

Buffalo Shrimp Tacos

25 Min
to Table

25 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Heat oil in skillet.

From Your Pantry

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

Chile Relleno Verde

35 Min
to Table

25 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Preheat your oven to
425.

From Your Pantry

You'll need olive oil,
salt and pepper

Quick Tips



meezmeals

Vietnamese Shaky Beef with Crispy Rice

20 Min
to Table

20 Min
Hands
On

2 Whisks
Easy

Getting Started

Bring a saucepan of
water to a boil.

From Your Pantry

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

Arugula and Cherry Tomato Pizza

40 Min
to Table

15 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Preheat your oven to
450.

From Your Pantry

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

Parmesan Truffle Butter Chicken and Brussels

30 Min
to Table

20 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Preheat your oven to
425.

From Your Pantry

You'll need olive oil,
salt and pepper.

Chicken Shawarma

15 Min to Table	15 Min Hands On	1 Whisks Super Easy
Getting Started	Mix olive oil and simmer sauce in a small bowl.	
From Your Pantry	You'll need olive oil, salt and pepper	

French Onion Soup

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 flour, olive oil, salt and pepper.	

BBQ Salmon with Loaded Mashed Potatoes

25 Min to Table	25 Min Hands On	1 Whisk Super Easy
Getting Started	Preheat your oven to 400.	
From Your Pantry	You'll need olive oil, salt & pepper.	

Mushroom and Goat Cheese Risotto

40 Min to Table	20 Min Hands On	1 Whisk Super Easy
Getting Started	Preheat your oven to 400.	
From Your Pantry	You'll need olive oil, salt & pepper	
Meal Tip	The cheese will become warm and soft but will not melt.	

Creole Pulled Pork and Cheesy Grits

15 Min to Table	35 Min Hands On	1 Whisk Super Easy
Getting Started	Squish the grape tomatoes in a ziplock bag.	
From Your Pantry	You'll need olive oil and 1/2 Tbsp. of butter per serving.	

Pasta with Lemon Parmesan Parmesan Salmon & Brussels

20 Min to Table	20 Min Hands On	1 Whisk Easy
Getting Started	Bring a saucepan of water to a boil.	
From your Pantry	You'll need olive oil, salt and pepper	

Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of recommended daily)	
Parmesan Truffle Butter Chicken and Brussels	650	57	35	28	7	610	8	15	70% Vitamin A	100% Vitamin C
BBQ Salmon with Loaded Mashed Potatoes	580	46	22	50 CC 39	5	890	25	13	90% Vitamin D	110% Vitamin C
Mushroom and Goat Cheese Risotto	750	24	51	40 CC 29	3	690	9	28	70% Vitamin A	35% Calcium
(use 3/4 of the rice, goat cheese and white wine sauce)	600		40					24		
Vietnamese Shaky Beef with Crispy Rice	650	41	11	97	6	2500	15	20	36% Iron	63% Vitamin B12
Creole Pulled Pork and Cheesy Grits	650	27	31	67 CC 40	6	1000	15	19	50% Vitamin C	40% Vitamin A
Arugula and Cherry Tomato Pizza	541	14	25	65	8	446	19	18	61% Vitamin A	55% Vitamin C
Buffalo Shrimp Tacos	820	47	30	92	8	1720	17	18	140% Vitamin A	80% Vitamin C
(use 1/2 tortillas & 2/3 of the crema)	630		21					12		

Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmdnd daily)	
Chile Relleno Verde	640	34	15	98	21	1250	14	11	50% Iron	180% Vitamin C
Chicken Shawarma	560	18	33	54	7	681		17	83% Vitamin A	331% Vitamin C
Pasta with Lemon Parmesan Salmon & Brussels	640	40	27	63 CC 39	9	720	9	17	90% Vitamin C	30% Calcium
French Onion Soup	280	19	13	24	6	369	12	6	112% Vitamin C	54% Calcium
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)	
Honduran Chocolate Brownies (Gluten-Free)	340	4	18	42	3	140	31	16	4% Vitamin C	15% Iron
Tiramisu for Two	290	5	15	35	1	40	29		6% Calcium	2% Iron
Flourless Chocolate Cake	370	5	16	32	2	130	18	18	20% Iron	10% Vitamin A
Chocolate Chunk Cookies	180	2	9	22	1	170	10	9	2% Calcium	4% Vitamin A
Kitchen Sink Cookies	380	5	19	49	2	400	10	17	20% Iron	8% 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.

Parmesan Truffle Butter Chicken

This dinner is comfort with a gourmet twist. We're roasting sweet potatoes and Brussels sprouts and sprinkling them with flavorful fontina and mozzarella then topping with all-natural chicken breasts and our signature parmesan truffle butter. With a squeeze of lemon for brightness, it's rich, indulgent, and unbelievably easy to pull off.

30 *Minutes to the Table*

20 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet
Medium Saucepan

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Brussels & Sweet
Potatoes
Fontina & Mozzarella
Chicken Breast
Parmesan Truffle Butter
Lemon

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 – 650 Calories, 35g Fat, 28g Carbs, 57g Protein, and 15 Freestyle Points.

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

INGREDIENTS: Chicken, Brussels Sprouts, Sweet Potato, Yellow Onion, Fontina, Mozzarella, Butter, Lemon, Parmesan, Truffle, Chive, Parsley.



1. Get Organized

Preheat the oven to 425.

2. Roast the Veggies

Add the **Brussels & Sweet Potatoes** to a casserole dish. Drizzle with olive oil, salt and pepper, then toss and arrange in a single layer. Bake until the sweet potatoes start to brown and are fork tender, about 20 minutes. Remove from the oven and sprinkle the **Fontina & Mozzarella** over top. Bake until the cheese is melted and starts to brown, an additional 5 to 6 minutes. Remove from the oven and set aside until step 5.

*We recommend
an 8" x 8" or
similar sized
casserole dish.*

3. Cook the Chicken

After the veggies have been roasting for about 10 minutes, pat dry the **Chicken Breasts** and season with salt and pepper. Heat 2 Tbsp olive oil in a large skillet over medium heat. When the oil is hot, add the chicken and cook until crisp and 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 skillet and let rest for 5 minutes. Wipe out the skillet.

4. Melt the Parmesan Truffle Butter

Return the now-empty skillet to the stove over low heat. Add the **Parmesan Truffle Butter** and warm until melted, about a minute. Remove from the heat.

*Do not continue
cooking the
truffle butter
once melted.*

5. Put It All Together

Top the cheesy veggies with the cooked chicken breast and drizzle with the melted Parmesan Truffle Butter. Add a generous squeeze of **Lemon** to the entire dish and enjoy!

Instructions for two servings.

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

BBQ Salmon with Loaded Mashed Potatoes

Down-home cooking goes up a notch in this restaurant-worthy dinner. With bacon & broccoli mashed potatoes, a citrus slaw, and salmon smothered in BBQ sauce, it's sure to become a new classic.

25 *Minutes to the Table*

25 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet
Baking Sheet
Large Mixing Bowl

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Red Potatoes
Bacon & Broccoli
Cheesy Sour Cream &
Green Onion
Salmon
BBQ Sauce
Citrus Slaw

Good to Know

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

If you ordered the Carb Conscious version, we sent you cauliflower florets instead of red potatoes, reducing the carbs to 39g. Skip the cutting into quarters, then treat the cauliflower as the potatoes throughout.

Health snapshot per serving – 580 Calories, 22g Fat, 50g Carbs, 46g Protein and 13 Freestyle Points.

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

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to view YouTube
cooking video**



INGREDIENTS: Salmon, Red Potatoes, Broccoli, BBQ Sauce, Cabbage, Red Onion, Sour Cream, Orange Juice, Lime Juice, Bacon, White Cheddar, Green Onion, Parmesan, Cilantro, Honey, Dijon Mustard, Kosher Salt.

meez *meals*

1. Get Organized

Preheat the oven to 400.

2. Roast the Potatoes

Slice the **Red Potatoes** into quarters and place on a baking sheet. Toss with olive oil, salt and pepper and arrange in a single layer. Bake until golden brown and fork tender, about 20 minutes.

Remove from the oven and while still on the baking sheet, mash with a fork or potato masher. Transfer the potatoes to the large mixing bowl with the cooked bacon and broccoli in step 3.

3. Create the Loaded Mashed Potatoes

While the potatoes are roasting, put the **Bacon & Broccoli** in a large skillet and cook over medium-high heat until the bacon is crispy about 5 minutes. Transfer to a large mixing bowl and set aside.

When the potatoes are done roasting, combine them with the cooked bacon and broccoli and **Cheesy Sour Cream & Green Onion**. Mix well until it has the consistency of lumpy mashed potatoes.

4. Cook the Salmon

After you've cooked the bacon and broccoli, heat 1 Tbsp of olive oil in the now-empty bacon skillet over medium-high heat. Pat dry the **Salmon** and season both sides with salt and pepper. When the oil is hot, add the salmon and cook until it turns brown, about 3 minutes. Flip and cook the other side for 3 additional minutes. Add the **BBQ Sauce** on top of each salmon filet. Cook for 1 minute while spooning any sauce that falls back on top of the salmon. Turn off the heat and let rest in the skillet for 5 minutes.

5. Put It All Together

Drain the liquid from the **Citrus Slaw** and serve alongside the BBQ salmon and the loaded mashed potatoes. Enjoy!

Mushroom & Goat Cheese Risotto

Rich, creamy and delicious is what we look for in a risotto, and this one checks all the boxes. With cremini and button mushrooms, and goat cheese, it's comfort food at its best. And because we're cooking it in the oven, you have time to do something else while dinner takes care of itself.

40 *Minutes to the Table*

20 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Oven-Safe
Skillet & Lid

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Mushrooms
Arborio Rice
White Wine Sauce
Seasoned Cheese
& Onion
Arugula
Goat Cheese &
Green Onions

Add Protein Cooking Instructions

Integrate into recipe: When the risotto has about 10 minutes cooking time remaining in step 4, cook the protein (per instructions below) and serve alongside the risotto when finished.

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

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

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

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

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

Good to Know

If you ordered the **Carb Conscious version**, we sent you cauliflower "rice" instead of the Arborio rice, reducing the **carbs per serving to 29g**. Add the cauliflower to the skillet with the mushrooms for the last 3 minutes of sautéing in step 2. Continue with step 3, except don't add the water. Reduce the total time baking time to 15 minutes in step 4.

Health snapshot per serving – 750 Calories, 24g Protein, 40g Carbs, 51g Fat, 28 Freestyle Points

Lightened-up health snapshot per serving – 600 Calories, 33g Carbs, 40g Fat, 22 Freestyle Points, by using $\frac{3}{4}$ of the Arborio rice, White Wine sauce, AND goat cheese.

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INGREDIENTS: Mushrooms, Cream, Arborio Rice, White Wine, Yellow Onion, Goat Cheese, Arugula, Asiago, White Balsamic Vinegar, Garlic, Parmesan, Vegetable Stock, Green Onion, Lemon, Savory, White Pepper

meez meals

1. Get Organized

Preheat the oven to 400.

2. Sear the Mushrooms

Heat 1 Tbsp olive oil in a large oven-safe skillet on medium-high heat. When the oil is hot, add the **Mushrooms** with a sprinkle of salt and pepper and cook, stirring occasionally, until they start to brown, about 5 to 6 minutes.

3. Prepare the Risotto

Add the **Arborio Rice** to the mushrooms and stir until the rice is coated with oil, about 1 minute. Add the **White Wine Sauce**, 1 cup of water, and the **Seasoned Cheese & Onion** (the bag that contains some shredded cheese and doesn't contain green onions). Mix well, then turn the heat to high and bring to a boil. Remove from the heat.

Use a baking sheet if you don't have a cover.

4. Cook the Risotto

Cover the skillet and transfer to the oven. Bake, undisturbed, for 20 minutes, then check the water level. If it's been absorbed but the rice isn't fully cooked, add a little more water and continue cooking until the rice is tender, about 5 minutes. If there is still liquid, cook for 5 more minutes. If there is still liquid after those 5 minutes, uncover and bake until it is absorbed.

The cheese will become warm and soft but will not melt.

5. Put It All Together

When the rice is cooked, remove the skillet from the oven and stir in the **Arugula**. Smooth the risotto into an even layer and dollop the **Goat Cheese & Green Onions** around the pan, then replace the cover, and let rest for 5 minutes.

Serve and enjoy!

Instructions for two servings.

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

Vietnamese Shaky Beef with Crispy Rice

Vietnam's classic beef recipe has a savory-sweet flavor that we love. We're serving it with sautéed peppers and crispy jasmine rice. The result is a recipe straight out of your favorite Vietnamese restaurant, only fresher, faster and more delicious.

20 *Minutes to the Table*

20 *Minutes Hands On*

2 Whisks *Easy*

Getting Organized

EQUIPMENT

Saucepan
Large Skillet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper
Butter
Flour

5 MEEZ CONTAINERS

Jasmine Rice
Peppers & Onions
Steak
Bò Lúc Lắc Sauce
Pickled Cucumber Salad

Good To Know

Vietnam's shaky beef gets its name from the shaking and stirring required to achieve an even flavor across the steak pieces. Bò lúc lắc is a slightly sweet, thick Asian brown sauce.

Health snapshot per serving – 620 Calories, 40g protein, 90g Carbs, 11g fat, 17 freestyle points.

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

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INGREDIENTS: Steak, Cucumber, Jasmine Rice, Red Bell Pepper, Yellow Bell Pepper, Red Onion, Rice Wine Vinegar, Green Onion, Tamari, Sugar, Carrot, Brown Sugar, Garlic, Lime, Fish Sauce, Cilantro, Kosher Salt, Black Pepper

meez*meals*

1. Get Organized

Bring a medium saucepan of water to a boil.

2. Cook the Rice

Add the **Jasmine Rice** to the boiling water with a pinch of salt and cook uncovered until the rice is tender, about 12 to 15 minutes. Remove from heat and drain well. Wipe out the saucepan.

*Use
about
twice as
much
water as
rice.*

3. Cook the Vegetables

While the rice is cooking, heat 1 Tbsp of olive oil in a large skillet over high heat. When the oil is hot, add the **Peppers & Onions**. Cook, undisturbed, until they start to char, about 2 to 3 minutes. Remove from the skillet and set aside until step 6. Wipe out the skillet.

Heat 1½ Tbsp olive oil in the now-empty skillet over high heat. When the oil is very hot, add the cooked rice. Spread the rice out to the edges of the skillet. (It is OK to go up the side as well.) Cook, undisturbed, until most of the rice is crispy and is lightly browned, about 5 to 6 minutes. Transfer the rice directly to serving plates. Wipe out the skillet.

4. Cook the Steak

Return the now-empty skillet to the stove over high heat. Add 1 Tbsp olive oil. While the oil is heating, pat the **Steak** dry with a towel. When the oil is hot, add the steaks. Cook until the bottoms brown & sides start to color, about 3 minutes. Flip and continue cooking for 3 minutes if you like your steak **medium-rare**. (Cook for 4 minutes for **medium**, and 5 to 6 for **well done**). Set aside to rest for 5 minutes, then slice into ½" strips. Do not wipe out the skillet.

5. Make the Sauce

Return the skillet to the stove over high heat. Add the **Bò Lúc Lắc Sauce** and bring to a boil, then add 1 Tbsp of butter and 1 Tbsp of flour and stir until they are incorporated. Reduce the heat to medium low and cook until the sauce thickens, about 1 minute. Turn off the heat and add the cut steak to the sauce, mixing until all pieces of the steak are covered in sauce.

*This is
the
"shaky"
part!*

6. Put It All Together

Serve the peppers & onions on top of the crispy rice followed by the shaky beef. Drizzle the remaining sauce over top of the entire dish. Drain the **Pickled Cucumber Salad** and serve alongside. Enjoy!

Instructions for two servings.

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

Creole Pulled Pork and Cheesy Grits

Nothing says Southern cooking like cheesy grits and pulled pork. This version gets a boost from our smoky creole sauce and speed-style cooking of the grits. It's slow-cooked flavor in just over half an hour.

35 *Minutes to the Table*

15 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet with Lid
Medium Saucepan

FROM YOUR PANTRY

Olive Oil
Butter (1/2 Tbsp per serving)

5 MEEZ CONTAINERS

Grape Tomatoes
Mirepoix
Creole Sauce
Pulled Pork
Cheesy Grits

Good to Know

If you ordered the **Carb Conscious** version, we sent you cauliflower "rice" instead of the cheesy grits, reducing the **carbs per serving to 40g**. Skip step 2. Prior to step 3, heat 1 Tbsp olive oil in a second skillet over high heat and sauté the cauliflower until brown, about 3 to 4 minutes. Serve the pork and sauce on top of the cauliflower in step 4.

Health snapshot per serving – 650 Calories, 27g Protein, 31g Fat, 67g Carbs, 19 Freestyle Points.

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

INGREDIENTS: Pork, Tomatoes, Polenta, Celery, Yellow Onion, Carrot, Green Bell Pepper, Red Wine Vinegar, Parmesan, Parsley, Garlic, Worcestershire Sauce, Paprika, Thyme, Oregano, Basil, Cayenne, Old Bay, Rosemary, BBQ Sauce, Chicken Stock, Kosher Salt, Bay Leaf.

meez *meals*

1. Cook the Tomatoes and Mirepoix

Squish the **Grape Tomatoes** in a ziplock bag.

Heat 1 Tbsp olive oil in a large skillet over medium-high heat. When the oil is hot, add the **Mirepoix** and the contents of the ziplock bag. Sauté until the onions start to become translucent and tomatoes begin to char, about 3 to 4 minutes.

2. Cook the Pulled Pork and Creole Sauce

Add the **Creole Sauce, Pulled Pork**, and 1 cup of water to the tomatoes and mirepoix in the skillet. Bring the mixture to a boil, then reduce the heat to medium-low. Make sure that the pork is submerged in the liquid, then cover and simmer undisturbed for 20 minutes.

After 20 minutes, remove the cover and stir the sauce. Simmer uncovered until it thickens nearly to the consistency of pasta sauce, an additional 5 to 7 minutes. Remove from the heat and set aside until step 4.

The pulled pork arrives fully cooked so you are just heating it in this step.

3. Cook the Cheesy Grits

Bring 2 cups of water to a boil in a medium saucepan. Slowly add the **Cheesy Grits** to the boiling water, whisking constantly until there are no lumps, about 1 minute. Reduce the heat to medium and cook, whisking frequently, until the grits thicken, about 1 to 2 minutes. Remove from the heat and add 1 Tbsp of butter. Stir until the butter melts.

4. Put It All Together

Serve the cheesy grits topped with the creole pulled pork and sauce. Enjoy!

Instructions for two servings.

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

Arugula and Cherry Tomato Pizza

Sophisticated comfort food cooked up in your own kitchen. With a ricotta and pecorino cream sauce, roasted fennel and leeks, cherry tomatoes, fresh arugula, and a pomegranate glaze, it's heaven on a plate.

40 Minutes to the Table

15 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

- 2 Rimmed Baking Sheets
- Zip lock bag

FROM YOUR PANTRY

- Flour
- Olive Oil
- Salt & Pepper

6 MEEZ CONTAINERS

- Pizza Dough
- Tomatoes
- Leeks & Fennel
- Pecorino & Ricotta Sauce
- Arugula
- Pomegranate Glaze

Add Protein Cooking Instructions

Integrate into recipe: While the pizza is baking in step 3., cook the protein (per instructions below) and then slice into strips (flake the salmon, leave shrimp whole) and place on top of the pizza before drizzling the glaze 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 – 540 Calories, 26g Fat, 65g Carbs, 14g Protein, 18 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: Pizza dough, Tomatoes, Baby Arugula, Leeks, Fennel, Cream, Ricotta, Pecorino Romano, Basil, Pomegranate, Lime, Brown Sugar.

meez meals

1. Getting Organized

Preheat your oven to 450 and take the **Pizza Dough** out of the refrigerator.

Warmer dough is much easier to work with.

2. Roast the Veggies

Place the **Tomatoes** in a zip lock bag and, using your hands, squish until each tomato has burst. Arrange the tomatoes in a single layer on one half of a rimmed baking sheet.

Add the **Leeks & Fennel** (the vegetables with white pieces in addition to green) to the other half of the baking sheet, keeping them separate from the tomatoes.

Drizzle everything with olive oil, sprinkle with salt and pepper, and bake until the leeks and fennel just begin to crisp around the edges, about 8 to 10 minutes, stirring once about halfway through cooking (but continue to keep the tomatoes separate).

Don't let the veggies get too crispy when you first roast them. They'll be cooking on the flatbread too.

3. Assemble the Pizza

While the veggies are cooking, shape the dough. Sprinkle your counter with a little flour and stretch the dough until it's about ¼" thick. Transfer the dough to a second baking sheet sprayed or coated with oil.

Spread the **Pecorino & Ricotta Sauce** over the dough leaving about ½" along the edges. Top with the tomatoes and then the roasted Leeks & Fennel.

We usually make two-person pizzas and ours are about 8" wide and 14" long.

4. Bake and Finish

Place the pizza in the oven for 15 minutes. While it is baking, add ½ Tbsp olive oil and a sprinkle of salt and pepper to the bag containing the **Arugula** (the one with the leafy greens only) and toss well. After the pizza has been baking for 15 minutes, top with the arugula and continue cooking until the crust is golden, about an additional 5 to 7 minutes. Let the pizza cool for at least 5 minutes.

Drizzle with the **Pomegranate Glaze** and enjoy!

Instructions for two servings.

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

Buffalo Shrimp Tacos

We love the spicy tang of a great buffalo sauce, and we're putting it front and center in this week's tacos. With crispy breaded shrimp, salty pickled veggies, and a generous slather of chive crema on a warm flour tortilla, it might be your new favorite taco.

25 *Minutes to the Table*

25 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet
Bowl

FROM YOUR PANTRY

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

6 MEEZ CONTAINERS

Sweet Potatoes
Flour Tortillas
Shrimp
Buffalo Sauce
Chive Crema
Pickled Veggies

Good To Know

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

Health snapshot per serving – 820 Calories, 30g Fat, 47g Protein, 92g Carbs, 18 Freestyle Points.

Lightened up health snapshot per serving – 630 Calories, 21g Fat, 70g Carbs, 12 Freestyle Points, by using half of the tortillas and two-thirds of the crema.

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

INGREDIENTS: Shrimp, Sweet Potatoes, Flour Tortillas, Zucchini, Broccoli, Sour Cream, Hot Sauce, White Cheddar, Apple Cider Vinegar, Mayonnaise, Red Onion, Carrots, Cream, Brown Sugar, Chives, Garlic, Dill, Kosher Salt, Sugar, Black Pepper

meez *meals*

1. Cook the Sweet Potatoes

Heat 1 Tbsp olive oil in a large skillet over medium heat. When the oil is hot, add the **Sweet Potatoes** with a sprinkle of salt and pepper. Sauté, stirring frequently, until they are fork tender and slightly crispy, about 8 to 10 minutes. Remove from the skillet and set aside until step 4. Wipe out the skillet.

Stirring the sweet potatoes frequently will keep them from burning.

2. Warm the Tortillas

Warm the **Flour Tortillas** in the now-empty skillet over medium heat, about 30 seconds per side and working in batches, as necessary. Remove from the skillet and set aside until step 4. Do not wipe out the skillet.

3. Cook the Shrimp

Whisk 1 egg in a small bowl and spread ¼ cup of flour on a plate. Pat dry the **Shrimp** and lightly sprinkle with salt and pepper. Working in batches of around seven at a time, place the shrimp into the egg, shake off any excess, and then place into the flour and coat well on both sides. Place the breaded shrimp on a plate and repeat until all are coated.

Heat 2 Tbsp olive oil in the now-empty skillet over medium-high heat. When the oil is hot, cook the shrimp until the breading turns golden brown, about 1 to 2 minutes on each side. Place the cooked shrimp on a paper-towel-lined plate. Do not wipe out the skillet.

Add the orange **Buffalo Sauce** to the now-empty skillet and warm over medium heat until it just starts to thicken, about 1 minute. Turn off the heat and very gently stir in the cooked, breaded shrimp.

It's important to bread all the shrimp first so they can all cook for the same amount of time

4. Put It All Together

Place the cooked sweet potatoes in the center of the tortillas and spoon all the **Chive Crema** evenly on top and then add the coated shrimp. Drain the **Pickled Veggies** and place on top of the shrimp. Enjoy!

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue Evanston * Illinois

Chile Relleno Verde

We love Chile Rellenos, but the classic version is battered and fried - too much for a busy weeknight dinner. We've discovered a streamlined casserole that eliminates that messy step. With rice, black beans, and a flavorful verde sauce, it's comfort food simple enough for the busiest of nights.

Getting Organized

EQUIPMENT

Casserole Dish
Saucepan

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Poblano Peppers
Rice
Spiced Corn &
Beans
Chihuahua &
Mozzarella
Verde Sauce

Add Protein Cooking Instructions

Integrate into recipe: While the rice is cooking in step 3, cook the protein (per instructions below) and then shred (*flake the salmon, leave shrimp whole*) and stir into the rice and bean mix before adding to the casserole in step 5.

Cook protein: Lightly sprinkle the protein with salt & pepper. Heat a large skillet with 1-2 Tbsp olive oil on medium-high heat (*high for steak.*) When the oil is hot, cook the protein until the: CHICKEN is crisp and brown, about 4 to 5 minutes per side. Let rest for 5 minutes. STEAK bottoms are brown and sides start to color, about 4 minutes per side for medium (3 min for med-rare and 5-6 min for well done.) Let rest for 5 minutes. SALMON is crisp and brown, about 4 minutes per side. Let rest for 5 minutes. SHRIMP are opaque and no longer grey in color, about 1 minute per side.

Good To Know

Health snapshot per serving – 640 Calories, 15g Fat, 34g Protein, 98g Carbs, 11 Smart Points

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

35 *Minutes to the Table*

25 *Minutes Hands On*

1 Whisk *Super Easy*

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



INGREDIENTS: Poblano Peppers, Black Beans, White Rice, Green Enchilada Sauce, Corn, Yellow Onion, Chihuahua Cheese, Mozzarella, Carrot, Orange Juice, Sour Cream, Tomato, Garlic, Vegetable Stock, Ancho Chili, Sugar, Lime Juice, Cilantro, Paprika, Coriander, Oregano, Cumin, Kosher Salt, Black Pepper

meez meals

1. Get Started

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

2. Roast the Poblano Peppers

Spray or lightly brush the **Poblano Peppers** with olive oil and arrange them, skin-side-up in a single layer in a casserole dish. Roast until the peppers soften and the skin starts to blister, about 15 minutes. Remove the dish from the oven, flip the peppers and rearrange into a single layer. Set aside until step 5.

*We recommend
8"x8" or similar
sized casserole
dish.*

3. Cook the Rice

As soon as the poblanos are roasting, add the **Rice** to the boiling water and cook until soft, about 15 minutes. Drain and set aside in a colander.

4. Make the Rice, Corn and Beans

Add 1 Tbsp olive oil to the now-empty saucepan over medium-high heat. When the oil is hot, add the **Spiced Corn & Beans** and 3 Tbsp water. Cook, stirring frequently, until the onions and carrots soften, about 3 to 5 minutes. Turn off the heat and add back the cooked rice. Stir well, cover, and set aside.

5. Bake the Casserole and Serve

Top the poblano peppers with an even layer of the rice mix, then sprinkle with the **Chihuahua & Mozzarella**. Bake until the cheese is melted and starting to brown, about 8 to 10 minutes. Remove and from the oven let cool for 5 minutes.

Drizzle with the **Verde Sauce** and enjoy!

Instructions for two servings.

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

Chicken Shawarma

A Middle Eastern favorite cooked up in a heartbeat. A quick sear and just the right spices turns shredded chicken into this delicious sandwich. We're serving it up with a fresh tzatziki sauce, peppers and cucumbers in a warm pita. Dinner's never been so easy.

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

5 MEEZ CONTAINERS

Shawarma Chicken

Simmer Sauce

Pita

Tzatziki Sauce

Peppers & Cucumbers

Make the Meal Your Own

If you ordered the **Carb Conscious version**, we sent you romaine lettuce instead of the pita, reducing the **carbs per serving to 22g**. In step 2, cut the romaine heads into 1" slices and combine with other ingredients in a large bowl to make a Chicken Shawarma Salad.

Good to Know

Health snapshot per serving – 560 Calories, 18g Protein, 33g Fat, 17 Freestyle Points

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

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



INGREDIENTS: Shawarma Chicken, Cucumbers, Red Bell Peppers, Pita, Yogurt, Cream, Lemon, Parsley, Apple Cider Vinegar, Tahina, Dill, Garlic, Kosher Salt, Coriander, Sumac, Sumac, Turmeric, Cardamon, Clove, Allspice.

meez *meals*

1. Cook the Shawarma Chicken

Mix 2 Tbsp olive oil with the **Simmer Sauce** (the thin, smooth, brownish/orange sauce) in a small bowl.

Combine the simmer sauce and **Shawarma Chicken** in a large skillet over medium-high heat. Cook, stirring occasionally, until the edges are slightly crispy, and sauce has completely evaporated, about 4 to 5 minutes. Remove from heat and set aside.

2. Warm the Pita

Wipe out the skillet and return to stove over medium heat. Heat each **Pita** until warm and soft, about 15 to 25 seconds per side. Cut each pita in half.

3. Put It All Together

Fill each pita half with white **Tzatziki Sauce**, **Peppers & Cucumbers**, and shawarma chicken. Drizzle additional tzatziki sauce on top. Enjoy!

Instructions for two servings.

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

Pasta with Lemon Parmesan Salmon and Brussels

Parmesan and salmon are a marriage made in heaven. We're tossing the two together with al dente pasta shells, sautéed brussels and toasted capers and pepitas. It's a speedy dinner that tastes fresh from Italy.

20 Minutes to the Table

20 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Large Skillet
Large Saucepan

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Pasta Shells
Salmon
Capers & Pepitas
Brussels Sprouts &
Onions
Parmesan Sauce
Lemon

Good to Know

If you ordered the **Carb Conscious version** we sent you red peppers instead of the shells, reducing the **carbs per serving to 39g**. 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 peppers and cook until they start to char, about 3 to 4 minutes. Set aside and wipe out the skillet. Use the red peppers in place of the pasta in step 4.

Health snapshot per serving – 640 Calories, 27g Fat, 40g Protein, 63g Carbs, and 17 Freestyle Points.

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

INGREDIENTS: Salmon, Cream, Brussels Sprouts, Shells, Lemon, Red Onion, Parmesan, Pepitas, Capers, Garlic, Black Pepper

meez meals

1. Get Organized

Bring a large saucepan of water to boil.

2. Cook the Pasta

Add the **Pasta Shells** to the boiling water with a pinch of salt and cook until al dente, about 8 to 10 minutes. Drain well and return to the saucepan and cover.

3. Cook the Salmon

While the pasta is cooking, pat dry the **Salmon** with a paper towel and sprinkle each side with salt and pepper. Heat 2 Tbsp of olive oil in a large skillet over high heat. When the oil is hot, add the salmon and cook until the bottom browns, about 4 minutes. Flip, and cook until the other side is brown about 3 additional minutes.

Set aside to rest for 5 minutes, then flake the salmon into bite-sized pieces with a fork. Wipe out the skillet.

4. Put It All Together

While the salmon is resting, heat 1 Tbsp olive oil in the now-empty skillet over medium-high heat. When the oil is hot, add the **Capers & Pepitas** and cook until the pepitas turn brown, about 1 to 2 minutes. Remove from the skillet and set aside until step 5. Do not wipe out the skillet.

Heat 1 Tbsp olive oil in the now-empty skillet. When the oil is hot, add the **Brussels Sprouts & Onions** and cook until they start to char, about 3 to 4 minutes. Turn off the heat and add the **Parmesan Sauce**, cooked pasta, and flaked salmon. Gently stir it all together and top with the toasted capers & pepitas.

Cut the **Lemon** into wedges and squeeze over the entire dish. Enjoy!

Instructions for two servings.

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

French Onion Soup

Not your mother's French Onion Soup. Sure, it has the same rich flavor that comes from slow-cooked onions. And it has the same indulgent topping of melted cheese. But in place of the traditional bread, we're cooking this up with a carb-conscious roasted cauliflower "crouton" and topping it with roasted leeks. It's a sophisticated dinner that's low in calories and high on flavor.

Getting Organized

EQUIPMENT

- Large Saucepan
- Large Baking Sheet

FROM YOUR PANTRY

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

5 MEEZ CONTAINERS

- Leeks
- Cauliflower
- Triple Cheese Blend
- Onions
- Broth Starter

INGREDIENTS: Cauliflower, Onion, Swiss, Gruyere, Mozzarella, Bay Leaf, Thyme, Black Pepper, Vegetable Stock, Tamari.

Add Protein Instructions

Integrate into recipe: Prior to step 5 cook the protein (per instructions below) and while it is resting move on to step 6. Serve the protein alongside the soup.

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 – 280 Calories, 19g Protein, 24g Carbs, 13g Fat, 6 Freestyle Points.

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

30 *Minutes to the Table*

30 *Minutes Hands On*

1 Whisks *Super Easy*

meez *meals*

1. Getting Started

Preheat oven to 425 degrees.

2. Roast the Leeks and Cauliflower

Arrange the **Leeks** and **Cauliflower** in a single layer on a large baking sheet (or 2 if needed) keeping them separated. Lightly salt and pepper just the leeks and drizzle both with olive oil. Bake until the leeks are slightly brown, and the cauliflower starts to turn brown, about 15 to 17 minutes. Remove the leeks and set aside until step 5.

*After 12 minutes
watch the leeks
closely to make
sure they don't
burn.*

3. Make the Cauliflower "Crouton"

While still on the baking sheet, using a spoon form the cauliflower into two separate rectangles about 4" by 5". Top each rectangle with half the **Triple Cheese Blend** and return to the oven until the cheese is bubbly and starts to brown, about 8 to 10 minutes. Turn off the heat but leave the "croutons" in the oven until step 5.

4. Cook The Onions

While the cauliflower and leeks are roasting, heat 2 Tbsp olive oil in a large saucepan over medium heat. Add the **Onions** and sauté, stirring every few minutes, until the onions become soft and decrease in volume, making sure to keep the heat low enough so they don't turn brown, about 15 minutes.

*After 7 minutes
keep an eye on
the cauliflower
and cheese, so
it doesn't burn.*

5. Make the Stock

Raise the heat to medium high and sprinkle the onions with 1 Tbsp flour. Cook until the flour starts to brown, about 2 minutes. Add the **Broth Starter** and combine, scraping the brown bits off the bottom of the pan.

Add 2 cups water and bring to a rapid boil. Lower the heat to medium and simmer until the soup thickens slightly, about 5 to 7 minutes.

6. Put It All Together

Ladle the soup into serving bowls. Use a spatula to remove the cauliflower and cheese from the baking sheet and place in the soup. Top with the crisp leeks and enjoy!

Instructions for two servings.

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