

Sweet Potato Kale and Rice Bowl with Peanut Sauce

40 Min to Table	20 Min Hands On	1 Whisk Easy
---------------------------	------------------------------	------------------------

Getting Started	Preheat your oven to 450 & put a saucepan on to boil.
------------------------	---

Omnivore Option	We like this dish as is.
------------------------	--------------------------

Moroccan Steak with Spiced Rice Pilaf

30 Min to Table	30 Min Hands On	1 Whisk Super Easy
---------------------------	------------------------------	---------------------------------

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

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

Quick Tips



Tequila-Lime Chicken Fajitas

25 Min to Table	25 Min Hands On	1 Whisk Super Easy
---------------------------	------------------------------	---------------------------------

Getting Started	Heat olive oil in a large skillet.
------------------------	------------------------------------

From Your Pantry	You'll need olive oil.
-------------------------	------------------------

Pasta with Spinach Pesto

35 Min to Table	5 Min Hands On	1 Whisk Super Easy
---------------------------	-----------------------------	---------------------------------

Omnivore Option	Pancetta or bacon is delicious in this.
------------------------	---

Getting Started	Preheat oven to 450 & put a pot on to boil.
------------------------	---

Creamy Parmesan and Artichoke Shrimp

30 Min to Table	20 Min Hands On	2 Whisks Easy
---------------------------	------------------------------	-------------------------

Getting Started	Put a saucepan of water onto boil and preheat oven to 425.
------------------------	--

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

Lemon Chicken Milanese

25 Min to Table	25 Min Hands On	2 Whisks Super Easy
---------------------------	------------------------------	----------------------------------

Getting Started	Put a saucepan of water on to boil.
------------------------	-------------------------------------

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

Smoky Salmon Salad

10 Min to Table	10 Min Hands On	1 Whisk Super Easy
---------------------------	------------------------------	---------------------------------

Getting Started	Heat olive oil in a large skillet.
------------------------	------------------------------------

From your Pantry	You'll need olive oil, salt & pepper.
-------------------------	---------------------------------------

Ultimate Greek Skillet

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.
-------------------------	--

Honey Butter Chicken and Waffles

30 Min to Table	30 Min Hands On	2 Whisks Easy
---------------------------	------------------------------	-------------------------

Getting Started	Preheat your oven to 425.
------------------------	---------------------------

From Your Pantry	You'll need one egg, olive oil, salt and pepper
-------------------------	---

Smoky Creole Bean Tambalaya & Cornbread

40 Min to Table	15 Min Hands On	1 Whisk Super Easy
---------------------------	------------------------------	---------------------------------

Getting Started	Preheat your oven to 425.
------------------------	---------------------------

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

Chorizo Rice Bowl with Green Chile Crema

25 Min to Table	25 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, salt & 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)	
Chorizo Rice Bowl with Green Chile Crema (use 1/2 of the rice, cilantro butter, & crema)	890	22	57	74	6	1340	9	32	140% Vitamin A	60% Vitamin C
	670		42					23		
Lemon Chicken Milanese	585	61	17	47	4	743		14	32% Vitamin	13% Folate
Sweet Potato, Kale & Rice Bowl with Peanut Sauce	570	28	16	85	11	235		16	753% Vitamin A	127% Vitamin C
Creamy Parmesan and Artichoke Shrimp (without the garlic bread)	635	41	16	69	7	571		18	57% Vitamin A	24% Vitamin B-12
	490		12					13		
Moroccan Steak with Spiced Rice Pilaf	600	40	23	63	4	2130	29	18	301% Vitamin C	61% Vitamin A
Pasta with Spinach Pesto	620	23	40	51	12	554		19	160% Vitamin C	44% Folate

Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmdnd daily)	
Ultimate Greek Skillet	600	31	35	44 CC 28	6	1510			35% Vitamin A	43% Calcium
Tequila-Lime Chicken Fajitas	580	64	10	63	5	1123	8	9	267% Vitamin C	52% Vitamin A
Smoky Creole Bean Jambalaya & Cornbread	770	24	19	128	11	1360	8	19	60% Vitmain C	40% Iron
(use 1/2 the cornbread & 1/2 sour cream topper)	610		10					14		
Honey Butter Chicken & Waffles	740	69	29	56	3	570		16	44% Vitamin A	24% Vitamin B-6
(1/2 the dressing, 1/2 the butter and 1 waffle)	595		17					11		
Smoky Salmon Salad	670	22	43	52 CC 38	6	2320	26	22	45% Vitamin A	35% 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)	
Turtle Molten Bundt	550	5	35	56	2	230		31	25% Vitamin A	8% Calcium
Rockslide Brownie	290	5	15	35	1	40	29		6% Calcium	2% Iron
Tiramisu for Two	380	5	19	49	2	400	10	17	20% Iron	8% Vitamin A
Kitchen Sink Cookies	180	2	9	22	1	170	10	9	2% Calcium	4% 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 with Cilantro Rice and Lime Crema

Rich chorizo, sweet potatoes, and bright green chile crema come together in this flavor-packed meal. Cilantro butter melts into the rice, creating the perfect base for crispy chorizo and caramelized sweet potatoes, while fresh pico de gallo adds a burst of color and freshness. Every bite balances smoky, creamy, and vibrant flavors.

25 *Minutes to the Table*

25 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet
Medium Saucepan

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Rice
Cilantro Butter
Chorizo
Sweet Potatoes
Green Chile Crema
Pico de Gallo

Good to Know

Health snapshot per serving – 890 Calories, 57g Fat, 74g Carbs, 22g Protein, and 32 Freestyle Points.

Lightened-up health snapshot per serving – 670 Calories, 42g Fat, 55g Carbs, and 23 Freestyle Points, by using half of the rice, cilantro butter, and crema.

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

INGREDIENTS: Chorizo, Sweet Potato, White Rice, Green Chile Sauce, Tomato, Butter, Sour Cream, Red Onion, Yellow Bell Pepper, Cream, Cilantro, Lime, Parsley, Cumin.


meez *meals*

1. Get Organized

Bring a medium saucepan of water to a boil.

2. Cook the Rice

Add the **Rice** to the boiling water and cook until tender, about 15 minutes. Drain well and immediately return to the pan along with the **Cilantro Butter**. Stir until the butter is melted. Cover and set aside until step 5.

3. Cook the Chorizo

While the rice is cooking, heat a large 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 5 to 6 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.

4. Cook the Sweet Potatoes

Add 1 Tbsp olive oil to the chorizo oil in the skillet and heat over medium heat. When the oil is hot, add the **Sweet Potatoes** and cook, stirring occasionally, until they are brown and fork tender, about 8 to 10 minutes. Stir in the cooked chorizo.

5. Put It All Together

Serve the sweet potatoes and chorizo on top of the cilantro buttered rice. Drizzle the **Green Chile Crema** on top and finish with the **Pico de Gallo**. 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.

25 Minutes to the Table

25 Minutes Hands On

2 Whisks Easy

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**



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

Sweet Potato, Kale & Rice Bowl with Peanut Sauce

40 Minutes to the Table

20 Minutes Hands On

1 Whisk Super Easy

This gem is humble and oh-so delicious. It's all about the Asian peanut butter sauce, which we could eat with a spoon. But since we're supposed to be grown ups, we're restraining ourselves. (Mostly.) Instead, we're tossing it with roasted sweet potatoes, toasted organic tofu, wilted kale and brown rice. The result is crazy good.

Getting Organized

EQUIPMENT

Saucepan
Large Skillet
Rimmed Baking Sheet
Mixing Bowl

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Baked Tofu
Brown Rice
Kale
Peanut Sauce
Sweet Potatoes

Add Protein Cooking Instructions

Integrate into recipe: Prior to step 4, cook the protein (per instructions below) and then slice into strips (*flake the salmon, leave shrimp whole*) and serve on top of the rice bowl 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

Chef's Note -- You'll see our method for cooking brown rice is a little unusual. It's faster than the traditional method, and we think the rice ends up fluffier.

Health snapshot per serving – 570 Calories, 28g Protein 11g Fiber,
16 Smart Points

SCAN QR CODE
to view YouTube
cooking video



INGREDIENTS: Sweet Potatoes, Kale, Baked Tofu, Brown Rice, Peanut Butter, Rice Vinegar, Tamari, Brown Sugar, Garlic, Ginger, Spices

meez *meals*

1. Getting Organized

Preheat your oven to 450 and put a saucepan of water on to boil.

2. 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.

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.

3. Roast the Sweet Potatoes

While the rice is cooking, put the **Sweet Potatoes** on to a rimmed baking sheet and drizzle with olive oil, salt and pepper. Toss well, then arrange in a single layer and bake until tender, about 20 to 25 minutes.

4. Cook the Kale & Tofu

Heat 2 Tbsp olive oil in a large skillet over medium-high heat. Add the **Kale** and cook, stirring, until it's bright green and lightly wilted, about 3 to 5 minutes. Season with salt and pepper and transfer to a bowl.

If you prefer softer kale, cook it for a few extra minutes.

Heat another 2 Tbsp olive oil in the now-empty skillet over medium-high heat. Add the **Baked Tofu** to the pan and cook until it crisps in places, about 3 to 5 minutes on each side.

5. Put It All Together

Put the **Peanut Sauce** into a mixing bowl and thin with a little water. Serve the rice topped with kale, tofu and sweet potatoes. Drizzle with the peanut sauce and enjoy!

We found 2 to 4 Tbsp water is just right.

Instructions for two servings.

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

Creamy Parmesan and Artichoke Shrimp

Get ready for Italian comfort food. It starts with a creamy and downright addictive artichoke sauce (think of your favorite hot artichoke dip). Then we're mixing it up with sautéed shrimp and roasted broccoli – served on a bed of orzo. With fresh garlic bread on the side, it's a dinner the whole family will go crazy for.

30 *Minutes to the Table*

20 *Minutes Hands On*

2 Whisks *Easy*

Getting Organized

EQUIPMENT

Saucepan
Baking Sheet
Large Skillet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Orzo
Shrimp
Broccoli
Creamy Artichoke Sauce
Roll
Fresh Garlic

Make the Meal Your Own

You can use the garlic bread to get those last bits of orzo and sauce left in your bowl, they are really tasty together.

If you ordered the gluten-free version, you received **gluten-free penne pasta**. Cook pasta in boiling water for 10-12 minutes until al dente or desired texture. Also, we did send you the bread but it is **not** gluten free so any gluten-free eaters should leave it out.

Health snapshot per serving – 650 Calories, 46g Protein, 27g Fat, 67g Carbs, 15 Freestyle Points

Have questions? The dinner hotline is standing

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



INGREDIENTS: Shrimp, French Rolls, Broccoli, Orzo, Artichoke, Celery, Mayonnaise, Sour Cream, Mozzarella, Garlic, Chive, Lemon, Black Pepper.

meez *meals*

1. Get Organized

Bring a saucepan of water to boil. Preheat the oven to 425

2. Cook the Orzo

Salt the boiling water and add the **Orzo**. Cook until al dente, about 8 to 10 minutes. Drain and set aside.

3. Roast the Broccoli and Garlic Bread

While the orzo is cooking, spread the **Broccoli** on a baking sheet, drizzle with olive oil, and lightly salt and pepper.

Place the **Broccoli** in the oven and cook for 12 to 15 minutes until the broccoli starts to brown at the edges. Remove from oven & set aside.

Once the broccoli is out of the oven, slice the **Roll** lengthwise, generously brush with olive oil and evenly spread the **Fresh Garlic** on top of the bread. Cook for 7-10 minutes until the it is toasted on top and golden brown.

4. Cook the Shrimp and Finish the Sauce

Right after placing the garlic bread in the oven, heat 1 Tbsp olive oil in a large skillet over medium-high heat.

Dry and lightly salt & pepper the **Shrimp**. Cook for a minute on each side until they are opaque and no longer grey in color and set aside.

In the now empty skillet, add the **Creamy Artichoke Sauce** and cook for one minute and turn the heat off.

5. Put It All Together

Add the cooked orzo and shrimp to the skillet. Stir well and serve on top of the broccoli and alongside the garlic bread. Enjoy!

Just use enough water to ensure the orzo will be completely covered.

Check in on the garlic bread frequently as it can burn easily.

Instructions for two servings.

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

Moroccan Steak with Spiced Rice Pilaf

We're putting a fresh twist on steak night with our blend of Moroccan spices. Served up with fluffy seasoned basmati rice, seasoned vegetables and cucumber yogurt, it's a delicious dinner that's packed with flavor.

30 *Minutes to the Table*

30 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Saucepan
Large Oven-Safe Skillet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Basmati Rice
Garlic, Onions & Raisins
Steak
Moroccan Spices
Zucchini & Bell Peppers
Cucumber Garlic Yogurt

Good To Know

If you ordered the **Carb Conscious** version, we sent you cauliflower "rice" instead of rice, reducing the carbs to 39g. Cook the cauliflower with the garlic, onions and raisins in Step 2.

Health snapshot per serving – 520 Calories, 38g Protein, 20g Fat, 50g 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, Zucchini, Red Bell Pepper, Basmati Rice, Yogurt, Yellow Onion, Golden Raisins, Cream, Cucumber, Cilantro, Ginger, Garlic, Chicken Broth, Lemon, Salt, Coriander, Cumin, Paprika, White Pepper, Cardamon, Turmeric, Clove, Cinnamon

meez meals

1. Getting Organized

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

2. Cook the Rice

Add the **Basmati Rice** to the boiling water and reduce the heat to medium. Simmer, uncovered, until the rice is tender, about 15 to 20 minutes. Drain well and set aside in the colander.

Heat 1 Tbsp olive oil in the now-empty saucepan over medium high heat. When the oil is hot, add the **Garlic, Onions & Raisins** and sauté until the onions soften, about 2 to 3 minutes. Add the drained rice to the saucepan and mix well, then cover and set aside.

3. Cook the Steak

While the rice is cooking, pat dry the **Steak** with a paper towel, then put them in a ziplock bag with the **Moroccan Spices**. Shake well so that the steaks are totally coated in seasoning.

Heat 1 Tbsp oil in a large oven-safe skillet over high heat. When the oil is hot, add the seasoned steaks. Cook undisturbed until the seasoning starts to darken on the bottom, about 45 seconds. Flip the steaks and continue cooking until the other side has browned, another 45 seconds. Transfer the skillet to the oven and cook for 4 minutes if you like your steak medium-rare. (Cook for 5 to 6 minutes for medium, and 7 to 8 for well done). Transfer to a cutting board to rest for 5 minutes. After the steaks have rested, place them horizontally on the cutting board and cut into even strips (we aim for ½" x 1" pieces). Wipe out the skillet.

4. Cook the Veggies

Heat 1 Tbsp olive oil in the now-empty skillet over medium-high heat. Once the oil is hot, add the **Zucchini & Bell Peppers** and sprinkle with salt and pepper. Cook until the vegetables start to char, about 3 to 4 minutes.

5. Put it All Together

Serve the steak and vegetables over the rice and finish with some generous dollops of the **Cucumber Garlic Yogurt**. Enjoy!

Instructions for two servings.

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

Pasta with Spinach Pesto

Haven't had spinach pesto before? Neither had we, but once we tried it we were hooked. It gives a layer of flavor to the classic basil pesto that we love, to say nothing of the extra vitamin boost. We're making our version with plenty of lemon to keep things bright & mixing it up with roasted cauliflower, toasted pecans and penne pasta. Yum!

35 Minutes to the Table

5 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Saucepan
Rimmed Baking
Sheet

FROM YOUR

PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Cauliflower
Penne Pasta
Spinach Pesto
Pecans
Parmesan
Cheese

Add Protein Cooking Instructions

Integrate into recipe: While the pasta is cooking in step 3, cook the protein (per instructions below) and then slice into strips (*flake the salmon, leave shrimp whole*) and stir into the cooked pasta and sauce 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 – 620 Calories, 23g Protein,
12g Fiber, 19 Smart Points

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



INGREDIENTS: Cauliflower, Penne Pasta, Spinach, Pecans, Parmesan Cheese, Vegetable Oil, Lemon, Basil,
Garlic, Spices

meez meals

1. Getting Organized

Preheat your oven to 450 and put a saucepan of water on to boil.

2. Roast the Cauliflower

Put the **Cauliflower** on to a rimmed baking sheet, drizzle with olive oil and sprinkle with salt and pepper. Toss well and arrange in a single layer. Bake until the cauliflower is golden brown in places, about 15 to 25 minutes; stir once or twice while it's cooking.

We line our baking sheets with parchment paper to make clean up a breeze.

3. Cook the Pasta

While the cauliflower is roasting, salt the pasta water generously, add the **Penne Pasta** and cook until al dente, 12 to 14 minutes. Reserve 1 cup of pasta water. Drain the pasta and then return to the pan.

When we say "salt generously," we mean it. Chef Max says it should taste like salt water.

4. Put It All Together

Add the **Spinach Pesto** along with 1 Tbsp of olive oil to the cooked pasta. Mix well, then add some of the reserved pasta water if you'd like the sauce looser.

Mix in the roasted cauliflower, **Pecans** and salt and pepper to taste. Top with **Parmesan Cheese**.

Don't skip the olive oil! It brings out the flavors of the pasta.

Love this recipe? #meezmagic

Instructions for two servings.

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

Ultimate Greek Skillet

If you think eggs are just for breakfast, think again. We're mixing up a skillet dinner of hash browns, eggs, asparagus, zucchini, and tomatoes that's fresh and delicious. A generous dose of feta and cucumber dill dressing give it a Greek flair that we love.

20 Minutes to the Table

20 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

2 Large Skillets
(one with a Lid)

FROM YOUR

PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Hash Brown
Potatoes
Feta &
Mozzarella
Asparagus
Zucchini, Tomato
& Onion
Egg Mix
Cucumber Dill
Aioli

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 serve on top of the eggs 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 summer squash instead of the potatoes reducing the **carbs per serving to 28g**. Skip step 1 and prior to step 2, heat 1½ Tbsp olive oil in a large skillet over high heat. When the oil is hot, add the summer squash and sauté until it starts to brown, about 2 to 3 minutes. Top with half the Feta & Mozzarella and cover until step 4.

Health snapshot per serving – 600 Calories,
31g Protein, 35g Fat, 15 Freestyle Point.

SCAN QR CODE
to view YouTube
cooking video



INGREDIENTS: Egg, Hash Brown Potatoes, Asparagus, Zucchini, Onion, Tomato, Cucumber, Feta, Mozzarella, Mayonnaise, Dill, Oregano, Lemon Pepper, White Pepper, Kosher Salt, Lemon.

meez meals

1. Cook the Hash Browns

Pat dry the **Hash Brown Potatoes** with a paper towel removing as much moisture as possible. Heat 2 Tbsp of olive oil in a large skillet over medium high heat. When the oil is very hot, add the hash browns to the skillet in a single layer with a sprinkle of salt and pepper. Cook undisturbed until the bottom is a deep golden brown and crispy, about 6 to 8 minutes. Flip the hash browns over and cover with half the **Feta & Mozzarella** on top of the potatoes. Cook undisturbed until the cheese melts and hash browns are crisp, an additional 6 to 8 minutes. Remove from the heat and cover.

2. Sear the Asparagus

While the potatoes are cooking, heat 1 Tbsp olive oil in a second large skillet over medium high heat. When the oil is hot, add the **Asparagus** and cook until bright green and starting to char, about 2 to 3 minutes. Remove the asparagus and set aside. Do not wipe out the pan.

3. Cook the Zucchini, Tomato & Onion and Eggs Mix

Add the **Zucchini, Tomato & Onion** to the now-empty skillet over medium high heat and sauté until the onions soften, about 4 minutes.

Lower the heat to medium and add the **Egg Mix**. When the eggs starts to set, break them up as you would scrambled eggs, stirring the zucchini, tomatoes & onions into the eggs until they are fully cooked, about 4 to 5 minutes. Turn off the heat and mix in the seared asparagus.

4. Put It All Together

Use a spatula to transfer the potatoes and cheese to serving plates and top with the eggs and veggies. Sprinkle with the remaining Feta & Mozzarella and drizzle with the **Cucumber Dill Aioli**. Enjoy!

Instructions for two servings.

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

Tequila-Lime Chicken Fajitas

Seared peppers, grilled onions and tender strips of chicken coated in a delicious Tequila-Lime Sauce. This is a Mexican dinner the whole family will love that's on the table in under 30 minutes.

25 *Minutes to the Table*

25 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

2 Large Skillets

FROM YOUR PANTRY

Olive Oil

6 MEEZ CONTAINERS

Chicken

Bell Peppers

Red Onions

Lime

Tequila-Lime BBQ

Sauce

Tortillas

Good To Know

If you ordered the **Carb Conscious version**, we have sent you Romaine Lettuce instead of the tortillas reducing the **carbs per serving to 35g**. Instead of warming the tortillas in Step 4, chop the romaine and create a salad with the fajita fillings.

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 – 720 Calories, 13g Fat, 66 Protein, 79g Carbs, 13 Freestyle Points

Lightened up Health Snapshot per serving – 580 Calories, 11g Fat, and 55g Carbs by using 2 tortillas and 2/3 of the sauce.

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

SCAN QR CODE
to view YouTube
cooking video



INGREDIENTS: Chicken Breast, Flour Tortilla, Bell Peppers, Red Onion, BBQ Sauce, Tequila, Garlic, Lime, Cilantro, Chipotles in Adobo, Paprika, Oregano, Brown Sugar.

meez meals

1. Cook the Chicken

Heat 1½ Tbsp olive oil in a large skillet over medium-high heat. Pat the **Chicken** dry with a paper towel. When the oil is hot, add the chicken and cook until the bottom is crisp and brown, about 4 minutes. Turn the chicken and cook for another 3 to 4 minutes, until the other side is brown as well.

Transfer the chicken to a cutting board. Once the chicken has rested for 5 minutes, use a sharp knife to cut the chicken breast evenly into ½" strips and set aside. Wipe out the pan.

2. Sauté the Veggies

Return the now-empty skillet to the stove over medium-high heat. Add the **Bell Pepper, Red Onions** and **Lime** (sliced in half with sliced sides down). Cook, undisturbed, until the lime chars, about 3 minutes. Remove the lime and continue cooking the peppers and onions until the peppers start to char, an additional 2 to 3 minutes. Remove the veggies from the skillet and set aside. Do not wipe out the pan.

3. Cook the Sauce

Add the **Tequila-Lime BBQ Sauce** to the now empty skillet and bring to a boil over medium-high heat, then reduce the heat to medium and simmer until the tequila aroma is gone, about 2 to 3 minutes. Turn off the heat and mix-in the sliced chicken until it is completely coated.

4. Warm the Tortillas

Warm a second skillet over medium heat and heat the **Tortillas** until they are warm and soft, about 15 to 25 seconds per side.

5. Put It All Together

Fill each tortilla with the coated chicken slices, and pepper and onions. Squeeze the lime over top and enjoy!

Instructions for two servings.

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

Smoky Creole Bean Jambalaya & Cornbread

With just fifteen minutes of hands-on cooking, this is New Orleans cuisine at its best. A smoky tomato base, two types of beans and toasted cornbread on the side, it's filling and fun.

40 Minutes to the Table

15 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Large Saucepan w/Lid
Baking Sheet

FROM YOUR PANTRY

Olive Oil
Butter (1/2 Tbsp per serving)
Salt & Pepper

6 MEEZ CONTAINERS

Peppers, Tomatoes & Celery
Rice
Creole Sauce
Cajun-Seasoned Beans
Cornbread
Cilantro & Sour Cream

Add Protein Cooking Instructions

Integrate into recipe: When there is about 15 minutes left on the jambalaya, cook the protein (per instructions below) and then slice into strips (*flake the salmon, leave shrimp whole*) and stir in before serving.

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 – 770 Calories, 19g Fat, 128g Carbs, 24g Protein and 19 Freestyle Points

Lightened up health snapshot per serving – 610 Calorie s, 10g Fat, 109g Carbs, by using half of the Cornbread and half of the Cilantro & Sour Cream.

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



INGREDIENTS: White Rice, Tomato, Green Bell Pepper, Kidney Beans, Black Eyed Peas, Corn Bread, Sour Cream, Celery, Cream, Yellow Onion, White Vinegar, Vegetable Stock, Tamari, Cilantro, Garlic, Chipotle in Adobo, Black Pepper, Bay Leaf, Fennel, Paprika, Cumin, Thyme, Oregano, Cayenne

meez meals

1. Get Ready

Preheat the oven to 425.

2. Make the Jambalaya

Heat 1 Tbsp of olive oil in a large saucepan over medium-high heat. When the oil is hot, add the **Peppers, Tomatoes & Celery** and cook until fragrant, about 2 to 3 minutes.

Add the **Rice, Creole Sauce, Cajun-Seasoned Beans** and 1½ cups water to the saucepan. Stir and bring to a low boil. Reduce the heat to low, cover, and simmer until the rice is cooked and most of the liquid has been absorbed, 25 to 30 minutes. Remove from the heat and stir in 1 Tbsp of butter. Salt and pepper to taste.

3. Toast the Cornbread

Once the jambalaya has been simmering for about 15 minutes, slice the **Cornbread** into 1" cubes and arrange on a baking sheet. Bake until golden brown, about 7 to 8 minutes. Remove from the oven and set aside.

4. Serve and Enjoy!

Drizzle the **Cilantro & Sour Cream** over the jambalaya and top with the cornbread. Enjoy!

*The bites that
include cornbread on
your fork are our
favorites!*

Honey Butter Chicken & Waffles

Chicken & Waffles taken up a notch. Or two or three. With roasted leeks, crispy buttermilk-breaded chicken, and sweet honey-butter served over a Belgian waffle, you've got a sophisticated spin on a down-home classic that's on the table in just 30 minutes.

30 Minutes to the Table

30 Minutes Hands On

2 Whisks Easy

Getting Organized

EQUIPMENT

Large Skillet
Baking Sheet

FROM YOUR PANTRY

One Egg
Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Leeks
Chicken
Buttermilk Dressing
Breading
Honey Butter
Belgian Waffles

Good to Know

We're sending you the waffles already cooked, so no waffle iron required ☺

Family favorite!

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 – 740 Calories, 69g Protein, 29g Fat, 16 Freestyle Points

Lighten-Up Health snapshot per serving – 595 Calories, 67g Protein, 17g Fat, 11 Freestyle Points with half the dressing, half the butter and ½ waffle per serving.

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, Belgian Waffle, Leeks, Buttermilk, Panko, Mayonnaise, Butter, Honey, Chive, Black Pepper, Kosher Salt, Thyme, Basil, Oregano, Celery Salt, Dry Mustard, Paprika, Garlic, Ginger, White Pepper.

meez meals

1. Roast the Leeks

Preheat oven to 425. Arrange the **Leeks** in a single layer on a rimmed baking sheet and drizzle lightly with olive oil, salt and pepper. Cook until they begin to crisp, about 10 minutes. Set aside for step 5.

2. Prepare the Chicken

While the leeks are roasting, pat dry and very loosely wrap each **Chicken** breast in saran wrap and place on a cutting board. Using a meat tenderizer (mallet) or bottom of a small pot, pound the thicker sections of the breast until each has reached uniform thickness. 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).

In a mixing bowl, mix half the **Buttermilk Dressing** with one egg. Spread the **Breading** evenly on a large plate. Now dip the chicken breast completely into the buttermilk dressing and let any excess drip off. Then put each piece of chicken onto the breading. Press down to make sure the breading adheres then repeat on the other side. Discard any unused buttermilk dressing and breading.

3. Cook the Chicken

Heat 2 Tbsp olive oil in a large skillet over medium heat. When the oil is hot add the breaded chicken and cook until the breading is golden brown, about 4 to 5 minutes. Flip and cook the other side until it is also brown, an additional 4 to 5 minutes. Remove from the heat.

While the chicken is resting, place the **Honey Butter** on top of the chicken breasts to melt.

4. Heat the Waffle

Wipe out the skillet and return to the stove over medium heat. Cook the **Belgian Waffles** until the first side is lightly brown. Flip and cook the other side until it is also brown, and the waffle is warmed thoroughly. Remove from heat and place directly on serving plates.

5. Put It All Together

Drizzle the remaining buttermilk dressing on the waffles, cover with the roasted leeks and top with the chicken and melted honey butter. Enjoy!

Save the other half of the buttermilk dressing to drizzle on the chicken in step 5.

We use one hand to take the chicken through these steps and keep the other hand clean to hold the bowl or plate. It makes the process neater and easier.

We like the way the pan caramelizes the waffle but feel free to use your toaster oven if you prefer

Instructions for two servings.

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

Smoky Salmon Salad

This salad combines the flavor of smoked salmon with the tender bite of a freshly seared filet. The trick is a smoky glaze that packs a flavor punch, plus crisp greens, crunchy pita chips and a cucumber dill dressing. It's sophisticated and simple. Not to mention delicious.

10 *Minutes to the Table*

10 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet
Large Mixing Bowl

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Salmon
Smoky Glaze
Spinach & Arugula
Pita Chips
Cucumber Dill Dressing

Good to Know

If you ordered the **Carb Conscious version**, we sent you Red Peppers instead of Pita Chips, reducing the **carbs per serving to 38g**. Use in place of the pita chips in step 2.

Health snapshot per serving – 670 Calories, 43g Fat, 52g Carbs, 22g Protein, and 22 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, Spinach, Cucumber, Mayonnaise, Sour Cream, Arugula, Radicchio, Pita Chips, Brown Sugar, Water, Lemon, Red Onion, Yellow Onion, Capers, Liquid Smoke, Tamari, Horseradish, Salt, Dill, Black Pepper, Paprika.


meez *meals*

1. Cook the Salmon

Pat dry the **Salmon** with a paper towel. Heat 2 Tbsp olive oil in a large skillet over medium-high heat. When the oil is hot, add the salmon and cook until it turns brown, about 3 to 4 minutes. Flip and cook for another 2 minutes.

Add the **Smoky Glaze** and cook, continuously spooning the glaze on top of the salmon as it cooks and thickens, an additional 2 minutes. Remove from the heat and transfer the salmon to a plate. Spoon any additional marinade on top the salmon and let it rest for 5 minutes.

2. Create the Salad

While the salmon is resting, combine the **Spinach & Arugula**, **Pita Chips**, and two-thirds of the **Cucumber Dill Dressing** in a large mixing bowl and toss.

3. Put It All Together

Serve the tossed salad topped with the smoky salmon and drizzle with the remaining Cucumber Dill Dressing.

Enjoy!

Once you have spooned the remaining marinade on the salmon, you will want to rinse out the skillet right away.

Instructions for two servings.

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