

Kung Pao Steak Tacos

15 Min
to Table

10 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

No pre-work needed.

Leftovers Tip

Serve beef and slaw
over rice and
noodles.

Indian Butter Chicken

25 Min
to Table

25 Min
Hands
On

2 Whisks
Easy

Getting Started

Preheat oven to 425.

From your Pantry

You'll need olive oil,
salt and pepper

Quick Tips



Rotini with Basil Oil and Pecorino

25 Min
to Table

25 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Put a saucepan of
water on to boil.

Omnivore Option

Baked Chicken
breast would be
delicious!

Smoked Gouda, Asparagus & Pear Panini

15 Min
to Table

15 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Toast the bread.

From Your Pantry

You'll need olive oil,
salt and pepper

Classic Shawarma

10 Min
to Table

10 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Warm the pita.

From Your Pantry

You'll need olive oil,
salt & pepper

Flaked Tuscan Salmon & Linguini

20 Min to Table	20 Min Hands On	1 Whisk Super Easy
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Getting Started	Put a saucepan of water on to boil.
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From Your Pantry	You'll need olive oil, salt and pepper
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Brazilian Farro with Roasted Pineapple

30 Min to Table	10 Min Hands On	1 Whisk Super Easy
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Getting Started	Preheat your oven to 400 and put a saucepan of water on to boil.
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Picky Eaters Tip	Serve their portion with olive oil instead of the vinaigrette.
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Omnivore Option	Ground Turkey is delicious in this dish.
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Peach Bourbon BBQ Chicken with Citrus Slaw

20 Min to Table	20 Min Hands On	1 Whisk Super Easy
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Getting Started	Heat a large skillet over med/high heat.
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From Your Pantry	You'll need olive oil, salt and pepper
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Tex-Mex Gnocchi Bake

40 Min to Table	20 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.
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Meal Tip	If you prefer softer gnocchi, just boil them for 6 to 8 minutes.
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NOLA Shrimp Etouffee

30 Min to Table	30 Min Hands On	1 Whisk Super Easy
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Getting Started	Bring a medium saucepan of water to a boil.
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From Your Pantry	You'll need olive oil, butter, flour, salt and pepper.
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New England Shrimp Roll

20 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 a little cooking oil.
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Meal Tip	Add a little Tabasco for an extra kick.
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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)	
Peach Bourbon BBQ Chicken with Citrus Slaw	610	49	12	73	6	920	35	14	80% Vitamin C	110% Vitamin K
Rotini with Basil Oil & Pecorino	400	19	6	72	16	218		11	190% Vitamin C	14% Calcium
NOLA Shrimp Etouffee	520	23	23	61 CC 29	5	680	10	15	170% Vitamin C	70% Vitamin A
Classic Shawarma	380	14	18	44 CC 12	3	668		11	34% Vitamin C	18% Iron
Tex-Mex Gnocchi Bake	870	31	26	133	12	3008	15	29	123% Vitamin C	84% Vitamin A
(½ the cheese, sauce and salsa)	656		14					21		
Indian Butter Chicken	840	53	60	28	8	560	14	24	302% Vitamin A	192% Vitamin C
(½ the butter and ½ the nuts)	670		43					17		
Smoked Gouda, Asparagus & Pear Panini	720	33	43	56	11	1310	27	23	60% Calcium	48% Vitamin A
(use 1/2 the bread and 3/4 of the cheese)	570		36					17		
Kung Pao Steak Tacos	655	40	28	63	12	335	12	20	157% Vitamin C	61% Vitamin A
(½ tortillas, ½ kung pao sauce)	495		23					14		

Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmndd daily)	
New England Shrimp Roll	615	36	16	79	4	1320	x	16	29% Vitamin A	14% Vitamin B6
Brazilian Farro with Roasted Pineapple	770	11	43	90	11	136	x	26	100% Vitamin C	48% Vitamin B-6
½ the sauce and a sprinkle of seeds	500		15					16		
Flaked Tuscan Salmon & Linguini	740	54	25	80	11	360	23	15	90% Vitamin D	70% Vitamin C
(use 2/3 pasta & pesto)	620		20					12		
Add a Protein All-Natural Chicken Breast	220	41	5	0	0	85	0	3	90% Vitamin B6	4% Iron
Add a Pretein 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)	
Honduran Chocolate Brownies (Gluten-Free)	340	4	18	42	3	140	31	16	4% Vitamin C	15% Iron
Tiramisu for Two	290	5	15	35	1	40	29		6% Calcium	2% Iron
THE Carrot Cake	540	6	34	49	2	440	36	13	6% Vitamin C	6% Calcium
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.

Peach Bourbon BBQ Chicken with Citrus Slaw

Peach and bourbon meet classic BBQ in this bold, flavor-packed chicken dish. The sauce brings a smooth sweetness with smoky depth, balanced by a bright citrus slaw loaded with crunch and freshness. Served with warm Texas toast, it's vibrant, fresh, and full of brightness.

20 Minutes to the Table

20 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

- Large Skillet
- Large Mixing Bowl

FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper

5 MEEZ CONTAINERS

- Texas Toast Bread
- Chicken Breast
- Peach Bourbon BBQ Sauce
- Slaw Vegetables
- Citrus Vinaigrette

Good to Know

Our free-range 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 – 610 Calories, 12g Fat, 73g Carbs, 49g Protein, and 14 Freestyle Points.

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

INGREDIENTS: Chicken Breast, Holly Bread, BBQ Sauce, Broccoli, Carrot, Red Cabbage, Fennel, Kale, White Peach, Brown Sugar, Lime, Orange, Mango, Bourbon, Apple Cider Vinegar.

meez meals

1. Toast the Bread

Heat a large skillet over medium-high heat. Brush or spray the **Texas Toast Bread** with olive oil on both sides and season with a sprinkle of salt and pepper. Add the bread to the hot skillet and cook until brown, about 1 to 2 minutes on each side. Remove from the skillet and set aside. Do not wipe out the skillet.

2. Cook the Chicken

Heat 1½ Tbsp olive oil in the now-empty skillet over high heat. Pat dry and generously salt and pepper the **Chicken Breasts** on both sides. Cook until brown on one side, about 4 to 5 minutes. Flip, then cook until brown on the second side, about 4 additional minutes. Transfer the chicken to a cutting board and let rest for 5 minutes. Wipe out the skillet. After the chicken has rested, slice into ½" strips.

3. Heat the Sauce

Return the now-empty skillet to the stove over medium heat. Add the **Peach Bourbon BBQ Sauce** (the darker, thicker liquid) to the skillet and cook until heated through, about 1 to 2 minutes. Turn off the heat, add the sliced chicken to the skillet and stir until it is well coated.

4. Put It All Together

Combine the **Citrus Vinaigrette** with 1 Tbsp olive oil in a large mixing bowl. Add the **Slaw Vegetables** and toss well. Serve the Peach Bourbon BBQ chicken over the citrus slaw with the Texas toast on the side. Enjoy!

Instructions for two servings.

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

Rotini with Basil Oil & Pecorino

25 Minutes to the Table

25 Minutes Hands On

1 Whisk *Super Easy*

So simple, so delicious. We're sautéing broccoli and cauliflower together with fresh grape tomatoes, then tossing it together with a fresh basil oil and pecorino cheese. Topped with marinated butter beans, it's a tribute to the Mediterranean the whole family will love.

Getting Organized

EQUIPMENT

Large Skillet
Saucepan
Bowl

FROM YOUR

PANTRY

Olive Oil
Salt & Pepper

5 MEEZ

CONTAINERS

Rotini
Pecorino
Cheese
Grape
Tomatoes
Broccoli &
Cauliflower
Cannellini Bean
Marinade

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 combine with everything in step 5.

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're making the gluten-free version, we've given you gluten-free pasta.

If you're making the vegan version, we've left out the cheese.
Add an extra pinch of salt and pepper for extra seasoning.

Health snapshot per serving -400 Calories, 19g Protein, 6g Fat, 72g Carbs, 16 g Fiber, 11 Smart Points.

SCAN QR CODE
to view YouTube
cooking video



INGREDIENTS: Cannellini Beans, Cauliflower, Broccoli, Rotini, Pecorino Cheese, Grape Tomatoes, Basil, Garlic

meez *meals*

1. Get Organized

Put a saucepan of water on to boil.

2. Marinate the Beans

Put the **Cannellini Bean Marinade** into a bowl and cover with olive oil. You could use as little as a ¼ cup as much as ¾ cup. Let sit on the counter for at least 20 minutes.

The amount of oil is up to you. The marinade has great flavor, so you could use extra oil and save for another meal.

3. Cook the Veggies

Heat 3 Tbsp olive oil in a large skillet over medium high heat. Add the **Broccoli & Cauliflower**, and cook until lightly golden brown at the edges, about 7 to 10 minutes, stirring frequently.

Add the **Grape Tomatoes** and cook until the skin bursts and the edges turn golden brown, about 5 to 7 minutes.

4. Cook the Rotini

Once the veggies are cooking, get the pasta going. Salt the boiling water, then add the **Rotini**. Cook until al dente, about 10 to 12 minutes, then drain.

Salt your water generously!

5. Put It All Together

Add the cooked rotini to the veggies and mix well. Add the marinated beans – but reserve the oil. Toss again, then add salt and pepper to taste. Serve topped with the **Pecorino Cheese** and as much of the marinade oil as you'd like. Enjoy!

Instructions for two servings.

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

NOLA Shrimp Etouffee

Straight from New Orleans, this Cajun favorite is rich, hearty, and full of soul. Juicy shrimp are simmered in a velvety Etouffee sauce with onions, peppers, celery, and a touch of spice, then served over fluffy white rice. It's warm, comforting, and packed with bold Louisiana flavor.

30 *Minutes to the Table*

30 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet
Medium Saucepan

FROM YOUR PANTRY

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

5 MEEZ CONTAINERS

Rice
Shrimp
Mirepoix
Etouffee Sauce
Lemon

Good to Know

If you ordered the **Carb Conscious version**, we sent you cauliflower "rice" instead of the rice, reducing the **carbs per serving to 29g**. Skip steps 1 and 2. Prior to cooking the veggies and sauce in step 4, heat 1 Tbsp olive oil in the skillet and sauté the cauliflower until it starts to brown, about 4 to 5 minutes. Serve in place of the rice.

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

Health snapshot per serving – 520 Calories, 23g Fat, 61g Carbs, 23g Protein, and 15 Freestyle Point s.

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: Shrimp, White Rice, Bell Peppers, Yellow Onion, Carrot, Cream, Celery, Garlic, Chicken Stock, Lemon, Worcestershire Sauce, Franks Red Hot Sauce, Tomato, Bay Leaf, Cayenne Pepper.

meez  meals

1. **Get Organized**

Bring a medium saucepan of water to a boil.

2. **Cook the Rice**

Add the **Rice** to the boiling water and cook until tender, about 15 minutes. Drain and return to the saucepan. Fluff with a fork, cover, and set aside until step 5.

3. **Cook the Shrimp**

While the rice is cooking, pat dry the **Shrimp** and season with salt and pepper. Heat 1 Tbsp olive oil in a large skillet over medium-high heat. When the oil is hot, add the shrimp in a single layer and cook until opaque, about 1 minute each side. Remove from the skillet and set aside. Wipe out the skillet.

4. **Cook the Vegetables and Sauce**

Heat 1 Tbsp olive oil in the now-empty skillet over medium-high heat. When the oil is hot, add the **Mirepoix** veggies and cook until the onion are translucent, about 5 minutes. Add 2 Tbsp of butter and stir until melted, then add 2 Tbsp of flour. Stir continuously until the veggies are well coated and flour starts to turn brown, about 2 minutes. Add the **Etouffee Sauce** and two-thirds cup of water and stir well, making sure to scrape all the tasty bits on the bottom of the skillet.

Bring to a boil and reduce the heat to medium-low. Simmer until the liquid has reduced by about one-third and has the consistency of a thin gravy, about 10 to 12 minutes. Turn off the heat and stir in the cooked shrimp.

5. **Put It All Together**

Serve the etouffee on top of a bed of white rice and top with a squeeze of **Lemon**. Enjoy!

Instructions for two servings.

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

Classic Shawarma

Possibly our fastest Meez Meal yet. One pot, ten minutes to the table, low in calories and high in flavor, this dinner is a crowd pleaser. Our special simmer sauce gives the gyros style sliced beef and lamb shawarma an authentic flavor. Served in a warm pita with a zesty Mediterranean dressing and fresh veggies.

10 Minutes to the Table

10 Minutes Hands On

1 Whisks *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet

FROM YOUR PANTRY

Olive Oil

Salt & Pepper

5 MEEZ CONTAINERS

Pita

Simmer Sauce

Beef & Lamb Shawarma

Mediterranean Dressing

Veggies

Make the Meal Your Own

If you ordered the **Carb Conscious version**, we sent you an arcadian lettuce blend instead of the pita, reducing the **carbs per serving to 12g**. Toss the lettuce with the other ingredients for a shawarma salad.

Good to Know

Health snapshot per serving 380 Calories, 14g Protein, 18g Fat, 44g Carbs, 11 Freestyle 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: Beef & Lamb Shawarma, Pita, Bell Pepper, Radish, Yellow Squash, Zucchini, Red Onion, Great Northern Beans, Tahina, Olive Oil, Parsley, White Wine Vinegar, Shawarma Spices, Lemon, Kosher Salt, White Pepper.

meez meals

1. Warm the Pita

Heat a large skillet over medium heat. Cook the Pita until warm, about 30 seconds per side. Cut each pita in half and wrap in aluminum foil or cover with a towel.

2. Heat the Shawarma

Mix 2 Tbsp olive oil with the **Simmer Sauce** (the thin, smooth, orange sauce) in a small bowl.

Combine the simmer sauce and **Beef & Lamb Shawarma** in a large skillet over medium-high heat. Cook, stirring occasionally, until the edges are slightly crispy, and meat is warm, about 2 to 3 minutes. Remove from heat and set aside.

3. Put It All Together

Fill each pita half with beef & lamb shawarma, a layer of **Mediterranean Dressing**, **Veggies** and an additional drizzle of dressing on top. Enjoy!

The Beef and Lamb is already fully cooked, so you are just adding flavor and warming it in this step.

Instructions for two servings.

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

Tex-Mex Gnocchi Bake

Yep, you read the name right. We're putting two flavors together in one crazy cross-cultural gem that's sure to please everyone in your family. Toasted gnocchi is a perfect partner for black beans, sweet corn and poblano peppers. Topped with Chihuahua & Monterey Jack cheese and cooked until melty and delicious. Heaven.

40 Minutes to the Table

20 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Large Oven-Safe
Skillet or Dutch
Oven
Baking Sheet

FROM YOUR

PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Corn, Bean &
Tomato Salsa
Tex-Mex Sauce
Mexican Cheese
Gnocchi
Poblano Peppers

Add Protein Cooking Instructions

Integrate into recipe: Prior to step 4, cook the protein (per instructions below) and then slice into strips (*flake the salmon, leave shrimp whole*) and serve alongside the gnocchi when it is finished.

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

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

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

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

Good to Know

Health snapshot per serving – 870 Calories, 31g Protein, 26g Fat, 29 Smart Points.

Lighten Up snapshot per serving – 655 Calories, 20g Protein, 14g Fat, 21 Smart Points using ½ the cheese, sauce, and salsa.

SCAN QR CODE
to view
YouTube
cooking video



INGREDIENTS: Gnocchi, Tomatoes, Poblano Peppers, Corn, Black Beans, Chihuahua Cheese, Monterey Jack Cheese, Cilantro, Cumin Coriander, Oregano, Chipotles in Adobo.

meez meals

1. Getting Organized

Preheat your oven to 400 degrees.

2. Toast the Gnocchi

Place the **Gnocchi** on a baking sheet and toss with olive oil, salt and pepper. Bake until golden brown, about 16 to 18 minutes, stirring once after 10 minutes of cooking. Remove from the oven and set aside until step 4.

3. Cook the Vegetables

While the gnocchi is cooking, heat 2 Tbsp olive oil in a large oven-safe skillet (or Dutch Oven) over medium-high heat. Once the oil is hot, add the **Poblano Peppers** and cook until the edges are brown, about 6 to 8 minutes. Add the **Corn, Bean & Tomato Salsa** and the **Tex-Mex Sauce** and cook until the sauce starts to bubble, and salsa is warm, about one minute, then turn off the heat.

4. Finish the Bake

Stir in half the **Mexican Cheese** and add the toasted gnocchi when it comes out of the oven. (It is OK to let the dish sit if the gnocchi isn't ready yet.)

Mix well, then top with the remaining cheese. Bake until the cheese is melted and starts to brown, about 7 to 9 minutes.

Serve and enjoy!

Instructions for two servings.

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

Indian Butter Chicken

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

25 Minutes to the Table

25 Minutes Hands On

2 Whisk Easy

Getting Organized

EQUIPMENT

- 2 Large Skillets
- Sheet Pan

FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper

6 MEEZ CONTAINERS

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

Good to Know

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

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

Health snapshot per serving – 840 Calories, 53g Protein, 60g Fat, 28g Carbs, 24 Freestyle Points.

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

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

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



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

meez meals

1. Roast the Cauliflower

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

2. Cook the Chicken

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

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

3. Make the Indian Butter Sauce

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

4. Cook the Spinach

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

5. Put It All Together

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

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

Instructions for two servings.

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

Smoked Gouda, Asparagus & Pear Panini

The rich flavors of smoked Gouda, tender asparagus, sweet roasted pear, and grilled whole grain panini bring perfect balance to our latest sandwich creation. Served with strawberry vinaigrette drizzled spinach and arugula, it's simple sophistication at its finest.

15 Minutes to the Table

15 Minutes Hands On

1 Whisks Super Easy

Getting Organized

EQUIPMENT

- Large Skillet
- Large Mixing Bowl

FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper

6 MEEZ CONTAINERS

- Whole Grain Panini Bread
- Pear
- Strawberry Vinaigrette
- Asparagus
- Smoked Gouda & Provolone
- Spinach & Arugula

Add Protein Cooking Instructions

Integrate into recipe: Prior to step 3, cook protein (per instructions below). Slice it into strips (*flake the salmon, leave the shrimp whole*) and layer into the panini 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 – 720 Calories, 43g Fat, 33g Protein, 56g Carbs, 23 Freestyle Points

Lightened up Health Snapshot per Serving- 570 calories, 36g Fat, 43g Carbs, 17 Free style points by using half the bread and having the sandwich open-faced and using $\frac{3}{4}$ of the cheese

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

INGREDIENTS: Whole Grain Panini Bread, Asparagus, Pear, Smoked Gouda, Provolone, Spinach, Strawberry, Arugula, Olive Oil, Green Onion, White Vinegar, Mustard, Lime, Sugar, Garlic, Thyme

meezmeals

1. Toast the Bread

Lightly brush both sides of the **Whole Grain Panini Bread** with olive oil. Heat a large skillet over medium high heat and toast both sides of each slice, about 2 to 3 minutes per side. (You may need to work in batches depending on the size of your skillet.) Transfer the toasted bread directly to serving plates. Do not wipe out the skillet.

2. Cook the Pears

Heat 1 Tbsp olive oil in the now-empty skillet over medium high heat. Cut the **Pear** (working around the core) into ¼" slices and add to the skillet with 2 Tbsp of the **Strawberry Vinaigrette**. Mix in the skillet until the pears are coated, then arrange in a single layer. Cook until they start to soften and the glaze has caramelized on the outside, about 3 to 4 minutes. Remove from the skillet and place on top of two of the toasted bread slices (these will be the bottom slices of bread for the panini.) Wipe out the skillet.

3. Cook the Asparagus

Heat 1 Tbsp olive oil in the now-empty skillet over medium high heat. When the oil is hot, add the **Asparagus** with a sprinkle of salt and pepper and sauté, stirring occasionally, until the asparagus is bright green and starts to char, about 5 to 6 minutes. Turn off the heat and add the **Smoked Gouda & Provolone** and one-third of the **Spinach & Arugula**. Stir until the greens are wilted and the cheese is completely melted, 1 to 2 minutes.

4. Put It All Together

Top the pears with the contents of the skillet and press the top piece of bread down firmly with a spatula to hold everything together.

Toss the remaining spinach & arugula and remaining strawberry vinaigrette in a large mixing bowl and serve alongside the panini sandwiches. Enjoy!

Instructions for two servings.

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

Kung Pao Steak Tacos

Can't decide between Chinese or Mexican? You won't have to choose with our kung pao sauce drizzled sirloin strips, wrapped in warm tortillas and topped with basil cilantro sesame crunch. Who says you can't have everything?

15 *Minutes to the Table*

15 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

- Large Skillet
- Small Skillet (optional)

FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper

5 MEEZ CONTAINERS

- Steak
- Kung Pao Sauce
- Broccoli Slaw
- Tortillas
- Herbs & Sesame Seeds

Make The Meal Your Own

If you ordered the **Carb Conscious version**, we sent you romaine lettuce instead of the tortillas, reducing the **carbs per serving to 28g**. Skip step 2. and instead cut the romaine heads in 1" slices and use as a base to make a Kung Pao Steak Salad.

Leftovers tip – This makes a great leftover lunch. Serve the steak and slaw over your favorite rice or noodle.

Good To Know

Be sure to generously season your steak with salt and pepper before cooking; the salt adds flavor while also keeping the meat tender. Chef Max recommends using ½ tsp of each.

Health snapshot per serving – 655 Calories, 28g Fat, 40g Protein, 63g Carbs, 20 Smart Points

Lightened up snapshot – 495 Calories, 23g Fat, 14 Smart Points when you use ½ the tortillas and ½ the kung pao sauce.

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: Broccoli Slaw, Steak, Corn Tortillas, White Wine, Soy Sauce, Sesame Seeds, Sambal, White Vinegar, Brown Sugar, Sesame Oil, Carrots, Basil, Cilantro, Garlic

meez meals

1. Cook the Steak

Heat 1 Tbsp of oil in a skillet over high heat. While the skillet is heating, pat the **Steaks** dry with a towel and season generously with salt and pepper (we recommend ½ tsp of each). When the skillet is very hot, add the steaks. Cook until the bottoms brown and the sides start to color, about 3 minutes.

- **If you prefer your steak medium-rare**, flip and continue cooking 3 minutes. Remove from the heat and let rest for 5 minutes.
- **If you prefer your steak medium**, flip and continue cooking for 4 minutes. Remove from the heat and let rest for 5 minutes.
- **If you prefer your steak medium-well or well done**, flip and continue cooking for 5 to 6 minutes. Remove from the heat and let rest for 5 minutes.

While the steaks are resting, return the skillet to the stove over medium heat. Add the **Kung Pao Sauce** and cook just until slightly thickened, about 3 to 4 minutes. Remove from the heat and stir in **Broccoli Slaw**.

After the steaks have rested, place them horizontally on a cutting board. Using a sharp knife cut the steaks into even strips (we aim for ½" x 1" pieces). Toss the strips with the sauce and broccoli slaw.

2. Heat the Tortillas

Heat the **Tortillas** in a small, dry skillet on the stove or directly over a gas burner until soft and pliable, about 30 seconds per side.

3. Put It All Together

Serve the tortillas filled with sliced steak and slaw and top with **Herbs & Sesame Seeds** to taste. Enjoy! *Love this recipe? #meezmagic*

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

Steak continues to cook as it rests, so remove it from the heat when it's a little less done than you like to prevent it from overcooking.

Instructions for two servings.

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

New England Shrimp Roll

Inspired by the classic Maine lobster roll, then served up Meez style. It starts with sautéed shrimp tossed New England style with lemony mayonnaise. Add in a toasted roll, roasted red potato fries, and pickled veggies, and you've got something special.

20 Minutes to the Table

20 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT
Skillet

FROM YOUR PANTRY
Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS
Shrimp
Roll
Lemony Mayo
Red Potatoes
Pickled Veggies
Dill & Chive

Make the Meal Your Own

If you like spicy food, add a little Tabasco or hot sauce to the creamy dressing for an extra kick.

Good to Know

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

Health snapshot per serving – 615 Calories, 36g Protein, 16g Fat, 16 Smart 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: Roll, Shrimp, Red Potatoes, Zucchini, Squash, Mayonnaise, Green Onion, Chives, Dill, Celery, Sriracha, Lemon, Garlic, Black Pepper

meez meals

1. Cook the Red Potato Fries

Preheat your oven to 425

Slice each **Red Potato** in half the long way, then slice each half again so you have four skinny fries per potato. Transfer them to a large mixing bowl, drizzle with olive oil, salt and pepper and toss. Arrange the coated fries on a baking sheet in a single layer. Roast until the outside of the potato is golden and slightly crispy, about 20 minutes.

2. Cook the Shrimp

After the potatoes have been baking for about 10 minutes, dry and lightly salt & pepper the **Shrimp**. Heat 1 Tbsp olive oil in a skillet over medium-high heat. Cook for a minute on each side until they are opaque and no longer grey in color. Place in the now-empty mixing bowl and set aside.

3. Prepare Your Rolls

Brush olive oil on both flat sides of each **Roll** and place in the now-empty skillet over medium-high heat. Grill bread until golden brown on one side, about 20 to 30 seconds using a small sauté pan to gently push down on the top of the bread while it's cooking. Flip and grill the other side until also golden brown using same process.

Remove from heat and place the rolls standing up on a plate (round top should be facing up and toasted sides should be facing out).

Carefully slice half way down into the bread from the front to the back creating a slit on the top. This will be the pocket for the shrimp to go into.

4. Put It All Together

Add the **Lemony Mayo** to the bowl with the cooked shrimp and toss. Using a spoon, fill the roll with the shrimp and lemony mayo mix (pressing down a bit to keep the shrimp in place). Generously top with the **Dill & Chive** mix. Serve roll alongside the **Pickled Veggies** and roasted red potato fries and enjoy!

Brush the olive oil for grilling the bread on the flat sides of the roll and not the round top or bottom.

Be sure not to slice the roll in half. You only want to go about half way down into the bread to create the opening for the filling.

Instructions for two servings.

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

Brazilian Farro with Roasted Pineapple

Inspired by our favorite South American flavors. We're tossing farro with delicious cilantro vinaigrette, then mixing in roasted pineapple, sweet potatoes and seasoned sunflower seeds. It's a bowl of deliciousness that will get you planning a trip to Rio.

30 Minutes to the Table

10 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

- 2 Rimmed Baking Sheets
- Mixing Bowl
- Saucepan

FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper

5 MEEZ CONTAINERS

- Farro
- Sweet Potatoes
- Pineapple
- Seasoned Sunflower Seeds
- Cilantro
- Vinaigrette

Add Protein Cooking Instructions

Integrate into recipe: After putting the pineapple in the oven in step 3, cook the protein (per instructions below) and then slice into strips (*flake the salmon, leave shrimp whole*) and toss with the farro and sweet potatoes.

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're making the gluten-free version, we've given you brown rice instead of farro. Cook the brown rice in boiling water for about 20 minutes, drain and let sit, covered, for 5 minutes.

Health snapshot per serving – 770 Calories, 11g Protein, 43g Fat, 90g Carbs, 26 Smart Points

Lighten Up Snapshot per serving – 500 Calories, 6g Protein, 15g Fat, 82g Carbs, 16 Smart Points with ½ the sauce and a sprinkle of sunflower seeds.

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



INGREDIENTS: Sweet Potatoes, Farro, Pineapple, Sunflower Seeds, Olive Oil, Lemon, Apple Cider Vinegar, Cilantro, Brown Sugar, Garlic, Spices

meez meals

1. Getting Organized

Preheat your oven to 400 and put a saucepan of water on to boil.

2. Cook the Farro

Salt the boiling water and add the **Farro**. Cook until al dente, about 25 to 30 minutes. Drain, and then return to the pot until you're ready to eat.

3. Roast the Sweet Potatoes

Put the **Sweet Potatoes** on a rimmed baking sheet and drizzle with olive oil, salt and pepper. Toss well, then arrange in a single layer. Bake until golden brown, about 20 to 25 minutes, stirring once halfway through.

4. Roast the Pineapple

While the sweet potatoes are cooking, put the **Pineapple** on to a rimmed baking sheet. Drizzle with 1 tsp of olive oil and bake until golden brown, about 12 to 15 minutes.

There's no need to stir the pineapple while it's cooking.

5. Toast the Sunflower Seeds

Put the **Seasoned Sunflower Seeds** into a mixing bowl and add 1 tsp of water and ½ tsp olive oil. Mix well, then drain any excess liquid. Add the seeds to one of your baking sheets if there is room (if not, use a clean baking sheet). Bake until they start to blacken in places, about 7 to 10 minutes, stirring once halfway through.

Use a large mixing bowl for this so you can use it when you toss the entire meal in Step #6.

6. Put It All Together

Combine the farro and sweet potatoes in a large mixing bowl with the **Cilantro Vinaigrette**. Mix well, then serve topped with the seeds and pineapple.

Instructions for two servings.

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

Flaked Tuscan Salmon and Linguini

Fresh ingredients cooked simply is at the heart of the best Italian dishes, and it's what makes this recipe sing. We're coating seared salmon in a fresh pesto made with mint, basil, arugula and lemon, then serving it over linguini and a Tuscan-inspired tomato sauce. It's fresh, filling and delicious.

20 Minutes to the Table

20 Minutes Hands On

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet
Large Saucepan
Mixing Bowl

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Linguini
Salmon
Arugula Mint Pesto
Grape Tomatoes
Sundried Tomatoes &
Onions
Spinach

Good To Know

If you ordered the **Carb Conscious version** we sent you zucchini "noodles" instead of the linguini, reducing the **carbs per serving to 40g**. Skip steps 1 and 2. Prior to step 3, heat 1 Tbsp olive oil in a large skillet over high heat. When the oil is hot, add the zucchini noodles and cook until they start to char, about 2 to 3 minutes. Set aside and wipe out the skillet. Use the zucchini noodles in place of the pasta in step 4.

Health snapshot per serving – 740 Calories, 25g Fat, 54g Protein, 80g Carbs, 15 Freestyle Points.

Lightened up health snapshot per serving – 620 Calories, 20g Fat, 66g Carbs, 12 Freestyle Points, by using two-thirds of the Pasta and two-thirds of the 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**



INGREDIENTS: Salmon, Grape Tomatoes, Spinach, Linguini, Sun Dried Tomatoes, Yellow Onion, Olive Oil, Parmesan, Basil, Garlic, Lemon, Arugula, Mint, Lemon Pepper, Oregano

meezmeals

1. Get Organized

Bring a large saucepan of water to boil.

2. Cook the Pasta

Add the **Linguini** to the boiling water with a pinch of salt and cook until al dente, about 7 to 9 minutes. Drain and return the pasta to the saucepan with a cover.

3. Cook The Salmon

While the pasta is cooking, pat dry the **Salmon** with a paper towel and sprinkle each side with salt and pepper. Heat 2 Tbsp of olive oil in a large skillet over high heat. When the oil is hot, add the salmon and cook until the bottom browns, about 4 minutes. Flip, and cook until the other side is brown about 3 additional minutes.

Set aside to rest for 5 minutes, then flake the salmon into bite-sized pieces with a fork. Transfer to a mixing bowl and add the **Arugula Mint Pesto**. Stir until the salmon is well coated, then set aside until step 5.

4. Create the Tuscan Sauce

While the salmon is resting, wipe out the now-empty skillet and heat 1 Tbsp olive oil in it over medium-high heat. When the oil is hot, add the **Grape Tomatoes** and cook until they start to blister, about 2 to 3 minutes. Add an additional 1 Tbsp olive oil and the **Sundried Tomatoes & Onions**. Sauté until the onions soften, about 5 to 6 minutes. Transfer the tomatoes and onions to the saucepan with the cooked linguini and mix. Do not wipe out the skillet.

Add the **Spinach** to the now-empty skillet and cook over medium-high heat until it wilts and then add it to the saucepan with the pasta and tomatoes and stir well.

5. Put it all Together

Serve the pasta topped with the pesto-coated-salmon. Enjoy!

Instructions for two servings.

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