

### *Honey-Glazed Salmon*

**30 Min**  
to Table

**20 Min**  
Hands  
On

**1 Whisk**  
Super  
Easy

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**Getting Started**

Preheat your oven to 425.

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**From your Pantry**

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

### *Deconstructed Grilled Chicken Kabobs*

**20 Min**  
to Table

**10 Min**  
Hands  
On

**1 Whisk**  
Super  
Easy

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**Getting Started**

Heat a large skillet with 2 Tbsp of olive oil.

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**From Your Pantry**

You'll need olive oil, salt and pepper.

# Quick Tips



## meezmeals

### *Crispy Shrimp Bao Bun*

**20 Min**  
to Table

**20 Min**  
Hands  
On

**2 Whisks**  
Easy

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**Getting Started**

Heat 1 Tbsp. of oil in a large skillet

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**From Your Pantry**

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

### *Steak Vesuvio*

**25 Min**  
to Table

**35 Min**  
Hands  
On

**1 Whisk**  
Easy

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**Getting Started**

Preheat your oven to 425.

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**From Your Pantry**

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

### *Italian Toasted Gnocchi*

**25 Min**  
to Table

**10 Min**  
Hands  
On

**1 Whisk**  
Super  
Easy

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**Getting Started**

Preheat your oven to 400.

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**From your Pantry**

You'll need olive oil, salt and pepper.

### *Lemon Chicken Milanese*

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<b>25 Min</b> to Table	<b>25 Min</b> Hands On	<b>2 Whisks</b> Super Easy
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<b>Getting Started</b>	Put a saucepan of water on to boil.
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<b>From Your Pantry</b>	You'll need olive oil, salt and pepper
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### *Cheesy Tomatillo Casserole*

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<b>35 Min</b> to Table	<b>15 Min</b> Hands On	<b>1 Whisk</b> Super Easy
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<b>Omnivore Option</b>	Chorizo tastes great with this recipe.
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<b>Getting Started</b>	Preheat your oven to 450.
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### *Steak with Jalapeno-Lime-Butter and Cornbread*

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<b>30 Min</b> to Table	<b>30 Min</b> Hands On	<b>1 Whisk</b> Super Easy
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<b>Getting Started</b>	Melt the Jalapeno-Lime Butter.
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<b>From Your Pantry</b>	You'll need olive oil, salt & pepper
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### *Chipotle Pulled Pork Nacho Tostadas*

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<b>30 Min</b> to Table	<b>30 Min</b> Hands On	<b>2 Whisks</b> Super Easy
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<b>Getting Started</b>	Preheat your oven to 375.
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<b>From Your Pantry</b>	You'll need olive oil.
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### *Udon Noodles with Spicy Green Beans*

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<b>20 Min</b> to Table	<b>20 Min</b> Hands On	<b>1 Whisk</b> Super Easy
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<b>Getting Started</b>	Put a large pot of water on to boil.
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<b>Omnivore Option</b>	Pork is a natural addition to this dish.
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### *Ultimate Greek Skillet*

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<b>20 Min</b> to Table	<b>20 Min</b> Hands On	<b>1 Whisk</b> Super Easy
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<b>Getting Started</b>	Heat olive oil in large skillet.
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<b>From Your Pantry</b>	You'll need olive oil, salt, and pepper.
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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 rcmndd daily)	
Chipotle Pulled Pork Nacho Tostadas (use 2/3 bbq sauce, mexican cheese, and pico crema)	800	48	36	71	8	2310	26	25	80% Vitamin C	40% Vitamin K
Lemon Chicken Milanese	585	61	17	47	4	743		14	32% Vitamin C	13% Folate
Udon Noodles with Spicy Green Beans	580	29	18	84	17	445		17	64% Vitamin A	71% Vitamin C
Honey-Glazed Salmon	560	39	23	50 CC 40	8	121		12	52% Vitamin C	14% Vitamin A
Ultimate Greek Skillet	600	31	35	44 CC 28	6	1510			35% Vitamin A	43% Calcium
Steak Vesuvio (Use 1/2 the cheese and butter)	720 550	46	43 39	41 CC 30	9	620		22 15	36% Calcium	162% 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)	
Italian Toasted Gnocchi	453	20	5	82	10	486		11	81% Vitamin C	201% Vitamin A
Deconstructed Grilled Chicken Kabobs	669	71	20	55	7	915		12	328% Vitamin A	185% Vitamin C
(use 1/2 the naan)	519		15	CC 14				17		
Crispy Shrimp Bao Bun	599	44	18	67	4	786	14	13	101% Vitamin A	134% Vitamin C
Steak with Jalapeno-Lime-Butter and Cornbread	650	38	34	51	4	800	9	19	76% Vitamin A	283% Vitamin C
Cheesy Tomatillo Casserole	330	13	6	60	13	281		10	14% Zinc	20% Iron
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	
Molten Chocolate Cake	520	7	31	54	3	360		28	30% Iron	4% Vitamin A
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.*

# Chipotle Pulled Pork Nacho Tostadas

These tostadas bring all the fun of loaded nachos to the dinner table. Crispy corn tortillas are piled high with smoky chipotle BBQ pulled pork and melted Mexican cheeses, then finished with a cool, crunchy vegetable crema. They are bold, packed with flavor, and hearty and satisfying for dinner.

**30** *Minutes to the Table*

**30** *Minutes Hands On*

**2 Whisks** *Easy*

## Getting Organized

### EQUIPMENT

Large Skillet  
Baking Sheet

### FROM YOUR PANTRY

Olive Oil

### 5 MEEZ CONTAINERS

Corn Tortillas  
Pulled Pork  
Chipotle BBQ Sauce  
Mexican Cheese  
Pico Crema

## Good to Know

**Health snapshot per serving** – 800 Calories, 36g Fat, 71g Carbs, 48g Protein, and 25 Freestyle Points.

**Lightened-up health snapshot per serving** – 650 Calories, 27g Fat, 57g Carbs, and 20g Freestyle Points, by using two-thirds of the Chipotle BBQ Sauce, Mexican cheese, and Pico Crema.

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

INGREDIENTS: Pulled Pork, Corn Tortillas, Tomato, BBQ Sauce, Chihuahua Cheese, Queso Fresco, Sour Cream, Yellow Bell Pepper, Lime, Jicama, Red Onion, Cilantro, Garlic, Cream, Green Onion, Jalapeño, Brown Sugar, Chipotles in Adobo, Oregano, Paprika.



### 1. Get Organized

Preheat the oven to 375.

### 2. Cook the Tortillas

Heat a large, dry skillet over medium-high heat. Spray or brush the **Corn Tortillas** with olive oil on both sides, then place in the skillet. Cook two (or more if they can lay flat in the skillet) at a time until crisp on one side, about 3 to 4 minutes, then flip and cook until fully rigid and crisped, about 3 to 4 additional minutes. Repeat for the other tortillas. Don't wipe out the skillet.

### 3. Create the Chipotle BBQ Pork

Return the now-empty skillet to the stove over medium-high heat. Add the **Pulled Pork** and cook until warmed through, about 3 minutes. Add the **Chipotle BBQ Sauce** (brown in color) and stir until the pulled pork is well coated. Continue cooking until the sauce thickens and is warm, about 2 to 3 additional minutes. Remove from the heat.

### 4. Assemble the Tostadas

Arrange the tortillas in a single layer on a baking sheet and spread the Chipotle BBQ pork on top of each tortilla, edge-to-edge. Sprinkle with the **Mexican Cheese** and bake until the cheese is melted and starts to brown, about 6 to 8 minutes. Remove from the oven.

### 5. Put It All Together

Top the tostadas with the **Pico Crema** and enjoy!

Instructions for two servings.

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

# Lemon Chicken Milanese

You know that crispy breadcrumb coating that makes chicken so delicious? We're cooking it up at home this week and serving it over rotini. With capers, lemon and pecorino romano, it's classic Italian at its best. Served with a simple Arcadian Lettuce salad. Heaven.

**25** Minutes to the Table

**25** Minutes Hands On

**2 Whisks** *Easy*

## Getting Organized

### EQUIPMENT

Large Skillet  
Saucepan  
Large Mixing Bowl  
Meat mallet (or small pot)

### FROM YOUR PANTRY

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

### 6 MEEZ CONTAINERS

Chicken Breast  
Panko Breading  
Tri-Color Rotini  
Garlic & Herbs  
Arcadian Lettuce  
Lemon

## Make The Meal Your Own

**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

**Be sure to generously season your chicken** with salt and pepper before cooking. We recommend using ¼ tsp of each.

**Health snapshot per serving** – 585 Calories, 17g Fat, 61g Protein, 47g Carbs, 14 Smart Points

**Have questions?** The dinner hotline is standing

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



INGREDIENTS: Cage-Free Chicken, Tri-Color Rotini, Arcadian Lettuce, Panko Breadcrumbs, Capers, Lemon, Garlic, Pecorino, Romano, Basil, Parsley, Black Pepper, Kosher Salt, Oregano, Onion, Paprika

*meez* meals

### 1. Getting Organized

Put a saucepan of water on to boil.

### 2. Prep the Chicken

Very loosely wrap each **Chicken Breast** in saran 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 about ¼" thick and has doubled in size. Generously season with salt and pepper (we use ¼ tsp salt and ¼ tsp pepper, so use about half per side, or more if you like).

Spread the **Panko Breading** evenly on a large plate and put each piece of chicken onto the breading. Press down to make sure the breading adheres then repeat on the other side.

### 3. Cook the Pasta

When the water is boiling, generously salt and add **Tri-Color Rotini**. Cook till al dente, 8 to 10 minutes. Drain well and set aside. Don't clean the pot – you'll use it in step 5.

### 4. Cook the Chicken

While the pasta is cooking, heat 1 Tbsp olive oil in a large skillet over medium-high heat. When the oil is hot, add the chicken to the pan and cook, without moving, until the sides brown, about two minutes. Flip and continue cooking until other side is brown as well, about two more minutes. Remove from heat and set aside to rest for 5 minutes.

### 5. Finish the Pasta and Sauce

Melt 2 Tbsp butter in the same pot you cooked the pasta, over low heat. Turn the heat off and add 2 Tbsp olive oil and HALF the **Garlic & Herbs**. Mix well. Spread about 2 Tbsp of the mixture on top of the cooked chicken breasts. Add the remaining garlic & herbs to the pot along with the cooked pasta and mix everything together thoroughly.

### 6. Prepare Salad and Serve

Put the **Arcadian Lettuce** in a large mixing bowl and cut the lemon in half. Add a little olive oil, salt, pepper, and a squeeze of **Lemon** and toss.

Serve the chicken over the pasta, accompanied by the salad. Squeeze lemon over the entire dish.

*Just use enough  
water to cover  
the pasta*

*Don't be afraid  
to get your  
aggression out  
on the chicken!*

Instructions for two servings.

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

# Udon Noodles with Spicy Green Beans

We're mixing up a sweet and spicy Asian sauce this week with almonds, chili peppers, agave and tamari. The flavors are addictive, and perfect with green beans, organic tofu and udon noodles. The result is a sophisticated dinner that's on the table in 20 minutes. That's our type of meal!

**20** *Minutes to the Table*

**20** *Minutes Hands On*

**1 Whisk** *Super Easy*

## Getting

## Organized

### EQUIPMENT

Saucepan  
Large Skillet

### FROM YOUR

### PANTRY

Olive Oil  
Salt & Pepper

### 5 MEEZ

### CONTAINERS

Green Beans  
Udon  
Noodles  
Spicy Sweet  
Asian  
Sauce  
Tofu  
Bok Choy

## Good to Know

**Integrate into recipe:** After adding the udon to the water in Step 3, cook the protein (per instructions below) and slice into strips (flake the salmon, leave shrimp whole) then toss with the udon and veggies 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

If you ordered the **Carb Conscious version**, we sent you zucchini "noodles" instead of the udon, reducing the **carbs per serving to 40g**. Skip step 1. Prior to step 4., pat dry the zucchini noodles, add 1 Tbsp oil to a large skillet. Cook on medium-high heat until they start to brown, about 3 minutes. Remove from the skillet and set aside. Do not wipe out the skillet and continue on with step 4.

**If you're making the gluten-free version**, we've sent you rice noodles instead. Cook until tender, about 5 minutes, drain and then rinse under cold water.

**Health snapshot per serving** – 550 Calories, 19g Fat, 28g Protein, 17 Freestyle Point

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to view  
YouTube  
cooking video**



### 1. Get Organized

Put a large pot of water on to boil.

### 2. Blanch the Green Beans

Add the **Green Beans** to the boiling water and cook until they are bright green and just barely tender, about 2 minutes. (Don't overcook them. Soggy green beans are what give this tasty vegetable a bad reputation!)

Use a slotted spoon to remove the beans from the pot and rinse under very cold water (this stops them from overcooking). Once the beans are cold to the touch, drain well and set aside.

*Be sure to put the green beans into very cold water as soon as you drain them- run the water a few minutes in advance to get it good and cold.*

### 3. Cook the Udon

Return the pot of water to a boil over medium-high heat. Add the **Udon Noodles** and cook until tender, about 10 to 12 minutes. Drain and set aside.

### 4. Put It All Together

Heat 1Tbsp olive oil in a large skillet over medium heat. Add  $\frac{3}{4}$  of the **Spicy Sweet Asian Sauce**. Cook for one minute, add the **Organic Tofu**, **Bok Choy** and green beans and cook an additional 2 minutes until everything is heated through. Toss the veggies with the udon and the remaining sauce.

*Add a tablespoon or two of water if you'd like the sauce a little thinner.*

*Love this recipe? #meezmagic*

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.

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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**

# Ultimate Greek Skillet

If you think eggs are just for breakfast, think again. We're mixing up a skillet dinner of hash browns, eggs, asparagus, zucchini, and tomatoes that's fresh and delicious. A generous dose of feta and cucumber dill dressing give it a Greek flair that we love.

20 Minutes to the Table

20 Minutes Hands On

1 Whisk *Super Easy*

## Getting Organized

### EQUIPMENT

2 Large Skillets  
(one with a Lid)

### FROM YOUR

### PANTRY

Olive Oil  
Salt & Pepper

### 6 MEEZ CONTAINERS

Hash Brown  
Potatoes  
Feta &  
Mozzarella  
Asparagus  
Zucchini, Tomato  
& Onion  
Egg Mix  
Cucumber Dill  
Aioli

## Good to Know

**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 serve on top of the eggs 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

If you ordered the **Carb Conscious version**, we sent you summer squash instead of the potatoes reducing the **carbs per serving to 28g**. Skip step 1 and prior to step 2, heat 1½ Tbsp olive oil in a large skillet over high heat. When the oil is hot, add the summer squash and sauté until it starts to brown, about 2 to 3 minutes. Top with half the Feta & Mozzarella and cover until step 4.

**Health snapshot per serving** – 600 Calories,  
31g Protein, 35g Fat, 15 Freestyle Point.

SCAN QR CODE  
to view YouTube  
cooking video



INGREDIENTS: Egg, Hash Brown Potatoes, Asparagus, Zucchini, Onion, Tomato, Cucumber, Feta, Mozzarella, Mayonnaise, Dill, Oregano, Lemon Pepper, White Pepper, Kosher Salt, Lemon.

meez *meals*

### 1. Cook the Hash Browns

Pat dry the **Hash Brown Potatoes** with a paper towel removing as much moisture as possible. Heat 2 Tbsp of olive oil in a large skillet over medium high heat. When the oil is very hot, add the hash browns to the skillet in a single layer with a sprinkle of salt and pepper. Cook undisturbed until the bottom is a deep golden brown and crispy, about 6 to 8 minutes. Flip the hash browns over and cover with half the **Feta & Mozzarella** on top of the potatoes. Cook undisturbed until the cheese melts and hash browns are crisp, an additional 6 to 8 minutes. Remove from the heat and cover.

### 2. Sear the Asparagus

While the potatoes are cooking, heat 1 Tbsp olive oil in a second large skillet over medium high heat. When the oil is hot, add the **Asparagus** and cook until bright green and starting to char, about 2 to 3 minutes. Remove the asparagus and set aside. Do not wipe out the pan.

### 3. Cook the Zucchini, Tomato & Onion and Eggs Mix

Add the **Zucchini, Tomato & Onion** to the now-empty skillet over medium high heat and sauté until the onions soften, about 4 minutes.

Lower the heat to medium and add the **Egg Mix**. When the eggs starts to set, break them up as you would scrambled eggs, stirring the zucchini, tomatoes & onions into the eggs until they are fully cooked, about 4 to 5 minutes. Turn off the heat and mix in the seared asparagus.

### 4. Put It All Together

Use a spatula to transfer the potatoes and cheese to serving plates and top with the eggs and veggies. Sprinkle with the remaining Feta & Mozzarella and drizzle with the **Cucumber Dill Aioli**. Enjoy!

Instructions for two servings.

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

# Steak Vesuvio

Vesuvio is a Chicago classic. We're serving it up with a Meez twist using steak smothered in lemon-butter sauce with Italian spices, roasted carrots and cheesy smashed potatoes. It's a restaurant-worthy dinner that's on your table in a flash.

**35** Minutes to the Table

**25** Minutes Hands On

**1 Whisk** Super Easy

## Getting Organized

### EQUIPMENT

Baking Sheet  
Large Skillet

### FROM YOUR PANTRY

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

### MEEZ CONTAINERS

Red Potatoes  
Carrots  
Cheesy Sour Cream  
Steak  
Lemon  
Seasoned Onions &  
Capers

## Good To Know

If you ordered the **Carb Conscious version**, we sent cauliflower instead of the red potatoes, reducing the **carbs per serving to 30g**. In Step 2, Roast the Carrots for 10 minutes, then, while you are turning the baking sheet, add the cauliflower with oil and pepper. Roast until fork tender, an additional 15 minutes. Use the roasted cauliflower in place of the potatoes at the end of step 2.

**Health snapshot per serving** 720 Calories, 46g Protein, 41g Carbs, 43g Fat, 22 Freestyle Points

**Lightened-up health snapshot per serving:** 550 Calories, 39g Carbs, 27g Fat, 15 Freestyle Points by using half the cheese and half the butter

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

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YouTube cooking video**



INGREDIENTS: Steak, Red Potatoes, Carrots, Sour Cream, Gouda, White Cheddar, Butter, Yellow Onion, Garlic, Capers, Basil, Parsley, Chives, Savory, Oregano, Lemon, Black Pepper

meez meals

## 1. Get Organized

Preheat the oven to 425 degrees. Spray or brush a baking sheet with olive oil.

## 2. Roast the Carrots and Potatoes

Cut the **Red Potatoes** in half and place, cut-side-down on the oiled baking sheet. Group them on one half of the baking sheet, then arrange the **Carrots** on the other half. (If they don't fit in a single layer, use a second sheet). Lightly drizzle everything with a little olive oil, salt and pepper.

Roast the vegetables until the carrots are a deep, charred color and the potatoes are soft and brown, about 25 minutes, rotating the sheet halfway through cooking and stirring the carrots.

Remove from the oven and then immediately use the flat bottom of a measuring cup or pot to squash the potatoes to about ½" to ¾" thickness while they are still on the baking sheet. Top with the **Cheesy Sour Cream**, then set aside until step 5.

## 3. Cook the Steak

When the potatoes are about half-way through baking, heat 1 Tbsp olive oil a skillet over high heat. While the oil is heating, pat the **Steak** dry with a towel and season generously with salt and pepper (we recommend ½ tsp of each). 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**). Set aside to rest for 5 minutes, then slice into ½" strips. Wipe out the skillet.

## 4. Make the Vesuvio Sauce

While the steaks are resting, return the now-empty skillet to the stove over low heat. Slice the **Lemon** in half and place in the skillet, cut side down and add 2 Tbsp of butter. Once the butter has melted, add the **Seasoned Onions & Capers** and cook, stirring continuously, until the onions become translucent, about 2 to 3 minutes.

## 5. Put It All Together

Top the sliced steak with the Vesuvio sauce and a squeeze of lemon. Serve alongside the smashed potatoes and Carrots. Enjoy!

*It is important  
the potatoes  
are right out  
of the oven  
when you  
smash and top  
them. You  
need the heat  
to melt the  
cheese.*

*Cook on low  
heat so the  
garlic won't  
burn and  
become  
bitter.*

Instructions for two servings.

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

# Italian Toasted Gnocchi

There's something magical about gnocchi when it's toasted. Crispy on the outside, tender on the inside, and totally delicious. We're tossing it with a rich tomato and herb sauce, sautéed spinach and shaved parmesan.

**25** Minutes to the Table

**10** Minutes Hands On

**1 Whisk** Super Easy

## Getting Organized

### EQUIPMENT

Baking Sheet  
Sauté Pan with cover

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### 4 MEEZ CONTAINERS

Gnocchi  
Spinach  
Tomato & Herb Sauce  
Parmesan

## Good to Know

**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 gnocchi 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** – 453 Calories, 20g Protein, 5g Fat, 11 Freestyle Points.0

SCAN QR CODE  
to view YouTube  
cooking video



INGREDIENTS: Gnocchi, Spinach, Parmesan, Tomato, Ricotta, Oregano, Basil

meez *meals*

### 1. **Getting Organized**

Preheat oven to 400 degrees.

### 2. **Toast the Gnocchi**

Place the **Gnocchi** on a baking sheet, brush with Olive Oil, and lightly salt and pepper. Bake until gnocchi are slightly crispy on the outside, 16 to 18 minutes.

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

While the Gnocchi is toasting, heat 1½ Tbsp olive oil in a large skillet over medium heat. Add **Spinach** and sauté until spinach is wilted, 3 to 4 minutes.

Add **Tomato and Herb Sauce** and cook for another 2 minutes. Remove from heat, cover, and set aside.

### 4. **Finish and Serve**

Combine toasted gnocchi with spinach and tomato sauce over medium-high heat and warm until entire mixture is hot, about 1 minute.

Top with **Parmesan** cheese and enjoy!

Instructions for two servings.

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

# Deconstructed Grilled Chicken Kabobs

Juicy grilled chicken, summer squash, and seared bell peppers paired with an arugula pesto that's just right for summer...it is just plain delicious. We're serving it over warm naan for a dinner the whole family will love.

**20** Minutes to the Table

**20** Minutes Hands On

**1 Whisk** Super Easy

## Getting Organized

### EQUIPMENT

Large Skillet  
Cutting Board

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### 5 MEEZ CONTAINERS

Chicken Breast  
Naan  
Zucchini & Summer  
Squash  
Bell Peppers  
Arugula Pesto

## Make The Meal Your Own

If you ordered the **Carb Conscious version**, we sent you Veggie "Rice" instead of the naan, reducing the **carbs per serving to 15g**. After step 2, do not wipe out the pan and add the veggie rice to the skillet and cook until it starts to brown, about 3 to 4 minutes. Use in place of naan in step 4.

## Good To Know

If you want to **grill the chicken**, cook to an internal temperature of 160 degrees and let sit for 5 minutes (it will continue to cook to finish at 165 degrees).

**Health snapshot per serving** – 665 Calories, 71g Protein, 19g Fat, 55g Carbs, and 12 Freestyle Points.

**Lightened-Up Health snapshot per serving** – 520 Calories, 15g Fat, 32g Carbs, and 7 Freestyle Points by using half the naan.

**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, Naan, Zucchini, Summer Squash, Bell Peppers, Artichoke, Arugula, Chive, Parmesan, Olive Oil, Lemon, Garlic.

meezmeals

### 1. Cook the Chicken

Pat dry the **Chicken Breasts** with a paper towel and sprinkle with salt and pepper. Heat a large skillet with 2 Tbsp of olive oil over medium-high heat. When the oil is hot, add the chicken and cook until it is crisp and brown, about 4 minutes. Turn the chicken over and cook until the other side is brown as well, about 3 to 4 additional minutes. Transfer the chicken to a cutting board. Do not wipe out the pan.

Once the chicken has rested for 5 minutes, use a sharp knife to cut the chicken breast evenly into 1" cubes and set aside.

*If you want to use your grill instead, cook the chicken to an internal temperature of 160 degrees and let sit for 5 minutes (it will continue to cook to finish at 165 degrees).*

### 2. Cook the Veggies

While the chicken is resting, return the skillet to the stove over high heat and add the **Zucchini & Summer Squash** and **Bell Peppers** with a generous pinch of salt. Sauté until the edges of the squash start to char, about 5 minutes. Remove from the pan and set aside. Wipe out the skillet.

*If your grilling, heat the naan on the grill.*

### 3. Warm the Naan

Very lightly brush both sides of the **Naan** with olive oil and sprinkle with salt and pepper. Return the now empty skillet to the stove over medium-high heat. Warm both sides of the naan until it is warm, about a minute on each side.

### 4. Put It All Together

Serve the chicken on the warm naan and drizzle with the **Arugula Pesto**. Top with the cooked veggies and enjoy!

Instructions for two servings.

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

# Crispy Shrimp Bao Buns

We've taken the work out of China's classic bread-like dumpling. We're delivering fluffy bao buns, shrimp, tasty Asian slaw (and even spicy sriracha on the side) for a restaurant-worthy dinner that's on the table in just twenty minutes.

**20** Minutes to the Table

**20** Minutes Hands On

**2 Whisks** Easy

## Getting Organized

### EQUIPMENT

- 2 Large Skillets (one with a cover)
- Large Mixing Bowl

### FROM YOUR PANTRY

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

### 6 MEEZ CONTAINERS

- Asian Slaw
- Slaw Dressing
- Bao Buns
- Seasoned Cornstarch
- Shrimp
- Sriracha

## Good to Know

The Crispy Shrimp Bao Buns taste great without the Sriracha but if you like spicy, the **Sriracha sauce we included gives it a kick** that takes it to the next level!

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

**Health snapshot per serving** – 600 Calories, 44g Protein, 18g Fat, 67g Carbs, 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: Shrimp, Bao Bun, Broccoli, Daikon Radish, Green Onion, Carrot, Basil, Mayo, Garlic, Ginger, Tamari, Sesame Oil, Lime, Sesame Seeds, Cornstarch, Kosher Salt.

meezmeals

## 1. Getting Organized

Combine the **Asian Slaw** and the **Slaw Dressing** in a large mixing bowl and refrigerate until step 4.

## 2. Heat the Bao Buns

Use cooking spray or a brush to completely cover the inside of a large skillet (one that has a cover) with about 1 Tbsp of oil. Place on the stove over medium heat. When the oil is hot, add the **Bao Buns** and cook until the bottom is light brown, about 3 minutes. Flip and add ¼ cup water to the skillet. Cover and steam buns until fluffy and bottom starts to brown, about 5 to 7 minutes. Transfer Bao Buns directly to serving plates.

*Spread the oil on the entire surface of the skillet so the bao buns don't stick to the bottom.*

## 3. Cook the Shrimp

While the Bao Buns are steaming, whisk 2 eggs in a small bowl and place the **Seasoned Cornstarch** in a large zip-lock bag. Dry and place all **Shrimp** into the zip-lock bag with the cornstarch and shake until the shrimp are coated. Dip each Shrimp into the egg and place on a plate.

When all shrimp have been coated, heat 2 tablespoons of oil in a second large skillet over medium-high heat. When it's very hot, carefully place each shrimp into the hot oil. Cook for one minute on each side, then remove to a paper-towel-lined-plate.

*The Crispy Shrimp Bao Buns taste great without the Sriracha but if you like spicy, the Sriracha sauce gives it a kick that takes it to the next level!*

## 4. Put It All Together

Carefully open each steamed Bao Bun (forming a "taco" and maintaining the hinge at the bottom). Fill each bun with 3 shrimp, a generous helping of Asian Slaw, and a light drizzle of spicy **Sriracha** sauce. Enjoy!

Instructions for two servings.

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

# Steak with Jalapeno-Lime-Butter and Cornbread

This dinner pairs tender, juicy steak with toasted cornbread and seared peppers, onions and tomatoes but the true magic comes from our jalapeno-lime butter, which adds a savory zing we just love.

**30** Minutes to the Table

**30** Minutes Hands On

**1 Whisks** *Super Easy*

## Getting Organized

### EQUIPMENT

Small Saucepan  
Large Skillet

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### 6 MEEZ CONTAINERS

Jalapeno-Lime-Butter  
Cornbread  
Steak  
Tomatoes  
Peppers & Onions  
Lime

## Make The Meal Your Own

If you ordered the **Carb Conscious version**, we sent you cauliflower instead of the cornbread, reducing the **carbs per serving to 21g**. Instead of cooking the cornbread in step 2, add 1½ Tbsp olive oil to a large skillet over medium high heat. When the oil is hot, add the cauliflower with a pinch of salt and pepper. Cook undisturbed, until it browns about 4 to 5 minutes. Continue to stir and cook until the other sides are brown, about an additional 5 to 7 minutes.

**Health snapshot per serving** – 650 Calories, 38g Protein, 34g Fat, 51g Carbs, Freestyle Points 19

**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: Steak, Cornbread, Grape Tomatoes, Red Bell Pepper, Poblano Pepper, Butter, Red Onion, Yellow Onion, Jalapeño, Cilantro, Lime.

*meez* meals

### 1. **Melt the Jalapeño-Lime-Butter**

Melt the **Jalapeño-Lime-Butter** in a small saucepan over medium low heat. Turn off the heat but leave the saucepan on the burner.

### 2. **Toast the Cornbread**

Cut the **Cornbread** into 1-inch cubes. Heat 1½ Tbsp olive oil in a large skillet over medium heat. Add the cornbread cubes to the skillet and stir gently to coat. Cook undisturbed until the bottoms turn golden brown, about 2 to 3 minutes. Gently stir the cornbread again and cook until another side turns golden brown, an additional 2 to 3 minutes. Remove the cornbread from the skillet and transfer directly to serving plates. Drizzle with half the melted Jalapeño-Lime-Butter. Wipe out the skillet.

### 3. **Cook the Steak**

Return the now-empty skillet to the stove over high heat and add 1 Tbsp of olive oil. When the oil is very hot, add the **Steaks** with a sprinkle of salt and pepper. Cook until the bottoms brown and the 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**). When the steaks are done, set aside and allow to rest for 5 minutes. Wipe out the skillet. Once the steak has rested, slice into strips about ½ inch wide.

### 4. **Sear the Peppers & Onions and Tomatoes**

While the steaks are resting, place the **Tomatoes** in a ziplock bag and squish. Add 1 Tbsp olive oil to the now-empty skillet over medium high heat. When the oil is hot, add the **Peppers & Onions** with a pinch of salt and pepper and cook undisturbed until they char, about 3 minutes. Stir in the squished tomatoes and cook an additional 3 minutes.

### 5. **Put It All Together**

Serve the veggies over the cornbread and top with the sliced steak. Drizzle the remaining Jalapeño-Lime-Butter over everything. Slice the **Lime** in half and squeeze over the entire dish. Enjoy!

Instructions for two servings.

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

# Cheesy Tomatillo Casserole

Simply said, this Mexican casserole is a cheesy bit of heaven. We're toasting up tortillas to form a crunchy base, then topping them with poblanos, beans, pepper jack cheese and a fresh tomatillo salsa. Easy and delicious - that's our kind of dinner!

**35** Minutes to the Table

**15** Minutes Hands On

**1 Whisk** Super Easy

## Getting Organized

### EQUIPMENT

Baking Sheet  
Large Skillet  
Loaf Pan

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### 5 MEEZ CONTAINERS

Corn Tortillas  
Poblano Peppers  
Corn & Beans  
Creamy Tomatillo Salsa  
Pepper Jack Cheese

## Add Protein Cooking Instructions

**Integrate into recipe:** Prior to Step 3, cook the protine (per instructions below) and then slice into strips (cut shrimp in half/flake the salmon) and layer into the casserole before baking.

**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** – 330 Calories, 13g Protein, 13g Fiber, 10 Smart Points.

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



INGREDIENTS: Poblano Peppers, Tomatillos, Corn Tortillas, Black Beans, Corn, Pepper Jack Cheese, Cream Cheese, Sundried Tomatoes, Lime, Garlic, Cilantro, Spices

*meez* meals

### 1. Getting Organized

Preheat your oven to 450.

### 2. Bake the Corn Tortillas

Lay the **Corn Tortillas** on a baking sheet and brush with olive oil on each side. Bake until crisp, about 5 to 10 minutes.

### 3. Cook the Vegetables

Heat 1 Tbsp olive oil in a large skillet over high heat. Add the **Poblano Peppers** and sauté until browned, about 5 to 7 minutes.

Turn the heat down to medium-high and add the **Corn & Beans**. Cook until hot, about 2 minutes. Season with salt and pepper and set aside.

### 4. Assemble the Casserole

Turn your oven down to 375 and lay 2 of the corn tortillas on the bottom of your pan, breaking them into pieces to make them fit. Top with half of the cooked vegetables and half of the **Creamy Tomatillo Salsa**.

*Use an 8x10 or similar sized casserole dish.*

Add 1 more tortilla (break it up a bit so it resembles large chips) and the rest of the vegetables and salsa. Break the remaining tortilla into dime-size pieces, sprinkle on top and finish with the **Pepper Jack Cheese**. Bake until the cheese begins to bubble, about 15 minutes. If you'd like a crispier topping, cook under the broiler for an additional 5 minutes until the top is golden brown. Enjoy!

*Love this recipe? #meezmagic*

Instructions for two servings.

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