

# Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmndd daily)	
Gochujang Chicken with Coconut Broth Noodles	770	61	34	56 CC 29	4	1240	7	19	50% Vitamin C	25% Iron
(use 1/2 the noodles, 2/3 the sauce & broth)	600		25					13		
Truffle-Butter Steak Frites	520	38	27	32 CC 15	6	310	3	15	145% Vitamin C	44% Vitamin A
Korean Street Toast	700	30	43	53 CC 26	7	920	10	17	54% Vitamin A	64% Calcium
(use ¾ sauce & open face)	530		39					11		
Roasted Red Pepper Gnocchi with Smoky Sausage	675	27	15	109	7	1930	9	19	71% Vitamin C	71% Vitamin A
(half the pesto cream and two-thirds of the gnocchi)	490		12					13		
Chicken Enchiladas Verde	720	56	16	88	8	1200	6	16	23% Calcium	33% Iron
(use half the rice)	630		16					13		
Wasabi Salmon	600	46	30	37	6	265	7	16	31% Vitamin A	51% Vitamin C
Tequila Chipotle Shrimp	358	30	10	36	6	928	10	5	90% Vitamin C	36% Vitamin A
Parmesan Lemon-Chai Rigatoni with Broccoli	630	31	40	57	9	760		19	292% Vitamin C	67% Calcium

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Butter Cracker Tilapia with Jalapeno Cream	680	47	42	32	3	680	10	20	35% Vitamin A	33% Vitamin D
Upside-Down Asparagus Quiche (half the pie crust)	840 620	30	57 42	47	4	420	8	26 19	58% Calcium	34% Vitamin A
Bruschetta Salad	585	17	43	37	5	343	7	19	94% Vitamin C	114% Vitamin A
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
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.*

### *Wasabi Salmon*

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<b>25 Min</b> to Table	<b>15 Min</b> Hands On	<b>1 Whisk</b> Super Easy
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<b>Getting Started</b>	Preheat your oven to 400.
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<b>From your Pantry</b>	You'll need olive oil, salt and pepper.
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### *Butter Cracker Tilapia with Jalapeno Cream*

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<b>15 Min</b> to Table	<b>15 Min</b> Hands On	<b>1 Whisk</b> Super Easy
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<b>Getting Started</b>	Heat 2 Tbsp of olive oil in a large skillet.
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<b>From Your Pantry</b>	You'll need olive oil, salt & pepper
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# Quick Tips



### *Upside-Down Asparagus Quiche*

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<b>40 Min</b> to Table	<b>25 Min</b> Hands On	<b>1 Whisk</b> Super Easy
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<b>Getting Started</b>	Preheat your oven to 400 and coat your pan.
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<b>Omnivore Option</b>	Bacon or crumbled sausage would be a tasty addition.
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<b>From Your Pantry</b>	You'll need olive oil, salt, pepper and 3/4 cup milk per serving.
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### *Chicken Enchiladas Verde*

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<b>25 Min</b> to Table	<b>45 Min</b> Hands On	<b>1 Whisk</b> Super Easy
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<b>From Your Pantry</b>	You'll need olive oil, salt and pepper
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<b>Getting Started</b>	Preheat your oven to 375, & put a pot of water on to boil.
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### *Tequila Chipotle Shrimp*

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<b>10 Min</b> to Table	<b>10 Min</b> Hands On	<b>1 Whisks</b> Easy
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<b>Getting Started</b>	Pat the shrimp down with a towel.
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<b>From Your Pantry</b>	You'll need olive oil, salt and pepper
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## *Gochujang Chicken with Coconut Broth Noodles*

**20 Min**  
to Table

**20 Min**  
Hands  
On

**1 Whisk**  
Super  
Easy

**Getting Started** Bring your coconut broth and water to a boil.

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

## *Roasted Red Pepper Gnocchi with Smoky Sausage*

**30 Min**  
to Table

**30 Min**  
Hands  
On

**1 Whisk**  
Super  
Easy

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

**Meal Tip** For a softer texture, boil the gnocchi first.

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

## *Truffle-Butter Steak Frites*

**25 Min**  
to Table

**35 Min**  
Hands  
On

**2 Whisks**  
Easy

**Getting Started** Preheat your oven to 450.

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

## *Korean Street Toast*

**15 Min**  
to Table

**15 Min**  
Hands  
On

**1 Whisk**  
Super  
Easy

**Meal Tip** Scramble your eggs if you prefer

**Getting Started** Toss the veggies with the Sesame-Miso Dressing.

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

## *Bruschetta Salad*

**15 Min**  
to Table

**15 Min**  
Hands  
On

**1 Whisk**  
Super  
Easy

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

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

## *Parmesan Lemon-Chai Rigatoni with Broccoli*

**15 Min**  
to Table

**15 Min**  
Hands  
On

**1 Whisk**  
Super  
Easy

**Getting Started** Preheat your oven to 400 and put water on to boil.

**Omnivore Option** Sausage tastes great with this recipe.

**From your Pantry** Olive oil, salt & pepper; sugar & cayenne optional.

# Gochujang Chicken with Coconut Broth Noodles

The star of this dish is our own mildly spicy gochujang sauce. Served with all-natural chicken breast, coconut broth flavored noodles and Asian veggies, it is a wow-meal that is on the table in a flash.

**20** Minutes to the Table

**20** Minutes Hands On

**1 Whisks** *Super Easy*

## Getting Organized

### EQUIPMENT

Large Saucepan with  
Cover  
Large Skillet  
Medium Bowl

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### 6 MEEZ CONTAINERS

Coconut Broth  
Glass Noodles  
Asian Veggies  
Chicken  
Gochujang Sauce  
Cilantro, Radish &  
Sesame Seeds

## Good to Know

If you ordered the **Carb Conscious version** we sent you zucchini "noodles" instead of the Glass Noodles, reducing the **carbs per serving to 29g**. Use the zucchini "noodles" in place of the Glass Noodles in step 1.

**Health snapshot per serving** – 770 Calories, 61g Protein, 34g Fat, 56g Carbs, 19 Freestyle Points.

**Lightened up health snapshot per serving** – 600 Calories, 25g Fat, and 35g Carbs, by using half the Glass Noodles and two-thirds of the Gochujang Sauce and two-thirds of the Coconut Broth

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

INGREDIENTS: Chicken Breast, Coconut Milk, Glass Noodles, Baby Corn, Green Cabbage, Snow Peas Red Radish, Daikon Radish, Green Onion, Gochujang, Miso, Honey, Sesame Oil, Rice Wine Vinegar, Tamari, Ginger, Garlic, Chicken Stock, Sesame Seeds, Cilantro

meez meals

### 1. Cook the Sauce and Noodles

Bring the **Coconut Broth** and ½ cup water to a boil in a large saucepan. Reduce the heat to medium-low, cover, and cook on a low boil for 5 minutes. Add the **Glass Noodles**, cover, and cook for an additional 5 minutes. Turn off the heat and set aside, still covered until step 5.

### 2. Sauté the Asian Veggies

Heat 1 Tbsp olive oil in a large skillet over medium-high heat. When the oil is hot, add the **Asian Veggies** and sprinkle with salt and pepper. Sauté, stirring occasionally, until the cabbage edges start to char, about 4 minutes. Transfer the veggies to a bowl and set aside. Wipe out the skillet.

### 3. Cook the Chicken

Pat dry the **Chicken** and season with salt and pepper. Heat 1 Tbsp olive oil in the now-empty skillet over high heat. When the oil is hot, add the chicken and cook until it starts to brown, about 4 to 5 minutes. Flip and cook for an additional 4 minutes. Let the chicken rest for 5 minutes and then slice into half inch strips. Wipe out the skillet.

### 4. Create the Glaze

Add the **Gochujang Sauce** to the now-empty skillet and cook until it is hot and slightly thickened, about 3 minutes. Turn off the heat and add the sliced chicken to the skillet. Stir until the chicken is well coated.

### 5. Put It All Together

Serve the Asian veggies on top of the glass noodles, followed by the coated chicken. Add any Gochujang Sauce from the skillet to taste and top with the **Cilantro, Radish & Sesame Seeds**. Enjoy!

Instructions for two servings.

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

# Truffle Butter Steak Frites

Classic French flavors in a single recipe: oven-roasted potatoes coated in truffle-butter and Parmesan cheese, roasted broccoli and a juicy, truffle-buttery steak. It's bistro food cooked in your own kitchen.

**35** Minutes to the Table

**25** Minutes Hands On

**2 Whisks** Easy

## Getting Organized

### EQUIPMENT

- 2 Baking Sheets
- Large Skillet
- Large Mixing Bowl

### FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper

### 5 MEEZ CONTAINERS

- Fingerling Potatoes
- Truffle Butter
- Parmesan Cheese
- Broccoli
- Steak

## Make The Meal Your Own

If you ordered the **Carb Conscious version**, we sent you cauliflower instead of the potatoes reducing the **carbs per serving to 15g**. Use the cauliflower in place of the potatoes and in step 2 and reduce the cooking time to 15 minutes.

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

**Be sure to generously season your steaks** with salt and pepper before cooking; the salt adds flavor while also keeping the meat tender.

## Good To Know

**Health snapshot per serving** – 520 Calories, 38g Protein, 27g Fat, 32g Carbs, 15 Freestyle Points

**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: Steak, Fingerling Potatoes, Broccoli, Parmesan, Parsley, Chives, Truffle Pate, Butter.

*meez* meals

## 1. Getting Organized

Preheat your oven to 450 degrees.

## 2. Make the Frites

Slice each **Fingerling Potato** in half the long way, then slice each half again so you have four long skinny frites (French fries) per potato. Transfer the frites to a large mixing bowl, drizzle with olive oil, salt and pepper and toss. Arrange the coated frites on a baking sheet in a single layer. Roast until the outside of the potato is golden and slightly crispy, about 25 minutes.

Remove from the oven and immediately transfer to the now-empty mixing bowl and add half the **Truffle Butter** and half of the **Parmesan Cheese**. Stir until the butter melts completely and the frites are coated in Parmesan. Transfer directly to serving plates.

## 3. Roast the Broccoli

While the frites are cooking, transfer the **Broccoli** to the now-empty large mixing bowl and drizzle with olive oil, salt and pepper. Toss well and arrange in a single layer on a second baking sheet. After the frites have been cooking for about 10 minutes, place the broccoli in the oven. Roast until it starts to brown and is fork tender, about 15 minutes.

Remove the broccoli from the oven, sprinkle with the remaining parmesan cheese and transfer directly to serving plates.

## 4. Cook the Steak

While the frites and broccoli are cooking, heat 1 Tbsp oil in large skillet over high heat. When the oil is very hot, add the **Steaks** to the pan. 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**). Remove the steaks from the skillet to rest for 5 minutes, then transfer to serving plates. Do not wipe out the skillet.

## 5. Put It All Together

Once the now-empty pan has cooled slightly, add the remaining Truffle Butter and stir until it is melted. Spoon the melted Truffle Butter on top of the steak. Enjoy!

*You'll be multi-tasking in this recipe. The potatoes, broccoli and steak will all be cooking at the same time, so be sure to read the recipe all the way through before you begin.*

*To test if the oil is hot enough for the beef, hold your hand about 6 inches above the skillet. If you can feel serious heat, it's ready.*

*Letting the pan cool slightly will avoid burning the Truffle Butter.*

Instructions for two servings.

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



# Korean Street Toast

Korea is famous for its street food, and this recipe combines some of our favorite elements. We're serving five-spice tofu on toasted panini bread with a fried egg and generous helping of Sesame-Miso vegetables. It's one part speed-meal, one part comfort food and hands-down delicious.

## Getting Organized

### EQUIPMENT

Large Skillet

### FROM YOUR

### PANTRY

Olive Oil

Salt & Pepper

Eggs (1 per serving)

### 4 MEEZ

### CONTAINERS

Vegetables

Sesame-Miso Dressing

Panini Bread

5-Spice Tofu

## Add Protein Cooking Instructions

**CHICKEN** - Loosely wrap each piece of chicken and pound with a meat mallet or small pot until about 1/2" thick. Before Step 3, heat 1 Tbsp of olive oil in a large skillet on medium-high heat. Salt and pepper the Chicken Breasts and, when the oil is hot, cook until crisp and brown, about 3 to 4 minutes on each side. Let rest for 5 minutes. Put on the sandwich in Step 5.

**SHRIMP** -Before Step 3, heat 1 Tbsp of olive oil in a large skillet on medium-high heat. Salt and pepper the Shrimp and, when the oil is hot, cook until they are opaque and no longer grey in color, about 1 minute on each side. Put on the sandwich in Step 5.

If you added steak, we recommend serving it separately with salt & pepper. Cook in a skillet with 1 Tbsp oil over high heat to internal temperature of 145 (for medium doneness).

## Good to Know

If you ordered the **Carb Conscious version** we sent you romaine lettuce instead of the bread reducing the **carbs per serving to 26g**. Skip step 2 and prior to step 3, spread a generous drizzle of Sesame-Miso Dressing on one or two lettuce leaves per serving and continue with the instructions using the lettuce in place of the bread to create a lettuce boat.

**Health snapshot per serving** – 700 Calories, 30g Protein, 43g Fat, 53g carbs, 17 Freestyle Points.

**Lightened-Up Health snapshot per serving** – 520 Calories, 34g Fat, 33g carbs, 11 Freestyle Points using ¾ of the dressing and half the bread.

**15** Minutes to the Table

**15** Minutes Hands On

**1 Whisk** Super Easy

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INGREDIENTS: 5-Spice Tofu, Rustic White Panini Bread, Cabbage, Carrot, Zucchini, Green Onion, Mayonnaise, Black Sesame Seeds, Garlic, Miso, Tamari, Gochujang, Rice Wine Vinegar, Sesame Oil, Brown Sugar.

meez *meals*

### 1. Toss the Vegetables with the Sesame-Miso Dressing

Combine the **Vegetables** and half the **Sesame-Miso Dressing** in a large mixing bowl. Toss and refrigerate until step 5.

### 2. Grill the Bread

Heat 1 Tbsp olive oil in a large skillet over medium-high heat. Add the **Panini Bread** and toast until the bottom starts to brown, about 30 seconds, and flip to toast the other side until it is brown too. Do not wipe out the skillet.

Transfer the toast to serving plates and spread each piece with a generous drizzle of Sesame-Miso Dressing.

### 3. Sear the Tofu

Return the now-empty skillet to the stove with 1 Tbsp olive oil over medium-high heat. Add the **5-Spice Tofu** and cook until it darkens and become slightly crispy, about 1 minute. Flip and cook until the other side crisps slightly too, about another minute. Arrange the seared tofu on two of the pieces of toast. Do not wipe out the skillet.

### 4. Fry the Eggs

Return the now-empty skillet to the stove over medium-high heat. Crack one egg in the skillet and cook until the white is opaque and the yolk has set, about 1 to 2 minutes. Salt and pepper to taste and place the sunny-side-up egg on top of the seared tofu. Repeat so you have one for each serving. Enjoy!

*If you prefer your eggs, over-easy or scrambled, go for it.*

### 5. Put It All Together

Top the eggs with some of the sesame-miso tossed vegetables (whatever fits comfortably on the sandwich) and close the sandwiches with another piece of toast. Serve the remaining sesame-miso vegetables on the side. Enjoy!

Instructions for two servings.

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

# Roasted Red Pepper Gnocchi with Smoky Sausage

We go wild for roasted red pepper sauce. It has a mellow, creamy flavor that has us coming back for seconds. We're serving it up this week over toasted gnocchi and sautéed smoky sausage. Finished with fresh basil pesto cream, it's a sophisticated dinner that's on the table in just thirty minutes.

**30** *Minutes to the Table*

**30** *Minutes Hands On*

**1 Whisk** *Super Easy*

## Getting Organized

### EQUIPMENT

Large Skillet  
Baking Sheet

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### 5 MEEZ CONTAINERS

Gnocchi  
Smoky Sausage  
Peas & Red Peppers  
Roasted Red Pepper  
Sauce  
Basil Pesto Cream

## Make the Meal Your Own

We love the crunchy texture of toasted gnocchi but if you prefer it softer you can boil the gnocchi for 6 to 8 minutes.

## Good to Know

**Health snapshot per serving** – 675 Calories, 27g Protein, 15g Fat, 19 Freestyle Points.

**Lightened-Up Health snapshot per serving** – 490 Calories, 21g Protein, 12g Fat, 13 Freestyle Points with half the pesto cream and two-thirds of the gnocchi.

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

INGREDIENTS: Gnocchi, Sausage, Red Peppers, Peas, Ricotta, Garlic, Basil, Lemon, Cream, Wine, Parmesan, Oregano.

*meez* meals

### 1. Getting Organized

Preheat oven to 400 degrees.

### 2. Toast the Gnocchi

Place the **Gnocchi** on a baking sheet and toss with olive oil, salt and pepper. Bake the gnocchi until slightly crunchy on the outside, about 16 to 18 minutes, stirring once after 10 minutes of cooking. Remove from oven and set aside.

### 3. Cook the Sausage

While the gnocchi are cooking, cut the **Smoky Sausage** once down the middle lengthwise and then slice each of the two halves into ¼" thick half-moons.

Heat a large skillet over medium-high heat and when the pan is hot, add the sausage and sauté until they are slightly crispy, about 4 minutes. Remove the sausage from the skillet and place on a paper-towel-lined plate.

### 4. Make the Sauce

Wipe out the skillet and warm over medium heat. Add the **Peas & Red Peppers** and **Roasted Red Pepper Sauce** (the red sauce), and heat until warm, about 2 minutes. Stir in the toasted gnocchi and cooked sausage and remove from heat.

### 5. Put It All Together

Spoon into bowls and drizzle with the **Basil Pesto Cream**. Enjoy!

Instructions for two servings.

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

# Chicken Enchiladas Verde

Classic enchiladas, on the table in a flash. With shredded chicken breast, sautéed bell peppers and a salsa verde that's fresh, flavorful, and unique. It's Mexican comfort food the family will love.

**45** *Minutes to the Table*

**25** *Minutes Hands On*

**1 Whisk** *Super Easy*

## Getting Organized

### EQUIPMENT

- 2 Large Skillets
- Casserole Dish
- Large Mixing Bowl

### FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper

### 7 MEEZ CONTAINERS

- Chicken Breasts
- Veggies
- Chihuahua Cheese
- Salsa Verde
- Corn Tortillas
- Rice
- Lime

## Make The Meal Your Own

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

**Health Snapshot Per Serving-** 720 Calories, 56g Protein, 16g Fat, 88g Carbs, 16 Freestyle Points

**Lightened-up Health Snapshot Per Serving-** 630 Calories, 16g Fat, 69g Carbs, 13 Freestyle Points, by using half of the rice.

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INGREDIENTS: Chicken Breasts, Corn Tortillas, Green Chili Sauce, White Rice, Lime, Yellow Onion, Chihuahua Cheese, Red Bell Pepper, Green Bell Pepper, Sugar, Parsley, Cilantro, Garlic, Salt, Cumin, Coriander, Black Pepper

**meez** *meals*

### 1. Get Organized

Preheat your oven to 375 degrees and put a saucepan of water to boil over high heat. Spray or brush a 10x10 or similar casserole dish with oil.

### 2. Cook the Chicken

Heat 1½ Tbsp olive oil in a large skillet over medium high heat. Pat dry and generously salt and pepper the **Chicken Breasts** on both sides. Cook until crisp and brown, on one side, about 4 to 5 minutes. Flip, then cook until brown on the second side, about 4 additional minutes. Transfer the chicken to a cutting board and let rest for 5 minutes. Do not wipe out skillet. Once the chicken has rested, hold the chicken in place with one fork and with a second fork, shred the chicken into pieces typical of the size used in chicken soup and put into a large bowl.

### 3. Cook the Veggies

While the chicken is resting, add the **Veggies** to the now-empty skillet over medium high heat. Sauté until the peppers start to char and the onions become translucent, about 2 to 3 minutes. Transfer the cooked veggies to the large mixing bowl with the shredded chicken. Add half of the **Chihuahua Cheese**. Add one-third of the **Salsa Verde** to the bowl. Mix well.

### 4. Bake the Enchiladas

Add half the remaining salsa verde to the bottom of the casserole dish. Wrap the **Corn Tortillas** in paper towels and microwave until soft, about 20 to 30 seconds. Fill the tortillas with as much of the filling as possible while still being able to roll into tubes. Place the rolled enchiladas on top of the salsa verde, folded side down. Spread any filling that wouldn't fit inside the tortillas around the bottom of the casserole dish. Top everything with the remaining salsa verde and remaining cheese. Bake until the cheese is melted and starts to brown, about 15 minutes. Remove from the oven and let rest for 5 minutes

### 5. Cook the Rice and Serve

While the enchiladas are baking, add the **Rice** to the boiling water and cook at a rolling boil until the rice is tender, about 15 minutes. Drain well and transfer directly to serving plates. Serve the enchiladas (and the extra cooked enchilada filling) on top of the rice with a squeeze of fresh **Lime**. Enjoy!

Instructions for two servings.

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

## Wasabi Salmon

With crispy, panko-crusted salmon, a Japanese-style wasabi cream that's packed with flavor and sautéed asparagus, this recipe has it all. Best yet, dinner is on the table in less than half an hour.

**25** *Minutes to the Table*

**15** *Minutes Hands On*

**1 Whisk** *Super Easy*

### Getting Organized

#### EQUIPMENT

Large Skillet  
Baking Sheet

#### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

#### 5 MEEZ CONTAINERS

Wasabi Cream  
Panko Breading  
Salmon  
Asparagus  
Tamari & Chive Dressing

### Good To Know

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

**The wasabi cream is not overly spicy** so even if you don't normally eat wasabi, you might be pleasantly surprised by how mild ours is.

**Health snapshot per serving** – 600 Calories, 30g Fat, 265mg Sodium, 6g Fiber, 37g Carbs, 46g Protein and 16 Smart Points

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

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INGREDIENTS: Salmon, Asparagus, Breadcrumbs, Mayonnaise, Wasabi, Ginger, Tamari, Sesame Seeds, Sesame Oil, Chive, Garlic, Black Pepper, Onion

**meez***meals*

### 1. Getting Organized

Preheat oven to 400.

### 2. Prepare and Cook the Salmon

Spread the **Panko Breading** evenly on a large plate.

Coat the top side of the **Salmon** with a thick layer of **Wasabi Cream** (which is in a plastic container) at least 1/4" thick. Put each piece of salmon onto the breading, cream side down. Press down to make sure the breading adheres then repeat on the other, non-wasabi side. Place onto a baking sheet, cream-and-panko side up.

Bake the salmon until the panko breading is golden brown, approximately 12 to 14 minutes.

### 3. Cook the Asparagus

While the salmon is baking, heat 1 Tbsp olive oil in a large skillet over medium-high heat. Add **Asparagus**, salt and pepper, and sauté until the asparagus just starts to sear, about 4 to 5 minutes.

### 4. Putting It All Together

Serve the salmon on top of the asparagus and drizzle the **Tamari & Chive Dressing** (thinner white sauce with visible green chives in a sealed bag) over the entire dish. Enjoy!

*It is important that you create a nice thick layer of wasabi cream on the top of the salmon to get the full flavor of the dish.*

*The asparagus will continue to cook after you remove it from the heat so be sure not to overcook it.*

*Love this recipe? #meezmagic*

Instructions for two servings  
**Meez Meals \* 1459 N. Elmwood Avenue \* Evanston \* Illinois**



# Tequila Chipotle Shrimp

This Southwestern shrimp dish is on the table in a flash. We're cooking omega-rich shrimp in a tequila chipotle sauce that is mild and sophisticated, then serving it up with black beans, corn, and peppers in a pineapple lime crema. Get ready for a new summer favorite.

**25** *Minutes to the Table*

**15** *Minutes Hands On*

**1 Whisks** *Super Easy*

## Getting Organized

### EQUIPMENT

Large Skillet  
Mixing Bowl

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### 5 MEEZ CONTAINERS

Rice  
Shrimp  
Tequila Chipotle Sauce  
Corn & Beans  
Pineapple Lime Crema

## Good to Know

If you ordered the **Carb Conscious version**, we sent you cauliflower "rice" instead of white rice, reducing the **carbs per serving to 26g**. Skip steps 1. and 2. After step 3. do not wipe out the skillet. Heat 1 Tbsp olive oil over high heat. Sauté the cauliflower "rice" until it starts to brown, about 2 to 3 minutes. Set aside until step 5. Wipe out the skillet.

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

**Health snapshot per serving** – 415 Calories, 32g Protein, 64g carbs, 3g Fat, 7 Freestyle Points

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

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INGREDIENTS: Shrimp, Tomato, Red Pepper, White Rice, Cubanelle Pepper, Black Bean, Corn, Queso Fresco, Chipotles in Adobo, Red Onion, Cilantro, Pineapple, Sour Cream, Tequila, Lime, Kosher Salt.

*meez* meals

### 1. Getting Organized

Put a saucepan of water on to boil.

### 2. Cook the Rice

Add the **Rice** to the boiling water. Reduce heat to medium and simmer uncovered for 15 to 20 minutes. Drain and return to the saucepan. Cover and set aside.

### 3. Sauté the Shrimp

When the rice has about 10 minutes remaining, pat the **Shrimp** dry with a paper towel and lightly salt and pepper.

Heat 1 Tbsp olive oil in a large skillet over medium-high heat. When the oil is hot, add the shrimp and cook for a minute on each side until they are opaque and no longer grey in color. Remove the shrimp from the skillet and place on a cutting board to cool, then cut into thirds and set aside. Wipe out the skillet.

### 4. Cook the Sauce

Add the **Tequila Chipotle Sauce** to the now-empty skillet and cook over medium-high heat until it's hot, about 2 minutes. Remove from the heat and stir in the cooked, cut shrimp.

### 5. Put It All Together

Combine the **Corn & Beans** and **Pineapple Lime Crema** in a mixing bowl.

Place the cooked rice on serving plates and top with the Corn & Bean and Pineapple Lime Crema mix in the center of each diner's plate. Spoon the shrimp and sauce around the outside. Enjoy!

*This "fancy" presentation gives the dish a wow factor we love and combines the flavors in just the right way.*

Instructions for two servings.

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

# Parmesan Lemon-Chai Rigatoni with Broccoli

Need a little sunshine in your day? This dinner has you covered. Sautéed broccoli and rigatoni get a Mediterranean treatment thanks to member-favorite lemon-chai vinaigrette and plenty of Parmesan cheese. It's a speedy meal everyone will love.

**15** *Minutes to the Table*

**15** *Minutes Hands On*

**1 Whisk** *Super Easy*

## Getting Organized

### EQUIPMENT

Saucepan  
Large Skillet  
Baking Sheet  
Mixing Bowl

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper  
Sugar (Optional)  
Cayenne (Optional)

### 5 MEEZ CONTAINERS

Walnuts  
Broccoli  
Rigatoni  
Lemon-Chai Vinaigrette  
Parmesan Cheese

## Add Protein Cooking Instructions

**CHICKEN** - Before Step 3, heat 1 Tbsp of olive oil in a large skillet on medium-high heat. Salt and pepper the Chicken Breasts and, when the oil is hot, cook until crisp and brown, about 4 to 5 minutes on each side. Let rest for 5 minutes then slice into 1/2" strips. Serve with the broccoli and sauce in Step 5.

**STEAK** - Before Step 3, heat 1 Tbsp olive oil in a large skillet over high heat. Salt and Pepper the steaks and when the skillet is very hot, add the Steaks to the pan. Cook until the bottoms brown and the sides start to color, about 4 minutes each side for medium (3 min med-rare and 5-6 min for well done). Let rest for 5 minutes then slice into 1/2" strips. Serve with the broccoli and sauce in Step 5.

**SHRIMP** - Before Step 3, heat 1 Tbsp of olive oil in a large skillet on medium-high heat. Salt and pepper the Shrimp and, when the oil is hot, cook until they are opaque and no longer grey in color, about 1 minute on each side. Serve with the broccoli and sauce in Step 5.

## Good To Know

**If you're making the vegan version**, we've left the parmesan out of your meal.

**Health snapshot per serving** -630 Calories, 40g Fat, 31g Protein, 9g Fiber, 760mg Sodium, 19 Smart Points

**SCAN QR CODE  
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cooking video**



INGREDIENTS: Broccoli, Rigatoni, Olive Oil, Parmesan Cheese, Lemon, Walnuts, Scallions, Brown Sugar, Garlic, Spices

**meez***meals*

### 1. Getting Organized

Put a saucepan of water on to boil and preheat your oven to 400 (or use your toaster oven).

### 2. Make the Spiced Nuts

Add 1 Tbsp each of sugar, oil and water to a large mixing bowl and stir in a pinch of cayenne. Add the **Walnuts**, coat them in the mixture and put everything on a foil-lined (or parchment-lined) baking sheet. Bake 10 to 12 minutes; stir every 3 minutes, making sure to scrape up all of the good stuff on the bottom.

*Chef Max suggests cayenne, but if you don't have it, feel free to use your favorite chili flakes or chili powder.*

*Your nuts are done when the sauce begins to stick to them.*

### 3. Sauté the Broccoli

Heat 1 Tbsp olive oil in a large skillet over high heat. Add the **Broccoli** and cook until golden brown in places, about 7 to 12 minutes. Turn over and cook the other side until golden brown.

### 4. Cook the Rigatoni

While the broccoli is cooking, salt the boiling pasta water and add the **Rigatoni**. Cook until al dente, about 8 to 12 minutes. Drain and set aside.

### 5. Put It All Together

Add the broccoli to the rigatoni with half of the **Lemon-Chai Vinaigrette**. Toss well, then serve topped with the spiced nuts and **Parmesan Cheese**, plus more vinaigrette to taste. Enjoy!

*Love this recipe? #meezmagic*

Instructions for two servings.

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

# Butter Cracker Tilapia with Jalapeno Cream

You know that retro Ritz cracker and cream cheese appetizer that's insanely good? The test kitchen team loves it like everyone else, so they used it as the starting point for a super delicious dinner of tilapia covered with butter crackers and a jalapeño cream sauce. A pepper salsa finishes this delicious 15-minute dinner.

**15** Minutes to the Table

**15** Minutes Hands On

**1 Whisk** *Super Easy*

## Getting Organized

### EQUIPMENT

Large Skillet

### FROM YOUR PANTRY

Olive Oil

Salt & Pepper

### 5 MEEZ CONTAINERS

Tilapia

Lime

Crackers

Jalapeno Cream

Pepper Medley Salsa

## Good to Know

Even with the butter crackers this meal has only 32g carbs per serving. If you want to reduce your carbs further you can eliminate the crackers and **reduce the carbs to 14g per serving.**

**Tilapia** is rich in minerals, proteins and vitamins which strengthen our bone health and reduce the risk of Osteoporosis. It boosts muscle growth in body and also helps in cellular repair and maintain proper metabolic activity.

**Health snapshot per serving** – 680 Calories, 47g Protein, 42g Fat, 32g 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: Tilapia, Ritz Crackers, Corn, Tomato, Bell Peppers, Poblano Peppers, Red Onion, Cream Cheese Queso Fresco, Jalapeño Peppers, Cilantro, Butter, Cream, Lemon Peel, Lime.

*meez* meals

### 1. Cook the Tilapia

Heat 2 Tbsp olive oil in a large skillet over medium high heat. Pat dry the **Tilapia** and season with ¼ tsp each salt and pepper. Cut the **Lime** in half. When the oil is hot, place the tilapia and lime, cut side down, in the skillet. Cook until the tilapia is light brown on the bottom and the edges start to brown, about 3 to 4 minutes. Flip and cook until the other side browns, another 3 to 4 minutes.

Remove the tilapia and the lime from the skillet and set aside to rest for 5 minutes. Wipe out the skillet.

### 2. Warm the Jalapeño Cream

While the tilapia is resting, warm the **Jalapeño Cream** in the now-empty skillet over medium heat, stirring occasionally, about 3 minutes.

### 3. Put It All Together

Crush the **Crackers**, in the bag they arrived in, into small pieces. Spread the warm Jalapeño cream over the tilapia from edge-to-edge and sprinkle the crushed crackers on top. Cover with the **Pepper Medley Salsa** and a squeeze of lime. Enjoy!

*We make the  
Jalapeño Cream  
with cream  
cheese, cream  
and lime juice  
to give it a  
perfect  
consistency*

Instructions for two servings.

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

# Upside-Down Asparagus Quiche

Classic quiche, made better. The flaky, buttery pie crust is our favorite part of making a quiche. But the hassle of rolling it out, shaping it to the pan and then baking is too much work for a weeknight dinner, particularly when it has a tendency to go soggy. The solution? Baking the pie crust on top. Paired with asparagus, leeks and four cheeses, it's all the deliciousness and none of the hassle.

**40** Minutes to the Table

**25** Minutes Hands On

**1 Whisk** Super Easy

## Getting Organized

### EQUIPMENT

Loaf Pan or Oven-Safe Casserole Dish  
Large Mixing Bowl  
Large Skillet

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper  
Milk (1¼ cup)

### 4 MEEZ CONTAINERS

Asparagus & Leeks  
Cheese  
Egg & Cream  
Pie Crust

## Add Protein Cooking Instructions

**CHICKEN** - While the quiche is in the oven, heat 1 Tbsp of olive oil in a large skillet on medium-high heat. Salt and pepper the Chicken Breasts and, when the oil is hot, cook until crisp and brown, about 4 to 5 minutes on each side. Let rest for 5 minutes. Serve alongside the quiche.

If you added steak, we recommend serving it separately with salt & pepper. Cook in a skillet with 1 Tbsp oil over high heat to internal temperature of 145 (for medium doneness).

If you added shrimp, we recommend serving it separately with salt & pepper. Cook in a skillet with 1 Tbsp oil over medium-high heat to an internal temperature of 145 degrees.

## Good to Know

**Health snapshot per serving** – 720 Calories, 29g Protein, 46g Fat, 25 Smart Points.

**Lighten Up snap shot per serving** – 515 Calories, 26g Protein, 32g Fat, 17 Smart Points with half the pie crust.

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

INGREDIENTS: Egg, Asparagus, Leeks, Pie Crust, Swiss, Gruyere, Pecorino Romano, Cream, Black Pepper

*meez* meals

### 1. Getting Organized

Preheat your oven to 400 and coat your loaf pan (or casserole dish) with cooking spray or lightly brush inside with olive oil.

### 2. Sauté the Asparagus and Leeks

Toss the **Asparagus & Leeks** in a large mixing bowl with a drizzle of olive oil, salt and pepper. Place asparagus & leeks into a dry skillet over medium-high heat. Sauté for 2 to 3 minutes until bright green. Transfer to your loaf pan.

### 3. Make the Quiche

Add the **Egg & Cream** to the now empty mixing bowl along with  $\frac{3}{4}$  cup of milk and stir vigorously.

Stir in the **Cheese** until evenly dispersed.

Pour the entire mixture over the vegetables in the loaf pan and make sure the vegetables are spread out evenly before topping with the **Pie Crust**. Cover with the pie crust. It's OK to overlap the pieces so that you cover the entire top surface.

Bake for 20 to 25 minutes, until the pie crust is golden brown.

Remove from oven and let cool for at least 5 minutes before serving.

### 4. Serve and Enjoy

Portion the quiche onto plates and enjoy!

*Quiche is traditionally baked in a pie pan, but we like a loaf pan or rectangular baker for this recipe because it matches the shape of the pie crust.*

*After you pour the egg mix, make sure the veggies are not all clumped up in one spot in the pan.*

*Letting the quiche cool down for a bit allows it to finish cooking and hold together for serving.*

Instructions for two servings.

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



# Bruschetta Salad

Bruschetta salad? Oh yes we did. This gem has all the flavors of a bruschetta appetizer tossed with healthy veggies for a delicious side or light meal. Fresh mozzarella, lettuce, yellow tomatoes, toasty croutons all tossed with a basil vinaigrette. Yum!

**10** Minutes to the Table

**10** Minutes Hands On

**1 Whisks** Super Easy

## Getting Organized

### EQUIPMENT

Large Mixing  
Bowl  
Baking Sheet

### FROM YOUR

### PANTRY

Olive Oil  
Salt & Pepper

6 MEEZ

### CONTAINERS

Lettuce  
Tomatoes  
Fresh Mozzarella  
Basil Vinaigrette  
Toasted  
Hazelnuts  
Rolls

## Add Protein Cooking Instructions

**CHICKEN** - While the croutons are in the oven, heat 1 Tbsp of olive oil in a large skillet over medium-high heat. Salt & pepper the Chicken Breasts and, when the oil is hot, cook until brown, about 4 to 5 minutes on each side. Let rest for 5 minutes and slice into 1/2" strips. Toss in the salad in Step 3.

**STEAK** - While the croutons are in the oven, heat 1 Tbsp olive oil in a large skillet over high heat. Salt and Pepper the steaks and when the skillet is very hot, add the Steaks to the pan. Cook until the bottoms brown and the sides start to color, about 4 minutes each side for medium (3 min med-rare and 5-6 min for well done). Let rest for 5 minutes and slice into 1/2" strips. Toss in the salad in Step 3.

**SHRIMP** - While the croutons are in the oven in Step 2, heat 1 Tbsp of olive oil in a large skillet on medium-high heat. Salt and pepper the Shrimp and, when the oil is hot, cook until they are opaque and no longer grey in color, about 1 minute on each side. Toss in the salad in Step 3.

## Good to Know

If you ordered the **Carb Conscious version**, we sent you cauliflower and cheese to form cauliflower "croutons" instead of the rolls, reducing the **carbs per serving to 22g**. In step 2. form the cauliflower and cheese mix into three separate rectangles about 4" by 5". Bake until the cheese get bubbly and brown, about 8 to 10 minutes. Remove from the oven and use on top of salad prior to adding the hazelnuts in step 4.

**Health snapshot per serving** – 605 Calories, 17g Protein, 35g Carbs, 47g Fat, 18 Freestyle Points.

INGREDIENTS: Mesculin Salad Mix, Rolls, Fresh Mozzarella, Grape Tomato, Red Onion, Garlic, Crushed Red pepper, Basil, Red Wine Vinegar.

*meez* meals

### 1. Getting Organized

Preheat oven to 400 degrees. Drain the extra liquid from the fresh mozzarella from the bag. Combine ¼ cup olive oil and the **Basil Vinaigrette** in a small bowl and mix well.

### 2. Prepare the Croutons

Cut the **Rolls** into ½" cubes and place on a baking sheet. Drizzle with olive oil, and lightly salt and pepper. Bake until the croutons brown, about 8 to 10 minutes.

### 3. Toss the Veggies and Dressing

Combine the **Lettuce, Tomatoes, Fresh Mozzarella**, and croutons in a large mixing bowl. Drizzle half the Basil Vinaigrette and toss well. Add additional Basil Vinaigrette as desired after tasting.

### 4. Finish and serve

Top with the **Toasted Hazelnuts** and enjoy!

Instructions for two servings.

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