

Vegetarian BLT Panini

20 Min
to Table

20 Min
Hands
On

2 Whisks
Easy

Getting Started

Heat the Tomato Jam
in a medium
saucepan.

From Your Pantry

You'll need some
olive oil, eggs, 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.

Quick Tips



Chipotle Chicken Tostada with Cheesy Refried Beans

30 Min
to Table

30 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Heat a large dry
skillet to cook the
tortillas.

From Your Pantry

You'll need olive oil,
salt and pepper.

Steak Vesuvio

25 Min
to Table

35 Min
Hands
On

1 Whisk
Easy

Getting Started

Preheat your oven to
425.

From Your Pantry

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

Shells with Basil Pesto

15 Min
to Table

15 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Bring a saucepan of
water to a boil.

From Your Pantry

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

Green Chile Mac-n-Cheese

25 Min
to Table

25 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Preheat your oven to 325 and bring a pot of water to boil.

From your Pantry

You'll need olive oil, salt and pepper

Halloumi Crispy Rice Bowl with Ginger-Lime Vinaigrette

20 Min
to Table

30 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Preheat your oven to 425.

From Your Pantry

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

Sweet Asian BBQ Salmon

15 Min
to Table

15 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Heat 1 Tbsp olive oil in a large skillet.

From Your Pantry

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

Smoky Shrimp Farro Bowl

25 Min
to Table

20 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Bring a saucepan of water to a boil.

From Your Pantry

You'll need some Egg, flour, olive oil, salt and pepper.

Chicken Lettuce Wrap with Peanut Sauce

20 Min
to Table

20 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Bring a saucepan of water to a boil.

From Your Pantry

You'll need a little Salt and Pepper

Citrus Chicken Salad with Cranberry Goat Cheese

15 Min
to Table

15 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Pat the chicken breasts dry, and salt & pepper.

From Your Pantry

You'll need olive oil, salt and pepper

Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmndd daily)	
Smoky Shrimp Farro Bowl	530	32	9	92	10	900	40	15	100% Vitamin C	35% Iron
Green Chile Mac-n-Cheese (use 1/2 the corn bread, 2/3 of the pasta, cheese, & tomato sauce)	830	27	41	99	8	920	12	26	80% Vitamin A	240% Vitamin C
	570		27					18		
Chipotle Chicken Tostada with Cheesy Refried Beans	640	62	19	53 CC 39	12	920	6	10	13% Vitamin A	38% Vitamin B12
Sweet Asian BBQ Salmon	550	40	14	70	4	1100	59	12	110% Vitamin A	80% Vitamin C
Vegetarian BLT Panini (use 2/3 of the aioli)	760	13	39	90	7	1260	41	24	100% Vitamin A	20% Calcium
	640		27					20		
Steak Vesuvio (Use 1/2 the cheese and butter)	720	46	43	41 CC 30	9	620	x	22	36% Calcium	162 % Vitamin A
	550		39					15		

Health Snapshot

	Calories	Protein	Fat	Carbs	Fiber	Sodium	Sugar	Smart	Key Vitamins/Minerals	
Recipe		(grams)	(grams)	(grams)	(grams)	(milligrams)	(grams)	Points	(% of rcmndd daily)	
Chicken Lettuce Wrap with Peanut Sauce	550	66	24	26	6	466		12	148% Vitamin C	88% Vitamin A
Shells with Basil Pesto	500	19	26	50	8	371	x	17	70% Vitamin A	42% Folate
Halloumi Crispy Rice Bowl with Ginger-Lime Vinaigrette (use 1/2 the rice & 1/2 the vinaigrette)	680 540	31	42 34	46 CC 26	5	1080	13	21 16	50% Vitamin C	10% Calcium
Bacon & Ranch Quesadilla Chicken Stack (use 1/2 the tortillas, cheese, & dressing)	910 670	66	47 34	56 CC 30	4	1480	10	23 15	50% Folate	45% Calcium
Citrus Chicken Salad with Cranberry Goat Cheese	571	71	16	42	6	321	32	10	160% Vitamin A	60% Vitamin C
Add a Protein All-Natural Chicken Breast	220	41	5	0	0	85	0	3	90% Vitamin B6	4% Iron
Add a Preprotein 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)	
Rockslide Brownie	550	5	35	56	2	230		31	25% Vitamin A	8% Calcium
Oreo Mousse Pie	760	8	49	78	3	390	52		6% Calcium	6% Iron
THE Carrot Cake	540	6	34	49	2	440	36	13	6% Vitamin C	6% Calcium
Chocolate Chunk Cookies	180	2	9	22	1	170	10	9	2% Calcium	4% Vitamin A
Peanut Butter Cookies	400	8	22	45	2	330		18	4% Iron	6% Vitamin A

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

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

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

Smoky Shrimp Farro Bowl

Sweet smoke, tangy pickled vegetables, and cool lemon yogurt come together in this vibrant shrimp bowl. Crispy shrimp are coated in a rich smoky glaze and served over nutty farro with charred asparagus and green beans for plenty of texture in every bite. A cucumber-dill yogurt sauce ties everything together with a bright, refreshing finish that is surprisingly light.

25 *Minutes to the Table*

20 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet
Medium Saucepan

FROM YOUR PANTRY

Egg (1)
Flour (1/4 cup)
Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Pickled Red Onions & Peppers
Farro
Asparagus & Green Beans
Shrimp
Smoky Sauce
Lemon Yogurt Sauce

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 – 530 Calories, 9g Fat, 92g Carbs, 32g Protein, and 15 Freestyle Points.

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

INGREDIENTS: Shrimp, Farro, Asparagus, Green Beans, Red Bell Pepper, Red Onion, Brown Sugar, Apple Cider Vinegar, Yogurt, Cucumber, Lemon, Cream, Sugar, Liquid Smoke, Tamari, Dill, Black Pepper, Kosher Salt, Garlic.

 meez meals

1. Get Organized

Bring a medium saucepan of water to a boil. Drain the liquid from the **Pickled Red Onions & Peppers** and set aside until step 5.

2. Cook the Farro

Add a pinch of salt and the **Farro** to the boiling water. Cook until the kernels pop, about 20 minutes. Drain and return the farro to the pan. Fluff with a fork, cover and set aside until step 5.

3. Cook the Asparagus & Green Beans

While the farro is cooking, heat 1 Tbsp olive oil in a large skillet over medium-high heat. When the oil is hot, add the **Asparagus & Green Beans** with a sprinkle of salt and pepper. Cook until the vegetables start to char, about 5 to 6 minutes. Remove from the skillet and set aside. Wipe out the skillet.

4. Cook the Smoky Shrimp

Whisk 1 egg in a small bowl and spread ¼ cup of flour on a plate. Pat dry the **Shrimp**. Working in batches, place the shrimp into the egg, shake off any excess, and then place into the flour and coat well on both sides.

Heat 2 Tbsp olive oil in a large skillet over medium-high heat. Cook the shrimp until the coating browns, about a minute on each side. Place the cooked shrimp on a paper-towel-lined plate. Do not wipe out the skillet. Return the skillet to the heat and add the **Smoky Sauce** (thin and brown in color) to the skillet. Bring to a boil and then reduce the heat to medium and simmer until the sauce has thickened to a sticky glaze, about 2 to 3 minutes. Turn off the heat. Return the shrimp to the skillet and gently flip them in the smoky sauce until coated.

5. Put It All Together

Spread an even layer of farro in your serving bowls and top with the smoky shrimp, asparagus and green beans, and pickled veggies each in their own section. Drizzle the shrimp and asparagus & green beans with the **Lemon Yogurt Sauce**. Enjoy!

*Try to keep
as much of
the breading
intact on the
shrimp as
possible.*

Instructions for two servings.

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

Green Chile Mac-n-Cheese

Mac-n-Cheese meets vegetarian chili in this tasty spin on two American classics. With toasted cornbread crumbles, white cheddar and a green chile crema, this dish checks all the boxes for a family favorite.

25 Minutes to the Table

20 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Medium Saucepan
Large Oven-Safe
Skillet
Baking Sheet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Macaroni
Cornbread
Seasoned Beans,
Corn & Peppers
Tomato Cream
Sauce
White Cheddar
Green Chile Crema

Add Protein Instructions

Integrate into recipe: While the mac-n-cheese is in the oven in step 5, cook protein (per instructions below). Slice it into strips (*flake the salmon, leave the shrimp whole*) and serve on top of the mac-n-cheese before drizzling with Green Chile Crema 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

Health snapshot per serving – 830 Calories, 27g Protein, 41g Fat, 99g Carbs, 26 Smart Points

Lightened up health snapshot per serving – 570 Calories, 27g Fat, 70g Carbs, 18 Freestyle Points, by using half of the corn bread, and two-thirds of the macaroni, two-thirds of the cheese and two thirds of the tomato cream sauce.

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to view YouTube
cooking video



INGREDIENTS: Macaroni, Cornbread, Red Bell Pepper, Green Bell Pepper, Black Beans, Green Chile Sauce, Cream, White Cheddar, Corn, Cream, Tomato Sauce, Cream Cheese, Sour Cream, Cilantro, Garlic, Lime Juice, Chili Powder, Cumin, Oregano, Vegetable Stock, Kosher Salt, White Pepper

meez*meals*

1. Get Organized

Preheat the oven to 350. Bring a medium saucepan of water to boil.

2. Cook the Macaroni

Add the **Macaroni** to the boiling water and cook until al dente, about 8 to 10 minutes. Drain and set aside until step 4.

3. Toast the Cornbread

While the macaroni are cooking, cut the **Cornbread** into about 1" pieces and arrange in a single layer on a baking sheet. Drizzle lightly with olive oil and bake until they start to brown, about 10 minutes. Remove from the oven and set aside until step 5.

4. Make the Cheese Sauce

While the cornbread is still toasting, heat 1 Tbsp olive oil in a large oven-safe skillet over medium-high heat. When the oil is hot, add the **Seasoned Beans, Corn & Peppers** and cook until the vegetables start to soften, about 4 minutes. Add ½ cup of water and simmer for an additional 3 to 4 minutes.

Add the **Tomato Cream Sauce** and bring to a low boil, then reduce the heat to low and simmer until the sauce thickens a bit, about 2 to 3 minutes. Turn off the heat and add the **White Cheddar** and the cooked macaroni. Mix gently, then spread in an even layer in the skillet.

5. Put It All Together

Crumble the toasted corn bread over top of the mac-n-cheese and bake until the top is brown and slightly crispy, about 5 to 6 minutes. Remove from the oven and let rest for at least 5 minutes before serving.

Drizzle with the **Green Chile Crema** and enjoy!

Instructions for two servings.

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

Chipotle Chicken Tostada with Cheesy Refried Beans

This dinner hits all the high points for a delicious Mexican-themed dinner. Tender shredded chicken, flavorful refried beans, plenty of cheese and a Chipotle Adobo Aioli that adds a rich, creamy note that we love. Simple and delicious, this dinner is a family favorite.

Getting Organized

EQUIPMENT

2 Large Skillets and 1 Lid (or Baking Sheet)

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Corn Tortillas
Spiced Beans
Mexican Cheese
Chicken Breast
Chipotle Adobo Aioli
Tomatoes, Onions & Cilantro

Make The Meal Your Own

If you ordered the **Carb Conscious version**, we sent you romaine lettuce instead of tortillas, reducing the **carbs per serving to 39g**. Skip step 1 and fill the lettuce leaves instead of the tortillas.

Tostadas are simply crisped corn tortillas. If you **prefer yours as a soft taco**, that works great, too. Just skip the crisping and heat each dry tortilla for 30 seconds on each side.

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

Good To Know

Health snapshot per serving – 640 Calories, 62g Protein
19g Fat, 53g Carbs, and 10 Freestyle Points.

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

30 Minutes to the Table

30 Minutes Hands On

1 Whisk Super Easy

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



INGREDIENTS: Chicken Breast, Black Beans, Corn Tortillas, Tomatoes Onions, Chihuahua Cheese, Monterey Jack Cheese, Queso Fresco Cheese, Cilantro, Chipotles in Adobo, Mayonnaise, Buttermilk, Crushed Red Pepper, Garlic, Coriander, Cumin, Lime.

meez meals

1. Cook the Tortillas

Heat a large, dry skillet over medium-high heat. Spray or brush the **Corn Tortillas** with olive oil on both sides, then put onto the skillet. Cook two (or more if they can lay flat in the skillet) at a time until crisp on one side, about 3 to 4 minutes, then flip and cook until fully crisped, about 3 to 4 additional minutes. Repeat for the other tortillas.

2. Cook the Spiced Beans

Heat 2 Tbsp olive oil in a second large skillet (one that can be covered) over medium high heat. When the oil is hot, add the **Spiced Beans** and 1/2 cup of water. Cook, mashing the beans as they soften with a slotted spoon or fork, until the beans resemble refried beans and the mixture thickens, about 8 to 10 minutes. Turn off heat and stir in half of the **Mexican Cheese**, cover and set aside until step 4.

If you don't have a skillet with a cover you can use a baking sheet.

3. Cook the Chicken

Heat 1 ½ Tbsp olive oil the now-empty tortilla 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. Turn off the heat but leave the skillet on the stove.

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). Return the chicken to the still warm skillet and combine with the **Chipotle Adobo Aioli**, mixing until the chicken is completely coated and sauce is warm.

You just want to warm up the sauce but not cook it.

4. Put It All Together

Spread the cheesy refried beans on the crisp tortillas and top with the chipotle adobo chicken, pressing down slightly to keep it in place. Add the **Tomatoes, Onions & Cilantro** and sprinkle the remaining cheese on top. Enjoy!

Instructions for two servings.

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

Sweet Asian BBQ Salmon

We adore the dark, tangy-sweet flavor of Asian BBQ sauce. We're pairing it with seared salmon, sautéed carrots and green cabbage for a dinner that's fresh, tasty, and on the table in just 15 minutes.

15 *Minutes to the Table*

15 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet
Mixing Bowl

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Cabbage & Carrots
Salmon
Sweet BBQ Sauce
Ginger Dressing
Sesame Seeds

Good To Know

Want to spice it up? Add sriracha or gochujang to the sauce. Both are great ways to dial up the heat.

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

Health snapshot per serving – 460 Calories, 12g Fat, 50g Carbs, 39g Protein and 11 Freestyle Points

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

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INGREDIENTS: Salmon, Cabbage, Carrots, Yellow Onion, Mae Ploy Sauce, Celery, Honey, Tamari, Garlic, Ginger, Crushed Red Pepper, Brown Sugar, Sesame Oil, Rice Wine Vinegar, Ketchup, Sugar, Lemon, Sesame Seeds

meez *meals*

1. Sauté the Veggies

Heat 1 Tbsp olive oil in a large skillet over high heat. When the oil is hot, add the **Cabbage & Carrots** and cook until they start to soften, 1 to 2 minutes. Remove from the pan, place in a mixing bowl, and toss with two-thirds of the **Ginger Dressing** (the lighter colored orange sauce). Add additional dressing to taste.

2. Cook the Salmon

Wipe out the skillet and heat 2 Tbsp of oil in over medium-high heat. Dry the **Salmon** with a paper towel and when the oil is hot, cook until it turns brown, about 3 minutes. Flip and add the **Sweet BBQ Sauce** (the darker brown sauce) and cook the other side for 3 additional minutes, while spooning the sauce on top of the salmon. The sauce should thicken enough to be able to coat the back of a spoon.

3. Put It All Together

Serve the salmon over the veggies and drizzle a bit of the sauce from the pan on top. Sprinkle with the **Sesame Seeds**, serve and enjoy!

Vegetarian BLT Panini

This sandwich isn't a vegetarian version of a BLT sandwich. It's a superpowered panini dinner that delivers the essence of a hearty BLT without the pork, plus so much more. With tomato jam, fried egg, arugula, and a smoky sweet potato "bacon," it's a sandwich everyone will adore.

20 *Minutes to the Table*

20 *Minutes Hands On*

2 Whisks *Easy*

Getting Organized

EQUIPMENT

Large Skillet
Medium Saucepan

FROM YOUR PANTRY

Olive Oil
Salt & Pepper
Egg (1 per serving)

6 MEEZ CONTAINERS

Tomato Jam
Panini Bread
Aioli
Sweet Potatoes
Smoky Sauce
Arugula

Add Protein Cooking Instructions

Integrate into recipe: Prior to step 4, cook the protein (per instructions below) and include on top of the arugula prior to adding the egg 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.

Good to Know

Health snapshot per serving – 760 Calories, 39g Fat, 90g Carbs, 13g Protein, and 24 Freestyle Points.

Lightened-up health snapshot per serving – 640 Calories, 27g Fat, 90g Carbs, and 20 Freestyle Points by using two-thirds of the Aioli.

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



INGREDIENTS: Panini Bread, Sweet Potato, Tomato, Mayonnaise, Red Onion, Arugula, Maple Syrup, White Vinegar, Brown Sugar, Tamari, Cream Cheese, Mozzarella, Balsamic Vinegar, Liquid Smoke, Chipotles in Adobo, Basil, Paprika, Black Pepper, Lemon Zest, Oregano.

meez *meals*

1. Make the Tomato Jam

Heat a medium saucepan over medium heat. Add the **Tomato Jam** and cook, stirring occasionally, until the mix has a jam-like consistency, about 10 to 12 minutes. Turn off the heat and set aside until step 5.

2. Toast the Panini Bread

While the jam is cooking, lightly brush both sides of the **Panini Bread** with olive oil. Heat a large skillet or griddle 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 pan.) Spread a generous helping of **Aioli** on half the toasted bread and transfer these slices to the serving plates. They will be the sandwich bottoms. Set the other pieces (the tops) aside. Wipe out the skillet.

3. Create the Smoky Sweet Potato "Bacon"

Heat 1 Tbsp olive oil in the now-empty skillet over medium-high heat. When the oil is hot, add the **Sweet Potatoes** and cook until they soften and start to brown, about 6 to 7 minutes. Add the **Smoky Sauce** and cook, stirring continuously, until the sweet potatoes are well coated, 2 to 3 additional minutes. Remove from the heat and arrange the sweet potatoes in a single layer on the sandwich bottoms (the half with the aioli). Then layer the **Arugula** on top of the smoky sweet potato "bacon." Wipe out the skillet.

4. Fry the Eggs

Heat 1 Tbsp olive oil in the now-empty skillet over medium-high heat. When the oil is hot, crack 2 eggs into the skillet and cook until the whites are opaque and the yolk has set, about 1 to 2 minutes. Salt and pepper to taste. Remove from the skillet and place on top of the arugula.

5. Put It All Together

Spread the tomato jam on the sandwich tops and then press them down firmly to close the sandwich. Use a knife to slice in half and enjoy!

Instructions for two servings.

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

Steak Vesuvio

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

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35 *Minutes to the Table*

25 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Baking Sheet
Large Skillet

FROM YOUR PANTRY

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

MEEZ CONTAINERS

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

Good To Know

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

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

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

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

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YouTube cooking video**



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

meez meals

1. Get Organized

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

2. Roast the Carrots and Potatoes

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

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

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

3. Cook the Steak

When the potatoes are about half-way through baking, heat 1 Tbsp olive oil a skillet over high heat. While the oil is heating, pat the **Steak** dry with a towel and season generously with salt and pepper (we recommend ½ tsp of each). When the oil is hot, add the steaks. Cook until the bottoms brown & sides start to color, about 3 minutes. Flip and continue cooking for 3 minutes if you like your steak **medium-rare**. (Cook for 4 minutes for **medium**, and 5 to 6 for **well done**). Set aside to rest for 5 minutes, then slice into ½" strips. Wipe out the skillet.

4. Make the Vesuvio Sauce

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

5. Put It All Together

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

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

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

Instructions for two servings.

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

Chicken Lettuce Wrap with Peanut Sauce

Light and fresh, lettuce wraps make dinner fun. This week's recipe pairs chicken with rice noodles, bell pepper, zucchini and squash with our famous peanut sauce. Wrapped in a romaine lettuce, it's a light twist on dinner the whole family will love.

20 *Minutes to the Table*

20 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Saucepan
Large Skillet
Mixing Bowl

FROM YOUR PANTRY

Salt & Pepper

6 MEEZ CONTAINERS

Chicken
Glass Noodles
Romaine Lettuce
Peanut Sauce
Fresh Veggies
Green Onions & Basil

Make the Meal Your Own

This dish is a little messy, so we suggest you embrace it and have a little fun. If you prefer, however you can **chop the romaine lettuce and create a salad** by tossing all the ingredients in a large mixing bowl.

Enjoy using your outdoor grill? The chicken in this dish will work perfectly when grilled outdoors to an internal temperature of 165 degrees.

Good to Know

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

Health snapshot per serving – 550 Calories, 66g Protein, 24g Fat, 12 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: Chicken, Rice Noodles, Romaine Lettuce, Red Pepper, Zucchini, Yellow Squash, Green Onion, Basil, Peanut Butter, Garlic, Ginger, Vinegar, Tamari, Brown Sugar, Cayenne,

meez meals

1. Getting Started

Set a saucepan of water to boil.

2. Cook the Chicken

Heat a large skillet with 1 Tbsp of olive oil on medium-high heat. Add the **Chicken** to the pan and cook for 3 to 4 minutes, until the chicken is crisp and brown. Turn the chicken over and cook for another 3 to 4 minutes, until this side is brown as well.

Remove from heat and place on a cutting board. Once the chicken has rested for 5 minutes, use a sharp knife to cut the chicken breast lengthwise into two and then create short strips, about ¼" to ½" wide and set aside.

3. Prepare the Noodles

Place the **Glass Noodles** in a mixing bowl and pour boiling water over the top. Let the noodles soak until they are soft, about 2 to 3 minutes. Drain well and set aside.

4. Put it all Together!

Spread the **Peanut Sauce** down the center of a **Romaine Lettuce** leaf. Add two or three chicken strips, then the glass noodles, **Fresh Veggies** and top with the **Green Onions & Basil**.

Repeat the process for additional romaine leaves. Enjoy!

*You will need to
boil enough
water to
completely
submerge the
glass noodles*

*Line everything
up in the
center of the
romaine
lettuce leaf.
It helps keep
everything
inside when
you take your
first bite.*

Instructions for two servings.

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

Shells with Basil Pesto

Crazy simple, crazy delicious. This recipe is a test kitchen favorite. We're tossing sautéed asparagus and green beans with a tasty basil pesto and serving it over shells. The dinner is on the table in 15 minutes and surprisingly low in calories. That's the magic of Meez.

15 Minutes to the Table

15 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Medium
Saucepan
Large Skillet

FROM YOUR

PANTRY

Olive Oil
Salt & Pepper

4 MEEZ

CONTAINERS

Shells
Basil Pesto
Veggies
Parmesan

Good to Know

Integrate into recipe: Prior to step 2, cook the protein (per instructions below) and then slice into strips (*flake the salmon, leave shrimp whole*) and stir into the pasta 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 you zucchini "noodles" instead of the shells, reducing the **carbs per serving to 21g**. Skip step 1. Include the zucchini "noodles" as part of the veggies to be cooked in step 2.

Health snapshot per serving – 500 Calories, 19g Protein, 26g Fat, 17 Freestyle Point.

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to view YouTube
cooking video**



INGREDIENTS: Pasta Shells, Asparagus, Green Beans, Parmesan Cheese, Cream, Basil, Chive, Balsamic Vinegar, Vegetable Stock, Garlic, Black Pepper.

meez meals

1. Cook the Shells

Bring a pot of water to boil over high heat with a pinch of salt. When the water is boiling add the **Shells** and cook until al dente, about 7 to 9 minutes. Drain and set aside until step 3.

2. Sauté the Veggies

While the shells are cooking, heat 1 Tbsp olive oil in a large skillet over high heat. When the oil is very hot, add the **Veggies** and cook until everything turns bright green and starts to blister, about 2 to 3 minutes. Lower the heat to medium.

3. Put It All Together

Add the **Basil Pesto** and half the **Parmesan** to the veggies and mix until the sauce is warm, about 2 minutes. Remove from the heat and stir in the cooked pasta shells.

Top with **Parmesan**. Enjoy!

Instructions for two servings.

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

Halloumi Crispy Rice Bowl with Ginger-Lime Vinaigrette

There are few ingredients we love more than seared halloumi for making dinner special. Paired with crispy jasmine rice, roasted beets and a ginger-lime vinaigrette, it's magic.

30 Minutes to the Table

20 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Medium
Saucepan
Large Skillet
Small Bowl
Rimmed Baking
Sheet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Ginger-Lime
Vinaigrette
Jasmine Rice
Seasoned Onions
Beets
Kale
Halloumi Cheese

Add Protein Cooking Instructions

Integrate into recipe: Prior to Step 5, cook the protein (per instructions below) then slice into strips (flake the salmon, leave shrimp whole) and serve on top of the rice bowl in Step 6.

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 cooking the **Carb Conscious version**, we sent you diced zucchini instead of Jasmine Rice, reducing the **carbs to 26g per serving**. In place of step 2, heat 1 Tbsp olive oil in a large skillet over high heat. When the oil is hot sauté the zucchini until it starts to brown, about 2 to 3 minutes. Then add the Seasoned Onions and continue to cook for another 2 to 3 minutes until the onions are soft. Transfer directly to serving bowls.

Health snapshot per serving – 680 Calories, 31g Protein, 31g Fat, 46g carbs, 21 Freestyle Points.

Lightened up health snapshot per serving – 540 Calories, 31g Carbs, 34g Fat, and 16 Freestyle Points, by using half the Jasmine Rice and half the Ginger-Lime Vinaigrette.

SCAN QR CODE to view
YouTube cooking video



INGREDIENTS: Halloumi Cheese, Beets, Jasmine Rice, Kale, Yellow Onion, Vegetable Oil, Rice Wine Vinegar, Lime, Ginger, Cilantro, Miso, Sugar, Turmeric, Paprika, White Pepper

meez *meals*

1. Get Ready

Preheat your oven to 425. Bring a medium saucepan of water to a boil. Combine 1 Tbsp olive oil and the **Ginger Lime Vinaigrette** in a small bowl and set aside until step 6.

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. Add the **Seasoned Onions**, cover and set aside until step 4.

3. Roast the Vegetables

While the rice is cooking, place the **Beets** on a rimmed baking sheet and drizzle with olive oil and lightly season with salt and pepper. Toss and arrange in a single layer on one half of the baking sheet. Repeat the same process with the **Kale** on the other half. Roast until the beets and kale start to crisp and brown, about 15 minutes. Remove from the oven and toss all the veggies together with tongs on the baking sheet and set aside.

4. Make the Crispy Rice

Heat 2 Tbsp olive oil in your largest skillet over medium-high heat. When the oil is hot, spread the rice/onions in an even layer and cook until the bottom starts to brown and crisp, about 3 to 4 minutes. Flip the rice and cook on the other side until it starts to brown, an additional 3 to 4 minutes. Transfer directly to serving bowls. Wipe out the skillet.

5. Sear the Halloumi

Place the **Halloumi Cheese** on a cutting board and cut in half lengthwise, then slice into rectangles about ¼" thick. You should have about 10 to 12 pieces per serving after slicing.

Heat 1 Tbsp olive oil in the now-empty skillet over medium-high heat. When the oil is hot, add the Halloumi and lightly sprinkle with pepper. Cook until one side is golden brown, about 3 minutes, then flip and cook the other side until golden brown, an additional 3 minutes.

6. Put It All Together

Top the crispy rice with the kale and beets and then the seared halloumi. Drizzle the entire dish with the Ginger-Lime Vinaigrette. Enjoy!

*We're sending
the halloumi
uncut to
maintain
freshness.*

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.

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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

Citrus Chicken Salad with Cranberry Goat Cheese

Our mango and lime vinaigrette transforms the humble chicken salad into something really special. With fresh zucchini noodles, spinach, arugula and cranberry-pecan goat cheese, this dinner tastes like high-end dining but is on your table in just 15 minutes.

Getting Organized

EQUIPMENT

Large Skillet
Large Mixing Bowl
Small Mixing Bowl

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Chicken Breast
Goat Cheese
Cranberries & Toasted Pecans
Summer Squash
Spinach & Arugula
Citrus Vinaigrette

Make The Meal Your Own

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

Good To Know

Health snapshot per serving – 660 Calories, 58g Protein, 29g Fat, 44g Carbs, and 17 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



15 Minutes to the Table

15 Minutes Hands On

1 Whisk Super Easy

INGREDIENTS: Chicken Breast, Summer Squash, Spinach, Arugula, Goat Cheese, Cranberries, Almonds, Lime, Mango, Maple Syrup.

meez meals

1. Cook the Chicken

Pat dry the **Chicken Breasts** with a paper towel and sprinkle with salt and pepper. Heat a large skillet with 1½ Tbsp of olive oil over medium-high heat. When the oil is hot, add the chicken and cook until it is crisp and brown, about 4 to 5 minutes. Turn the chicken over and cook until the other side is brown as well, about 4 additional minutes. Remove from the heat and set aside to rest.

Once the chicken has rested for at least 5 minutes, cut into strips about ¼ to ½ inch wide.

2. Assemble the Salad

While the chicken is resting, combine the **Goat Cheese** with half the **Cranberries & Toasted Almonds** in a large mixing bowl and mix well, then use your hands to break up the mixture into marble sized pieces.

Pat dry the **Summer Squash** and add to the mixing bowl along with the **Spinach & Arugula** and the sliced chicken.

Combine the **Citrus Vinaigrette** with 1 Tbsp olive oil in a small bowl and mix well. Pour the dressing in the large mixing bowl and toss well.

3. Serve

Transfer to serving bowls and top with the goat cheese balls and remaining Cranberries and Toasted Pecans. Enjoy!

Instructions for two servings.

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