

Lemon Chicken Milanese

25 Min to Table	25 Min Hands On	2 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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Hearty Paella with Crispy Green Beans

30 Min to Table	15 Min Hands On	1 Whisk Super Easy
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Getting Started	Preheat your oven to 350.
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From Your Pantry	You'll need olive oil, salt and pepper.
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Quick Tips



Citrusy Salmon with Green Bean Almondine

15 Min to Table	15 Min Hands On	1 Whisk Super Easy
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Getting Started	Heat 1 Tbsp olive oil in a large skillet.
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Omnivore Option	You'll need olive oil, butter, salt & pepper
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Truffle-Butter Steak Frites

25 Min to Table	35 Min Hands On	2 Whisks Easy
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Getting Started	Preheat your oven to 450.
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From Your Pantry	You'll need olive oil, salt & pepper
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Ginger-Soy Aioli Rice Bowl

45 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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Omnivore Option	Seared tuna would be delicious with this meal.
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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

New Orleans Shrimp Cakes

40 Min
to Table

20 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Put a saucepan of water on to boil.

From Your Pantry

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

Meal Tip

Add a little Sriracha, or Tabasco to the Remoulade sauce to kick it up a notch.

Salmon with Dill Butter & Crispy Leeks

30 Min
to Table

30 Min
Hands
On

2 Whisks
Easy

Getting Started

Preheat oven to 425.

From Your Pantry

You'll need olive oil, salt and pepper

Chorizo Tostadas with Mango Crema Salsa

30 Min
to Table

30 Min
Hands
On

2 Whisks
Easy

Getting Started

Crisp the tortillas.

From Your Pantry

You'll need olive oil, salt & pepper.

Honey Mustard Grilled Chicken Salad

20 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

Toasted Gnocchi with Asparagus and Edamame

25 Min
to Table

10 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Preheat your oven to 375.

From Your Pantry

You'll need olive oil, salt and pepper

Omnivore Option

Tilapia is a great choice.

Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmndd daily)	
Chorizo Tostadas with Mango Crema Salsa	660	22	35	68	9	1140	18	16	140% Vitamin A	270% Vitamin C
Lemon Chicken Milanese	585	61	17	47	4	743		14	32% Vitamin	13% Folate
Hearty Paella with Crispy Green Beans	770	20	48	57 CC 38	28	400	15	24	60% Vitamin C	30% Iron
(use /3 of the chive oil)	660		37					19		
Salmon with Dill Butter & Crispy Leeks	610	39	37	32 CC 17	5	210	x	13	185% Vitamin A	98% Vitamin C
New Orleans Shrimp Cakes	520	37	15	61	6	480		14	88% Vitamin A	219% Vitamin C
Ginger-Soy Aioli Rice Bowl	405	14	12	60	10	310		12	223% Vitamin A	33% Vitamin C
Citrusy Salmon and Green Bean Almondine	700	44	28	76	10	180	42	26	92% Vitamin D	81% Vitamin C
(omit the butter, use 1/2 the cranberries & almonds)	570		21					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)	
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		
Truffle-Butter Steak Frites	520	38	27	32 CC 15	6	310	3	15	145% Vitamin C	44% Vitamin A
Toasted Gnocchi with Asparagus & Edamame	640	34	13	93	16	788		18	39% Vitamin A	59% Vitamin C
Honey Mustard Grilled Chicken Salad	620	48	28	50 CC 35	6	780	18	17	36% Vitamin A	30% Vitamin C
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)	
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.

Chorizo Tostadas with Mango Crema Salsa

There's something magical about spicy chorizo and sweet mango - especially when they're stacked on a crispy tortilla. We mash roasted sweet potatoes with browned chorizo, layer it with charred peppers and onions, and finish it with a mango crema salsa that's tangy, cool, and just the right amount of sweet. It's savory, spicy, and totally craveable.

30 *Minutes to the Table*

30 *Minutes Hands On*

2 Whisks *Easy*

Getting Organized

EQUIPMENT

Large Skillet
Medium Saucepan

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Corn Tortillas
Chorizo
Sweet Potatoes
Peppers & Onions
Mango Crema Salsa

Good to Know

Health snapshot per serving – 660 Calories, 35g Fat, 68g Carbs, 22g Protein, and 16 Freestyle Points.

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

INGREDIENTS: Corn Tortillas, Chorizo, Sweet Potato, Yellow Onion, Red Bell Pepper, Yellow Bell Pepper, Sour Cream, Mango, Tomato, Red Onion, Lime, Cilantro, Kosher Salt.


meez *meals*

1. Crisp the Tortillas

Heat a large, dry skillet over medium-high heat. Spray or brush the **Corn Tortillas** with oil on both sides and arrange in a single layer in the skillet (you may have to work in batches). Cook until crisp on one side, about 3 minutes, then flip and cook until fully crisp, about 2 additional minutes. Set aside until step 3.

Watch the tortillas closely as they cook (everyone's equipment is different) so they get crispy but don't burn.

2. Cook the Chorizo

Heat the now-empty skillet over medium-high heat. When the skillet is hot, add the **Chorizo** and cook, while crumbling with a slotted spoon or spatula, until brown and slightly crispy, about 4 to 5 minutes. Remove the chorizo with a slotted spoon and place onto a paper-towel lined plate, leaving as much of the chorizo oil in the skillet as possible.

3. Cook the Sweet Potatoes

Add 1 Tbsp olive oil to the chorizo oil in the skillet and heat over medium-high heat. When the oil is hot, add the **Sweet Potatoes** and cook until they start to brown and are fork tender, about 6 to 7 minutes. Turn off the heat and add 1 Tbsp water to the skillet. Use a fork or potato masher to mash the potatoes to nearly the consistency of mashed potatoes but with more lumps. Add back the cooked chorizo and gently stir everything together. Spread an even layer of the chorizo/sweet potato mix onto each crisp tortilla. Wipe out the skillet.

4. Cook the Peppers

Heat 1 Tbsp olive oil in the now-empty skillet over medium-high heat. When the oil is hot, add the **Peppers & Onions** and cook until the peppers start to char, about 4 to 5 minutes.

5. Put It All Together

Layer the cooked peppers & onions on each tostada and top with the **Mango Crema Salsa**.

Enjoy!

Instructions for two servings.

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

Lemon Chicken Milanese

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

Getting Organized

EQUIPMENT

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

FROM YOUR PANTRY

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

6 MEEZ CONTAINERS

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

Make The Meal Your Own

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

Good To Know

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

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

Have questions? The dinner hotline is standing

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



25 *Minutes to the Table*

25 *Minutes Hands On*

2 Whisks *Easy*

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

meez meals

1. Getting Organized

Put a saucepan of water on to boil.

2. Prep the Chicken

Very loosely wrap each **Chicken Breast** in saran wrap and place on a cutting board. Pound it until it starts to spread, using a meat tenderizer (mallet) or bottom of a small pot. Flip the chicken over and continue to pound until it is about ¼" thick and has doubled in size. Generously season with salt and pepper (we use ¼ tsp salt and ¼ tsp pepper, so use about half per side, or more if you like).

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

3. Cook the Pasta

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

4. Cook the Chicken

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

5. Finish the Pasta and Sauce

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

6. Prepare Salad and Serve

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

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

*Just use enough
water to cover
the pasta*

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

Instructions for two servings.

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

Hearty Paella with Crispy Green Beans

A savory paella of summer squash, zucchini and tomatoes with a pinch of parmesan to boost the flavor. Finished with a chive oil and crispy green bean topper, it's even better than the Valencia inspiration.

30 Minutes to the Table

15 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Oven-Safe Skillet
and Lid
Large Skillet

FROM YOUR

PANTRY

Olive Oil
Salt/Pepper

5 MEEZ CONTAINERS

Squash & Other
Veggies
Basmati Rice
Tomato Broth
Green Beans
Chive Oil

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 serve on top of the paella rice before drizzling with the chive oil in Step 4.

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

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

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

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

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

Good To Know

If you ordered the **Carb Conscious version**, we sent you cauliflower "rice" instead of the Basmati rice, reducing the **carb per serving to 38g**. In step 2, use the cauliflower with only ¼ cup water.

Health snapshot per serving – 770 Calories, 48g Fat, 57g Carbs, 20g Protein, 24 Freestyle Points

Lightened up Health snapshot per serving – 660 Calories, 37g Fat, 56g Carbs, 19 Freestyle points by using two-thirds of the Chive Oil.

INGREDIENTS: Coconut Milk, Green Beans, Basmati Rice, Tomato, Yellow Squash, Zucchini, Celery, Vegetable Oil, Carrot, Sun Dried Tomatoes, Chives, Vegetable Broth, Garlic, Parmesan, Dijon Mustard, Lemon, Old Bay, Thyme

meez meals

1. Get Organized

Preheat your oven to 350.

2. Create the Paella

Heat 1 Tbsp olive oil in a large oven-safe skillet over medium-high heat. Add the **Squash & Other Veggies** and cook until the squash starts to char, about 3 to 4 minutes. Add the **Basmati Rice**, and cook until lightly toasted, about 1 minute. Add the **Tomato Broth** and ½ cup of water. Stir well and bring to a boil. Remove from the stove, cover and transfer to the oven. Bake until the liquid has been absorbed and the rice has a slightly crunchy texture, around the edges, about 20 to 25 minutes. Remove from the oven and let rest for at least 5 minutes.

3. Sear the Green Beans

While the paella is resting, heat 1 Tbsp olive oil in a second large skillet over medium-high heat. When the oil is hot, add the **Green Beans** with a sprinkle of salt and pepper. Cook until they are seared but still bright green, about 5 to 6 minutes. Turn off the heat and set aside.

4. Put It All Together

Serve the paella topped with the seared green beans and drizzle the entire dish with the **Chive Oil**. Enjoy!

Salmon with Dill Butter & Crispy Leeks

This is one of those great dishes that tastes fancy but is super simple to make. With roasted red potatoes, fresh kale, crispy leeks and dill butter, this is the salmon dinner you've been craving.

30 *Minutes to the Table*

30 *Minutes Hands On*

2 Whisk *Easy*

Getting Organized

EQUIPMENT

2 Baking Sheets
Large Skillet
Mixing Bowl

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Red Potatoes
Salmon
Kale
Dill Butter
Leeks

Make The Meal Your Own

If you ordered the **Carb Conscious version**, we sent you cauliflower instead of the red potatoes, reducing the **carbs per serving** to **17g**. In Step 3, toss the cauliflower as described for the kale, place on a baking sheet and cook until it starts to brown, about 8 to 10 minutes. Place next to kale on serving plates.

If your food preferences meant we didn't send you the butter, combine the dill packet with some olive oil and drizzle on top of the salmon.

Good To Know

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

Health snapshot per serving – 610 Calories, 37g Fat, 32g Carbs, 39g Protein and 13 Freestyle Points

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

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



INGREDIENTS: Salmon, Potato, Kale, Leek, Butter, Garlic, Dill.

*meez*meals

1. Getting Organized

Preheat the oven to 425.

2. Prepare the Potatoes

Slice the **Red Potatoes** in half the long way (so you have two long but skinny halves). Place the sliced potatoes in a bowl and toss with a light drizzle olive oil, salt, and pepper. Spread the potatoes face down on a baking sheet and cook for 15 minutes. Turn the baking sheet and cook until the potatoes are golden brown, and the bottoms are slightly crispy, about an additional 5 to 6 minutes, for a total cook time of around 20 minutes.

3. Roast the Kale

While the potatoes are cooking, put the **Kale** in the now-empty mixing bowl and drizzle with a bit more olive oil. Toss, and spread the kale on a second baking sheet. When you turn the potatoes (after 15 minutes of cooking) place the kale in the oven and cook until it softens and begins to get crispy, about 5 to 6 minutes.

When done, remove both the potatoes and kale from the oven and place them directly onto serving plates with the kale in the center and the potatoes on the side.

4. Cook the Salmon

While the kale is cooking, dry the **Salmon** 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). Heat 2 Tbsp of oil in a skillet over medium-high heat. When the oil is hot, put the salmon in skillet and cook until it turns brown, about 3 minutes. Flip, and cook the other side until brown, 3 additional minutes. Remove the salmon from the heat and place it on top of the kale. Do not wipe out the pan.

Top the salmon with the **Dill Butter** to melt as the salmon rests.

5. Put It All Together

Heat the now-empty skillet over medium-high heat and add the **Leeks**. Sprinkle very lightly with pepper (not salt) and sauté until they start to brown, about 3 to 4 minutes. Place the leeks on top of the salmon. Enjoy!

New Orleans Shrimp Cakes

Do we need to say more? Classic Cajun flavored shrimp cakes. A remoulade sauce that Emeril wishes he'd created. A taste of the Big Easy cooked up in your own kitchen. Dinner doesn't get better than that.

40 Minutes to the Table

20 Minutes Hands On

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet
Large Mixing Bowl
Small Bowl

FROM YOUR PANTRY

Olive Oil
Salt & Pepper
Eggs (1 per serving)

6 MEEZ CONTAINERS

Brown Rice
Shrimp
Peppers & Onions
Remoulade Sauce
Breadcrumbs
Pickled Veggies

Make it Your Own

Our Remoulade sauce is only medium spicy. If you want to **kick it up a notch**, mix in Sriracha sauce, Tabasco, or cayenne pepper.

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 – 520 Calories, 37g Protein, 15g Fat, 14 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: Shrimp, Red Peppers, Brown Rice, Cauliflower, Broccoli, Breadcrumbs, Garlic, Onion, Green Beans, Carrots, Parsley, Mayonnaise, Vinegar, Ketchup, Lemon, Dijon Mustard, Miso, Sriracha, Black Pepper, Sugar

meez *meals*

1. Cook the Rice

Add the **Brown Rice** to the saucepan of boiling water and simmer uncovered over medium heat for 30 minutes. Drain, then return it to the pot. Cover and let sit 5 minutes.

2. Prep the Shrimp Cakes

While the rice is cooking, beat 2 eggs in a large mixing bowl.

Cut the **Shrimp** into quarters and add to the eggs along with the **Peppers & Onions** and 4 Tbsp of the **Remoulade Sauce**. Mix well, then slowly mix in the **Breadcrumbs**.

Shape the mix into 6 patties.

3. Cook the Shrimp Cakes

Heat 1½ Tbsp olive oil in a large skillet over medium heat.

When the oil is hot, carefully place the shrimp cake patties in the skillet. (Work it in shifts if you need to. It's better not to crowd them).

Cook until the bottoms begin to brown, about 3 to 4 minutes. Gently flip and cook until the other side browns, another 3 to 4 minutes. Carefully remove the shrimp cakes from the pan and place on a paper towel.

4. Put It All Together

Serve the shrimp cakes over the brown rice. Top with remaining Remoulade sauce and enjoy with the **Pickled Veggies** on the side.

We cook our brown rice like pasta. Make sure the water is boiling and you're good to go. Remember brown rice has a firmer texture than white rice.

Instructions for two servings.

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

Ginger-Soy Aioli Rice Bowl

We're cooking up edamame, carrots and snow peas, and then tossing them with Himalayan red rice and our famous Ginger-Soy Aioli. It's a Japanese-style rice bowl your family will love.

45 Minutes to the Table

15 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Large Skillet
Saucepan

FROM YOUR

PANTRY

Olive Oil
Salt & Pepper

5 MEEZ

CONTAINERS

Himalayan
Red Rice
Edamame
Mixed Sesame
Seeds
Vegetable Mix
Ginger-Soy
Aioli

Add Protein Cooking Instructions

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 vegetables and rice 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 instead of the rice, reducing the **carbs per serving to 29g**. Skip steps 1 & 2. Prior to step 3, heat 1 Tbsp olive oil in a skillet over medium-high heat. When the oil is hot, add the zucchini and yellow squash and cook until the edges are brown, about 2 to 3 minutes. Remove from the skillet and set aside. Do not wipe out pan. In step 3, add the cooked veggies instead of rice.

Health snapshot per serving – 740 Calories, 41g Fat, 77g Carbs, 17g Protein, 20 Smart Points

Lightened up health snapshot per serving – 600 Calories, 33g Fat, 62g Carbs, and 15 Smart Points by using two-thirds of the rice AND the aioli.

SCAN QR CODE
to view
YouTube
cooking video



INGREDIENTS: Edamame, Himalayan Red Rice, Carrots, Snow Peas, Mayonnaise, Bok Choy, Green Onions, Tamari, Sesame Seeds, Brown Sugar, Ginger, Garlic

meez meals

1. Getting Organized

Put a saucepan of water on to boil.

2. Cook the Rice

Add a generous pinch of salt to the boiling water and add the **Himalayan Red Rice**. Cook until the rice is fluffy, about 20 to 25 minutes, then drain and return to the pot. Cover and set aside for 5 minutes.

*We set the rice aside
for 5 minutes after
draining so the rice
will steam.*

3. Stir Fry the Vegetables

While the rice is cooking, heat 1 Tbsp of olive oil in a large skillet over high heat. Add the **Edamame** and cook for 5 minutes, then add the **Vegetable Mix** and cook until the snow peas are bright green, 5 to 7 minutes.

Add the cooked rice to the pan and mix well, then remove from the heat. Add the of the **Ginger-Soy Aioli** and mix well. Serve topped with **Mixed Sesame Seeds** and enjoy!

Love this recipe? #meezmagic

Instructions for two servings.

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

Citrusy Salmon with Green Bean Almondine

Simple and sophisticated, this is a dinner that has it all: seared salmon in a lime and passion-fruit glaze, charred green beans with almonds, and a flavor that's out of this world. All that and on the table in less than fifteen minutes. That's the magic of Meez.

15 Minutes to the Table

15 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Large Skillet

FROM YOUR PANTRY

Butter (1 Tbsp.)

Olive Oil

Salt & Pepper

5 MEEZ CONTAINERS

Orange

Green Beans

Almonds & Cranberries

Salmon

Citrus Glaze

Good To Know

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

Health snapshot per serving – 700 Calories, 28g Fat, 76g Carbs, 44g Protein and 26 Freestyle Points

Lightened-up health snapshot per serving – 570 Calories, 21g Fat, 62g Carbs, 14 Freestyle Points, by omitting the butter and using half of the Cranberries & Almonds.

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, Green Beans, Orange, Cranberries, Almond, Brown Sugar, Lime, Passion Fruit.

*meez*meals

1. Create the Green Bean Almondine

Heat 1 Tbsp olive oil in a large skillet over high heat. When the oil is hot, add the **Green Beans** and cook until they start to char, about 6 to 7 minutes. Turn off the heat. Add the **Almonds & Cranberries** and 1 Tbsp of butter to the skillet and stir until the butter is melted. Transfer directly to serving plates. Do not wipe out the skillet.

2. Cook the Salmon

Dry the **Salmon** with a paper towel and slice the **Orange** in half.

Heat 1 Tbsp of olive oil in the now-empty skillet over medium high heat. When the oil is hot, place the salmon in the center of the skillet and the orange halves around the edges, cut-side down. Cook until the salmon turns brown, about 4 minutes. Flip the salmon and remove the oranges. Add the **Citrus Glaze** to the skillet and continue to cook while spooning the sauce over the top of the salmon until it thickens enough to coat the back of a spoon, an additional 3 to 4 minutes.

3. Put It All Together

Serve the salmon alongside the green bean almondine. Use a spoon to scoop some of the grilled orange flesh onto the salmon. . Enjoy!

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.

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

Truffle Butter Steak Frites

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

35 Minutes to the Table

25 Minutes Hands On

2 Whisks Easy

Getting Organized

EQUIPMENT

- 2 Baking Sheets
- Large Skillet
- Large Mixing Bowl

FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper

5 MEEZ CONTAINERS

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

Make The Meal Your Own

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

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

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

Good To Know

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

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

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



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

meez meals

1. Getting Organized

Preheat your oven to 450 degrees.

2. Make the Frites

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

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

3. Roast the Broccoli

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

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

4. Cook the Steak

While the frites and broccoli are cooking, heat 1 Tbsp oil in large skillet over high heat. When the oil is very hot, add the **Steaks** to the pan. Cook until the bottoms brown and the sides start to color, about 3 minutes. Flip and continue cooking for 3 minutes if you prefer your steak **medium-rare**. (Cook for 4 minutes for **medium**, and 5 to 6 for **well done**). Remove the steaks from the skillet to rest for 5 minutes, then transfer to serving plates. Do not wipe out the skillet.

5. Put It All Together

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

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

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

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

Instructions for two servings.

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

Toasted Gnocchi with Asparagus and Edamame

Farmers' markets are bursting with asparagus, and we're celebrating its season by pairing it with peas and edamame. We sauté them with just enough cream and Parmesan to add some richness, then serve them over toasted gnocchi. The result is fresh, filling and downright delicious. Dinner doesn't get much better than that.

Getting Organized

EQUIPMENT

Large Skillet
Rimmed Baking Sheet

FROM YOUR

PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Potato Gnocchi
Peas &
Edamame
Asparagus
Lemon
Cream Sauce
Parmesan

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 serve alongside the gnocchi.

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 – 640 Calories, 13g Fat, 34g Protein, 788mg Sodium, 16g Fiber, 18 Smart Points.

If you're making the vegan version, we've left the cream and Parmesan out of your meal. The result is a light, bright meal that we love. Just use a little extra olive oil as you cook.

If you're making the gluten-free version, we've given you gluten-free gnocchi. Check it after 12 to 15 min. because it cooks a bit faster than regular gnocchi.

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



25 Minutes to the Table

10 Minutes Hands On

1 Whisk Super Easy

INGREDIENTS: Asparagus, Potato Gnocchi, Edamame, Peas, Heavy Cream, Lemon, Parmesan Cheese

meez meals

1. Get Organized

Preheat your oven to 400.

2. Toast the Gnocchi

Place the **Potato Gnocchi** on a rimmed baking sheet and drizzle with olive oil, salt and pepper. Toss, then arrange in a single layer and bake until the gnocchi is slightly crunchy on the outside, about 16 to 18 minutes, stirring once after 10 minutes of cooking. Remove from the oven and set aside until step 5.

3. Sauté the Vegetables

Heat 1 Tbsp olive oil in a large skillet over medium high heat. Add the **Peas & Edamame** and cook for 3 minutes. Add the **Asparagus** and cook until it turns bright green and starts to char, about 5 minutes. Remove from the skillet and set aside. Wipe out the skillet.

4. Create the Sauce

Cut the **Lemon** in half and squeeze the juice from one half into the pan. Add the other half of the lemon to the now-empty skillet, cut-side-down. Add the **Cream Sauce, Parmesan** and the toasted gnocchi, stir and heat the contents of the skillet over medium high heat until warmed throughout, about 2 to 3 minutes.

5. Put It All Together

Serve the gnocchi alongside the veggies and squeeze a little bit of lemon juice over top . Enjoy!

Instructions for two servings.

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

Honey Mustard Grilled Chicken Salad

This is the summer salad you've been waiting for. With tender, juicy chicken breast, grapes, cranberries, spinach, arugula, and a slightly sweet honey mustard dressing, it's the perfect dinner for a hot summer night.

20 *Minutes to the Table*

15 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet
Large Mixing Bowl

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Chicken Breast
Salad Greens
Honey Mustard Dressing
Grapes
Almonds
Celery, Radish &
Cranberries

Good To Know

If you ordered the **Carb Conscious version**, we sent you red peppers instead of the grapes. With this change and using half the dressing, it reduces the **carbs per serving to 35g**. Use the red peppers in place of the grapes in step 3.

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 – 620 Calories, 48g Protein, 28g Fat, 50g 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**



INGREDIENTS: Chicken Breast, Spinach, Arugula, Grapes, Almonds, Celery, Red Radish, Cranberries, Dijon Mustard, Whole Grain Mustard, Honey, Apple Cider Vinegar, Kosher Salt, Vegetable Oil.

meez *meals*

1. Cook the Chicken

Pat dry the **Chicken Breasts** 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).

Heat a large skillet with 1 Tbsp of olive oil over medium-high heat. Add the Chicken Breast to the skillet, and cook until crisp and brown, about 4 minutes, then turn. Cook until brown on the second side, about 4 additional minutes. Transfer the chicken to a cutting board and let rest for 5 minutes. Once the chicken has rested, cut into ½" slices.

2. Toss the Chicken and Greens with the Dressing

Toss the sliced chicken, **Salad Greens**, and **Honey Mustard Dressing** in a large mixing bowl.

3. Put It All Together

Transfer the honey mustard coated chicken and salad greens to serving bowls and top with the **Grapes, Almonds**, and **Celery, Radish & Cranberries**. Enjoy!

Love this recipe? #meezmagic

Instructions for two servings.

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