

## Chicken Bacon Focaccia Club

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

**Getting Started**      Crisp the Bacon.

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

## Bulgogi Tofu Lettuce Cups

**20 Min**  
to Table      **15 Min**  
Hands On      **1 Whisk**  
Super Easy

**Getting Started**      Put a saucepan of  
water on to boil.

**From Your Pantry**      You'll need olive oil.

# Quick Tips



## meez meals

## Chicken Florentine

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

**Getting Started**      Heat olive oil in large  
skillet.

**From your Pantry**      You'll need a little  
salt, pepper and olive  
oil.

## Steak Ranchero with Sweet Potatoes

**30 Min**  
to Table      **30 Min**  
Hands On      **1 Whisk**  
Easy

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

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

## Arugula Pesto Salmon with Parmesan Veggies

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

**Getting Started**      Preheat your oven to  
400.

**From Your Pantry**      You'll need some  
olive oil, butter, salt  
and pepper.

## Southwestern Tortilla Stew

30 Min to Table	15 Min Hands On	1 Whisk Super Easy
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**Getting Started** Preheat your oven to 350.

**Omnivore Option** Chicken is a classic addition.

## Huli Huli Chicken

30 Min to Table	30 Min Hands On	2 Whisks Easy
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**Meal Tip** Cut portion size chicken strips for the kids.

**Getting Started** Set your oven to broil and put 2 cups of water in a saucepan to boil.

**Add Spice** You'll need some olive oil, 1/4 cup flour per serving, salt and pepper

## Moo Shu Tacos with Chicken and Shrimp

30 Min to Table	30 Min Hands On	2 Whisks Easy
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**Getting Started** Preheat your oven to 350.

**From your Pantry** You'll need olive oil, eggs, and salt and pepper.

## Mushroom Rigatoni with Parmesan Goat Cheese

15 Min to Table	15 Min Hands On	1 Whisk Easy
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15 Min to Table	15 Min Hands On	1 Whisk Easy
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**Getting Started** Bring a large saucepan of water to boil.

**Meal Tip** Lighten it up by using 2/3 of the pasta and sauce.

**From your Pantry** You'll need olive oil, and salt.

## Knife & Fork Grilled Cheese

25 Min to Table	25 Min Hands On	2 Whisk Super Easy
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**Getting Started** Preheat your oven to 400.

**From your Pantry** You'll need olive oil, eggs, salt and pepper.

## Shrimp and Andouille Jambalaya

40 Min to Table	15 Min Hands On	1 Whisk Super Easy
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**Getting Started** Cut the Andouille Sausage in 1/4" wide slices.

**From Your Pantry** You'll need butter, salt and pepper.

**Meal Tip** Add additional cayenne pepper for an extra kick.

# Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmnded daily)	
Steak Ranchero with Sweet Potatoes	610	37	21	69	10	720	22	16	270% Vitamin C	170% Vitamin A
Chicken Florentine	580	60	27	36	8	1130	7	11	70% Vitamin A	35% Iron
Bulgogi Tofu Lettuce Cups (use half the peanuts)	710	43	32	68 CC 40	16	1220	12	11	150% Vitamin A	35% Iron
Arugula Pesto Salmon with Parmesan Veggies (use 2/3 of parm, crust, & pesto)	740	48	50	25	4	990	8	18	210% Vitmain C	70% Vitamin A
Shrimp and Andouille Jambalaya	440	38	10	50	4	1600		11	90% Vitamin C	23% Vitamin A
Mushroom Rigatoni with Parmesan Goat Cheese Use 2/3 pasta and pesto sauce	930	25	64	67	4	370	7	31	25% Calcium	23% Potassium
Chicken Bacon Focaccia Club (use 1/2 the focaccia & 1/2 the dressing)	730	68	34	41 CC 31	4	1030	16	16	40% Vitamin C	20% Iron
	590		27					11		

# Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmnded daily)	
Huli Huli Chicken  (Use 1/2 the sauce, 2/3 of the rice, and no flour on the chicken)	810	64	4	134	2	577		23	34% Vitamin A	11% Vitamin B-6
	585		4					16		
Knife & Fork Grilled Cheese  (use 1/2 the bread, place egg on top of cheese)	685	36	33	63	6	1180		20	19% Vitamin A	56% Calcium
	565		30					16		
Moo Shu Tacos with Chicken and Shrimp  (1/2 the tortillas and 1/2 the sauce)	720	64	13	90	9	2002		19	235% Vitamin A	101% Vitamin C
	480		8					12		
Southwestern Tortilla Stew	615	23	16	97	16	1268		20	125% Vitamin C	47% Calcium
Add a Protein All-Natural Chicken Breast	220	41	5	0	0	85	0	3	90% Vitamin B6	4% Iron
Add a 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 rcmnded daily)	
Rockslide Brownie	550	5	35	56	2	230		31	25% Vitamin A 8% Calcium	
Oreo Mousse Pie	760	8	49	78	3	390	52		6% Calcium 6% Iron	
THE Carrot Cake	540	6	34	49	2	440	36	13	6% Vitamin C 6% Calcium	
Chocolate Chunk Cookies	180	2	9	22	1	170	10	9	2% Calcium 4% Vitamin A	
Peanut Butter Cookies	400	8	22	45	2	330		18	4% Iron 6% Vitamin A	

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

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

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

# Steak Ranchero with Sweet Potatoes

Juicy sliced steak is tossed in a smoky tomato ranchero sauce with charred peppers and onions, then served over roasted sweet potatoes. Tortilla strips add a crisp finish, while cool cilantro crema brings it all together for a balanced, crave-worthy meal.

**30** Minutes to the Table

**30** Minutes Hands On

**1 Whisk** *Super Easy*

## Getting Organized

### EQUIPMENT

Baking Sheet  
Large Skillet

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### 6 MEEZ CONTAINERS

Sweet Potatoes  
Steak  
Peppers, Tomatoes &  
Onions  
Ranchero Sauce  
Cilantro Crema  
Tortilla Strips

## Good to Know

**Health snapshot per serving** – 610 Calories, 21g Fat, 69g Carbs, 37g Protein, and 16 Freestyle Points.

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

INGREDIENTS: Steak, Sweet Potato, Tomato, Yellow Onion, Roasted Red Pepper, Cream, Red Bell Pepper, Green Bell Pepper, Sour Cream, Tortilla Chips, Lemon, Cilantro, Lime, Garlic, Chicken Stock, Ancho Chili, Chipotles in Adobo, Brown Sugar, Tomato Paste.

meez meals

## 1. Get Organized

Preheat the oven to 425.

## 2. Roast the Sweet Potatoes

Add the **Sweet Potatoes** to a baking sheet and toss with olive oil, salt and pepper. Arrange in a single layer and bake until they start to brown and crisp on the edges, about 16 to 18 minutes.

## 3. Cook the Steak

While the sweet potatoes are roasting, heat 1 Tbsp olive oil in a large skillet over high heat. Pat dry the **Steaks** and season both sides with salt and pepper. When the skillet is hot, add the steaks and cook until the bottoms brown and sides start to color, about 3 to 4 minutes. Flip and continue for 3 additional minutes if you prefer **medium-rare**. (Cook for 4 minutes for **medium** and 5 to 6 for **well done**). Set aside on a cutting board and let rest for 5 minutes then slice into  $\frac{1}{2}$ " strips. Wipe out the skillet.

## 4. Cook the Vegetables and Ranchero Sauce

Heat 1 Tbsp olive oil in the now-empty skillet over medium-high heat. When the oil is hot, add the **Peppers, Tomatoes & Onions** and cook until the peppers start to char and soften, about 5 to 6 minutes. Add the **Ranchero Sauce** (red in color) to the veggies and bring to a boil. Reduce the heat to low and cook until the sauce thickens slightly, about 3 to 4 minutes. Turn off the heat and stir in the sliced steak until well coated.

## 5. Put It All Together

Serve the steak, veggies and sauce on top of the roasted sweet potatoes. Drizzle with the **Cilantro Crema** (greenish white in color) and sprinkle the **Tortilla Strips** over top. Enjoy!

Instructions for two servings.

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

# Chicken Florentine

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

**25** Minutes to the Table

**25** Minutes Hands On

**1 Whisk** *Super Easy*

## Getting Organized

### EQUIPMENT

2 Large Skillets

### FROM YOUR PANTRY

Olive Oil

Salt & Pepper

### 6 MEEZ CONTAINERS

Chicken

Capers & Pepitas

Zucchini

Marinara Sauce

Spinach

Seasoned Cheese Sauce

## Good to Know

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

**Health snapshot per serving** – 625 Calories, 38g Protein, 44g Fat, 20g Carbs, 20 Freestyle Points

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

SCAN QR CODE  
to view YouTube  
cooking video



INGREDIENTS: Chicken, Spinach, Zucchini, Tomato, Cream Cheese, Cream, Pepitas, Mozzarella, Provolone, Red Onion, Basil, Parmesan, Lemon Zest, Olive Oil, Sugar, Caper, Black Pepper, Tomato Paste, Sage, Kosher Salt, Fennel, Thyme, Tarragon, Garlic.

**meez** meals

## **1. Cook the Chicken**

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

## **2. Create the Sauce**

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

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

## **3. Cook the Spinach and Cheese Sauce**

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

## **4. Put It All Together**

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

Instructions for two servings.

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

# Bulgogi Tofu Lettuce Cups

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

## Getting Organized

### EQUIPMENT

Large Skillet

Medium

Saucepan

### FROM YOUR PANTRY

Olive Oil

### 6 MEEZ CONTAINERS

Peanuts

Jasmine Rice

Tofu

Gochujang

Sauce

Romaine Lettuce

Cabbage &

Carrots

## Add Protein Instructions

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

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

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

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

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

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

**20** Minutes to the Table

**15** Minutes Hands On

**1 Whisk** *Super Easy*

## 1. Get Organized

Bring a medium saucepan of water to boil.

## 2. Cook the Rice

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

## 3. Cook the Tofu

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

## 4. Put It All Together

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

Enjoy!

Instructions for two servings.

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

# Arugula Pesto Salmon with Parmesan Veggies

Great ingredients lead to a fancy dinner but without a lot of fuss. We're baking salmon with a paprika-and-panko crust and Arugula Pesto sauce for loads of flavor, then serving it alongside sautéed peppers and green beans tossed with grated Parmesan. It's simple, satisfying, and oh so delicious.

## Getting Organized

### EQUIPMENT

- Baking Sheet
- Large Skillet
- Mixing Bowl

### FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper
- Butter (1/2 Tbsp per svg.)

### 6 MEEZ CONTAINERS

- Breadcrumbs
- Salmon
- Paprika Chive Aioli
- Green Beans & Red Peppers
- Parmesan
- Arugula Pesto

INGREDIENTS: Salmon, Red Bell Peppers, Green Beans, Parmesan, Mayonnaise, Panko Breadcrumbs, Vegetable Oil, Buttermilk, Arugula, Lemon, Chive, Garlic, Dijon Mustard, Paprika, Sugar

**20** Minutes to the Table

**20** Minutes Hands On

**1 Whisk** *Super Easy*

## 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** – 740 Calories, 50g Fat, 25g Carbs, 48g Protein and 18 Freestyle Points

**Lightened up health snapshot per serving** – 560 Calories, 33g Fat, 22g Carbs and 12 Freestyle Points by using two-thirds of the Parmesan, Paprika Chive Aioli, and Arugula Pesto

**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



**meez**  
*meals*

## 1. Getting Organized

Preheat your oven to 400. Spray or brush a baking sheet with oil.

## 2. Prepare the Salmon

Spread the **Breadcrumbs** on a plate. Pat dry the **Salmon** and coat one side with a  $\frac{1}{4}$ " to  $\frac{1}{2}$ " thick layer of the **Paprika Chive Aioli** (the reddish sauce). Put each piece of salmon onto the breading, aioli side down. Press down to make sure as much of the breading as possible adheres to the salmon. Transfer the salmon to the oiled baking sheet, breading side up. Bake until the crust turns golden brown, about 15 to 17 minutes.

## 3. Cook the Veggies

While the salmon is cooking, heat 1 Tbsp olive oil in a large skillet over medium-high heat. When the oil is hot, add the **Green Beans & Red Peppers**, with a sprinkle of salt and pepper. Cook, stirring occasionally, until veggies start to char, about 6 to 8 minutes. Transfer the veggies to a large mixing bowl and toss with the **Parmesan**.

## 4. Putting It All Together

Serve the salmon next to the veggies and top with the **Arugula Pesto**. Enjoy!

*Love this recipe? #meezmagic*

Instructions for two servings

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

# Shrimp and Andouille Jambalaya

A New Orleans classic made fresh in your own kitchen. With shrimp, Andouille sausage and just the right spices, it's a one-pot, hands-free dinner you will love, guaranteed.

**40** Minutes to the Table

**15** Minutes Hands On

**1 Whisk** *Super Easy*

## Getting Organized

### EQUIPMENT

Large Saucepan with  
Lid

### FROM YOUR PANTRY

Butter  
Salt & Pepper

### 5 MEEZ CONTAINERS

Rice  
Andouille Sausage  
Shrimp  
Cajun Spices  
Veggies

## Make the Meal Your Own

**Love spicy?** Add additional cayenne pepper for an extra kick

If you ordered the **Carb Conscious version**, we sent you cauliflower "rice" instead of the white rice, reducing the **carbs per serving to 24g**. In step 2, add the cauliflower "rice" in place of the rice and add ONLY 1 cup of water. Check on water level periodically and add more if mixture is becoming too dry.

## Good To Know

**Jambalaya was created in the French Quarter of New Orleans.** The Spanish were attempting to make paella in the New World. We think the result is even more delicious. (Don't tell our friends in Madrid.)

**Shrimp is a good source** of selenium, omega-3 fatty acids, vitamin B12 and astaxanthin, a natural and powerful antioxidant.

**Health snapshot per serving** – 440 Calories, 10g Fat  
4g Fiber, 50g Carbs, 38g Protein and 11 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: Shrimp, Andouille Sausage, White Rice, Diced Tomato, Green Pepper, Green Onion, Celery, Bay Leaf, herbs and spices.

**meeZ**  
*meals*

## 1. Cook the Andouille Sausage

Cut the Andouille Sausage in  $\frac{1}{4}$ " wide slices and combine with 2 tablespoons of butter in a large stockpot over a medium-low heat and cook until browned and slightly crispy, about 5 minutes.

*The Andouille Sausage is fully cooked. We're browning it for flavor.*

## 2. Cook the Spices, Veggies, and Rice

Stir in the **Cajun Spices** and heat for 1 minute.

Next add the Veggies and cook for 2 minutes.

Then stir in the **Rice** and 2 cups of water. Turn heat to high and bring to a low-boil.

Cover, turn heat to low, and simmer for 20-25 minutes.

## 3. Add the Shrimp

Mix in the **Shrimp**, replace lid and cook for an additional 5 minutes.

## 4. Serve and Enjoy!

Add salt and pepper as desired and place in a serving bowl.

*The Jambalaya keeps well. Just be sure to remove it from the heat so the shrimp doesn't get overcooked.*

Love this recipe? #meezmagic

Instructions for two servings

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

# Mushroom Rigatoni with Parmesan Goat Cheese

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

## Getting Organized

### EQUIPMENT

Large Saucepan  
Large Skillet

### FROM YOUR PANTRY

Olive Oil  
Salt

### 5 MEEZ CONTAINERS

Rigatoni  
Cremini  
Mushrooms  
Arugula  
Mushroom  
Sauce  
Parmesan Goat  
Cheese

## Add Protein Cooking 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 pasta in step 4.

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

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

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** – 930 Calories,  
25g Protein, 64g Fat, 67g Carbs.

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

**15 Minutes to the Table**

**15 Minutes Hands On**

**1 Whisk** *Super-Easy*

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



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

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*meals*

## 1. Get Organized

Bring a large saucepan of water to boil.

## 2. Cook the Rigatoni

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

## 3. Sauté the Mushrooms and Arugula

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

## 4. Put It All Together

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

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

Instructions for two servings.

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

# Chicken Bacon Focaccia Club

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

## Getting Organized

### EQUIPMENT

Meat Mallet/Tenderizer  
(or Small Pot)  
Mixing Bowl  
Large Skillet

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### 6 MEEZ CONTAINERS

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

## Good To Know

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

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

**Health snapshot per serving** –730 Calories, 34g Fat, 68g Protein, 41g Carbs, 16 Freestyle Points.

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

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

**20 Minutes to the Table**

**20 Minutes Hands On**

**1 Whisks** *Super Easy*

**meez**  
*meals*

## 1. Crisp the Bacon

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

## 2. Cook the Chicken

Very loosely wrap each **Chicken Breast** in plastic wrap and place on a cutting board. Pound it until it starts to spread, using a meat tenderizer (mallet) or bottom of a small pot. Flip the chicken over and continue to pound until it is less than  $\frac{1}{4}$ " thick and has doubled in size.

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

## 3. Sear the Arugula, Kale & Greens

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

## 4. Toast the Bread

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

## 5. Put it All Together

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

Instructions for two servings.

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

# Huli Huli Chicken

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

## Getting Organized

### EQUIPMENT

Saucerpan  
Large Skillet  
Baking Sheet

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper  
Flour (about  $\frac{1}{4}$  cup per serving)

### 5 MEEZ CONTAINERS

Basmati Rice  
Chicken Breast  
Pineapple Rings  
Huli Huli Sauce  
Pickled Cucumber  
Salad

**30** Minutes to the Table

**30** Minutes Hands On

**2 Whisks** *Easy*

## Make The Meal Your Own

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

### Good To Know

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

**Health snapshot per serving** – 810 Calories, 4g Fat, 64g Protein, 134g Carbs, 23 Smart Points

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

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

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



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

**meez**  
*meals*

## 1. Getting Organized

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

## 2. Cook the Rice

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

## 3. Prep and Cook the Chicken

While the rice is cooking, pour  $\frac{1}{2}$  cup flour in a shallow pan or plate and add a generous pinch of salt and pepper. Coat the **Chicken Breast** with the flour, making sure each piece is covered.

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

## 4. Broil the Pineapple Rings

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

## 5. Put it All Together

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

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

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

Instructions for two servings.

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

# Knife & Fork Grilled Cheese

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

## Getting Organized

### EQUIPMENT

2 Rimmed Baking Sheets  
Large Skillet  
Large Mixing Bowl

### FROM YOUR PANTRY

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

### 5 MEEZ CONTAINERS

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

**25** Minutes to the Table

**25** Minutes Hands On

**2 Whisks** *Easy*

## Good To Know

**Integrate into recipe:** Before grilling the bread in step 3, cook the protein (per instructions below) and then slice into strips (*flake the salmon, leave shrimp whole*) and add to the sandwich after it comes out of the oven in step 4.

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

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

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

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

## Good To Know

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

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

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



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

**meez**  
*meals*

## 1. Roast the Beets & Butternut Squash

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

## 2. Roast the Kale

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

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

## 3. Grill the Bread

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

## 4. Build the Bottom of the Sandwich

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

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

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

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

## 6. Put it All Together

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

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

Instructions for two servings.

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

# Moo Shu Tacos with Chicken and Shrimp

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

## Getting Organized

### EQUIPMENT

- Large Skillet
- Baking Sheet
- 2 Mixing Bowls

### FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper
- Eggs (1 per serving)

### 6 MEEZ CONTAINERS

- Hoisin Sauce
- Chicken Breast
- Shrimp
- Veggies
- Mushrooms
- Tortillas

**30 Minutes to the Table**

**30 Minutes Hands On**

**2 Whisks** *Easy*

## Make The Meal Your Own

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

## Good To Know

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

**Health snapshot per serving** – 795 Calories, 73g Protein, 9g Fiber, 15g Fat, 13 Freestyle Points

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

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

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



INGREDIENTS: Chicken Breast, Shrimp, Mushrooms, Flour Tortilla, Brussels Sprouts, Red Cabbage, Carrots, Kale, Green Onions, Hoisin, Rice Wine Vinegar, Tamari, Sesame Oil, Garlic, Ginger, Sesame Seeds

**meez**  
*meals*

## 1. Getting Organized

Preheat your oven to 350.

## 2. Prep the Chicken and Shrimp

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

## 3. Cook the Eggs

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

## 4. Cook the Chicken and Shrimp

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

## 5. Cook the Veggies and Combine

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

## 6. Put It All Together

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

*Save the  
remaining  
Hoisin Sauce  
for step 5.*

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

Instructions for two servings.

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

# Southwestern Tortilla Stew

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

## Getting Organized

### EQUIPMENT

Large  
Saucepans

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### 5 MEEZ CONTAINERS

Onions & Garlic  
Sweet Potatoes  
Tomatoes &  
Beans  
Corn Tortilla  
Cheddar  
Cheese

## Add Protein Cooking Instructions

**Integrate into recipe:** Prior to step 2, cook the protein (per instructions below) and then slice into strips (shred the chicken, flake the salmon, leave shrimp whole) and stir into the stew after it simmers in Step 3.

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

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

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

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

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

## Good To Know

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

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

SCAN QR CODE  
to view YouTube  
cooking video



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

**meeZ**  
*meals*

**30** Minutes to the Table

**15** Minutes Hands On

**1 Whisk** Super Easy

## 1. Getting Organized

Preheat your toaster or conventional oven to 350.

## 2. Cook the Vegetables

Heat 2 Tbsp of oil in a large saucpan 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.

*Season the tortilla strips with salt and pepper to your taste.*

## 5. Put It All Together

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

Instructions for two servings.

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