meal Your Own

If you ordered the **Carb Conscious version**, we sent you cauliflower instead of the potatoes, reducing the **carbs to 28g per serving**. You can cook the cauliflower just like the potatoes but don't need to cut them in half.

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

Good To Know

Health snapshot per serving – 640 Calories, 13g Fat, 46g Protein, 75g Carbs, 16 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: Cage-Free Chicken Thighs, Fingerling Potatoes, Cremini Mushrooms, White Wine, Red Onion, Capers, Heavy Cream, Garlic, Miso, Herbs and Spices

meez meals

1. Getting Organized

Preheat your oven to 425 degrees.

2. Prep the Chicken and Potatoes

Pat the **Chicken Thighs** dry with a towel. If the chicken skin has bunched in places, pull it evenly over the chicken thighs so that it lays flat.

This step ensures that the chicken skin gets nice and crispy.

Cut the **Fingerling Potatoes** in half lengthwise.

3. Roast the Chicken

In a roasting pan or deep casserole dish, toss the chicken thighs, potatoes, **Mushrooms**, **Red Onion** and **Herbs & Garlic** with 2 Tbsp olive oil, ½ tsp salt and ¼ tsp pepper. Arrange the vegetables on the bottom of the pan and set the chicken thighs on top. Roast until the chicken skin is beginning to brown and crisp, about 40 to 45 minutes.

4. Finish the Sauce

Remove from the oven and sprinkle 1 Tbsp flour over everything. Return to the oven for 5 minutes. Remove again, toss well and add the **White Wine Sauce** to the pan. Stir well to incorporate.

When you stir the sauce, mix in any dry pockets of flour.

Return the pan to the oven and cook until the chicken is brown and crispy and the sauce is thick and bubbling, about 8 to 10 minutes.

Love this recipe? #meezmagic

Instructions for two servings.

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

Orange Zest Beef

We are marinating our bistro chateau cut of steak with a thick and tangy orange sauce and then serving it over sautéed sugar snap peas, cabbage and veggie rice. Finished with mandarin oranges on top, it's even quicker, easier, and more delicious than the classic version.

25 *Minutes to the Table*

25 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Saucepan
Large Skillet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Jasmine Rice
Celery & Onion
Cabbage & Sugar Snap Peas
Steak
Orange Zest Sauce
Crushed Mandarin Oranges

Good To Know

Health snapshot per serving – 630 Calories, 40g Protein, 89g Carbs, 13g fat, 17 freestyle points.

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

INGREDIENTS: Steak, Green Cabbage, Sugar Snap Peas, Jasmine Rice, Mandarin Oranges, Celery, Yellow Onion, Orange Juice, Tamari, Orange Zest, Brown Sugar, Mae Ploy, Lime Juice, Garlic, Rice Wine Vinegar, Black Pepper

meez*meals*

1. Get Organized

Bring a medium saucepan of water to a boil.

2. Make the Veggie Rice

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

Once you are finished cooking the steaks in step 4, heat 1 Tbsp olive oil in the now-empty saucepan used for the rice over medium-high heat. Add the **Celery & Onion** and sauté until the celery just starts to soften, about 3 to 4 minutes. Add the cooked rice, cover, and set aside until you are ready to serve.

3. Cook the Cabbage & Sugar Snap Peas

While the rice is cooking, heat 1 Tbsp olive oil in a large skillet over medium-high heat. Add the **Cabbage & Sugar Snap Peas** with a sprinkle of salt and pepper. Sauté, until the snap peas start to char and the cabbage starts to soften, about 5 to 6 minutes. Remove from the skillet and set aside. Wipe out the skillet.

4. Cook the Steak

Return the now-empty skillet to the stove over high heat. Add 1 Tbsp olive oil. While the oil is heating, pat the **Steak** dry with a towel. When the oil is hot, add the steaks. Cook until the bottoms brown & 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, then slice into ½" strips. Do not wipe out the skillet.

5. Make the Sauce

Add the **Orange Zest Sauce** to the now-empty steak skillet and bring to a boil over high heat. Reduce the heat to medium-low and simmer until the sauce thickens, about 2 to 3 minutes. Turn off the heat and add the steak strips to the sauce. Stir until the steak is well coated.

6. Put It All Together

Serve the veggie rice topped with the sautéed cabbage & sugar snap peas and then the orange zest-coated steak. Drain the **Crushed Mandarin Oranges** and place on top of the entire dish. Enjoy!

*Use about
twice as
much water
as rice.*

Instructions for two servings.

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

Pulled Pork Hash & Eggs

Breakfast-for-dinner has never been more fun. It all starts with a pulled pork hash cooked up with plenty of vitamin-rich sweet potatoes, a medley of colorful peppers, and delicious Green Chile Crema. Topped with a fried egg, it's comfort food you'll just love.

15 *Minutes to the Table*

15 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet

FROM YOUR PANTRY

Olive Oil

Salt & Pepper

Egg (1 per svg)

4 MEEZ CONTAINERS

Sweet Potatoes

Bell Peppers, Onions &

Garlic

Pulled Pork

Green Chile Crema

Good to Know

If you ordered the **Carb Conscious version**, we sent you Zucchini instead of Sweet Potatoes, reducing the **carbs per serving to 27g**. Cook the zucchini with the peppers, onions & garlic until charred in step 2, all together for 4 to 6 minutes.

Health snapshot per serving – 460 Calories, 17g Fat, 46g Carbs, 29g Protein, and 10 Freestyle Points.

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

INGREDIENTS: Sweet Potatoes, Pulled Pork, Green Chile Sauce, Red Onion, Red Bell Pepper, Green Bell Pepper, Yellow Bell Pepper, Sour Cream, Cilantro, Lime, Garlic, Black Pepper.



1. Cook the Hash

Heat 1 Tbsp olive oil in a large skillet over medium-high heat. When the oil is hot, add the **Sweet Potatoes** and cook until they soften and start to brown, about 10 minutes.

Lower the heat to medium and add the **Bell Peppers, Onions & Garlic**. Continue cooking until the onions are translucent and peppers just start to blister, about 4 to 6 minutes. Remove from the skillet and transfer directly to serving plates. Wipe out the skillet.

2. Make the Eggs

Heat 1 Tbsp olive oil in the now-empty skillet over medium-high heat. When the oil is hot, crack the eggs into the skillet and cook until the whites are opaque and the yolk has set, about 1 to 2 minutes. Salt and pepper to taste. Remove from the skillet and set aside on a plate. Wipe out the skillet.

We suggest a sunny-side-up egg, but you can prepare the egg any way you want!

3. Cook the Pork

Heat the now-empty skillet over medium-high heat. Add the **Pulled Pork** and heat until it is hot throughout, about 2 to 3 minutes. Turn off the heat and stir in the **Green Chile Crema** until it has coated the pork.

Feel free to break up any larger pieces of pulled pork in the bag before you heat it.

4. Put It All Together

Serve the coated pork on top of the hash and top with the fried egg. Enjoy!

Instructions for two servings.

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

Honey-Glazed Salmon

Simple, fresh and delicious, this recipe has it all. Honey gives salmon a sweet, caramelized flavor that we love. It's just right with hands-free roasted root vegetables and a refreshing cucumber salad.

30 *Minutes to the Table*

20 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet
Baking Sheet
Mixing Bowl

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Beets & Parsnips
Cucumber Salad
Sour Cream Dressing
Salmon
Honey Glaze

Good to Know

If you ordered the **Carb Conscious version**, we sent you cauliflower instead of the Beets & Parsnips reducing the **carbs per serving to 34g**. In step 2, cook the cauliflower according to those directions, except reduce the cooking time to 8 to 10 minutes.

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

Health snapshot per serving –540 Calories, 24g Fat, 38g Protein, 46g Carbs, 10 Freestyle Points.

Cooking dairy free? We've left the sour cream out of your dressing. Toss it with 3 Tbsp olive oil instead.

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, Beets, Parsnips, Cucumbers, Radish, Red Onion, Honey, Sour Cream, Mustard, Olive Oil, Horseradish, Dill, Balsamic Vinegar.

meez meals

1. Getting Started

Preheat oven to 425.

2. Roast the Vegetables

Toss the **Beets & Parsnips** with a drizzle of olive oil, salt and pepper and arrange in a single layer on a baking sheet. Cook until the vegetables are tender and start to brown, about 16 to 18 minutes. Remove from the oven and set aside.

3. Make the Cucumber Salad

While the Beets & Parsnips are roasting, combine the **Cucumber Salad** with the **Sour Cream Dressing** in a mixing bowl, toss and place in the refrigerator until ready to serve.

4. Cook the Salmon

Dry the **Salmon** and place in a Ziplock bag or small bowl. Pour half of the **Honey Glaze** into the ziplock bag and let marinate for at least 5 minutes.

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

Cook the salmon until the bottom has a golden sear, about 3 minutes. Flip and cook until the other side also turns golden brown, another 3 minutes. Reduce the heat to medium and add the remaining glaze and cook for 1 to 2 additional minutes, frequently spooning the glaze over the top of the salmon as boils and thickens.

Turn off the heat and remove the salmon from the skillet – leaving the glaze - and set aside.

5. Put It All Together

Serve the salmon on top of the Beets & Parsnips and top with the glaze left in the skillet. Serve the cucumber salad on the side and enjoy!

Save the remaining 1/2 of the honey glaze not used to marinate the salmon for the final section of step 4

Soak the skillet in water right away so the glaze doesn't get stuck on.

Instructions for two servings.

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

Sweet & Sour Tofu Over Sesame Noodles

Sweet and Sour might be the world's favorite stir fry sauce. Soy, brown sugar, pineapple, and spices come together magically with seared peppers and onions, tofu and noodles, then serving it topped with caramelized pineapple. It's a delicious dinner we can't get enough of.

25 Minutes to the Table

25 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Saucepan
Large Skillet

FROM YOUR

PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Tofu
Pineapple Rings
Peppers &
Onions
Somen Noodles
Sweet & Sour
Sauce
Herbs & Sesame
Seeds

Add Protein Cooking Instructions

Integrate into recipe: Prior to step 2, cook the protein (per instructions below) and then slice into strips (*flake the salmon, leave shrimp whole*) and stir into the sauce in step 6.

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

For **Carb Conscious**, we sent you broccoli instead of noodles, reducing the total carbs to **35g per serving**. Before step 4, heat 1 Tbsp olive oil in a large skillet over high heat. When the oil is hot, add the broccoli and cook until it starts to char, about 2 to 3 minutes. Transfer directly to serving plates.

For **gluten-free**, cook rice noodles until tender, about 5 minutes, drain and rinse under cold water.

Health snapshot per serving – 621 Calories, 33g Protein, 14g Fat, 92g Carbs, 12 Freestyle Points.

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



INGREDIENTS: Tofu, Somen Noodles, Pineapple, Bell Peppers, Red Onion, Tomato, Ketchup, Sesame Seeds, Garlic, Basil, Mint, Red Wine Vinegar, Tamari, Brown Sugar.

meez meals

1. **Get Organized**

Bring a saucepan of water to boil with a few pinches of salt.

2. **Prepare the Tofu**

Heat 2 Tbsp of olive oil in the skillet over medium high heat. When the oil is hot, add the **Tofu** and cook until one side browns, about 3 to 4 minutes. Flip and cook until the other side is brown, an additional 3 to 4 minutes. Remove from the skillet and set aside. Do not wipe out the pan.

3. **Make the Pineapple Ring**

Pat dry the **Pineapple Rings**, then arrange in a single layer in the now empty skillet over medium high heat. Cook until the pineapple starts to brown and caramelize, about 3 minutes. Flip and cook until the other side starts to brown and caramelize, about another 2 minutes. (It is ok if ring breaks, you just want the pineapple to be seared on 2 sides.) Remove from the skillet and set aside. Do not wipe out the pan.

4. **Sauté the Veggies**

Turn the heat to high, add 1 Tbsp olive oil to the now empty skillet. When the oil is hot, add the **Peppers & Onions** with a light sprinkle of salt and pepper. Cook until the peppers start to char, about 2 to 3 minutes. Remove from the skillet and set aside. Do not wipe out the pan.

5. **Cook the Noodles**

Add the **Somen Noodles** to the boiling water and cook until al dente, about 3 minutes. Drain the noodles really well, return to the saucepan, and cover.

6. **Make the Sauce**

While the noodles are cooking, add the **Sweet & Sour Sauce** to the now empty skillet and bring it to a boil. Cook until the sauce starts to thicken and coats the back of a spoon, about 2 minutes. Stir in the tofu and the veggies and cook until they are warm, about 1 minute.

7. **Put It All Together**

Serve the tofu, veggies, and sauce over the noodles. Top with **Herbs & Sesame Seeds**, and cooked pineapple. Enjoy!

Instructions for two servings.

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

Indian Butter Chicken

Tender chicken cooked up in a creamy tomato sauce with just the right blend of Indian spices and sweet butter. We're serving this classic recipe with roasted cauliflower.

25 *Minutes to the Table*

25 *Minutes Hands On*

2 Whisk *Easy*

Getting Organized

EQUIPMENT

- 2 Large Skillets
- Sheet Pan

FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper

6 MEEZ CONTAINERS

- Cauliflower
- Chicken
- Tomato Cream Sauce
- Spiced Butter
- Spinach
- Cashew

Good to Know

Butter chicken originated in Delhi, sometime during the 1950s. Today it can be found in all over the world.

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 – 840 Calories, 53g Protein, 60g Fat, 28g Carbs, 24 Freestyle Points.

Lighten-Up snapshot per serving – 670 Calories, 43g Fat, 23g Carbs, 17 Freestyle Points using half the butter and half the nuts.

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, Cauliflower, Tomato, Cream, Cashew, Butter, Cilantro, Garlic, Ginger, Garam Masala, Cayenne Pepper, Turmeric, Coriander, Lime, Sugar.

meez*meals*

1. Roast the Cauliflower

Preheat oven to 425. Spread the **Cauliflower** on a baking sheet in a single layer and drizzle with olive oil, salt and pepper. Cook until it starts to brown, about 15 to 17 minutes. Remove from oven and set aside.

2. Cook the Chicken

While the cauliflower is roasting, dry the **Chicken** with a paper towel and lightly salt and pepper. Heat 1 Tbsp olive oil in a large skillet over medium-high heat. When the oil is hot, add the chicken and cook until the bottom is crisp and brown, 3 to 4 minutes. Turn the chicken and cook for another 3 to 4 minutes, until the other side is brown as well.

Remove from the heat and place on a cutting board. Once the chicken has rested for 5 minutes, use a sharp knife to cut the chicken breast evenly into ½" cubes and set aside. Do not wipe out the pan.

3. Make the Indian Butter Sauce

Bring the **Tomato Cream Sauce** to a boil in the now-empty skillet over medium-high heat. Reduce the heat to medium and simmer, uncovered until the sauce thickens slightly, about 5 minutes. Add ¾ of the **Spiced Butter** and stir until melted, then turn off the heat. Add the cubed chicken and stir to coat.

4. Cook the Spinach

While the sauce is cooking, heat 1 Tbsp olive oil in a separate skillet on medium-high heat. When the oil is hot, add the **Spinach** and cook until it wilts, about 3 to 4 minutes. Add the remaining Spiced Butter to the pan and cook until the butter is melted, and the spinach is coated. Remove from the heat and place directly on serving plates.

5. Put It All Together

Top the spinach with the chicken and **Cashews**. Serve the roasted cauliflower along the edges of the plate and drizzle sauce from the pan over top of the entire dish. Enjoy!

The spinach is bulky when uncooked but will reduce once wilted so you may need to add it a bit at a time.

Instructions for two servings.

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

= Queso Fiesta Casserole

Love nachos? Get ready for a new favorite. We're making a nacho casserole with tortilla chips, two types of cheese, a lime crema, and a healthy dose of veggies to make a fun casserole that's naturally low in calories. Did we mention it's just one pan and ten minutes hands-on cooking?

Getting Organized

EQUIPMENT

Large Casserole
Dish

FROM YOUR PANTRY

Olive Oil
Salt and Pepper

6 MEEZ CONTAINERS

Sweet Potatoes
Peppers, Corn &
Beans
Enchilada Sauce
Mexican Cheese
Tortilla Chips
Cilantro Lime
Crema

Add Protein Cooking Instructions

Integrate into recipe: While the casserole is baking in step 4, cook the protein (per instructions below) and serve alongside the casserole.

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 – 440 Calories, 16g Protein,
18g Fat, 57g Carbs, 12 Freestyle Points.

45 Minutes to the Table

10 Minutes Hands On

1 Whisk Super-Easy

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



INGREDIENTS: Sweet Potato, Bell Peppers, Corn, Onion, Black Beans, Tortilla Chips, Monterey Jack, Provolone,
Sour Cream, Enchilada Sauce, Cilantro, Lime, Garlic, Cumin, Coriander, Oregano.

meez meals

1. Getting Organized

Preheat oven to 425 degrees.

2. Roast the Sweet Potatoes

Place the **Sweet Potatoes** in a casserole dish and drizzle with olive, oil salt and pepper. Toss then arrange in a single layer and bake until the edges are golden brown and the sweet potatoes are almost fork tender, about 20 minutes, stirring once halfway through.

3. Create the Casserole and Bake

Transfer half of the cooked sweet potatoes to a plate or bowl and arrange the remaining potatoes in a single layer. Top with half the **Peppers, Corn & Beans**, followed by half the **Enchilada Sauce** and one-third of the **Mexican Cheese**. Spread each layer edge-to-edge as best you can. Create additional layers as follows:

- Remaining cooked sweet potatoes
- Remaining peppers, corn & beans
- Remaining enchilada sauce
- Half of the remaining cheese (one-third of the total cheese provided)

Bake until the cheese is fully melted, about 10 minutes.

4. Top with Chips and Cheese and Finish Baking

Top the casserole with the **Tortilla Chips** and remaining cheese. Bake until the cheese is brown and bubbly, about 10 additional minutes. Remove from oven and let cool for at least 5 minutes. Serve topped with the **Cilantro Lime Crema**. Enjoy!

Instructions for two servings.

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