**Massaman Steak Curry**

- **Getting Started**: Put a saucepan of water on to boil.
- **From Your Pantry**: For extra flavor, add water to the pan with the peppers and almonds.

**Honey-Glazed Salmon**

- **Getting Started**: Preheat your oven to 425.
- **From your Pantry**: You’ll need olive oil, eggs, and salt and pepper.

**Udon Noodle Salad with Sriracha Roasted Brussels Sprouts**

- **Getting Started**: Preheat your oven to 450 and put a saucepan of water on to boil.

**Chicken Bahn Mi**

- **Getting Started**: Heat 1 Tbsp of olive oil in a large skillet.
- **From Your Pantry**: You’ll need a little oil, salt and pepper.

**Rotini Di Modena with Chicken and Spinach**

- **Getting Started**: Put a saucepan of water on to boil.
- **From Your Pantry**: Turn leftovers into a pasta frittata, or just bake with cheese!
<table>
<thead>
<tr>
<th>Dish</th>
<th>Time to Table</th>
<th>Hands On</th>
<th>Whisk</th>
<th>Difficulty</th>
</tr>
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<tbody>
<tr>
<td><strong>Italian Chicken and Sausage Pot Pie</strong></td>
<td>50 Min</td>
<td>20 Min</td>
<td>1 Whisk</td>
<td>Super Easy</td>
</tr>
<tr>
<td><strong>Aragula and Cherry Tomato Pizza</strong></td>
<td>15 Min</td>
<td>40 Min</td>
<td>1 Whisk</td>
<td>Super Easy</td>
</tr>
<tr>
<td><strong>Southwestern Tortilla Stew</strong></td>
<td>30 Min</td>
<td>15 Min</td>
<td>1 Whisk</td>
<td>Super Easy</td>
</tr>
<tr>
<td><strong>Miso Noodle Soup</strong></td>
<td>25 Min</td>
<td>15 Min</td>
<td>1 Whisk</td>
<td>Super Easy</td>
</tr>
<tr>
<td><strong>Zucchini and Squash Lasagna</strong></td>
<td>10 Min</td>
<td>40 Min</td>
<td>1 Whisk</td>
<td>Super Easy</td>
</tr>
<tr>
<td><strong>Thai Basil Shrimp Fried Rice</strong></td>
<td>30 Min</td>
<td>30 Min</td>
<td>2 Whisks</td>
<td>Super Easy</td>
</tr>
</tbody>
</table>

**Getting Started**
- Preheat your oven to 400.
- Preheat your oven to 450.
- Preheat your oven to 350.

**From Your Pantry**
- You will need 1 Tbsp of flour, butter, salt and pepper.
- You will need flour, olive oil, salt and pepper.
- Chicken is a classic addition.
- You’ll need olive oil, salt and pepper.
- You’ll need olive oil.
- You’ll need olive oil, eggs, salt and pepper.

**Meal Tip**
- Add Sriracha or Gochujang to this soup to spice it up.
- Bake this meal ahead of time, then just heat and serve.
- Use enough water to completely submerge the rice.
- Put a saucepan of water on to boil.
- You need a saucepan of water to boil.
- You need a saucepan of water to boil.
<table>
<thead>
<tr>
<th>Recipe</th>
<th>Calories</th>
<th>Protein (grams)</th>
<th>Fat (grams)</th>
<th>Carbs (grams)</th>
<th>Fiber (grams)</th>
<th>Sodium (milligrams)</th>
<th>Smart Points (percent of recommended daily)</th>
<th>Key Vitamins/Minerals (percent of recommended daily)</th>
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<tr>
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<tr>
<td>Massaman Steak Curry (1/2 rice &amp; sauce)</td>
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<td>19</td>
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<td>Smart Points</td>
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</tbody>
</table>

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

These are our best estimates for a single serving based on the recipes as written. The actual nutritional information may vary a bit. And, of course, if you have leftovers, the actual numbers will be lower.
**Arugula and Cherry Tomato Pizza**

Sophisticated comfort food cooked up in your own kitchen. With a ricotta and pecorino cream sauce, roasted fennel and leeks, cherry tomatoes, fresh arugula, and a pomegranate glaze, it’s heaven on a plate.

**INGREDIENTS:** Pizza dough, Tomatoes, Baby Arugula, Leeks, Fennel, Cream, Ricotta, Pecorino Romano, Basil, Pomegranate, Lime, Brown Sugar.

**Getting Organized**

**EQUIPMENT**
- 2 Rimmed Baking Sheets
- Zip lock bag

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

**6 MEEZ CONTAINERS**
- Pizza Dough
- Tomatoes
- Leeks & Fennel
- Pecorino & Ricotta Sauce
- Arugula
- Pomegranate Glaze

**Make The Meal Your Own**

**As soon as you think about dinner** – Take the pizza dough out of the refrigerator so it can warm up.

**Good To Know**

**Health snapshot per serving** – 540 Calories, 26g Fat, 65g Carbs, 14g Protein, 18 Freestyle Points

**Have questions?** The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.
1. **Getting Organized**  
   Preheat your oven to 450 and take the *Pizza Dough* out of the refrigerator.

2. **Roast the Veggies**  
   Place the *Tomatoes* in a zip lock bag and, using your hands, squish until each tomato has burst. Arrange the tomatoes in a single layer on one half of a rimmed baking sheet. Add the *Leeks & Fennel* (the vegetables in the sealed bag that doesn’t have the twist tie) to the other half of the baking sheet, keeping them separate from the tomatoes. Drizzle everything with olive oil, sprinkle with salt and pepper, and bake until the leeks and fennel just begin to crisp around the edges, about 8 to 10 minutes, stirring once about halfway through cooking (but continue to keep the tomatoes separate).

3. **Assemble the Pizza**  
   While the veggies are cooking, shape the dough. Sprinkle your counter with a little flour and stretch the dough until it’s about ¼” thick. Transfer the dough to a lightly floured second baking sheet. Spread the *Pecorino & Ricotta Sauce* over the dough leaving about ½” along the edges. Top with the tomatoes and then the roasted Leeks & Fennel.

4. **Bake and Finish**  
   Place the pizza in the oven for 15 minutes. While it is baking, add ½ Tbsp olive oil and a sprinkle of salt and pepper to the bag containing the *Arugula* (the one with the twist tie) and toss well. After the pizza has been baking for 15 minutes, top with the arugula and continue cooking until the crust is golden, about an additional 5 to 7 minutes. Let the pizza cool for at least 5 minutes.

   Drizzle with the *Pomegranate Glaze* and enjoy!

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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.


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

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

Health snapshot per serving – 620 Calories, 24g Fat, 39g Protein, 68g Carbs, 22 Smart 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.
1. **Getting Started**  
   Preheat oven to 425.

2. **Roast the Brussels**  
   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 20 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 2/3 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. Add the remaining glaze and cook for one additional minute, 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!

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois
Miso Noodle Soup

Classic and delicious. This week we’re cooking up a traditional miso soup with somen noodles, bok choy, shiitake mushrooms and organic non-GMO tofu. It’s fresh, simple and super delicious.

Getting Organized

EQUIPMENT

- Saucepan
- Large Saucepan

FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper

6 MEEZ CONTAINERS

- Somen Noodles
- Vegetable Broth Starter
- Bok Choy
- Tofu
- Shiitake Mushrooms
- Green Onion

Make the Meal Your Own

If you’re cooking the **carb conscious version**, we sent you parsnip “noodles” for somen noodles, reducing the **carbs per serving** to 27g. Bring a saucepan of water to a boil over high heat. Add the Parsnip Noodles to the boiling water and cook for 3 minutes. Turn off the heat and let the parsnip noodles sit in the water until Step 3. Place the noodles in a colander, drain well and put directly into a bowl.

If you’re cooking with the **Gluten Free** Glass Noodles, follow these directions:

Set a saucepan of water to boil. You will need to boil enough water to completely submerge the glass noodles. Place the Glass Noodles in a mixing bowl large enough for them to lay flat on the bottom. When the water is boiling, carefully pour the water over the glass noodles until they are completely submerged. Let the noodles soak for 2 to 3 minutes until they are soft. Remove the noodles from the hot water, place in a colander, Drain the noodles very well.

Good to Know

**Health snapshot per serving** – 265 Calories, 15g Protein, 6g Fat, 52g Carb, 4 Freestyle Points.

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

INGREDIENTS: Organic non-GMO Tofu, Somen Noodle, Shiitake Mushroom, Bok Choy, Green Onion, Miso, Garlic, Ginger, Tamari, Lemongrass, Vegetable Broth,
1. **Prepare the Noodles**
   Bring a saucepan of water to a boil over high heat. Add the *Somen Noodles* to the boiling water and cook for 3 minutes. Place the noodles in a colander and rinse thoroughly with hot water. Drain well.

2. **Prepare the Soup**
   While the water for the noodles is coming to a boil, heat 2 cups of water and the *Vegetable Broth Starter*, in a large saucepan over high heat. Cover and bring to a boil.

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

   Once the soup is boiling, add the, *Tofu*, sliced *Shitake Mushrooms*, and sliced bok choy.
   Reduce the heat to low, cover and simmer until the bok choy and mushrooms are soft, about 5 minutes. Remove from the heat.

3. **Put It All Together**
   Serve the soup on top of the noodles and top with the *Green Onion*. Enjoy!

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Instructions for two servings.
*Meez Meals* *1459 N. Elmwood Avenue* *Evanston* *Illinois*
Rotini di Modena with Chicken & Spinach

This gem starts with a creamy balsamic sauce members have gone wild for. Paired with juicy chicken breast, sautéed spinach and rotini pasta, it’s a speedy recipe the family will love.

INGREDIENTS:
Free-Range Chicken Breast, Grape Tomatoes, Whole Grain Rotini Pasta, Spinach, Heavy Cream, Goat Cheese, Balsamic Vinegar, Brown Sugar, Concentrated Vegetable Stock, Garlic, Herbs

_____

Make The Meal Your Own

This dish tastes just as great cold as it does hot, so it’s perfect as a make-ahead dinner or a quick pack-and-go lunch.

**Leftovers Tip** – Toss your leftovers in a small casserole dish, top with shredded cheese (Chef Max recommends mozzarella) and bake until the pasta is hot and the cheese is melted, about 10 to 15 minutes.

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**

If you’re making the gluten-free version, we sent you gluten-free pasta.

Be sure to generously season your chicken with salt and pepper before cooking. Chef Max recommends using ⅛ tsp of each.

**Health snapshot per serving** – 680 Calories, 27g Fat, 64g Protein, 49g Carbs, 19 Smart Points

**Lightened up snapshot** - 500 Calories, 9g Fat, 11 Smart Points with half the balsamic cream sauce.

Have questions? The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.
1. **Getting Organized**
   Put a saucepan of water on to boil.

2. **Cook the Pasta**
   Add the Rotini Pasta to the boiling water. Cook until al dente, about 7 to 9 minutes, drain and return to the saucepan. Combine the warm, cooked pasta with the Spinach in the saucepan.

3. **Prep the Chicken**
   While the pasta is cooking, pat the Chicken Breast dry with a towel. Place the chicken on a cutting board. Using a sharp knife, cut the chicken breast lengthwise into long strips, about ¼” wide. Rotate the chicken breast 90 degrees and then cut across to create small, even cubes of chicken.

   Once the chicken is cut, generously sprinkle with salt and pepper (we use ¼ tsp salt and ¼ tsp pepper, so use about half per side, or more if you like).

4. **Cook the Chicken and Tomatoes**
   Heat 1 ½ Tbsp olive oil in a deep skillet (or large saucepan) over high heat. When the oil is smoking, add the Chicken Breast and Tomatoes. Cook until the chicken is browned on one side, about 4 minutes, and then stir. Continue sautéing until chicken is fully cooked, about 3 to 4 more minutes. Add the Balsamic Cream and bring to a boil. Turn off the heat. Season with salt and pepper to taste. Remove to a mixing bowl.

5. **Put It All Together**
   Serve pasta with Goat Cheese crumbled on top. Enjoy!

   Add the tomatoes and chicken gently; the oil will be extremely hot and you want to avoid splashes.

*Love this recipe? #meezmagic*

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

We think of Massaman curry as a tasty blend of Thai and Indian flavors. With cardamom, cinnamon, cloves, and cumin (to name a few of the spices), it’s heavily influenced Indian curries, yet still distinctly Thai. This week we’re tossing it with peppers, almonds and sirloin steak for a dinner the whole family will love.

Getting Organized

EQUIPMENT
- Two Saucepans
- Large Skillet

FROM YOUR PANTRY
- Olive Oil
- Salt & Pepper

5 MEEZ CONTAINERS
- Jasmine Rice
- Massaman Curry Sauce
- Steak
- Peppers & Almonds
- Herbs & Coconut

Make The Meal Your Own

For extra rich beef flavor, add 2 Tbsp water to the skillet with the peppers and almonds as soon as they are done cooking. Using a spatula, give everything a good stir, scraping all the flavorful bits off the bottom of the pan.

It’s important to let the steaks rest to keep them tender and juicy. Give them at least 3 to 5 minutes off the heat before you slice and serve.

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 – 730 Calories, 40g Protein, 37g Fat, 65g Carbs, 24 Smart Points

Lightened up snapshot – 540 Calories, 28g Fat, 39g Carbs and 17 Smart Points if you use 1/2 the rice and sauce.

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

INGREDIENTS: Coconut Milk, Steak, Jasmine Rice, Bell Peppers, Red Onion, Almonds, Rice Wine Vinegar, Brown Sugar, Tamari, Lime Juice, Coconut, Massaman Curry Paste, Ginger, Cilantro, Basil, Garlic

meez meals
1. **Get Organized**
   Bring water to a boil in a large saucepan.

2. **Cook the Rice**
   Add the *Jasmine Rice* to the boiling water with a pinch of salt and boil uncovered until desired texture, about 12 to 15 minutes. Remove from heat, drain, return rice to pot and set aside.

3. **Heat the Sauce**
   While the rice is cooking, pour the *Massaman Curry Sauce* into a small saucepan. Simmer the over medium-low heat until rapidly bubbling and slightly thickened, about 12 to 15 minutes.

4. **Cook the Steak**
   Heat 1 Tbsp of oil in a skillet over high heat. While the skillet is heating, pat the *Steaks* dry with a towel and season generously with salt and pepper (we recommend ½ tsp of each). When the skillet is very hot, add the steaks.

   Cook until the bottoms brown & sides start to color, about 3 minutes. Flip and continue cooking for 3 minutes if you prefer your steak medium-rare. (Cook for 4 minutes for medium, and 5 to 6 for well done). Set aside to rest for 5 min.

   Once 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).

5. **Cook the Vegetables**
   Heat 1 Tbsp oil in the now-empty skillet over high heat. When the oil is hot, add the *Peppers & Almonds* and cook, stirring constantly, until the onions are translucent and the peppers are starting to brown on the edges, about 4 to 6 minutes.

6. **Put It All Together**
   Serve the rice topped with sliced steak and peppers. Spoon the curry sauce over the top the garnish with the *Herbs & Coconut*.

Instructions for two servings.
Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois
**Udon Noodle Salad with Sriracha Roasted Brussels Sprouts**

Asian flavors bring out the best in Brussels sprouts. Especially when you roast them with our sweet and spicy sriracha sauce, which gives them a magical flavor we just can’t resist. Paired with organic tofu, udon noodles and roasted peanuts, it’s just as delicious hot as it is cold.

**Getting Organized**

**EQUIPMENT**
- Saucepan
- Rimmed Baking Sheet
- Large Mixing Bowl

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

6 MEEZ CONTAINERS
- Brussels Sprouts
- Tofu
- Udon Noodles
- Soy Lime Sauce
- Sriracha
- Peanuts

**Make the Meal Your Own**

If you ordered the **carb conscious version**, you received zucchini “noodles” instead of udon noodles, reducing the **carbs per serving to 37g**. In step 2., heat 1 Tbsp olive oil in a large skillet over high heat. Dry the Zucchini Noodles with a paper towel. When the oil is very hot, place the zucchini noodles in the pan in a single layer spread evenly across the entire skillet. Lightly salt and pepper. Cook, without stirring, until the zucchini noodles are slightly charred, 2 to 3 minutes. Remove from the pan and put directly into bowl.

We love to eat this as a **cold noodle salad**, but if you want to eat right away, it’s just as delicious served hot.

**Cooking with a picky eater?** Keep the ingredients separate and let everyone create their own bowl.

**Good To Know**

If you’re making the **gluten-free version**, we’ve sent you rice noodles instead. Cook until tender, about 7 minutes, then drain and rinse under cold water.

**Health snapshot per serving** – 565 Calories, 19g Fat, 39g Protein, 65g Carbs, 15 Smart Points

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

**INGREDIENTS:** Brussels Sprouts, Tofu, Udon Noodles, Lime, Tamari Sauce, Brown Sugar, Sriracha, Peanuts

**30 Minutes to the Table**
**10 Minutes Hands On**
**1 Whisk** Super Easy
1. **Getting Organized**
   Preheat your oven to 450 and put a saucepan of water on to boil.

2. **Roast the Brussels Sprouts & Bake the Tofu**
   Put the *Brussels Sprouts* on a rimmed baking sheet. Drizzle with olive oil, then arrange in a single layer. Bake for 15 minutes and then add the *Tofu* to the baking sheet. Cook until the Brussels sprouts are brown in places, about 10 additional minutes.

3. **Cook the Udon**
   While the Brussels and tofu are cooking, add the *Udon Noodles* to the boiling water and cook until just soft, about 7 to 10 minutes. Drain.

4. **Put It All Together**
   Put the *Soy Lime Sauce* into a large mixing bowl with 1 to 2 Tbsp olive oil. Stir to combine and then add *Sriracha* to taste. Toss with the sprouts and tofu when they come out of the oven.

   Chill the udon noodle salad until ready to eat. Season with salt and pepper to taste and serve topped with *Peanuts*. Enjoy!

*Love this recipe? #meezmagic*

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Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois
**Italian Chicken and Sausage Pot Pie**

When we’re craving comfort food, pot pies are at the top of our favorites list. With a flaky pie crust and hands-free oven cooking, they’re a dinner everyone can get excited about. This week we’re putting an Italian spin on a classic with Italian-tomato sauce, cage-free chicken, sausage, and peppers and onions, all baked under an irresistible pie crust. Yum!

**Getting Organized**

**EQUIPMENT**
- Large Skillet
- Loaf Pan or Casserole Dish

**FROM YOUR PANTRY**
- Olive Oil or Butter
- 1 Tbsp of Flour
- Salt & Pepper

6 MEEZ CONTAINERS
- Chicken Breast
- Peppers and Onions
- Tomato and Herb Sauce
- Italian Sausage
- Mozzarella Cheese
- Pie Crust

**Make The Meal Your Own**

If you ordered the **carb conscious version**, you received cauliflower instead of the pie crust reducing the **carbs per serving to 29g**. After the chicken is cooked in step 2, don’t wipe out the pan and cook the cauliflower on medium high heat until it starts to brown about 2 to 3 minutes. Remove from the pan and mix with ½ the cheese. Use the cauliflower & cheese mixture to top the pie instead of the pie crust in step 4.

**This is a great make-ahead dinner.** Cook the filling a day ahead. When you’re ready to eat, just top with the pie dough and bake 20 to 25 minutes in a 400-degree oven.

**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 or through intramuscular injection…ever.

**Good To Know**

**Health snapshot per serving** – 995 Calories, 61g Protein, 58g Fat, 57g Carbs, 32 Smart Points

**Lightened up snapshot** – 757 Calories, 39g Fat and 23 Smart points using ½ the pie crust and ½ cheese.

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

**INGREDIENTS:** Cage-Free Chicken Breast, Italian Sausage, Tomatoes, Green and Red Peppers, Onion, Pie Crust, Mozzarella, White Wine, Cream, Garlic, Flour, Herbs and Spices
1. **Getting Organized**
   Preheat your oven to 400.

2. **Prep the Chicken & Sausage**
   Generously sprinkle **Chicken Breast** with salt and pepper (we use ¼ tsp salt and ¼ tsp pepper, so use about half per side, or more if you like).

   Heat a large skillet with 1 Tbsp of olive oil on medium-high heat. Add the chicken to the pan and cook for 2 minutes, until it is just slightly crisp and brown. Turn the chicken over and cook for another 2 minutes. Remove from heat and place on a cutting board. Cut the breast lengthwise into long strips, about ¼" to ½" wide. Rotate the strips 90 degrees and then cut across to create small, even cubes.

   Cut the **Italian Sausage** in half lengthwise. Take each half and cut ¼ inch wide slices, forming half-moons.

3. **Make the Filling**
   Heat 2 Tbsp of oil or butter in the now-empty large skillet over medium-high heat. Add the **Peppers and Onions** and cook until well browned, about 7 to 10 minutes. Add 1 Tbsp of flour and cook for one minute while stirring and distributing the flour evenly around the pan.

   Add the **Tomato and Herb Sauce** and stir, scraping the browned bits off the bottom of the pan for about 1 minute. Reduce heat to low and simmer until it thickens to the consistency of gravy, about 5 minutes. Remove from heat. To the skillet, add the **Mozzarella Cheese**, chicken breast cubes, and Italian sausage half-moons and mix all the ingredients together.

4. **Bake the Pot Pie**
   Transfer contents of the skillet to a loaf pan (or, if you prefer, a casserole dish), top with the **Pie Crust** and bake until crust is golden brown and flaky, about 20 to 25 minutes. Let cool slightly before serving. Enjoy!

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Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois
Chicken Bahn Mi

Are you hooked on Bahn Mi yet? These Vietnamese sandwiches are the perfect marriage of French and Vietnamese flavors. With tender chicken breast, pickled vegetables and a sweet Sriracha aioli served sandwich style, it’s comfort food with a twist. We’re serving ours with a Vietnamese Broccoli Slaw that had the test kitchen asking for seconds.

Getting Organized

EQUIPMENT
Large Skillet
Mixing Bowl

FROM YOUR PANTRY
Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS
Chicken Breast
Broccoli Slaw
Bahn Mi Sauce
Pickled Vegetables
French Roll
Carrots and Cucumbers

Make The Meal Your Own

If you’re cooking with kids, cut a portion of the roll for them and let them have fun filling in the ingredients.

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 – 525 Calories, 10g Fat, 63g Protein, 48g Carbs, 11 Smart Points

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

INGREDIENTS: Chicken, French Roll, Broccoli, Carrots, Red Onion, Cucumber, Jalapeño, Daikon Radish, Cilantro, Mayonnaise, Sriracha, Lime, Rice Wine Vinegar, Sugar, Kosher Salt
1. **Cook the Chicken**
   Heat a large skillet with 1 Tbsp of olive oil on medium-high heat. Add the **Chicken** to the pan and cook for 3 to 4 minutes, until the chicken is crisp and brown. Turn the chicken over and cook for another 3 to 4 minutes, until this side is brown as well.

   Remove from 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 strips, about ¼” to ½” wide and set aside.

2. **Make the Broccoli Slaw**
   While the chicken is resting, place the **Broccoli Slaw** in a mixing bowl. Add 3 Tbsps of the **Bahn Mi Sauce** and 1 Tbsp of the liquid only from **Pickled Vegetable**. Mix thoroughly and salt and pepper to taste.

3. **Build Your Bahn Mi**
   Open up the **French Roll** and generously spread the Bahn Mi sauce on the top and bottom of the bread. Add sliced chicken, then top with **Cucumbers & Carrots** and the pickled vegetables. Drizzle a bit more Bahn Mi sauce on top.

4. **Put it All Together**
   Serve the Bahn Mi, cut in half, alongside the broccoli slaw and enjoy!

   To make your coleslaw extra creamy, add more Bahn Mi sauce. To thin it out, add additional liquid from the pickled vegetables.
Zucchini and Squash Lasagna

Classic lasagna with a carb-conscious spin. We’re using zucchini and squash in place of noodles, layered between a classic Italian marinara and plenty of mozzarella, Parmesan, basil and ricotta. It’s a family-friendly dinner that’s on the table with just ten minutes of hands-on cooking.

Getting Organized

EQUIPMENT
- Large Casserole Dish

FROM YOUR PANTRY
- Olive Oil
- Zucchini & Squash
- Italian Cheese & Basil
- Tomato Sauce
- Seasoned Onions

Make the Meal Your Own

Want to get a jump on dinner? Bake the lasagna for 20 minutes ahead of time, then put it in the oven for a final 10 to 15 minutes when you’re ready to eat.

Family favorite!

Good to Know

Health snapshot per serving – 640 Calories, 54g Protein, 34g Fat, 17 Freestyle Points.

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

2. Layer the Lasagna
   Lightly brush an oven-safe casserole dish with olive oil or cooking spray.

   In a large mixing bowl, combine the Tomato Sauce and Seasoned Onions.

   Layer half of the Zucchini & Squash into your casserole dish, spreading out as evenly as possible. Sprinkle one-third of the Italian Cheese & Basil on top.

   Pour half of the tomato sauce mix on top of the cheese & basil.

   Next, layer the remaining zucchini & squash, followed by half of the remaining cheese & basil.

   Lastly, spread the remaining tomato sauce and top with the rest of the cheese.

3. Bake and Serve
   Bake until the cheese is brown and bubbly, 25 to 35 minutes. Let rest for 5 to 7 minutes. Serve and enjoy!
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.

Getting Organized

EQUIPMENT
Large Saucepan

FROM YOUR PANTRY
Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS
Onions & Garlic
Sweet Potatoes
Tomatoes & Beans
Corn Tortilla
Cheddar Cheese

Make The Meal Your Own

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.

Omnivore’s Option – Turn this into a classic tortilla stew with the addition of chicken. Use leftovers or chopped rotisserie chicken and add it with the tomato and beans.

Good To Know

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

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

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. **Toast 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.

5. **Put It All Together**
   Serve the stew topped with **Cheddar Cheese** and the remaining crispy tortilla strips. Enjoy!

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*Love this recipe? Meezmagia*

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Instructions for two servings.
Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois
Thai Basil Shrimp Fried Rice

You asked for it, we created it. Thai Fried Rice with just the right blend of basil, lime, ginger and lemongrass. With plenty of veggies, omega-3 rich shrimp, and cashews on top, it’s a dinner that’s long on flavor.

Getting Organized

EQUIPMENT
   Large Skillet

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

6 MEEZ CONTAINERS
   Shrimp
   Thai Basil Marinade
   Cashews
   Jasmine Rice
   Green Beans & Cabbage
   Cilantro & Green Onions

Make the Meal Your Own

If you ordered the carb conscious version, you received cauliflower “rice” instead of the jasmine rice, reducing the carbs per serving to 35g. Eliminate step 2 and before step 5, heat 1 Tbsp olive oil in a large skillet and add the cauliflower. Sauté until it starts to brown, about 2 to 3 minutes then add the egg/veggie mixture and continue with the remainder of the instructions.

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 – 520 Calories, 41g Protein, 20g Fat, 47g Carbs, 9 Freestyle Points

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

1. **Getting Organized**  
   Put a saucepan of water to boil over high heat. Pat the **Shrimp** dry and place in a bowl along with half the **Thai Basil Marinade** and let sit for at least 5 minutes. While still inside the sealed bag use a mallet or small pan to crush the **Cashews**.

2. **Cook the Rice**  
   Add the **Jasmine Rice** to the boiling water with a pinch of salt and boil uncovered until desired texture, about 12 to 15 minutes. Drain well and return rice to the pot and set aside until step 4.

3. **Cook the Shrimp**  
   While the rice is cooking, heat 1 Tbsp olive oil in the skillet over medium-high heat. When the oil is hot, use a slotted spoon to remove the shrimp from the marinade, and let the excess marinade drip off. Cook for a minute on each side until the shrimp are opaque and no longer grey in color. Transfer the cooked shrimp to a cutting board and discard the marinade used for the shrimp. After the shrimp have rested for 5 minutes, cut each piece into thirds.

4. **Sauté the Veggies**  
   Wipe out the now-empty skillet and heat 1 Tbsp olive oil over high heat. When the oil is hot, add the **Green Beans & Cabbage** and cook until they start to brown, 2 to 3 minutes. While they are cooking, scramble two eggs in a small bowl. Push the veggies to the outer edges of the skillet to form a ring on the outside and pour the egg in the middle (not on top of the veggies). Add a sprinkle of salt and pepper, and when the egg starts to set, scramble it, then combine with the veggies. Remove from the skillet and set aside.

5. **Put It All Together**  
   Wipe out the now empty skillet and heat 1 ½ Tbsp olive oil over high heat. When the oil is very hot, spread the rice in a single layer and cook, untouched until it starts to sear, about 1 to 2 minutes. Add egg & veggie mixture and remaining Thai Basil Sauce. Cook, stirring continuously, until the sauce is warm. Turn off the heat and stir in the shrimp. Serve topped with the crushed cashews and **Cilantro & Green Onions**. Enjoy!

Instructions for two servings.

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