

### *Lemon Chicken Milanese*

<b>25 Min</b> to Table	<b>25 Min</b> Hands On	<b>2 Whisk</b> Super Easy
---------------------------	------------------------------	---------------------------------

<b>Getting Started</b>	Put a saucepan of water on to boil.
------------------------	-------------------------------------

<b>From Your Pantry</b>	You'll need olive oil, salt and pepper
-------------------------	--

### *Mango Teriyaki Chicken*

<b>25 Min</b> to Table	<b>25 Min</b> Hands On	<b>1 Whisk</b> Super Easy
---------------------------	------------------------------	---------------------------------

<b>Getting Started</b>	Put a pot of water on to boil.
------------------------	--------------------------------

<b>From your Pantry</b>	You'll need olive oil, salt and pepper.
-------------------------	---

## Quick Tips



### *Pasta with Spinach Pesto*

<b>35 Min</b> to Table	<b>5 Min</b> Hands On	<b>1 Whisk</b> Super Easy
---------------------------	-----------------------------	---------------------------------

<b>Omnivore Option</b>	Pancetta or bacon is delicious in this.
------------------------	---

<b>Getting Started</b>	Preheat oven to 450 & put a pot on to boil.
------------------------	---

### *Athenian Salmon with Roasted Fingerlings*

<b>20 Min</b> to Table	<b>30 Min</b> Hands On	<b>1 Whisk</b> Super Easy
---------------------------	------------------------------	---------------------------------

<b>Getting Started</b>	Preheat your oven to 400.
------------------------	---------------------------

<b>From Your Pantry</b>	You'll need flour, olive oil, salt & pepper
-------------------------	---

### *Espresso-Rubbed Steak with Au Gratin Sweet Potatoes*

<b>25 Min</b> to Table	<b>25 Min</b> Hands On	<b>1 Whisk</b> Easy
---------------------------	------------------------------	------------------------

<b>Getting Started</b>	Preheat your oven to 425.
------------------------	---------------------------

<b>From Your Pantry</b>	You'll need olive oil, salt and pepper.
-------------------------	---

### *Crispy Shrimp Bao Bun*

<b>20 Min</b> to Table	<b>20 Min</b> Hands On	<b>2 Whisks</b> Easy
---------------------------	------------------------------	-------------------------

<b>Getting Started</b>	Heat 1 Tbsp. of oil in a large skillet
------------------------	--

<b>From Your Pantry</b>	You'll need olive oil, eggs, salt & pepper
-------------------------	--

### *Carne Asada Tacos*

<b>25 Min</b> to Table	<b>25 Min</b> Hands On	<b>1 Whisk</b> Super Easy
---------------------------	------------------------------	---------------------------------

<b>From Your Pantry</b>	You'll need olive oil, salt and pepper
-------------------------	--

<b>Getting Started</b>	Marinate the steak, see recipe card for full instructions.
------------------------	--

<b>Leftovers Tip</b>	Serve cold with lettuce for a hearty lunch!
----------------------	---

### *Green Chile Veggie Burrito*

<b>20 Min</b> to Table	<b>20 Min</b> Hands On	<b>1 Whisk</b> Super Easy
---------------------------	------------------------------	---------------------------------

<b>Getting Started</b>	Warm the tortillas.
------------------------	---------------------

<b>From Your Pantry</b>	You'll need olive oil, salt and pepper
-------------------------	--

### *Potato Leek Soup with Toasted Chive Butter Ciabatta*

<b>35 Min</b> to Table	<b>25 Min</b> Hands On	<b>1 Whisk</b> Super Easy
---------------------------	------------------------------	---------------------------------

<b>Getting Started</b>	Bring water to boil in a large saucepan.
------------------------	--

<b>From your Pantry</b>	You'll need flour, olive oil, butter, salt and pepper.
-------------------------	--

### *Indian Grain Bowl with Mango Chili Sauce*

<b>15 Min</b> to Table	<b>15 Min</b> Hands On	<b>1 Whisk</b> Super Easy
---------------------------	------------------------------	---------------------------------

<b>Getting Started</b>	Slice up your Halloumi Cheese
------------------------	-------------------------------

<b>From Your Pantry</b>	You'll need olive oil, salt and pepper
-------------------------	--

### *Shrimp and Andouille Tambalaya*

<b>40 Min</b> to Table	<b>15 Min</b> Hands On	<b>1 Whisk</b> Super Easy
---------------------------	------------------------------	---------------------------------

<b>Getting Started</b>	Cut the Andouille Sausage in 1/4" wide slices.
------------------------	--

<b>From Your Pantry</b>	You'll need butter, salt and pepper.
-------------------------	--------------------------------------

<b>Meal Tip</b>	Add additional cayenne pepper for an extra kick.
-----------------	--

# 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 Veggie Burrito	640	23	23	83 CC 40	10	1550	9	17	25% Calcium	210% Vitamin C
Lemon Chicken Milanese	585	61	17	47	4	743		14	32% Vitamin	13% Folate
Shrimp and Andouille Jambalaya	440	38	10	50	4	1600		11	90% Vitamin C	23% Vitamin A
Espresso-Rubbed Steak with Au Gratin Sweet Potatoes	978	45	59	70	7	2071		32	491% Vitamin A	79% Vitamin C
(2/3 of the finished potatoes)	694		35					20		
Athenian Salmon with Roasted Fingerlings	520	41	23	40 CC 33	5	870	6	11	90% Vitamin C	80% Vitamin D
Mango Teriyaki Chicken	630	51	9	86	7	1700	31	13	97% Vitamin A	84% Vitamin C
Carne Asada Tacos	611	43	21	68 CC 29	6	1225		18	71% Vitamin B-12	100% Vitamin A

# Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmndd daily)	
Pasta with Spinach Pesto	620	23	40	51	12	554		19	160% Vitamin C	44% Folate
Crispy Shrimp Bao Bun	599	44	18	67	4	786	14	13	101% Vitamin A	134% Vitamin C
Indian Grain Bowl with Mango Chili Sauce	580	30	26	57 CC 33	8	1030	10	19	31% Vitamin C	12% Vitamin A
Potato Leek Soup with Toasted Chive Butter Ciabatta	830	21	41	99	7	930		30	42% Vitamin A	32% Vitamin C
(1/2 the bread and 1/2 the chive butter)	600		30					21		
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)	
THE Carrot Cake	540	6	34	49	2	440	36	13	6% Vitamin C	6% Calcium
Oreo Mousse Pie	760	8	49	78	3	390	52		6% Calcium	6% Iron
Belgian Chocolate Vegan Brownies	420	6	20	62	4	300			10% Iron	
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.*

# Green Chile Veggie Burrito

Hearty enough to satisfy, fresh enough to feel good. This burrito is stuffed with sautéed zucchini, bell peppers, our signature spiced beans, creamy green chile sauce and Mexican cheese. Seared until crisp in the skillet, it's a comforting, veggie-packed dinner you'll want again and again.

**20** Minutes to the Table

**20** Minutes Hands On

**1 Whisk** Super Easy

## Getting Organized

### EQUIPMENT

Large Skillet

### FROM YOUR

### PANTRY

Olive Oil

Salt & Pepper

### 6 MEEZ CONTAINERS

Spinach Herb

Tortillas

Zucchini

Peppers & Onions

Green Chile

Crema

Chihuahua

Cheese

Spiced Beans

## Add Protein Instructions

**Integrate into recipe:** Prior to Step 1, cook the protein according to the directions below. Slice into strips (leave shrimp whole and flake the salmon). Add to the burritos before the beans in Step 2.

**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 tortillas, reducing the **carbs per serving to 40g**. Skip step 1. Prior to step 2, heat 1 Tbsp olive oil in the large skillet over medium-high heat. Sauté the cauliflower until brown, about 3 to 4 minutes. Place directly in your serving bowls and layer the other components per instructions in steps 2 and 3 to enjoy as a veggie rice bowl.

**Health snapshot per serving** – 640 Calories, 23g Fat, 83g Carbs, 28g Protein, and 17 Freestyle Points.

INGREDIENTS: Spinach Herb Tortilla, Zucchini, Black Beans, Great Northern Beans, Green Chile Enchilada Sauce, Chihuahua Cheese, Yellow Onion, Poblano Pepper, Red Bell Pepper, Sour Cream, Cilantro, Lime, Jalapeño, Garlic, Coriander, Cumin, Chili Powder.

meez meals

### 1. Warm the Tortillas

Heat a large skillet over medium heat. Warm each of the **Spinach Herb Tortillas** until pliable. Set aside.

### 2. Cook the Veggies

Heat 1 Tbsp olive oil in the now-empty skillet over medium-high heat. When the oil is hot, add the **Zucchini** and **Peppers & Onions** with a sprinkle of salt and pepper. Cook until the peppers start to char, about 4 to 5 minutes. Place the cooked veggies on top of the tortillas across the center of each burrito leaving 1½" empty on the top and bottom. Pour half of the **Green Chile Crema** over the veggies and sprinkle half of the **Chihuahua Cheese** on top. Wipe out the skillet.

### 3. Cook the Beans

Heat 1 Tbsp olive oil in the now-empty skillet over medium-high heat. When the oil is hot, add the **Spiced Beans** and cook until the beans are hot and the onions start to soften, about 2 to 3 minutes. Transfer the spiced beans to the partially filled tortillas on top of the cheese. Wipe out the skillet

### 4. Roll the Burritos

Add the remaining Green Chile Crema and cheese to fill the tortillas. Join the front and bottom flaps and lift the tortilla in the air, open-faced. Pull the left and right flaps toward the center so they fold over about 1 to 2 inches and hold them in place with your fingers. Using your thumbs roll the burrito away from your body, keeping the left and right flaps underneath using the weight of the burrito to keep it closed. Press down gently on the top to hold everything in place. Repeat for each tortilla.

### 5. Put It All Together

Heat the now-empty skillet over medium-high heat. Place each burrito seam side down and cook until browned, about 1 to 2 minutes. Flip and heat the other side for an additional minute. Enjoy!

*You should have half of the Green Chile Crema and half the cheese left when completed with step 2.*

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**

# Shrimp and Andouille Jambalaya

A New Orleans classic made fresh in your own kitchen. With shrimp, Andouille sausage and just the right spices, it's a one-pot, hands-free dinner you will love, guaranteed.

**40** Minutes to the Table

**15** Minutes Hands On

**1 Whisk** Super Easy

## Getting Organized

### EQUIPMENT

Large Saucepan with Lid

### FROM YOUR PANTRY

Butter  
Salt & Pepper

### 5 MEEZ CONTAINERS

Rice  
Andouille Sausage  
Shrimp  
Cajun Spices  
Veggies

## Make the Meal Your Own

**Love spicy?** Add additional cayenne pepper for an extra kick

If you ordered the **Carb Conscious version**, we sent you cauliflower "rice" instead of the white rice, reducing the **carbs per serving to 24g**. In step 2, add the cauliflower "rice" in place of the rice and add ONLY 1 cup of water. Check on water level periodically and add more if mixture is becoming too dry.

## Good To Know

**Jambalaya was created in the French Quarter of New Orleans.** The Spanish were attempting to make paella in the New World. We think the result is even more delicious. (Don't tell our friends in Madrid.)

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

**Health snapshot per serving** – 440 Calories, 10g Fat  
4g Fiber, 50g Carbs, 38g Protein and 11 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, Andouille Sausage, White Rice, Diced Tomato, Green Pepper, Green Onion, Celery, Bay Leaf, herbs and spices.

*meez* meals

**1. Cook the Andouille Sausage**

Cut the Andouille Sausage in 1/4" wide slices and combine with 2 tablespoons of butter in a large stockpot over a medium-low heat and cook until browned and slightly crispy, about 5 minutes.

*The Andouille Sausage is fully cooked. We're browning it for flavor.*

**2. Cook the Spices, Veggies, and Rice**

Stir in the **Cajun Spices** and heat for 1 minute.

Next add the Veggies and cook for 2 minutes.

Then stir in the **Rice** and 2 cups of water. Turn heat to high and bring to a low-boil.

Cover, turn heat to low, and simmer for 20-25 minutes.

**3. Add the Shrimp**

Mix in the **Shrimp**, replace lid and cook for an additional 5 minutes.

**4. Serve and Enjoy!**

Add salt and pepper as desired and place in a serving bowl.

*The Jambalaya keeps well. Just be sure to remove it from the heat so the shrimp doesn't get overcooked.*

Love this recipe? #meezmagic

# Espresso-Rubbed Steak with Au Gratin Sweet Potatoes

This week we're mixing up something really special with a chili and espresso rub that give the steak a zip that we fell in love with. The star, though, are our au gratin sweet potatoes, made with three cheeses and a breadcrumb crunch. Served with sautéed green beans, it's a restaurant worthy recipe on the table in less than 30 minutes.

**25** *Minutes to the Table*

**25** *Minutes Hands On*

**1 Whisk** *Super Easy*

## Getting Organized

### EQUIPMENT

Large Oven Safe Skillet  
Loaf Pan or Casserole  
Dish

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### 6 MEEZ CONTAINERS

Sweet Potatoes  
Cream Sauce  
Seasoned Cheese  
Chile Espresso Rub  
Steak  
Green Beans

## Good To Know

**It's important to let the steaks rest** to keep them tender and juicy. Give them at least 3 to 5 minutes off the heat before you slice and serve.

**Health snapshot per serving** – 980 Calories, 59g Fat, 45g Protein, 70g Carbs, 32 Freestyle Points

**Lightened-Up Health snapshot per serving** – 695 Calories, 35g Fat, 57g Carbs, 20 Freestyle Points with two-thirds of the Sweet Potatoes, Cream Sauce, and Seasoned Cheese.

**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, Green Beans, Sweet Potato, Cream, Cheddar, Monterey Jack, Pecorino Romano, Panko Breadcrumbs, Mustard, Chicken Stock, Espresso Rub Spices.

*meez* meals

### 1. Getting Organized

Preheat your oven to 425 degrees.

### 2. Make the Au Gratin Sweet Potatoes

Heat 1 Tbsp olive oil in a large skillet over medium-high heat. When the oil is hot, add the **Sweet Potatoes** and cook until they start to brown, about 4 minutes.

Add the **Cream Sauce** and bring to a boil, stirring constantly until the sauce thickens enough to coat the back of a spoon, about 3 minutes. Remove from the heat and stir in  $\frac{3}{4}$  of the **Seasoned Cheese**.

Transfer the contents of the skillet into a loaf pan or casserole dish and cover with the remaining seasoned cheese. Bake until the seasoned cheese starts to brown, about 10 to 15 minutes. Remove from the oven and set aside to cool.

### 3. Cook the Steak

While the potatoes are cooking, spread the **Chile Espresso Rub** on a plate. Pat dry the **Steaks** with a paper towel and firmly press one side into the rub until it is well coated. Flip and coat the other side.

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.

### 4. Sauté the Green Beans

While the steaks are resting, wipe out the skillet and return it to the stove with 1 Tbsp olive oil over medium-high heat. Add the **Green Beans** with a sprinkle of salt and pepper and cook until they start to char, about 3 to 4 minutes.

### 5. Put It All Together

Serve the steak alongside the au gratin sweet potatoes and sautéed green beans. Enjoy!

*Test if the skillet is hot enough by holding your hand about 6 inches above the skillet. If you can feel serious heat, it's ready to go.*

Instructions for two servings.

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

# Athenian Salmon with Roasted Fingerlings

We're putting our favorite Greek ingredients together for a recipe that will transport you to the Attican Peninsula. We're pairing feta, yogurt, cucumbers, capers and olives with salmon and potatoes for a dinner that is both easy and delicious.

**30** *Minutes to the Table*

**20** *Minutes Hands On*

**1 Whisk** *Super Easy*

## Getting Organized

### EQUIPMENT

Large Skillet  
Baking Sheet  
Mixing Bowl

### FROM YOUR PANTRY

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

### 6 MEEZ CONTAINERS

Greek Veggie Mix  
Feta Crumbles  
Yogurt Dill Crema  
Fingerling Potatoes  
Salmon  
Lemon

## Make The Meal Your Own

If you ordered the **Carb Conscious** version, we sent you broccoli instead of the potatoes, reducing the **carbs per serving to 33g**. Substitute the broccoli for the potatoes in step 2 and toss with olive oil, salt and pepper. Bake until the broccoli starts to brown, about 16 to 18 minutes.

**Health snapshot per serving** – 570 Calories, 23g Fat, 42g Protein, 50g Carbs, 11 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: Salmon, Fingerling Potatoes, Lemon, Feta, Cucumber, Yogurt, Cream, Sour Cream, Tomato, Red Bell Pepper, Black Olive, Kalamata Olive, Red Onion, Capers, Dill, Oregano

*meez* meals

### 1. Get Organized

Preheat the oven to 400. Toss the **Greek Veggie Mix**, **Feta Crumbles**, and **Yogurt Dill Crema** in a mixing bowl and place in the fridge.

### 2. Make the Salsa

Toss the **Greek Veggie Mix**, **Feta Crumbles**, and **Yogurt Dill Crema** in a mixing bowl and refrigerate until step 5.

### 3. Roast the Potatoes

Slice the **Fingerling Potatoes** into ½" wide rounds. Put on a baking sheet and drizzle with olive oil, salt, and pepper. Toss and arrange in a single layer. Bake until they brown and begin to crisp, about 20 to 25 minutes. Transfer directly to serving plates.

### 4. Cook the Salmon

While the potatoes are cooking, put ½ cup flour on a large plate with a generous pinch of salt and pepper. Pat dry the **Salmon** with a paper towel and coat with the flour, making sure each fillet is coated on both sides.

Heat 2 Tbsp of olive oil in a large skillet over medium-high heat. When the oil is hot, add the salmon and cook until it colors about halfway up the sides, about 3 minutes. Flip and cook an additional 3 minutes. Remove from the heat to rest for 5 minutes.

### 5. Put It All Together

Serve the salmon over the potatoes with a generous squeeze of **Lemon**. Spoon the salsa on top with additional lemon juice to taste. Enjoy!

*Any kind of flour  
will work here:  
all-purpose, rice  
flour, even  
tapioca flour.  
Use your favorite.*

Instructions for two servings.

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

## = Mango Teriyaki Chicken

We love the sweet and salty combination of a classic teriyaki, and we're giving it a tropical note this week with juicy Mango. Paired with seared veggies, jasmine rice and tender chicken, it's a dinner that's super simple and super delicious.

**25** *Minutes to the Table*

**25** *Minutes Hands On*

**1 Whisk** *Super Easy*

### Getting Organized

#### EQUIPMENT

Saucepan  
Large Skillet

#### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

#### 5 MEEZ CONTAINERS

Jasmine Rice  
Chicken Breast  
Asian Veggies  
Mango Teriyaki  
Sauce  
Cilantro & Mango

### Good To Know

**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** – 630 Calories, 51g Protein, 9g Fat, 86g Carbs, 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: Chicken Breast, Bok Choy, Green Beans, Carrots, Jasmine Rice, Mango, Cilantro, Tamari, Garlic, Ginger, Sesame Oil, Brown Sugar.

*meez* meals



### 1. Get Organized

Bring a pot of water to boil.

### 2. Cook the Rice

Add the **Jasmine Rice** to the boiling water with a pinch of salt and cook, uncovered, until just tender, about 12 to 15 minutes. Drain, then return the rice to the saucepan. Cover and set aside.

### 3. Cook the Chicken

While the rice is cooking, 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 1 Tbsp olive oil in a large skillet over medium high heat. When the oil is hot, add the chicken and cook until the bottom is crisp and brown, about 4 minutes. Turn the chicken and cook for another 4 minutes, until the other side is brown as well. Do not wipe out pan.

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

### 4. Sauté the Veggies

Return the now-empty skillet to the stove over high heat. Add the **Asian Veggies** and cook, stirring occasionally, until they start to char, about 4 to 5 minutes. Remove from the skillet and add to the rice in the saucepan. Stir well and set aside.

### 5. Heat the Sauce

Wipe out the now-empty skillet, then return to the stove over high heat. Add the **Mango Teriyaki Sauce** and bring to a boil. Cook until the sauce is thick enough to coat the back of a spoon, about 3 to 4 minutes.

Reduce the heat to medium and add the sliced chicken. Mix until it is well coated with sauce and cook for an additional minute.

### 6. Put It All Together

Serve the coated chicken over the rice and veggies and drizzle with a few spoonful's of sauce. Top with the **Cilantro & Mango** and enjoy!

Instructions for two servings.

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

# Carne Asada Tacos

Carne asada is all about the marinade, and ours is downright delicious if we do say so ourselves. With just the right blend of lime juice and adobo, it makes these steak tacos sing. Served up with seared peppers, onions, cilantro and plenty of queso fresco.

**25** *Minutes to the Table*

**25** *Minutes Hands On*

**1 Whisk** *Super Easy*

## Getting Organized

### EQUIPMENT

Large Skillet  
Mixing Bowl  
Large Ziplock Bag (or  
Lidded Container)

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### 6 MEEZ CONTAINERS

Carne Asada  
Marinade  
Steak  
Green & Red Peppers  
Tortillas  
Onions & Cilantro  
Queso Fresco

## Good To Know

If you ordered the **Carb Conscious version**, we sent you romaine lettuce instead of the tortillas, reducing the **carbs per serving** to **27g**. Use in place of the tortillas to create a Carne Asada lettuce wrap.

Have a little extra time? Marinate the steak up to a day ahead for maximum flavor.

**Health snapshot per serving** – 610 Calories, 22g Fat, 47g Protein, 55g 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, Flour Tortillas, Green Peppers, Red Peppers, Onions, Cilantro, Queso Fresco, Soy Sauce, Lime Juice, Cider Vinegar, Sugar, Black Pepper, Cumin, Chipotles in Adobo, Garlic, Olive Oil

*meez* meals

### 1. Marinate the Steak

Combine 1 Tbsp Olive Oil and the **Carne Asada Marinade** into a bowl and stir thoroughly.

Pour half the marinade/oil into a large ziplock bag (or container with a lid), seal, and shake well.

Using a fork, prick the **Steak** several times on both sides. Place it into the ziplock bag with the marinade and shake well, then set aside to marinate for at least 5 minutes.

*Save the remaining marinade to use as a light drizzle for your tacos.*

### 2. Cook the Peppers

While the steak is marinating, heat 1 Tbsp olive oil over high heat in a large skillet. When pan is very hot, add the **Green & Red Peppers** and cook until slightly charred, about 4 to 5 minutes. Remove from the skillet and set aside.

### 3. Cook the Steak

In the skillet used for the peppers, heat 1 Tbsp of oil over high heat. Remove the steaks from the ziplock bag and discard the excess marinade in the ziplock bag.

When the skillet 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**).

Set aside to rest for 5 min. After the steaks have rested, place them horizontally on a cutting board. Using a sharp knife, cut the steaks into even strips (we aim for ½" x 1" pieces).

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

### 4. Heat the Tortillas

Wash out the skillet used for the steak and heat the **Tortillas** until soft and pliable, about 30 seconds per side.

### 5. Put It All Together

Serve the tortillas filled with sliced steak, peppers, **Onions & Cilantro**, **Queso Fresco** and lightly drizzle with remaining Carne Asada Marinade. 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 \***

# Crispy Shrimp Bao Buns

We've taken the work out of China's classic bread-like dumpling. We're delivering fluffy bao buns, shrimp, tasty Asian slaw (and even spicy sriracha on the side) for a restaurant-worthy dinner that's on the table in just twenty minutes.

**20** *Minutes to the Table*

**20** *Minutes Hands On*

**2 Whisks** *Easy*

## Getting Organized

### EQUIPMENT

- 2 Large Skillets (one with a cover)
- Large Mixing Bowl

### FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper
- Eggs (one per serving)

### 6 MEEZ CONTAINERS

- Asian Slaw
- Slaw Dressing
- Bao Buns
- Seasoned Cornstarch
- Shrimp
- Sriracha

## Good to Know

The Crispy Shrimp Bao Buns taste great without the Sriracha but if you like spicy, the **Sriracha sauce we included gives it a kick** that takes it to the next level!

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

**Health snapshot per serving** – 600 Calories, 44g Protein, 18g Fat, 67g Carbs, 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: Shrimp, Bao Bun, Broccoli, Daikon Radish, Green Onion, Carrot, Basil, Mayo, Garlic, Ginger, Tamari, Sesame Oil, Lime, Sesame Seeds, Cornstarch, Kosher Salt.

meez *meals*

### 1. Getting Organized

Combine the **Asian Slaw** and the **Slaw Dressing** in a large mixing bowl and refrigerate until step 4.

### 2. Heat the Bao Buns

Use cooking spray or a brush to completely cover the inside of a large skillet (one that has a cover) with about 1 Tbsp of oil. Place on the stove over medium heat. When the oil is hot, add the **Bao Buns** and cook until the bottom is light brown, about 3 minutes. Flip and add ¼ cup water to the skillet. Cover and steam buns until fluffy and bottom starts to brown, about 5 to 7 minutes. Transfer Bao Buns directly to serving plates.

*Spread the oil on the entire surface of the skillet so the bao buns don't stick to the bottom.*

### 3. Cook the Shrimp

While the Bao Buns are steaming, whisk 2 eggs in a small bowl and place the **Seasoned Cornstarch** in a large zip-lock bag. Dry and place all **Shrimp** into the zip-lock bag with the cornstarch and shake until the shrimp are coated. Dip each Shrimp into the egg and place on a plate.

When all shrimp have been coated, heat 2 tablespoons of oil in a second large skillet over medium-high heat. When it's very hot, carefully place each shrimp into the hot oil. Cook for one minute on each side, then remove to a paper-towel-lined-plate.

*The Crispy Shrimp Bao Buns taste great without the Sriracha but if you like spicy, the Sriracha sauce gives it a kick that takes it to the next level!*

### 4. Put It All Together

Carefully open each steamed Bao Bun (forming a "taco" and maintaining the hinge at the bottom). Fill each bun with 3 shrimp, a generous helping of Asian Slaw, and a light drizzle of spicy **Sriracha** sauce. Enjoy!

Instructions for two servings.

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

# Indian Grain Bowl with Mango Chili Sauce

There's nothing traditional about this test-kitchen favorite. We're using a mango-chili sauce to give an Indian flair to this hearty seared halloumi and grain bowl. Finished with a fresh cucumber salsa, the result is a speedy dinner that's totally unique!

15 Minutes to the Table

15 Minutes Hands On

1 Whisk Super Easy

## Getting Organized

### EQUIPMENT

Large Skillet

### FROM YOUR PANTRY

Olive Oil

Salt & Pepper

### 6 MEEZ

### CONTAINERS

Halloumi Cheese

Grape Tomatoes

5-Grain Blend

Seasoned

Hominy

Cucumber Salsa

Mango Chili

Sauce

## 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 serve on top of the grains 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're cooking the **Carb Conscious version**, we sent you cauliflower "rice" instead of the 5-Grain Blend reducing the **carbs to 33g per serving**. Heat 1 Tbsp olive oil in a large skillet over high heat and sauté until it starts to brown, about 3 to 4 minutes. Remove from the skillet use in place of the 5-Grain Blend as part of the bowl.

**If you're making the gluten-free version**, we've given you brown rice instead of the Five-Grain Blend. Prior to step 1, bring a saucepan of water to boil, then cook the brown rice brown rice for about 20 minutes, drain and let sit, covered, for 5 minutes. Remove from the skillet use in place of the 5-Grain Blend as part of the bowl.

**Health snapshot per serving** – 580 Calories, 30g Protein, 26g Fat, 57g carbs, 19 Freestyle Points.

SCAN QR CODE  
to view YouTube  
cooking video



INGREDIENTS: Halloumi Cheese, Hominy, Corn, Cucumber, Red Onion, Tomato, Mango, Mae Ploy, Barley, Wild Rice, Wheat Berries, White Quinoa, Red Quinoa, Olive Oil, Garlic, Cilantro, Ginger, Coriander, Turmeric, Garam Masala, Cumin, Fenugreek, Lime, Salt.

meez meals



### 1. Grill the Halloumi

Place the **Halloumi Cheese** on a cutting board and cut in half lengthwise, then slice into rectangles about 1/4" thick. You should have about 10 to 12 pieces per serving after slicing.

Heat 1 Tbsp of olive oil in a large skillet over medium heat. When the oil is hot, add the Halloumi and lightly season with pepper. Cook until one side is golden brown, about 2 minutes, then flip and cook the other side until golden brown, an additional 2 to 3 minutes. Do not wipe out pan.

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

### 2. Make the 5-Grain Blend and Hominy

Put the **Grape Tomatoes** in a ziplock bag and squish.

Return the now-empty skillet to the stove over medium heat with 1 Tbsp olive oil. When the oil is hot, add the **5-Grain Blend** and **Seasoned Hominy**. Sauté until the grains are hot, about 2 minutes. Turn off the heat and stir in the squished tomatoes, including the juices from the ziplock bag.

Transfer the contents of the skillet directly to serving bowls.

### 3. Put It All Together

Serve the grilled Halloumi on top of the grains. Top with the **Cucumber Salsa** and a generous drizzle of the **Mango Chili Sauce**. Enjoy!.

Instructions for two servings.

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

## Potato Leek Soup with Toasted Chive Butter Ciabatta

A test-kitchen favorite. Our classic potato leek soup is rich and flavorful, with just the right balance of creamy indulgence and mellow leek flavor. Paired with our toasted chive-butter ciabatta, it's an elegant dinner just right for a cold night.

**35** *Minutes to the Table*

**25** *Minutes Hands On*

**1 Whisk** *Super Easy*

### Getting Organized

#### EQUIPMENT

Large Saucepan  
(with a cover)  
Small Baking  
Sheet  
Mixing Bowl

#### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper  
Butter (½ Tbsp per  
svg.)  
Flour (½ Tbsp per  
svg.)

#### 5 MEEZ CONTAINERS

Potatoes  
Leeks & Onions  
Soup Starter  
Ciabatta  
Chive Butter

### 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 stir into the soup 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

We make our version slightly chunky. If you prefer a silky-smooth soup, puree it before serving.

**Health snapshot per serving** – 830 Calories, 21g Protein, 41g Fat, 99g Carbs, 30 Freestyle Points.

**Lightened up Health snapshot per serving** – 600 Calories, 30g Fat, 69g Carbs, 21 Freestyle Points, by using half the bread and half of the Chive Butter.

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



INGREDIENTS: Potatoes, Ciabatta Bread, Cream, Leeks, Red Onion, Yellow Onion, Celery, Butter, Vegetable Stock, Garlic, Chives, Parsley, Tamari, Tarragon, Black Pepper, Thyme, White Pepper

*meez* meals

### 1. Get Organized

Bring around 5 cups of water to a boil in a large saucepan over high heat.

### 2. Boil the Potatoes

Add three-quarters of the **Potatoes** to the boiling water. Once the mixture returns to a boil, reduce the heat to medium high, cover, and cook at a low boil until potatoes are fork tender, about 10 to 12 minutes. Remove from heat, drain the potatoes and place in a large bowl. Mash with a large spoon or potato masher until they are the consistency of lumpy mashed potatoes. Wipe out the saucepan.

### 3. Make the Soup

Return the now-empty saucepan to the stove and heat 2 Tbsp olive oil over medium high heat. Add the remaining uncooked potatoes and sauté (to prevent sticking) until they start to brown, about 4 minutes. Add the **Leeks & Onions** and sprinkle with salt and pepper. Continue cooking until the onions start to brown, about 3 to 4 minutes.

Add 1 Tbsp butter and stir until it melts completely. Sprinkle 1 Tbsp flour over the mixture and stir until it is incorporated and cook until the flour just starts to brown, about 2 minutes.

Add the cooked and mashed potatoes and stir well. Turn the heat to high, add the **Soup Starter** and 1 cup of water and stir well. Bring to a boil, then reduce the heat to medium low, cover, and simmer for 5 minutes.

### 4. Toast the Ciabatta

While the soup is simmering, cut each piece of **Ciabatta** bread in half and spread ½ Tbsp of the **Chive Butter** on the top of each of the halves. Using the “top brown” setting of your toaster oven or “broil” on your oven, heat the ciabatta until the butter melts and the rolls begin to brown, about 2 to 3 minutes.

### 5. Put It All Together

Serve the soup alongside the toasted chive butter ciabatta and enjoy!

*We love  
dipping the  
bread into  
the soup.  
Yum!*

Instructions for two servings.

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