

Mae Ploy Chicken

35 Min to Table	15 Min Hands On	2 Whisks Easy
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Getting Started	Preheat your oven to 425 and bring a water to a boil.
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From Your Pantry	You'll need olive oil, salt and pepper.
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Maui Salmon Rice Bowl

20 Min to Table	15 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.
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Quick Tips



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.
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Bistro Steak with Pesto Penne

20 Min to Table	25 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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Meal Tip	Cook up to 2 days in advance for an easy dinner or lunch.
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Carolina Pulled Pork & Cornbread

25 Min to Table	20 Min Hands On	1 Whisk Super Easy
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Getting Started	Toast the cornbread.
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From your Pantry	You'll need olive oil, salt and pepper.
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Grilled Halloumi Souvlaki

15 Min
to Table

15 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Heat 1 Tbsp of olive oil in a large skillet.

From your Pantry

You'll need olive oil, salt and pepper.

*Bacon & Ranch Quesadilla**Chicken Stack*

20 Min
to Table

20 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Heat olive oil in large skillet.

From Your Pantry

You'll need olive oil, salt and pepper.

Chana Masala Flatbread

25 Min
to Table

20 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Preheat your oven to 400.

From Your Pantry

You'll need olive oil.

Shrimp Ceviche

10 Min
to Table

10 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Combine the Ceviche Veggies, Black Beans and Citrus Marinade in a large bowl.

From Your Pantry

You'll need olive oil, salt and pepper

Waldorf Salad with Grilled Chicken

20 Min
to Table

15 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Marinate your chicken for 5 to 10 minutes.

Omnivore Option

You'll need a little olive oil, salt and pepper.

Leftover Tips

Make a great sandwich by putting the leftovers in pita bread.

Bulgogi Tofu *Lettuce Cups*

20 Min
to Table

15 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Put a saucepan of water on to boil.

From Your Pantry

You'll need olive oil.

Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmneded daily)	
Maui Salmon Rice Bowl	530	40	16	57	6	1540	25	10	80% Vitamin D	70% Iron
Bistro Steak with Pesto Penne	555	45	25	40	7	387		16	72% Vitamin B-12	25% Calcium
Bulgogi Tofu Lettuce Cups	710	43	32	68 CC 40	16	1220	12	11	150% Vitamin A	35% Iron
(use half the peanuts)	620		25					9		
Shrimp Ceviche	625	39	9	107	8	1288		13	195% Vitamin C	36% Iron
Mae Ploy Chicken	745	67	18	85	7	1621		22	13% Vitamin A	37% Vitamin C
½ the rice and sauce	585		17					15		
Italian Toasted Gnocchi	453	20	5	82	10	486		11	81% Vitamin C	201% Vitamin A
Carolina Pulled Pork & Cornbread	890	39	24	134	7	2490		30	61% Vitamin B12	30% Vitamin C
(2/3 ranch dressing, bbq sauce, & cornbread)	690		19					22		

Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmndd daily)	
Grilled Halloumi Souvlaki	480	26	49	21	6	1854	x	17	433% Vitamin C	77% Vitamin A
Bacon & Ranch Quesadilla Chicken Stack	910	66	47	56 CC 30	4	1480	10	23	50% Folate	45% Calcium
(use 1/2 the tortillas, cheese, & dressing)	670		34					15		
Chana Masala Flatbread	640	27	30	68 CC 39	8	830	13	16	130% Vitamin C	45% Calcium
Waldorf Salad with Grilled Chicken	745	66	35	52	9	220		22	93% Vitamin A	28% Vitamin Iron
(½ the dressing, raisins and nuts)	530		19					14		
Add a Protein All-Natural Chicken Breast	220	41	5	0	0	85	0	3	90% Vitamin B6	4% Iron
Add a Preotein 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

Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmndd daily)	
Add a Protein Premium Shrimp	120	28	0.5	0	0	170	0	1	8% Potassium	4% 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
Rockslide Brownie	550	5	35	56	2	230		31	25% Vitamin A	8% Calcium
Kitchen Sink Cookies	380	5	19	49	2	400	10	17	20% Iron	8% 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.

Maui Salmon Rice Bowl

Meez's version of a poke bowl, it's fast, filling, and a flavor sensation. We're making ours with a teriyaki and pineapple sauce that's a perfect match for seared salmon, edamame and crunchy fresh veggies.

20 *Minutes to the Table*

15 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet
Saucepan

FROM YOUR PANTRY

Olive Oil

6 MEEZ CONTAINERS

Jasmine Rice
Green Onions
Salmon
Pineapple Teriyaki
Cucumber, Edamame &
Shredded Veggies
Sesame Seeds

Good To Know

If you ordered the **Carb Conscious version** we sent you zucchini noodles instead of jasmine rice. Skip step 1. Heat 1 Tbsp olive oil in a large skillet. When the oil is hot, add the zucchini and sear for 2 minutes, then stir in half of the Green Onions & Sesame Seeds as in step 2.

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

Health snapshot per serving – 530 Calories, 16g Fat, 57g Carbs, 40g Protein and 10 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: Salmon, Jasmine Rice, Cucumber, Edamame, Green Onion Carrot, Red Cabbage, Tamari, Pineapple, Ginger, Garlic, Cilantro, Sesame Oil, Black Sesame Seeds, Toasted Sesame Seeds, Lime

meez meals

1. Get Ready

Bring a saucepan of water to a boil.

2. Cook the Rice

Add the **Jasmine Rice** to the boiling water and cook until tender, about 12 to 15 minutes. Drain well and return to the saucepan. Stir in half the **Green Onions** then cover and set aside.

3. Cook the Salmon

While the rice is cooking, heat 1 Tbsp olive oil in a large skillet over medium-high heat. Dry the **Salmon** with a paper towel. When the oil is hot, add the salmon and cook until it turns brown, about 3 minutes. Flip the salmon and add the **Pineapple Teriyaki** sauce. Continue cooking, spooning the sauce on top of the salmon frequently, until the sauce is thick enough to coat the back of a spoon, about 4 additional minutes.

4. Put It All Together

Serve the salmon and **Cucumber, Edamame & Shredded Veggies** alongside each other and on top of the rice (poke bowl style). Drizzle the entire dish with the Pineapple Teriyaki sauce still left in the skillet, and sprinkle with the remaining green onions and the **Sesame Seeds**. Enjoy!

Instructions for two servings

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

Bistro Steak with Pesto Penne

An Italian classic. We're tossing sirloin steak with a creamy basil pesto. With sautéed spinach, mushrooms and penne pasta, it's a meal we can't stop eating.

25 Minutes to the Table

20 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Saucepan
Mixing Bowl
Skillet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Penne Pasta
Basil Pesto Cream
Mushrooms
Sirloin
Spinach
Parmesan

Make The Meal Your Own

If you ordered the **Carb Conscious version**, we sent you zucchini "noodles" instead of the pasta, reducing the **carbs per serving to 14g**. Skip step 1. Prior to step 2., heat 1 Tbsp olive oil in a large skillet over high heat. When the oil is hot, add the zucchini and cook until it starts to brown, about 2 to 3 minutes. Transfer the zucchini "noodles" to a mixing bowl and combine with half of the Basil Pesto Cream. Serve instead of the pasta in step 6.

Picky Eater Tip – The mushrooms are packaged separately, so you can serve them just to the diners who love them.

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 – 650 Calories, 51g Protein, 23g Fat, 57g Carbs, 17 Smart Points

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: Sirloin Steak, Spinach, Cremini Mushrooms, Penne Pasta, Parmesan, Heavy Cream, Basil, White Wine, Lemon Juice, Garlic

meez meals

1. Get Organized

Put a saucepan of water on to boil.

2. Cook the Pasta

Add the **Penne Pasta** to the boiling water and cook until al dente, about 12 to 14 minutes. Drain and return to the saucepan. Stir half of the **Basil Pesto Cream** into the warm pasta to coat.

3. Brown the Mushrooms

While the pasta is cooking, heat 1 Tbsp oil in a large skillet over high heat. Add the **Mushrooms** and cook, stirring occasionally, until golden brown, about 3 to 5 minutes. Remove the mushrooms to a bowl.

4. Cook the Steaks

Return the now-empty skillet to the stove with 1 tsp oil over high heat. While the skillet is heating, pat the **Sirloin** 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 sirloin. Cook until the bottoms brown & sides start to color, about 3 minutes. Flip and continue cooking for 3 minutes if you prefer your steak **medium-rare**. (Cook for 4 minutes for **medium**, and 5 to 6 for **well done**). Set aside to rest for 5 min.

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).

5. Cook the Spinach

Return the skillet to the stove over medium heat. Add the **Spinach** and cook until lightly wilted, about 2 minutes.

6. Put It All Together

Serve the pasta topped with spinach, mushrooms and sliced steak. Sprinkle the **Parmesan** over the top and drizzle with extra pesto cream to taste.

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.

Beef 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

Bulgogi Tofu Lettuce Cups

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

20 Minutes to the Table

15 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Large Skillet
Medium
Saucepan

FROM YOUR

PANTRY

Olive Oil

6 MEEZ

CONTAINERS

Peanuts
Jasmine Rice
Tofu
Gochujang
Sauce
Romaine Lettuce
Cabbage &
Carrots

Add Protein Instructions

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

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

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

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

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

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

Good to Know

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

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

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

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

meez meals

1. Get Organized

Bring a medium saucepan of water to boil.

2. Cook the Rice

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

3. Cook the Tofu

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

4. Put It All Together

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

Enjoy!

Instructions for two servings.

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

Shrimp Ceviche

Quite possibly our speediest, and most fun, dinner. We're making a simple ceviche with shrimp, cucumbers, tomatoes, bell peppers, cilantro and lime, served up with fresh blue-corn tortilla chips and warm flour tortillas. It's fresh and delicious and just what we've been craving.

Getting Organized

EQUIPMENT

Large Skillet
Large Mixing Bowl

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Ceviche Veggies
Black Beans
Citrus Marinade
Shrimp
Tortillas

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 – 625 Calories, 39g Protein, 107g carbs, 9g Fat, 13 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



10 Minutes to the Table

10 Minutes Hands On

1 Whisks Super Easy

INGREDIENTS: Shrimp, Flour Tortilla, Cucumber, Tomato, Bell Pepper, Black Beans, Red Onion, Jalapeño, Cilantro, Ginger, Lime Juice, Organic Maple Syrup.

meez meals

1. Prepare the Ceviche

Combine the **Ceviche Veggies**, **Black Beans**, and **Citrus Marinade** in a large mixing bowl with a sprinkle of salt and pepper. Place in the fridge until step 5.

2. Make the Blue Corn Tortilla Chips

Heat a large skillet over medium-high heat and separate the blue corn **Tortillas** from the white flour tortillas. Spray or lightly brush the blue corn tortillas (save the white flour tortillas for step 4) with oil, sprinkle with salt and pepper, and cook one or two at a time until crisp on one side, about 3 minutes, then flip and cook until fully crisped, about 2 minutes more. Repeat for the other blue corn tortillas and set aside.

*Set aside the
white flour
tortillas for step
4.*

3. Cook the Shrimp

Pat dry the **Shrimp** with a paper towel and heat 1 Tbsp olive oil in the now-empty 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 to cool.

4. Warm the White Flour Tortillas Wraps

While the shrimp is cooling, wipe out the pan and return to the stove over medium-high heat. Warm tortillas one or two at a time for about 30 seconds per side. Flip and warm the other side.

5. Put It All Together

Stir the cut shrimp into the ceviche veggies and you're ready to eat. Fill the flour tortillas to create wraps and break up the blue corn tortillas as chips for scooping. Enjoy!

Instructions for two servings.

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

Mae Ploy Chicken

Mae Ploy is the secret sauce behind some of our favorite Thai recipes. This week we're glazing chicken in the classic sweet chili sauce, then serving it over a bed of brown rice and fresh asparagus. Topped with peanuts and fresh herbs, it's the Thai dinner you've been craving.

35 Minutes to the Table

15 Minutes Hands On

2 Whisk Easy

Getting Organized

EQUIPMENT

Sauce Pan
Sauté Pan
Baking Sheet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Brown Rice
Asparagus
Chicken Breasts
Mae Ploy Sauce
Peanuts and Herbs

Make The Meal Your Own

We think meal is just as good cold as it is warm, so we like it as a make-ahead lunch or dinner.

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.

Good To Know

Health snapshot per serving – 685 Calories, 8g Fat, 91g Carbs, 67g Protein and 17 Freestyle Points.

Lighten Up snapshot per serving – 505 Calories, 7g Fat, 49g Carbs, and 9 Freestyle Points by using half the rice and half the sauce.

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



INGREDIENTS: Free-Range Chicken, Asparagus, Brown Rice, Mae Ploy Sauce, Peanuts, Cilantro, Lime Juice, Tamari, Garlic, Sriracha Sauce and Ginger

meez meals

1. Getting Organized

Preheat oven to 400 and bring water to a boil.

Add the **Brown Rice** to the boiling water with a pinch of salt. Cook until al dente, about 20 to 30 minutes. Drain the rice, fluff with fork and cover.

We cook our rice like pasta so just make sure you cover the rice with plenty of water

2. Cooking the Asparagus

Place the **Asparagus** on a baking sheet, drizzle with olive oil, salt and pepper. Bake in oven for 6-8 minutes. The asparagus should be fork tender and will continue to cook a bit when you take them out of the oven.

3. Cooking the Chicken

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

Heat 1 tsp oil in a skillet over high heat. When the oil is hot, add the chicken to the pan. Cook, without moving or flipping, until the bottom is browned and each piece begins to color up the side, about 4 minutes. Flip and continue cooking until the other side is well browned, about 3 more minutes.

Your sauce will be the perfect consistency when it's thick enough to coat the back of a spoon without falling off

When chicken is done cooking, reduce the heat to medium high, and add the **Mae Ploy Sauce** to the chicken, and cook for another 4-5 minutes. This will help make the sauce nice and thick.

Spoon sauce over the chicken while it cooks to add a delicious glaze.

4. Putting It All Together

Put the rice on a plate, top with the asparagus and chicken. Add the **Peanuts and Herbs**. Enjoy!

Love this recipe? #meezmagic

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

CHICKEN - Prior to 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. Slice into strips and stir into the gnocchi in Step 4.

STEAK - Prior to 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. Slice into strips and stir into the gnocchi in Step 4.

SHRIMP - Prior to 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. Stir into the gnocchi in Step 4.

Good to Know

Health snapshot per serving – 453 Calories,
20g Protein, 5g Fat, 11 Freestyle Points.0

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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

Carolina Pulled Pork & Cornbread

Carolina BBQ is an American classic. We're cooking up our version this week with pulled pork, seared green beans and toasted cornbread. With a drizzle of buttermilk ranch, it's a speedy dinner that's packed with flavor.

25 *Minutes to the Table*

20 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Baking Sheet
Large Skillet with a Cover

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Cornbread
Green Beans
Corn
Buttermilk Ranch Dressing
Pulled Pork
Carolina BBQ Sauce

Make The Meal Your Own

Carolina BBQ sauce is not spicy, if you want to add a kick, try a couple shakes of your favorite hot sauce.

Good to Know

Health snapshot per serving – 890 Calories, 39g Protein, 24g Fat, 134g Carbs, 30 Freestyle Point

Lightened Up Health snapshot per serving – 690 Calories, 36g Protein, 19g Fat, 99g Carbs, 22 Freestyle Point with two-thirds of the buttermilk ranch dressing, two-thirds of the BBQ Sauce and two-thirds of the cornbread.

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: Pulled Pork, Green Beans, Corn, Cornbread, Carolina BBQ Sauce, Buttermilk, Mayonnaise, Sour Cream, White Vinegar, Chives, Black Pepper, Garlic, Onion Powder, Parsley, Miso, Lemon.

meez meals

1. Toast the Cornbread

Cut the **Cornbread** into 1" cubes and arrange in a single layer on your toaster's baking sheet. Toast until it starts to brown on the edges, then transfer directly to serving plates.

If you don't have a toaster oven, bake the cornbread at 425 for 8 to 10 minutes.

2. Sear the Green Beans and Corn

While the cornbread is toasting, heat 1 Tbsp olive oil in a large skillet over high heat. When the oil is hot, add the **Green Beans** and cook, undisturbed until they char, about 2 minutes. Stir and cook for an additional minute. Remove from the heat and set aside until step 4. Do not wipe out the skillet.

Don't overcook the green beans. You want them to maintain their crunch.

Drain the **Corn** and add to the now-empty skillet over high heat. Cook, undisturbed, until the kernels start to char, about 2 minutes. Shake the skillet a bit to move the corn around and cook for an additional minute. Turn off the heat and add 3 Tbsp of the **Buttermilk Ranch Dressing** to the skillet. Stir gently until the corn is completely coated. Remove the creamy corn from the skillet and set aside until step 4. Wipe out the skillet.

3. Heat the Pulled Pork and Carolina BBQ Sauce

Return the now-empty skillet to the stove over low heat. Add the **Pulled Pork** and cook until it is warm, about 2 minutes. Add the **Carolina BBQ Sauce** and stir until the pork is completely coated in BBQ sauce. Cover and cook, stirring occasionally, for 8 minutes.

4. Put It All Together

Serve the pulled pork over the cornbread and topped with the creamy corn and seared green beans. Drizzle the additional Buttermilk Ranch Dressing over top. Enjoy!

Instructions for two servings.

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

Grilled Halloumi Souvlaki

Something magical happens to halloumi cheese when it's grilled. It gets a crispy, crunchy, salty flavor that's flat out delicious. We're serving the Greek classic with sautéed squash, veggie "rice" and arugula pesto for a speedy dinner that's naturally low in calories and high in flavor.

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

Halloumi Cheese

Veggie "Rice"

Zucchini & Summer

Squash

Red Pepper

Arugula Pesto

Good To Know

Integrate into recipe: Prior to step 31 cook the protein (per instructions below) and then slice into strips (*flake the salmon, leave shrimp whole*) and serve on top of the veggie rice 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 – 630 Calories, 30g Protein, 50g Fat, 21g Carbs, and 19 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: Halloumi Cheese, Cauliflower, Red Pepper, Summer Squash, Zucchini, Vegetable Oil, Artichoke, Arugula, Red Onion, Lemon Pepper, Chive, Lemon, Garlic.

meez meals

1. **Cook the Halloumi Cheese:**

Slice the **Halloumi Cheese** into ½" cubes (they don't need to be perfect cubes).

Heat a 1 Tbsp olive oil in a large skillet over medium heat. When the oil is hot, add the Halloumi and lightly season with pepper. Cook until one side is golden brown, about 2 minutes, then flip and cook the other side until golden brown, an additional 1 to 2 minutes. Remove from the skillet and set aside. Wipe out the pan.

We're sending the halloumi uncut to maintain maximum taste and freshness.

2. **Cook the Veggie Rice**

Return the now-empty skillet to the stove with 1 Tbsp olive oil over high heat.

When the oil is hot, add the **Veggie "Rice"** and cook until it starts to soften, about 2 to 3 minutes. Transfer directly to serving plates. Wipe out the pan.

3. **Cook the Veggies**

Return the empty skillet to the stove with 1 Tbsp olive oil over high heat. Pat dry **Zucchini & Summer Squash**. When the oil is hot, add the Zucchini & Summer Squash and **Red Peppers** to the skillet and cook until edges of the squash start to char, about 5 minutes. Transfer to the serving plates on top of the veggie rice.

4. **Put It All Together**

Place the Halloumi Cheese on top of the veggies and drizzle with the **Arugula Pesto**. Enjoy!

Instructions for two servings.

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

Bacon & Ranch Quesadilla Chicken Stack

Our test kitchen found a fresh way to make the beloved chicken quesadilla extra special. By pairing it with a fresh cucumber ranch drizzle, flavorful corn salsa and stacking the quesadillas, it's a restaurant worthy dinner that we love.

20 Minutes to the Table

20 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Large Skillet

FROM YOUR PANTRY

Olive Oil

Salt/pepper

6 MEEZ CONTAINERS

Chicken Breast

Bacon

Flour Tortillas

Cheese & Cilantro

Cucumber Ranch

Corn Salsa

Good to Know

If you ordered the **carb conscious version**, we sent cauliflower "rice" instead of the tortillas, reducing the **carbs per serving to 30g**. After cooking the bacon in Step 2, heat 1 Tbsp olive oil in a large skillet over high heat. When the oil is hot, add the cauliflower "rice" and cook until it starts to brown, about 2 to 3 minutes. Create a section in the skillet for each serving and top with the cooked bacon and then the cheese. Cook until the cheese melts and transfer directly to your serving plates. Top with the cooked chicken and other components.

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

Health Snapshot per Serving 910 Calories, 66g Protein, 47g Fat, 56g Carbs, 23 Freestyle Points

Lightened Up Health Snapshot per Serving 670 Calories, 34g Fat, 32g Carbs, and 15 Freestyle Points, using half the tortillas, half the cheese, and half of the Cucumber Ranch.

SCAN QR CODE
to view YouTube
cooking video



INGREDIENTS Chicken Breast, Flour Tortillas, Cucumber, Tomato, Corn, Bacon, Green Onion, Monterrey Jack, Smoked Gouda, White Cheddar, Mayonnaise, Yellow Onion, Lemon, Cilantro, Sour Cream, Buttermilk, White Vinegar, Garlic, Chive, Miso, Black Pepper, Onion Powder, Parsley

meez meals

1. Cook the Chicken

Pat dry the **Chicken Breast** and generously season with salt and pepper (we use ¼ tsp salt and ¼ tsp pepper, so use about half per side).

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, about 4 to 5 minutes. Flip the chicken and cook for another 4 minutes, until the other side is brown as well.

Transfer the chicken to a cutting board and let rest for 5 minutes, then slice into ½" strips.

2. Create the Quesadillas

While the chicken is resting, wipe out the skillet. Add the **Bacon** and cook over medium-high heat, stirring occasionally, until browned and crispy, about 3 to 4 minutes. Remove from the skillet and place on a paper-towel-lined-plate. Wipe out the skillet.

Place two **Flour Tortillas** in the now-empty skillet over medium heat. Sprinkle one-quarter of the **Cheese & Cilantro** on each of the tortillas in the skillet, followed by half of the bacon and the rest of the cheese. Place the other two tortillas on top of the second layer of cheese. (you should now have two closed quesadillas each with layers: tortilla-cheese-bacon-cheese-tortilla).

Cook until the bottoms are brown and cheese starts to melt, about 2 minutes. Flip the quesadillas and cook until other tortilla is brown, an additional 2 minutes. Transfer the finished quesadillas directly to serving plates.

3. Put it All Together

Stack the sliced chicken on top of each quesadilla, followed by a healthy drizzle of the **Cucumber Ranch** and top with the **Corn Salsa**. Enjoy!

Instructions for two servings.

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

Chana Masala Flatbread

Indian chana masala meets Italian pizza in this fun recipe. We're topping individual naan breads with flavorful tomato chickpea curry, mozzarella and provolone cheeses, and fresh arugula. With a mango yogurt drizzle on top, it's an East-meets-West fusion that is a wow!

25 Minutes to the Table

20 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Large Skillet
Baking Sheet

FROM YOUR PANTRY

Olive Oil

6 MEEZ CONTAINERS

Chickpeas & Peppers
Garam Masala
Sauce
Naan Bread
Mozzarella &
Provolone
Arugula
Mango Raita

Add Protein Cooking Instructions

Integrate into recipe: While the flatbread is baking in step 3, cook the protein (per instructions below). Slice into strips (*flake the salmon, leave the shrimp whole*) and place immediately on top of the flatbread when removed from the oven.

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 cauliflower "rice" instead of bread, reducing the **carbs per serving to 29g**. Skip step 1. Prior to step 2, heat 1 tbsp olive oil in a large skillet. When the oil is hot, add the cauliflower and sauté until browning, about 4 to 5 minutes. Place straight on your serving plates. After step 2, turn off the heat and stir in the arugula. Serve the chickpeas, sauce, and arugula on top of the cauliflower rice and top with the cheese and mango raita.

Health snapshot per serving – 640 Calories, 30g Fat, 68g Carbs, 27g Protein, and 16 Freestyle Points.

INGREDIENTS: Naan Bread, Tomatoes, Garbanzo Beans, Mozzarella, Provolone, Red Bell Pepper, Arugula, Red Onion, Mayonnaise, Cucumber, Yellow Bell Pepper, Mango, Yogurt, Garlic, Ginger, Lime, Buttermilk, Tomato Paste, White Vinegar, Chive, Cilantro, Coriander, Crushed Red Pepper, Fenugreek, Garam Masala, Miso, Black Pepper, Turmeric, Cumin, Parsley


meez meals

1. Get Organized

Preheat your oven to 400.

2. Cook the Spiced Chickpeas

Heat 1 Tbsp olive oil in a large skillet over medium-high heat. When the oil is hot, add the **Chickpeas & Peppers** and cook until chickpeas begin to brown and the peppers start to char, about 4 to 5 minutes. Add the **Garam Masala Sauce** and cook until the sauce is hot and thickens slightly, about 3 to 4 minutes.

3. Assemble the Flatbread and Bake

Spread the spiced chickpeas evenly on each **Naan Bread**, then top with the shredded **Mozzarella & Provolone**, from edge to edge. Bake until the cheese melts, about 7 to 8 minutes then remove from the oven and top with the **Arugula**. Bake until the arugula is wilted and the cheese is starting to brown, about 5 additional minutes.

4. Put It All Together

Allow to cool for 5 minutes, then drizzle with the **Mango Raita** and enjoy!

Instructions for two servings.

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

Waldorf Salad with Grilled Chicken

We're putting a Meez spin on a Waldorf salad this week. We love the sweet, crunchy, creaminess that is a classic Waldorf, but wanted something that felt more like a dinner. We added fresh broccoli and carrots, and Grilled Chicken, complimented by the traditional crisp apples, and plenty of raisins and nuts. The result is a dinner that's even better than the inspiration.

20 *Minutes to the Table*

15 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Sauté Pan
Large Mixing Bowl
Shallow Plate

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Chicken Breast
Broccoli and Carrots
Gala Apple
Pecans and Raisins
Yogurt Dressing
Onions

Make The Meal Your Own

Leftovers from this dish make a great sandwich the next day. Put the leftovers in pita bread and top with a little leftover dressing.

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.

Good To Know

Health snapshot per serving – 580 Calories, 68g Protein, 20g Fat, 36g Carbs, and 9 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: Free-Range Chicken, Broccoli, Apple, Greek Yogurt, Mayonnaise, Raisins, Pecans, Carrots, Onions, Sugar, Lemon Juice

meez*meals*

1. Prep the Chicken

Place the **Chicken Breasts** on a shallow plate and 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). Coat the chicken with one quarter of the **Yogurt Dressing** and let marinate for 5-10 minutes. Use just enough dressing to lightly coat the chicken. Do not use the dressing after marinating.

The longer you marinate the chicken the more tender it will be to eat.

2. Make the Salad

While the chicken is marinating, put the **Broccoli and Carrots, Onions** and the **Pecans and Raisins** in a large mixing bowl. Cut the **Gala Apple** into quarter inch to half inch slices, but make sure to remove the core. Add to the broccoli and carrots and toss with half of the remaining yogurt dressing. Salt and pepper to taste, and put in refrigerator until the chicken is cooked.

Remove core by cutting the apple on 4 sides. Slice each side into ½" slices, then rotate each side 90 degrees and cut again in ½" slices.

3. Cooking the Chicken

Heat a large sauté pan with 1-Tbsp of olive oil on medium high heat. Add marinated chicken to the pan and cook for 3-4 minutes. You want the chicken to get crisp and brown on each side. Turn the chicken over and cook for another 3-4 minutes. Once chicken is cooked, place on cutting board to rest for 5 minutes.

When you put chicken in pan, just leave it so you get the crispy brown bits which are a big part of the flavor.

4. Putting It All Together

Slice the chicken in about half inch slices. Put the sliced chicken on top of the salad. Top with remaining dressing. Enjoy!

Love this recipe? #meezmagic

Instructions for two servings.

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