

### *Fiesta Steak Rice Bowl*

**30 Min**  
to Table

**15 Min**  
Hands  
On

**1 Whisk**  
Super  
Easy

#### **Getting Started**

Preheat oven to 400  
and bring a pot of  
water to a boil.

#### **From your Pantry**

You'll need olive oil,  
salt and pepper

### *Lemon Chicken Souvlaki*

**25 Min**  
to Table

**25 Min**  
Hands  
On

**1 Whisk**  
Super  
Easy

#### **From Your Pantry**

You'll need olive oil,  
salt and pepper

#### **Getting Started**

Bring a large  
saucepan of water to  
boil.

## *Quick Tips*



### *Parmesan Panzanella Salad with Strawberry Poppy Seed Dressing*

**10 Min**  
to Table

**10 Min**  
Hands  
On

**1 Whisk**  
Super  
Easy

#### **Getting Started**

Heat 1 Tbsp of olive  
oil in a large skillet.

#### **From Your Pantry**

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

### *Kung Pao Edamame with Udon Noodles*

**15 Min**  
to Table

**15 Min**  
Hands  
On

**1 Whisk**  
Super  
Easy

#### **Getting Started**

Bring a large pot of  
water to a boil.

#### **Omnivore Option**

Shrimp is great in this  
dish.

### *Pasta Caprese with Balsamic-Glazed Tofu*

**25 Min**  
to Table

**25 Min**  
Hands  
On

**1 Whisk**  
Easy

#### **From Your Pantry**

You'll need olive oil,  
salt and pepper

#### **Getting Started**

Bring a large  
saucepan of water to  
boil.

### *Shrimp & Fettucine with Spinach Alfredo Sauce*

<b>20 Min</b> to Table	<b>5 Min</b> Hands On	<b>1 Whisk</b> Super Easy
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**Getting Started** Put a saucepan of water onto boil.

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

### *Salmon with Lemon and Asparagus*

<b>25 Min</b> to Table	<b>25 Min</b> Hands On	<b>2 Whisks</b> Easy
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**Getting Started** No pre-work needed.

**From your Pantry** You'll need 1/4 c flour and 3/4 T butter per serving.

**Speed Tip** Cook the asparagus and salmon at the same time.

### *Chipotle-Honey Glazed Tilapia*

<b>20 Min</b> to Table	<b>20 Min</b> Hands On	<b>1 Whisk</b> Super Easy
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**Getting Started** Preheat your oven to 400.

**From Your Pantry** You'll need olive oil, salt, pepper, and flour.

### *Ginger Scallion Chicken*

<b>20 Min</b> to Table	<b>20 Min</b> Hands On	<b>1 Whisk</b> Super Easy
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**Getting Started** Put a saucepan of water onto boil.

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

### *Bacon Onion Swiss Burger*

<b>25 Min</b> to Table	<b>25 Min</b> Hands On	<b>1 Whisk</b> Super Easy
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**Getting Started** Preheat your oven to 425.

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

### *Tikka Masala*

<b>20 Min</b> to Table	<b>20 Min</b> Hands On	<b>1 Whisk</b> Super Easy
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**Getting Started** Slice the Halloumi.

**From Your Pantry** You'll need salt and pepper.

**Meal Tip** The Halloumi will not melt when you cook it.

# Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmndd daily)	
Ginger Scallion Chicken	450	47	9	47 CC 38	5	960	21	6	130% Vitamin K	30% Vitamin A
Salmon with Lemon & Asparagus	511	39	26	21	6	1490		13	18% Vitamin B-6	0% Vitamin B12
Kung Pao Edamame with Udon Noodles	465	18	21	49	10	469		14	184% Vitamin C	170% Vitamin A
Shrimp & Fettuccine with Spinach Alfredo Sauce (use 2/3 pasta and sauce)	780	55	29	77 CC 28	6	910	11	22	45% Calcium	50% Vitamin A
	640		25					16		
Fiesta Steak Rice Bowl	455	38	14	45	6	173		12	33% Vitamin C	28% Iron
Tikka Masala  (Use 2/3 butter and tikka masala sauce)	745	20	61	37	10	992		26	151% Vitmain A	88% Vitamin C
	560		42					18		
Lemon Chicken Souvlaki	560	50	18	51 CC 40	4	1010	25	11	190% Vitamin C	40% Vitamin A

# Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmdnd daily)	
Pasta Caprese with Balsamic-Glazed Tofu	630	32	12	100	7	250	41	18	51% Vitamin C	33% Iron
Chipotle-Honey Glazed Tilapia	670	45	36	50	8	540	45	22	29% Vitamin D	26% Calcium
Bacon Onion Swiss Burger	1270	56	74	93	6	2210	34	44	108% Calcium	185% Vitamin B12
Use 2/3 of the potatoes, bacon & onion, cheese, sauce, and open faced	840		51					28		
Parmesan Panzanella Salad with Strawberry Poppy Seed Dressing	620	14	44	49 CC 35	9	890	14	22	70% Vitamin A	20% Calcium
Add a Protein All-Natural Chicken Breast	220	41	5	0	0	85	0	3	90% Vitamin B6	4% Iron
Add a Protein 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.*

# Ginger Scallion Chicken

Big flavor, low calories—this dinner brings comfort without the heaviness. Sautéed chicken breast, tender-crisp veggies, and a warm ginger-forward sauce come together over jasmine rice in just 20 minutes. It's cozy, minus the guilt, and just enough sweetness from honey and mirin to keep you coming back for more.

**20** *Minutes to the Table*

**20** *Minutes Hands On*

**1 Whisk** *Super Easy*

## Getting Organized

### EQUIPMENT

Large Skillet  
Medium Saucepan  
Cutting Board

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### 4 MEEZ CONTAINERS

Jasmine Rice  
Cabbage, Carrots &  
Celery  
Chicken Breast  
Ginger Scallion Glaze

## Good to Know

If you ordered the **Carb Conscious version**, we sent you Cauliflower "rice" instead of the Jasmine Rice, reducing the **carbs per serving to 38g**. Skip cooking the jasmine rice and cook the cauliflower along with the cabbage, carrots and celery in the second part of step 2. Use the combined veggie mix as the veggie rice in step 5.

**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** – 450 Calories, 9g Fat, 47g Carbs, 47g Protein, and 6 Freestyle Points.

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

INGREDIENTS: Chicken Breast, Green Onion, Celery, Jasmine Rice, Carrot, Cabbage, Yellow Onion, Honey, Tamari, Mirin, Ginger, Garlic, Sesame Oil, Miso, White Pepper, Parsley.

meez *meals*

### 1. Get Organized

Bring a medium saucepan of water to boil.

### 2. Make the Veggie Rice

Add the **Jasmine Rice** to the boiling water and cook until the rice is tender, about 12 to 15 minutes. Drain well and set aside in the colander. Wipe out the saucepan.

Heat 1 Tbsp olive oil in the now-empty saucepan over medium-high heat. When the oil is hot, add the **Cabbage, Carrots & Celery** and cook until the cabbage softens, about 3 to 4 minutes. Turn off the heat and stir in the cooked rice. Cover and set aside until step 5.

### 3. Cook the Chicken

While the rice is cooking, heat 1½ Tbsp olive oil in a large skillet over medium-high heat. Pat dry and generously salt and pepper the **Chicken Breasts** on both sides. When the oil is hot, add the chicken and cook until the bottom is brown, about 4 minutes. Flip and cook for another 4 minutes on the other side. Transfer the chicken to a cutting board to rest for 5 minutes, then slice into ½" strips. Wipe out the skillet.

### 4. Create the Glaze

Return the now-empty skillet to the stove over medium-high heat. Add the **Ginger Scallion Glaze** and bring to a boil, then reduce the heat to low. Simmer, stirring occasionally, until it thickens and reduces by about 1/3. Turn off the heat and add the sliced chicken to the skillet. Stir until the chicken is well coated.

### 5. Put It All Together

Serve the chicken and remaining ginger scallion glaze on top of the veggie rice. Enjoy!

*We cook our  
rice like pasta  
so you just  
need enough  
water to  
completely  
cover the rice.*

Instructions for two servings.

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

# Salmon with Lemon & Asparagus

Lemon brings out the best in salmon. Particularly when it's part of a white wine and caper sauce. Together, they add a brightness and sophistication that can't be beat. Add fresh asparagus, and you have a recipe the family will love.

**25** *Minutes to the Table*

**25** *Minutes Hands On*

**2 Whisks** *Easy*

## Getting Organized

### EQUIPMENT

Mixing Bowl  
Shallow Pie Pan or Plate  
Large Skillet

### FROM YOUR PANTRY

¾ Cup Flour  
2 Tbsp Butter  
Olive Oil  
Salt & Pepper

### 4 MEEZ CONTAINERS

Asparagus & Fennel  
Salmon  
Capers & Sunflower  
Seeds  
White Wine Lemon  
Sauce

## Good To Know

**Speed Trick** – Use 2 skillets and cook the asparagus and salmon at the same time.

**Salmon has a reputation for being tricky to cook.** Chef Max says the key to perfect salmon is making sure you don't overcook it. Cook over high heat for a few minutes per side and then let it rest. The salmon continues cooking as it rests, so let it sit 5 minutes, covered, off the heat before you cut into it and check for doneness.

**Not sure about fennel?** Forget its reputation for having a strong licorice flavor. Once it's sautéed with asparagus and paired with our lemon sauce, it mellows out and adds a great texture and depth of flavor that we just love.

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

**Health snapshot per serving** – 511 Calories, 26g Fat, 39g Protein, 21g Carbs, 1490 mg Sodium, 13 Smart Points

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to view YouTube  
cooking video**



**INGREDIENTS:** Salmon, Asparagus, White Wine, Fennel, Capers, Sunflower Seeds, Lemon Juice, Brown Sugar, Garlic, Lemon Zest, Miso, Concentrated Vegetable Stock, Herbs

*meez* meals



### 1. Cook the Asparagus

Heat 1 Tbsp oil in a large skillet over medium-high heat. Add the **Asparagus & Fennel** and cook until the asparagus is bright green and the fennel is just starting to brown, about 5 to 7 minutes. Remove to a bowl or serving dish. Wipe out the skillet and return to the stove.

### 2. Cook the Salmon

Pour ½ cup flour in a shallow pie pan or on to a plate and add a generous pinch of salt and pepper. Pat the **Salmon** fillets dry with a paper towel and coat with the flour, making sure each fillet is covered. Repeat this process with remaining salmon pieces.

Heat 2 Tbsp of oil in a large skillet on high heat. Add the salmon and cook 4 minutes. Flip and cook an additional 2 minutes. Remove the salmon fillets to the bowl or serving dish with the asparagus and fennel. Pour out any excess oil from the pan.

### 3. Make The Lemon Caper Sauce

Return the now-empty skillet to the stove over medium-high heat. Add the **Capers & Sunflower Seeds** and cook, stirring, until the seeds start to brown and the capers begin to pop, 2 to 5 minutes. Pour the **White Wine Lemon Sauce** into the pan and simmer until the liquid has reduced by half, about 5 to 7 minutes.

Remove the skillet from the heat and stir 1 ½ Tbsp butter into the sauce. Pour the lemon caper sauce over the salmon and asparagus to serve. Enjoy!

*Place the salmon in the pan gently to avoid any oil splashing.*

*It's OK if your skillet still has a little flour from the salmon - it will help thicken the sauce.*

*Finishing with butter gives the sauce it's body. Resist the urge to skimp on it.*

Instructions for two servings.

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

# Kung Pao Edamame with Udon Noodles

We're hooked on Kung Pao sauce. The spicy sweet flavor just makes stir-fry come to life. We're cooking our version with edamame, carrots and red peppers, then serving it over udon noodles with some peanuts to finish it all off. It's a speedy meal perfect for any night of the week.

**15** 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

### 4 MEEZ CONTAINERS

Asian  
Vegetables  
Sesame Soy  
Sauce  
Udon  
Noodles  
Peanuts

## 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 stir into the noodles 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're cooking the **Carb Conscious version**, we sent you zucchini "noodles" instead of udon reducing the **carbs to 34g per serving**. Skip Steps 1 and 2. Heat 1 Tbsp olive oil in a large skillet over high heat. Dry the zucchini noodles with a paper towel. When the oil is very hot, place them in the pan in a single layer. Cook, without stirring, until the zucchini noodles start to char, 2 to 3 minutes. Remove from the skillet and use in place of the noodles in Step 4.

**If you're making the gluten-free version**, we've given you rice noodles, instead. Cook until tender, about 5 minutes, drain and rinse under cold water.

**Health snapshot per serving** – 465 Calories, 18g Protein, 10g Fiber, 14 Smart Points

SCAN QR CODE

to view

YouTube

cooking video



INGREDIENTS: Edamame, Udon Noodles, Carrots, Red Peppers, White Wine, Peanuts, Tamari Sauce, Sambal, White Vinegar, Brown Sugar, Sesame Oil, Garlic

meez *meals*

### 1. Getting Organized

Bring a large pot of water to a boil.

### 2. Cook the Udon Noodles

Salt the boiling water and add the **Udon Noodles**. Cook until they are soft, about 5 to 7 minutes, then drain.

### 3. Cook the Vegetables

As soon as the noodles are cooking, heat 1 Tbsp olive oil in a large skillet over high heat. When the oil is hot, add the **Asian Vegetables** and cook until the edamame is tender, about 5 to 7 minutes. Add the **Sesame Soy Sauce** and cook, stirring, until hot, about 2 to 3 minutes. Season with salt and pepper to taste.

### 4. Put It All Together

Serve the udon noodles topped with veggies and sauce and finish with a sprinkling of **Peanuts**. Enjoy!

*A large pot of water gives the noodles lots of room to cook properly.*

*Love this recipe? #meezmagic*

Instructions for two servings.

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

# Shrimp & Fettuccine with Spinach Alfredo Sauce

The best alfredo sauces are rich and creamy with a squeeze of lemon juice. This recipe is all that, but we challenged the test kitchen for something more, and they delivered with the addition of spinach, arugula and basil. It's bright and packed with vitamins, and even better with sauteed shrimp and tender fettuccine.

**20** Minutes to the Table

**15** Minutes Hands On

**1 Whisk** Super Easy

## Getting Organized

### EQUIPMENT

Large Skillet  
Large Saucepan

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper  
Butter (1 Tbsp)

### 6 MEEZ CONTAINERS

Fettuccine  
Tomato & Zucchini  
Shrimp  
Sweet Paprika  
Spinach Alfredo  
Sauce  
Pecorino & Parmesan

## Good to Know

If you ordered the **Carb Conscious version** we sent you green beans instead of the pasta, reducing the **carbs per serving to 28g**. Skip steps 1 and 2. Prior to step 3, heat 1 Tbsp olive oil in a large skillet over high heat. When the oil is hot, add the green beans with a sprinkle of salt and pepper, and cook until they start to char, about 4 to 5 minutes. Set aside and wipe out the skillet. Use the green beans in place of the pasta in step 5.

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

**Health snapshot per serving** – 780 Calories, 29g Fat, 55g Protein, 77g Carbs, 22 Freestyle Points.

**Lightened-up health snapshot per serving** – 640 Calories, 25g Fat, and 56g Carbs by using two-thirds of the pasta and two-thirds 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: Shrimp, Tomato, Cream, Zucchini, Fettuccine, Spinach, Parmesan, Pecorino Romano, Arugula, Garlic, Basil, Lemon, Brown Sugar, Paprika, Annatto, Black Pepper

meez meals

### 1. Get Organized

Bring a large saucepan of water to boil.

### 2. Cook the Pasta

Add the **Fettuccine** to the boiling water with a pinch of salt and cook until al dente, about 10 to 12 minutes. Drain and set aside until step 4.

### 3. Sear the Veggies

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 **Tomato & Zucchini** and cook until they start to char, about 2 to 3 minutes. Remove from the skillet and set aside until step 5. Do not wipe out the skillet.

### 4. Cook the Shrimp

Heat 1 Tbsp olive oil in the now-empty skillet over medium-high heat. Pat dry the **Shrimp**. When the oil is hot, add the **Shrimp** and cook for a minute on each side until they are opaque and no longer grey in color. Transfer the shrimp to a cutting board and cut each shrimp in half. Do not wipe out the skillet.

Return the now-empty skillet to the stove with 1 Tbsp of butter and the **Sweet Paprika** over low heat. Stir continuously until the butter is melted, about a minute. Remove from the heat and stir in the cooked shrimp. Set the skillet aside until step 6.

### 5. Cook the Sauce

Heat the now-empty Fettuccine saucepan over medium heat and add the **Spinach Alfredo Sauce**. Bring to a low boil and then simmer for 1 to 2 minutes until it thickens slightly, then remove from the heat. Add the **Pecorino & Parmesan**, cooked Tomato & Zucchini, and cooked Fettuccine to the skillet. Stir gently.

### 6. Put It All Together

Serve the pasta, veggies and sauce with the shrimp on top. Enjoy!

Instructions for two servings.

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

## Fiesta Steak Rice Bowl

Everyone loves the vibrant fresh flavors of Mexico. We rubbed tender steak with Mexican spices and combined it with fresh salsa and hearty corn-and-bean rice. Then we topped it with colorful, crunchy tortilla chips for a taste that has you ready for a sunny margarita or cerveza.

**30** *Minutes to the Table*

**15** *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

Rice  
Steak  
Mexican Seasoning  
Salsa Fresca  
Corn & Beans  
Tortilla Chips

### Good To Know

If you ordered the **Carb Conscious version**, we sent you veggie "rice" instead of the white rice. This change along with eliminating the tortilla chips, reduces the **carbs per serving to 32g**. Skip steps 1 and 2. Prior to step 3., heat 1 Tbsp olive oil in a large skillet over high heat. Sauté the veggie "rice" until it starts to brown, about 2 to 3 minutes. Remove from the heat and set aside. Use in place of the rice in step 5.

**Health snapshot per serving** – 555 Calories, 38g Protein, 15g Fat, 68g Carbs, 12 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, Tortilla Chips, Black Beans, Corn, Tomato, Onions, White Rice, Queso Fresco, Garlic, Cilantro, Lime, Paprika, Cumin, Coriander, Chili Powder, Brown Sugar.

*meez* meals

### 1. Getting Organized

Put a saucepan of water on to boil and heat oven to 400. Set aside 1 teaspoon of the **Mexican Seasoning** to use at the end of step 2.

### 2. Cook the Rice

Add the **Rice** to the boiling water. Reduce the heat to medium and simmer, uncovered, for 15 to 20 minutes. Drain and return to the saucepan. Add the **Corn & Beans** and the 1 teaspoon of the Mexican seasoning you set aside in step 1. Mix well, cover, and set aside.

### 3. Season the Steak

While the rice is cooking, pour the remainder of the Mexican seasoning into a bowl or a Ziploc bag and add ½ tsp each salt and pepper. Pat the **Steak** dry with a paper towel and then toss in the seasoning to coat.

### 4. Cook the Steak

Heat 1 Tbsp oil in an oven-safe skillet over high heat. When the oil is very hot, add the 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.

- **If you prefer your steak medium-rare**, transfer the skillet to the oven and cook 4 minutes. Remove to a plate and let rest for 5 minutes.
- **If you prefer your steak medium**, transfer the skillet to the oven and cook 5 to 6 minutes. Remove to a plate and let rest for 5 minutes.
- **If you prefer your steak medium-well or well done**, transfer the skillet to the oven and cook 7 to 8 minutes. Remove to a plate and let rest for 5 minutes.

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

### 5. Put It All Together

Serve the corn-and-bean rice topped with the sliced steak and **Salsa Fresca**. Top with the **Tortilla Chips** and enjoy!

*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 to go.*

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

Instructions for two servings.

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

# Tikka Masala

Creamy, complex, and flat out delicious, tikka masala is one of our favorite Indian recipes. We're making our version this week with seared halloumi cheese, tender chickpeas, and fresh greens. Cooked up in just one pan, it's a twenty-minute dinner we love.

## Getting Organized

### EQUIPMENT

Large Skillet

### FROM YOUR PANTRY

Salt and Pepper

### 5 MEEZ CONTAINERS

Halloumi Cheese

Seasoned Butter

Tikka Masala

Sauce

Chickpeas &

Tomatoes

Arugula &

Spinach

## Add Protein Cooking Instructions

**Integrate into recipe:** Prior to step 1, cook the protein (per instructions below) and then slice into strips (*flake the salmon, leave shrimp whole*) and stir into the sauce 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 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** – 745 Calories, 20g Protein, 61g Fat, 37g Carbs, 26 Freestyle Points.

**Lightened up health snapshot per serving** – 560 Calories, 42g Fat, 33g Carbs, 18 Freestyle Points using 2/3 of the Butter and 2/3 of the Tikka Masala Sauce.

**20** *Minutes to the Table*

**20** *Minutes Hands On*

**1 Whisk** *Super-Easy*

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



INGREDIENTS: Halloumi, Spinach, Arugula, Chickpeas, Tomato, Butter, Cream, Cilantro, Garlic, Ginger, Garam Masala, Cayenne Pepper, Turmeric, Coriander, Lime, Sugar.

*meez* meals



### 1. Sear the Halloumi

Slice the **Halloumi Cheese** into ½ inch cubes. Add half the **Seasoned Butter** to a large skillet over medium heat. Once the butter is melted, add the cubed Halloumi in a single layer. Lightly sprinkle with pepper and cook, undisturbed, until the bottoms brown, about 3 minutes. Turn the cheese and cook until that side also browns, about 3 additional minutes. Remove the Halloumi from the skillet and set aside. Do not wipe out the skillet.

*We are sending the Halloumi uncut to maintain its freshness and taste.*

### 2. Make the Tikka Masala Sauce

Return the now-empty skillet to the stove over medium-high heat. Add the **Tikka Masala Sauce, Chickpeas & Tomatoes**, and remaining seasoned butter, and bring the entire mixture to a boil. Reduce the heat to medium and simmer until the sauce thickens slightly, about 4 minutes.

*Halloumi will not melt when cooked.*

Add the **Arugula & Spinach** and stir, coating the veggies in the sauce. Work in batches if necessary and cook until the arugula & spinach has wilted. Remove from the heat.

*The Arugula & Spinach is bulky when uncooked but it reduces quickly. Add it to the skillet in batches.*

### 3. Put It All Together

Add the seared Halloumi to the cooked veggies and sauce and mix well. Enjoy!

Instructions for two servings.

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

## Lemon Chicken Souvlaki

We adore the flavors of a classic souvlaki, but on a busy weeknight, marinating the meat and loading up skewers is more work than we want. Ours is a streamlined version with lemony chicken served with a flavorful rice pilaf and cooling roasted red pepper tzatziki sauce. It is just as flavorful but without the fuss.

### Getting Organized

#### EQUIPMENT

Saucepan  
Large Skillet

#### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

#### 6 MEEZ CONTAINERS

Basmati Rice  
Garlic, Onions & Raisins  
Chicken Breast  
Peppers & Onions  
Lemon Marinade  
Roasted Red Pepper Tzatziki

### Good To Know

**Health snapshot per serving** – 560 Calories, 50g Protein, 18g Fat, 51g Carbs, 11 Freestyle Points

If you ordered the **Carb Conscious** version, we sent you cauliflower “rice” instead of the basmati rice, reducing the calories to 500 and the **Carbs to 40g** per serving. Skip step 1 and cook the cauliflower rice with the other veggies in step 2 for 4 to 5 minutes.

**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**



**25** Minutes to the Table

**25** Minutes Hands On

**1 Whisk** Super Easy

INGREDIENTS: Chicken Breast, Basmati Rice, Greek Yogurt, Red Pepper, Green Pepper, Red Onion, Yellow Onion, Golden Raisins, Mayonnaise, Cucumber, Roasted Red Pepper, Cream, Ginger, Chicken Stock, Lemon, Garlic, Dill, Lemon Pepper, Kosher Salt, Cinnamon, Clove, Turmeric

meez meals

### 1. Get Started

Bring a saucepan of water to a 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 and mix well, then cover and set aside.

### 3. Cook the Chicken

While the rice is cooking, heat 1½ Tbsp of olive oil in a large skillet over medium high heat. Pat dry and generously salt and pepper the **Chicken Breasts** on both sides. When the oil is hot, add the chicken and cook until the bottom is brown, about 4 minutes. Flip and cook for another 4 minutes on the other side. Transfer the chicken to a cutting board. Let rest for 5 minutes, then slice into ½" strips. Do not wipe out the skillet.

### 4. Cook the Peppers & Onions

Heat 1 Tbsp olive oil in the now-empty skillet over medium-high heat. When the oil is hot, add the **Peppers & Onions** and sprinkle with salt and pepper. Cook until the vegetables start to char, about 3 to 4 minutes. Remove the veggies from the skillet and add to the saucepan with the seasoned rice. Mix well.

Add the **Lemon Marinade** to the now-empty skillet over medium-high heat and cook until clear and starting to brown, about 3 to 4 minutes. Turn off the heat and return the sliced chicken to the skillet. Mix well.

### 5. Put it All Together

Serve the chicken over the rice and vegetables and finish with some generous dollops of the **Roasted Red Pepper Tzatziki**. Enjoy!

Instructions for two servings.

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

# Pasta Caprese with Balsamic-Glazed Tofu

Everyone loves caprese pasta. With fresh mozzarella, basil and fresh tomatoes, it's an Italian classic for good reason. We took it up a notch by adding tofu seared in a balsamic-glazed because we couldn't leave well enough alone.

**25** *Minutes to the Table*

**25** *Minutes Hands On*

**1 Whisk** *Super Easy*

## Getting Organized

### EQUIPMENT

Large Skillet  
Large Saucepan  
(with cover)

### FROM YOUR

### PANTRY

Olive Oil  
Salt & Pepper

### 6 MEEZ CONTAINERS

Tricolor Rotini  
Grape Tomatoes  
Zucchini, Diced  
Tomato &  
Onion  
Tofu  
Balsamic Glaze  
Fresh Mozzarella

## Add Protein Cooking Instructions

**CHICKEN** - Prior to Step 3, heat 1 Tbsp of olive oil in a large skillet on medium-high heat. Salt and pepper the Chicken Breasts and, when the oil is hot, cook until crisp and brown, about 4 to 5 minutes on each side. Let rest for 5 minutes then slice into strips. Stir into the glaze at the end of Step 4.

**STEAK** - Prior to Step 3, heat 1 Tbsp olive oil in a large skillet over high heat. Salt and Pepper the steaks and when the skillet is very hot, add the Steaks to the pan. Cook until the bottoms brown and the sides start to color, about 4 minutes each side for medium (3 min med-rare and 5-6 min for well done). Let rest for 5 minutes then slice into strips. Stir into the glaze at the end of Step 4.

**SHRIMP** - Prior to Step 3, heat 1 Tbsp of olive oil in a large skillet on medium-high heat. Salt and pepper the Shrimp and, when the oil is hot, cook until they are opaque and no longer grey in color, about 1 minute on each side. Stir into the glaze at the end of Step 4.

## Good to Know

**Health snapshot per serving** – 630 Calories,  
32g Protein, 12g Fat, 100 Carbs , 18 Freestyle Points.

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cooking video**



INGREDIENTS: Tomatoes, Tofu, Tricolor Rotini, Fresh Mozzarella, Zucchini, Yellow Onion, Balsamic Vinegar, Brown Sugar, Basil, Garlic, Oregano.

*meez* meals

### 1. Get Started

Bring a large saucepan of water to boil.

### 2. Cook the Rotini

Add the **Tricolor Rotini** to the boiling water with a dash of salt and cook until al dente about 8 to 10 minutes. Drain, return to the saucepan and cover.

### 3. Cook the Veggies

While the rotini is cooking, heat 1 Tbsp olive oil in a large skillet over high heat. When the oil is hot, add the **Grape Tomatoes** and **Zucchini, Diced Tomato & Onion**. Cook until the veggies start to char about 5 to 6 minutes. Transfer the cooked veggies to the saucepan with the rotini and mix well. Cover and set aside until step 5. Wipe out the skillet.

### 4. Sear and Glaze the Tofu

Heat 1 Tbsp olive oil in the now-empty skillet over medium high heat. Add the **Tofu** and cook undisturbed until it starts to brown, about 2 minutes, stir and cook for another two minutes. Add the **Balsamic Glaze** and cook, stirring occasionally, until the glaze thickens and sticks to the tofu, about 2 to 3 minutes.

### 5. Put It All Together

Serve the glazed tofu over the rotini and veggies and top with the **Fresh Mozzarella**. Enjoy!

Instructions for two servings.

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

# Chipotle-Honey Glazed Tilapia

We're giving tilapia a sweet and smoky twist this week, with a honey and mildly spicy chipotle glaze that's flat out delicious. We're serving it with a kale, feta and cranberry salad for a dinner that's on the table in just twenty minutes. Simple and sophisticated, this dinner is a winner.

**20** *Minutes to the Table*

**20** *Minutes Hands On*

**1 Whisk** *Super Easy*

## Getting Organized

### EQUIPMENT

Large Skillet  
Baking Sheet  
Mixing Bowl

### FROM YOUR PANTRY

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

### 5 MEEZ CONTAINERS

Kale & Chopped Veggies  
Feta Cranberry Dressing  
Toasted Pecans & Walnuts  
Tilapia  
Honey-Chipotle Glaze

## Good to Know

**Tilapia** is rich in minerals, proteins and vitamins which strengthen our bone health and reduce the risk of Osteoporosis. It boosts muscle growth in body and also helps in cellular repair and maintain proper metabolic activity.

**Health snapshot per serving** – 670 Calories, 45g Protein, 36g Fat, 50g Carbs, 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: Tilapia, Kale, Broccoli, Brussels Sprouts, Green Cabbage, Radicchio, Red Onion, Pecan, Feta, Cranberry, Garlic, Onion, Mayonnaise, White Wine Vinegar, Brown Sugar, Honey, Chipotles in Adobo, Orange, Lime, Tamari.

*meez* meals

### 1. Get Organized

Preheat oven to 400 degrees.

### 2. Create the Kale, Feta and Cranberry Salad

Spread the **Kale & Chopped Veggies** on a baking sheet. Sprinkle with salt and pepper and drizzle with olive oil. Bake until the kale starts to crisp, about 8 to 10 minutes. Toss the roasted veggies with the **Feta Cranberry Dressing** and half of the **Toasted Pecans & Walnuts** in a large mixing bowl. Refrigerate until ready to eat.

### 3. Cook the Tilapia

While the kale is roasting, add ¼ cup flour to a flat plate. Pat dry the **Tilapia**. Season the tilapia with ¼ tsp each salt and pepper. Put the tilapia in the flour, gently press down to coat one side of the tilapia. Flip the tilapia over and coat the other side. Repeat for all pieces of tilapia.

Heat 2 Tbsp oil in a large skillet over medium-high heat. When the oil is hot, shake off any extra flour from the tilapia. Carefully place the tilapia in the skillet and cook until browning on the bottom and coloring up the sides, about 3 to 4 minutes. Flip and cook until the bottom of the tilapia starts to brown slightly.

Add the **Honey-Chipotle Glaze** to the skillet and cook for an additional minute, frequently spooning the glaze over top of the tilapia as it boils and thickens. Turn off heat and transfer the tilapia directly to serving plates. Do not wipe out the skillet.

### 4. Put It All Together

Add the remaining Toasted Pecans & Walnuts to the skillet and mix with the Honey-Chipotle Glaze left in the pan until they are completely covered. Top the tilapia with the glazed nuts and serve with the Kale, Feta and Cranberry Salad on the side. Enjoy!

*We've given you plenty of glaze so as soon as you have glazed the nuts, rinse the remaining glaze out of the skillet so it doesn't harden and make clean-up difficult.*

Instructions for two servings.

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

## Bacon Onion Swiss Burger

This recipe is exactly what it sounds like. An indulgent dinner of a one-third-pound angus beef burger smothered with bacon, sautéed onions, Swiss cheese, burger sauce, and served with a heaping pile of roasted fingerling potatoes. It's classic American and will soon be on your list of "must-have" burgers.

**25** *Minutes to the Table*

**25** *Minutes Hands On*

**1 Whisk** *Super Easy*

### Getting Organized

#### EQUIPMENT

2 Large Skillets  
Large Mixing Bowl

#### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

#### 6 MEEZ CONTAINERS

Fingerling Potatoes  
Bacon & Onions  
Seasoned Swiss & Provolone  
Angus Beef Burger  
Potato Roll  
Meez Burger Sauce

### Good To Know

**Health snapshot per serving** – 1270 Calories, 56g Protein, 74g Fat, 93g Carbs, 44 Freestyle Points

**Lightened-Up Health snapshot per serving** – 840 Calories, 51g Fat, 56g Carbs, 28 Freestyle Points by using two-thirds of the Potatoes, Bacon & Onion, cheese, and sauce and serving the burger open-faced.

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

**SCAN QR CODE  
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cooking video**



INGREDIENTS: Angus Beef Burger, Fingerling Potatoes, Potato Roll, Onion, Bacon, Swiss, Provolone, Green Onions, Carolina BBQ Sauce, Ketchup, Mayonnaise, Sweet Relish, Dijon Mustard, Worcestershire Sauce.

*meez* meals



### 1. Roast the Potatoes

Preheat your oven to 425. Cut the **Fingerling Potatoes** in half, drizzle with olive oil, salt, and pepper. Place cut side down on baking sheet. Roast until potatoes are crispy on the bottom, about 16 to 18 minutes, then set aside.

### 2. Cook the Bacon & Onions

Once the potatoes are roasting, heat 1 Tbsp olive oil in a large skillet over medium heat. Add the **Bacon & Onions** and cook, stirring occasionally, until the onions are soft and translucent and the bacon is slightly crispy, about 8 to 10 minutes. Reduce the heat to low and divide the bacon and onions into two equal portions still in the skillet. Top each portion with **Seasoned Swiss & Provolone**, cover and cook until the cheese is completely melted, about 3 to 4 minutes.

### 3. Cook the Angus Beef Burger

Once the Bacon & Onions are cooking, heat a second large skillet over high heat. When the pan is hot, cook the **Angus Beef Burger** until the bottom and sides are brown, about 3 minutes. Flip and continue cooking for 2 minutes if you prefer your burger **medium rare**. (Cook for 3 minutes for **medium**, and 4 to 5 for **well done**). Remove from the skillet and set aside to rest for 5 minutes.

### 4. Grill the Potato Rolls

While the burgers are resting, use a paper towel to wipe excess oil out of the burger skillet. Place the **Potato Rolls** cut-side-down and grill until they start to brown, about 1 to 2 minutes.

### 5. Put It All Together

Spread the **Meez Burger Sauce** on both the cut sides of the rolls, then top with the burger and the Bacon & Onions/melted cheese. Use the extra sauce as a dip for the roasted potatoes. Enjoy!

*The cheese should finish melting just as the burgers finish resting. If the cheese melts too quickly, turn off the heat and leave the Bacon & Onions/melted cheese covered until ready to top the burgers.*

Instructions for two servings.

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

# Parmesan Panzanella Salad with Strawberry Poppy Seed Dressing

Super fast, super summery, super delicious. This recipe has it all: savory parmesan-chive-butter sourdough crostini, toasted seasoned chickpeas, arugula, spinach, snap peas and cucumbers. It's a farm stand bounty tossed in our delicious signature Strawberry Poppy Seed Dressing.

10 Minutes to the Table

10 Minutes Hands On

1 Whisks *Super Easy*

## Getting Organized

### EQUIPMENT

Large Skillet  
Large Mixing Bowl

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### 6 MEEZ CONTAINERS

Seasoned Chickpeas  
Sourdough Bread  
Parmesan-Chive-  
Butter  
Spinach & Arugula  
Cucumbers & Snap  
Peas  
Strawberry Poppy  
Seed Dressing

## Add Protein

**Integrate into recipe:** Prior to step 1, cook the protein (per instructions below) and then slice into strips (*flake the salmon, leave shrimp whole*) and serve on top of the tossed salad 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 bread, reducing the **carbs to 35g per serving**. Instead of toasting the bread in Step 2, melt the Parmesan-Chive-Butter in the skillet and add the zucchini. Cook until it browns and starts to soften and serve in place of the sourdough crostini.

**Health Snapshot per serving** - 620 Calories, 44g Fat, 49g Carbs, 14g Protein, and 22 Freestyle Points.

SCAN QR CODE  
to view YouTube  
cooking video



INGREDIENTS: Sourdough Bread, Cucumbers, Garbanzo Beans, Snap Peas, Spinach, Arugula, Red Onion, Carrot, Vegetable Oil, Butter, White Wine Vinegar, Strawberry, Parmesan, Lemon, Garlic, Chive, Miso, Mustard, Poppy Seeds, Black Pepper, Lemon Pepper, Sugar, Kosher Salt, Cayenne Pepper

meez *meals*

**1. Toast the Seasoned Chickpeas**

Heat 1 Tbsp olive oil in a large skillet over high heat. When the oil is hot, add the **Seasoned Chickpeas** and cook, stirring occasionally, until browned and crispy, about 3 to 4 minutes. Remove from the skillet and set aside. Wipe out the skillet.

**2. Make the Parmesan-Chive-Butter Sourdough Crostini**

Cut the **Sourdough Bread** into 1/2" to 3/4" cubes. Melt the **Parmesan-Chive-Butter** in the now-empty skillet over medium-low heat. Add 1 Tbsp olive oil and the cubed bread and stir until the bread has soaked up the butter and oil. Continue cooking the bread cubes on medium-low heat, stirring occasionally, until golden brown and crispy, about 4 to 5 minutes.

**3. Assemble and Serve**

Combine the toasted chickpeas, **Spinach & Arugula**, and the **Cucumbers & Snap Peas** in a large mixing bowl. Toss with the **Strawberry Poppy Seed Dressing**.

Serve the tossed salad in bowls and top with the parmesan-chive-butter sourdough crostini.

Enjoy!

Instructions for two servings.

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