

*Sweet & Sour Tofu
Over Sesame Noodles*

25 Min
to Table

25 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Put a saucepan of water on to boil.

Meal Tip

You'll need olive oil, salt and pepper.

*Golden Panko Fontina Stuffed
Chicken Breast*

35 Min
to Table

15 Min
Hands
On

2 Whisks
Easy

Getting Started

Preheat your oven to 400.

From Your Pantry

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

Quick Tips



Shrimp and Chorizo Paella

45 Min
to Table

20 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Preheat your oven to 375.

From Your Pantry

You'll need olive oil, salt and pepper

Pasta with Spinach Pesto

35 Min
to Table

5 Min
Hands
On

1 Whisk
Super
Easy

Omnivore Option

Pancetta or bacon is delicious in this.

Getting Started

Preheat oven to 450 & put a pot on to boil.

*Carolina Pulled Pork
& Cornbread*

25 Min
to Table

20 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Toast the cornbread.

From your Pantry

You'll need olive oil, salt and pepper.

Ricotta and Caramelized Onions Stuffed Steak

30 Min
to Table

25 Min
Hands
On

1 Whisk
Easy

Getting Started

Preheat your oven to 400.

From your Pantry

You'll need olive oil, salt and pepper

Spinach & Feta Risotto with Roasted Tomatoes

35 Min
to Table

15 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Preheat your oven to 425.

From your Pantry

You'll need olive oil, salt and pepper.

Pasta with Lemon 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

Mediterranean Lemon Chai Salmon with Pearl Couscous

20 Min
to Table

20 Min
Hands
On

1 Whisk
Super
Easy

Leftovers Tip

Serve leftovers over lettuce

Getting Started

Put a saucepan of water on to boil.

From Your Pantry

You'll need about 1/4 cup of flour per serving

Mozambican Yellow Curry Rice Bowl

35 Min
to Table

20 Min
Hands
On

1 Whisk
Super
Easy

From Your Pantry

You'll need olive oil, salt and pepper.

Getting Started

Preheat your oven to 400 and put a pot of water on to boil.

Red Curry Chicken Scallion Dumplings & Bok Choy

20 Min
to Table

20 Min
Hands
On

2 Whisks
Easy

Getting Started

Heat olive oil in large skillet.

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 rcmndd daily)	
Red Curry Chicken Scallion Dumplings & Bok Choy	570	21	31	53	8	920	16	19	60% Vitamin A	60% Vitamin C
Carolina Pulled Pork & Cornbread	890	39	24	134	7	2490		30	61% Vitamin B12	30% Vitamin C
(2/3 ranch dressing, bbq sauce, & cornbread)	690		19					22		
Pasta with Spinach Pesto	620	23	40	51	12	554		19	160% Vitamin C	44% Folate
Mediterranean Lemon Chai Salmon with Pearl Couscous	790	47	50	45 CC 36	6	291	6	15	262% Vitamin C	54% Vitamin A
Golden Panko Fontina Stuffed Chicken Breast	660	62	27	53	7	1250	6	12	140% Vitamin C	45% Vitamin A
Mozambican Yellow Curry Rice Bowl	660	15	23	103	11	570	26	22	131% Vitamin C	52% Vitamin B6

Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmndd daily)	
Shrimp and Chorizo Paella	590	41	16	73 CC 23	8	880		16	14% Calcium	26% Potassium
Ricotta and Caramelized Onions Stuffed Steak	410	40	20	23	6	280	6	9	120% Vitamin C	60% Vitamin A
Sweet & Sour Tofu Over Sesame Noodles	621	33	14	92 CC 35	10	1624		12	167 % VitaminC	77% Calcium
Pasta with Lemon Parmesan Salmon & Brussels	640	40	27	63 CC 39	9	720	9	17	90% Vitamin C	30% Calcium
Spinach & Feta Risotto with Roasted Tomatoes	880	19	61	56	5	980	29	35	80% Vitamin A	45% Vitamin C
(use 1/2 the pesto & 1/2 the cheese & onions)	700		49					29		
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)	
Molten Chocolate Cake	520	7	31	54	3	360		28	30% Iron	4% Vitamin A
THE Carrot Cake	540	6	34	49	2	440	36	13	6% Vitamin C	6% Calcium
Belgian Chocolate Vegan Brownies	420	6	20	62	4	300			10% Iron	
Chocolate Chunk Cookies	180	2	9	22	1	170	10	9	2% Calcium	4% Vitamin A
Peanut Butter Cookies	400	8	22	45	2	330		18	4% Iron	6% 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.

Spinach & Feta Risotto with Roasted Tomatoes

35 *Minutes to the Table*

15 *Minutes Hands On*

1 Whisk *Super Easy*

Creamy risotto, tangy feta, and sweet roasted tomatoes make this dinner a standout. We're combining white wine, caramelized onions, and a touch of cream, then finishing with fresh spinach and a drizzle of balsamic pesto. It's delicate, hearty, and absolutely delicious.

Getting Organized

EQUIPMENT

Large Oven-Safe
Skillet with Cover

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Grape Tomatoes
Arborio Rice
White Wine &
Cream Sauce
Feta & Seasoned
Onions
Spinach
Balsamic Pesto

Add Protein Cooking Instructions

Integrate into recipe: When the risotto has about 10 minutes left in step 3, cook the protein (per instructions below) and serve alongside the risotto 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 – 880 Calories, 61g Fat, 56g Carbs, 19g Protein, and 35 Freestyle Points.

Lightened-up health snapshot per serving – 700 Calories, 49g Fat, 43g Carbs, and 29g Freestyle Points, by using half of the Balsamic Pesto and half of the Cheese & Onions.

INGREDIENTS: Tomatoes, Cream, Arborio Rice, Yellow Onion, White Wine, Spinach, Feta, Asiago, Balsamic Vinegar, Brown Sugar, Vegetable Oil, Garlic, Parmesan, Lemon, Green Onion, Vegetable Stock, Almond, Miso, Oregano, Basil, Black Pepper.


meezmeals

1. Get Organized

Preheat the oven to 425. Place the **Grape Tomatoes** into a ziplock bag and seal tightly. Using your hands, squish the tomatoes until they burst.

2. Prepare the Risotto

Heat 1 Tbsp olive oil in a large oven-safe skillet over medium-high heat. When the oil is hot, add the **Arborio Rice** and stir until the rice is coated with oil. Cook until just starting to toast, about 1 minute. Add the **White Wine & Cream Sauce**, 1 cup of water, and the **Feta & Seasoned Onions** and stir well. Add the squished tomatoes and spread around the skillet. Turn the heat to high and bring to a boil and remove from the heat.

3. Bake the Risotto

Cover the skillet with an oven-safe lid and bake, undisturbed, until the rice is tender and the liquid has been absorbed, about 25 minutes. Remove from the oven and stir in the **Spinach**. Bake for an additional 5 minutes. Remove from the oven, uncover and allow to rest for 5 minutes before serving.

*The spinach
will wilt in the
hot risotto but
you may have
to add it in
batches.*

4. Put It All Together

Serve the risotto topped with the **Balsamic Pesto**. Enjoy!

Instructions for two servings.

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

Mediterranean Lemon Chai Salmon with Pearl Couscous

Back by popular demand, Meez's signature lemon chai dressing brings a sunny flavor to seared salmon. Served up with tomatoes, broccoli and pearl couscous, it's an easy dinner the whole family will love.

20 Minutes to the Table

20 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Saucepan
Shallow Pie Dish or
Plate
Large Skillet

FROM YOUR PANTRY

½ Cup of Flour
Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Couscous
Salmon
Broccoli
Lemon Chai Sauce
Feta Cheese

Make The Meal Your Own

If you're making the **carb conscious version** we sent you cauliflower "rice" instead of couscous, reducing the **carbs per serving to 31g**. Skip Steps 1 and 2. Prior to Step 3, heat 1 Tbsp olive oil in a large skillet. When the oil is hot, add the cauliflower and sauté until brown, 3 to 4 minutes. Serve in place of the couscous.

If you ordered the **gluten-free version**, we've sent you quinoa. Bring 2 ½ cups of water to a boil, and then add the quinoa and a dash of salt. Cover and lower the heat to a simmer. Cook for 12 to 15 minutes, until the grain looks spiraled. Fluff and let sit covered for 5 minutes.

Good To Know

If you want to test the doneness of the salmon, use a thermometer. You want the internal temperature to be at least 140 degrees. If you don't have a thermometer, you can cut the fish in half to check the doneness.

Health snapshot per serving – 940 Calories, 46g Fat, 53g Protein, 80g Carbs, 24 Freestyle Points

Lightened up snapshot - 660 Calories, 30g Fat, 51g Carbs,
14 Freestyle Points by using 1/2 of the couscous
AND ½ the sauce.

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



INGREDIENTS: Broccoli, Salmon, Couscous, Grape Tomatoes, Feta Cheese, Vegetable Oil, Lemon Juice, Green Onion, Brown Sugar, Garlic, Herbs and Spices

meez meals

1. Getting Organized

Put a saucepan of water on to boil.

2. Cook the Couscous

Salt the boiling water and add the **Couscous**. Cook 7 to 8 minutes until al dente. Drain and set aside.

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

3. Dredge and Cook the Salmon

While the couscous is cooking, pour ½ cup flour in a shallow pie pan or on a plate and add a generous pinch of salt and pepper. Coat the **Salmon** with the flour, making sure each fillet is covered.

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. Turn off the heat and let sit for 5 minutes. Remove from the pan and set aside.

If you want to check the doneness of the fish, use a thermometer (you're looking for 140 degrees or higher) or cut the fish in half.

4. Cook the Broccoli

Heat the same skillet that you used to cook the salmon over medium-high heat. (Don't wipe it out. You want all those bits of flavor.) Add the **Broccoli** and cook until bright green but still crisp, about 3 to 5 minutes. Add the **Lemon Chai Sauce** to the pan and cook until hot, about 1 minute.

Serve the couscous topped with salmon, broccoli and **Feta Cheese**. Enjoy!

Love this recipe? #meezmagic

Instructions for two servings.

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

Sweet & Sour Tofu Over Sesame Noodles

Sweet and Sour might be the world's favorite stir fry sauce. Soy, brown sugar, pineapple, and spices come together magically with seared peppers and onions, tofu and noodles, then serving it topped with caramelized pineapple. It's a delicious dinner we can't get enough of.

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

6 MEEZ CONTAINERS

Tofu
Pineapple Rings
Peppers &
Onions
Somen Noodles
Sweet & Sour
Sauce
Herbs & Sesame
Seeds

Add Protein Cooking Instructions

Integrate into recipe: Prior to step 2, cook the protein (per instructions below) and then slice into strips (*flake the salmon, leave shrimp whole*) and stir into the sauce in step 6.

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

For **Carb Conscious**, we sent you broccoli instead of noodles, reducing the total carbs to **35g per serving**. Before step 4, heat 1 Tbsp olive oil in a large skillet over high heat. When the oil is hot, add the broccoli and cook until it starts to char, about 2 to 3 minutes. Transfer directly to serving plates.

For **gluten-free**, cook rice noodles until tender, about 5 minutes, drain and rinse under cold water.

Health snapshot per serving – 621 Calories, 33g Protein, 14g Fat, 92g Carbs, 12 Freestyle Points.

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to view YouTube
cooking video**



INGREDIENTS: Tofu, Somen Noodles, Pineapple, Bell Peppers, Red Onion, Tomato, Ketchup, Sesame Seeds, Garlic, Basil, Mint, Red Wine Vinegar, Tamari, Brown Sugar.

meez meals

1. **Get Organized**

Bring a saucepan of water to boil with a few pinches of salt.

2. **Prepare the Tofu**

Heat 2 Tbsp of olive oil in the skillet over medium high heat. When the oil is hot, add the **Tofu** and cook until one side browns, about 3 to 4 minutes. Flip and cook until the other side is brown, an additional 3 to 4 minutes. Remove from the skillet and set aside. Do not wipe out the pan.

3. **Make the Pineapple Ring**

Pat dry the **Pineapple Rings**, then arrange in a single layer in the now empty skillet over medium high heat. Cook until the pineapple starts to brown and caramelize, about 3 minutes. Flip and cook until the other side starts to brown and caramelize, about another 2 minutes. (It is ok if ring breaks, you just want the pineapple to be seared on 2 sides.) Remove from the skillet and set aside. Do not wipe out the pan.

4. **Sauté the Veggies**

Turn the heat to high, add 1 Tbsp olive oil to the now empty skillet. When the oil is hot, add the **Peppers & Onions** with a light sprinkle of salt and pepper. Cook until the peppers start to char, about 2 to 3 minutes. Remove from the skillet and set aside. Do not wipe out the pan.

5. **Cook the Noodles**

Add the **Somen Noodles** to the boiling water and cook until al dente, about 3 minutes. Drain the noodles really well, return to the saucepan, and cover.

6. **Make the Sauce**

While the noodles are cooking, add the **Sweet & Sour Sauce** to the now empty skillet and bring it to a boil. Cook until the sauce starts to thicken and coats the back of a spoon, about 2 minutes. Stir in the tofu and the veggies and cook until they are warm, about 1 minute.

7. **Put It All Together**

Serve the tofu, veggies, and sauce over the noodles. Top with **Herbs & Sesame Seeds**, and cooked pineapple. 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.

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to view YouTube
cooking video**



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 *

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

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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 *

Golden Panko Fontina Stuffed Chicken

This dinner is all about crispy comfort with a fresh finish. Chicken breasts are stuffed with creamy fontina and spinach, rolled and coated in golden panko before roasting alongside tender broccoli. Finished with a squeeze of bright lemon, it's rich, satisfying, and perfectly balanced.

35 *Minutes to the Table*

15 *Minutes Hands On*

2 Whisks *Easy*

Getting Organized

EQUIPMENT

Large Skillet
Baking Sheet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper
Egg (1)

7 MEEZ CONTAINERS

Spinach
Seasoned Fontina
Cheese Sauce
Chicken Breast
Toothpicks
Panko Breading
Broccoli
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 – 660 Calories, 27g Fat, 53g Carbs, 62g Protein, and 12 Freestyle Points.

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

INGREDIENTS: Chicken Breasts, Broccoli, Spinach, Panko, Fontina, Cream Cheese, Parmesan, Cream, Garlic, Basil, Lemon, Onion Powder, Kosher Salt, Paprika, Thyme, Black Pepper.



1. Get Organized

Preheat the oven to 400. Line a baking sheet with parchment paper or lightly brush with oil.

2. Create the Cheesy Filling

Heat 1 Tbsp olive oil in a large skillet over medium-high heat. When the oil is hot, add the **Spinach** and cook until wilted, about 2 minutes. Turn off the heat and add the **Seasoned Fontina Cheese Sauce**. Stir until the cheese sauce is fully melted and combined with the spinach. Set aside still in the skillet until the next step.

3. Prepare the Chicken

Very loosely wrap each **Chicken Breast** in plastic 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 less than 1/4" thick and has at least doubled in size.

Unwrap the chicken and place on a cutting board with the wide end facing you (imagine a piece of paper in landscape mode.) Place half the spinach cheese mix down the middle of one of the chicken breasts lengthwise, then tightly roll away from your body, stuffing the cheese and spinach inside. Secure the stuffed breast with three of the **Toothpicks**. Repeat for each breast.

Spread the **Panko Breading** on a large plate. Whisk 1 egg in a small bowl. Dip each stuffed breast into the eggs and then the panko. Press additional panko into the chicken, especially on top, to make sure they are well coated on all sides.

4. Bake the Chicken and Broccoli

Place the breaded chicken breasts (with the toothpicks secure) on one half of the baking sheet. On the other half of the baking sheet, toss the **Broccoli** with olive oil, salt and pepper and arrange in a single layer. Bake until the breading is golden brown, the chicken is fully cooked, and the broccoli starts to char and is fork tender, about 20 to 25 minutes. Remove from the oven and let rest for at least 5 minutes, then remove the toothpicks.

5. Put It All Together

Serve roasted broccoli alongside the stuffed chicken and top with a squeeze of the **Lemon**. Enjoy!

If the broccoli finishes prior to the chicken being fully cooked, remove it from the baking sheet and transfer to serving plates.

Instructions for two servings.

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

Ricotta and Caramelized Onion Stuffed Steak

Steak gets restaurant treatment this week when stuffed with a rich ricotta and cream sauce and caramelized onions. Served over spinach with roasted broccoli and cauliflower on the side, it's a winner.

30 *Minutes to the Table*

25 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

- 2 Baking Sheets
- Large Skillet

FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper

5 MEEZ CONTAINERS

- Broccoli &
Cauliflower
- Steak
- Herby Ricotta Sauce
- Onions
- Spinach

Good to Know

Health snapshot per serving – 410 Calories, 40g Protein, 20g Fat, 23g Carbs, and 9 Freestyle Points.

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

INGREDIENTS: Steak, Cauliflower, Broccoli, Green Onion, Red Onion, Yellow Onion, Spinach, Cream, Ricotta, Cream Cheese, Mozzarella, Basil, Lemon Zest, Black Pepper, Oregano

meez *meals*

1. Get Organized

Preheat your oven to 400.

2. Roast the Broccoli & Cauliflower

Arrange the **Broccoli & Cauliflower** on a baking sheet, drizzle with olive oil, and sprinkle with salt and pepper. Toss and arrange in a single layer, then roast until they start to brown, about 18 to 20 minutes. Transfer directly to serving plates.

3. Sear and Slice the Steak

While the veggies are roasting, pat dry the **Steaks** and sprinkle with salt and pepper. Heat 1 Tbsp olive oil over high heat. When the oil is hot, sear the steaks for 1 minute on each side. Transfer the steak to a cutting board. Wipe out the skillet.

Once the steak has cooled a bit, make a lengthwise slice through the steak, leaving about ½" on the top and ½" on the bottom unsliced. You should be able to spread the sides of the steak so there is a large gap in the middle with the two sides of the steak connected at the top and bottom only. Transfer the steak to a second baking sheet for step 4.

4. Create the Filling and Finish the Steak

Heat 1 Tbsp olive oil in the now-empty steak skillet over medium heat. Add the **Onions** and cook, stirring occasionally, until caramelized, about 7 to 8 minutes. Turn off the heat and stir in the **Herby Ricotta Sauce**. Stuff as much of the onions and ricotta sauce as you can into the gap you created in step 3 and place the rest of it on top of the steak. Wipe out the skillet.

- **If you prefer your steak medium-rare**, bake for 4 minutes.
- **If you prefer your steak medium**, bake for 5 to 6 minutes.
- **If you prefer your steak medium-well or well done**, bake for 7 to 8 minutes.

5. Put It All Together

While the steak is finishing in the oven, heat 1 Tbsp olive oil in the now-empty onions and sauce skillet over medium-high heat. Add the **Spinach** and cook until wilted, about 2 to 3 minutes. Transfer directly to serving plates and when the steak is finished cooking, remove from the oven and place on top of the wilted spinach alongside the broccoli & cauliflower. Let the steak rest for 5 minutes and enjoy!

Instructions for two servings.

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

Carolina Pulled Pork & Cornbread

Carolina BBQ is an American classic. We're cooking up our version this week with pulled pork, seared green beans and toasted cornbread. With a drizzle of buttermilk ranch, it's a speedy dinner that's packed with flavor.

25 *Minutes to the Table*

20 *Minutes Hands On*

1 Whisks *Super Easy*

Getting Organized

EQUIPMENT

Baking Sheet
Large Skillet with a Cover

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Cornbread
Green Beans
Corn
Buttermilk Ranch Dressing
Pulled Pork
Carolina BBQ Sauce

Make The Meal Your Own

Carolina BBQ sauce is not spicy, if you want to add a kick, try a couple shakes of your favorite hot sauce.

Good to Know

Health snapshot per serving – 890 Calories, 39g Protein, 24g Fat, 134g Carbs, 30 Freestyle Point

Lightened Up Health snapshot per serving – 690 Calories, 36g Protein, 19g Fat, 99g Carbs, 22 Freestyle Point with two-thirds of the buttermilk ranch dressing, two-thirds of the BBQ Sauce and two-thirds of the cornbread.

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: Pulled Pork, Green Beans, Corn, Cornbread, Carolina BBQ Sauce, Buttermilk, Mayonnaise, Sour Cream, White Vinegar, Chives, Black Pepper, Garlic, Onion Powder, Parsley, Miso, Lemon.

meez meals

1. Toast the Cornbread

Cut the **Cornbread** into 1" cubes and arrange in a single layer on your toaster's baking sheet. Toast until it starts to brown on the edges, then transfer directly to serving plates.

If you don't have a toaster oven, bake the cornbread at 425 for 8 to 10 minutes.

2. Sear the Green Beans and Corn

While the cornbread is toasting, heat 1 Tbsp olive oil in a large skillet over high heat. When the oil is hot, add the **Green Beans** and cook, undisturbed until they char, about 2 minutes. Stir and cook for an additional minute. Remove from the heat and set aside until step 4. Do not wipe out the skillet.

Don't overcook the green beans. You want them to maintain their crunch.

Drain the **Corn** and add to the now-empty skillet over high heat. Cook, undisturbed, until the kernels start to char, about 2 minutes. Shake the skillet a bit to move the corn around and cook for an additional minute. Turn off the heat and add 3 Tbsp of the **Buttermilk Ranch Dressing** to the skillet. Stir gently until the corn is completely coated. Remove the creamy corn from the skillet and set aside until step 4. Wipe out the skillet.

3. Heat the Pulled Pork and Carolina BBQ Sauce

Return the now-empty skillet to the stove over low heat. Add the **Pulled Pork** and cook until it is warm, about 2 minutes. Add the **Carolina BBQ Sauce** and stir until the pork is completely coated in BBQ sauce. Cover and cook, stirring occasionally, for 8 minutes.

4. Put It All Together

Serve the pulled pork over the cornbread and topped with the creamy corn and seared green beans. Drizzle the additional Buttermilk Ranch Dressing over top. Enjoy!

Instructions for two servings.

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

Red Curry Chicken Scallion Dumplings & Bok Choy

Golden, pan-seared chicken scallion dumplings are the star of this colorful meal, paired with tender bok choy, cabbage, and snow peas in a rich Thai red curry sauce. Fresh cilantro, green onions, carrots, daikon radish, and crushed peanuts add brightness and crunch to every bite. Best of all, the entire meal comes together in a single pan for easy cleanup.

20 *Minutes to the Table*

20 *Minutes Hands On*

2 Whisks *Easy*

Getting Organized

EQUIPMENT

Large Skillet

FROM YOUR PANTRY

Olive Oil

Salt & Pepper

5 MEEZ CONTAINERS

Chicken Scallion Dumplings

Snow Peas, Cabbage & Bok Choy

Thai Red Curry Sauce

Carrots, Radish & Green Onion

Peanuts

Good to Know

Health snapshot per serving – 570 Calories, 31g Fat, 53g Carbs, 21g Protein, and 19 Freestyle Points.

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

INGREDIENTS: Chicken Scallion Dumplings, Coconut Milk, Bok Choy, Green Cabbage, Snow Peas, Peanut, Carrot, Daikon Radish, Green Onion, Yellow Curry, Garlic, Ginger, Lime, Brown Sugar, Basil, Fish Sauce, Cilantro, Red Curry.


meez *meals*

1. Sear the Dumplings

Heat 1 tbsp olive oil in a large skillet over medium high heat. When the oil is hot, arrange the **Chicken Scallion Dumplings** in a single layer with the flat side down. Cook until the bottoms start to sear, about 3 to 4 minutes.

Add ¼ cup water, cover and steam until dumplings are soft, about 2 to 3 minutes. Uncover and cook until the water has evaporated, an additional 2 to 3 minutes. Remove from the skillet and set aside until step 4. Wipe out the skillet.

2. Sauté the Vegetables

Heat 1 Tbsp olive oil in the now-empty skillet over medium-high heat. When the oil is hot, add the **Snow Peas, Cabbage & Bok Choy** with a sprinkle of salt and pepper. Cook until the cabbage and bok choy start to char and soften, about 5 to 6 minutes. Remove from the heat and set aside until step 4.

3. Create the Curry Sauce

Return the now-empty skillet to the stove over medium-high heat. Add the **Thai Red Curry Sauce** and bring to a boil. Reduce the heat to medium-low and simmer until the sauce has thickened enough to coat the back of a spoon, about 3 to 4 minutes. Add the seared dumplings to the skillet and cook for an additional 2 minutes. Remove from the heat.

4. Put It All Together

Serve the dumplings and sauce on top of the cooked vegetables followed by the **Carrots, Radish & Green Onion**. Using a mallet or bottom of a small saucepan, crush the **Peanuts** while still in the bag and sprinkle them over top. Enjoy!

Instructions for two servings.

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

Mozambican Yellow Curry Rice Bowl

A simple curry that's packed with flavor. We're mixing roasted broccoli and toasted chickpeas with a mellow southern African yellow curry that's perfect with hearty Himalayan red and brown rice.

35 *Minutes to the Table*

20 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Saucepan
Baking Sheet
Large Mixing Bowl

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Himalayan Red &
Brown Rice
African Curry Sauce
Broccoli
Seasoned
Chickpeas
Radish, Tomato &
Cucumber

Add Protein Cooking Instructions

Integrate into recipe: While the vegetables are roasting in step 4, cook the protein (per instructions below) and then slice into strips (*flake the salmon, leave shrimp whole*) and serve with the broccoli and chickpeas over the rice.

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 – 660 Calories, 15g Protein, 23g Fat, 103g Carbs, 22 Freestyle Points.

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



INGREDIENTS: Broccoli, Himalayan Red Rice, Brown Rice, Chickpeas, Daikon Radish, Red Radish, Tomato, Persian Cucumber, Coconut Milk, Mae Ploy, Golden Raisins, Vegetable Stock, Yellow Curry Powder, Garlic, Ginger, Cilantro, Cumin, Garam Masala.

meez *meals*

1. Get Organized

Bring a large saucepan of water to boil over high heat and preheat your oven to 400.

2. Cook the Rice and Sauce

Add the **Himalayan Red & Brown Rice** to the boiling water with a pinch of salt. Cook, uncovered, until tender, about 25 to 30 minutes. Drain the rice.

3. Warm the Sauce

While the rice is still in the colander, put the **African Curry Sauce** in the now-empty saucepan and bring to a boil. Turn off the heat and stir the drained rice into the sauce, then cover and set aside.

4. Roast the Chickpeas and Broccoli

While the rice is cooking, combine the **Broccoli** and **Seasoned Chickpeas** in a large mixing bowl. Toss with olive oil, salt, and pepper, then arrange in a single layer on a baking sheet. Cook until the broccoli is fork tender and chickpeas are golden brown, about 15 minutes.

5. Put It All Together

Serve the roasted chickpeas and broccoli over the curry rice. Top with the **Radish, Tomato & Cucumber** and enjoy!

*It doesn't
matter how
much water
you use in the
pot as long as
there is enough
to keep the rice
entirely
submerged
during cooking.*

Instructions for two servings.

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

Shrimp and Chorizo Paella

A classic Spanish paella. Rice cooked in a flavorful broth of coriander, oregano and paprika, mixed up with sautéed broccoli, cauliflower, shrimp, and chorizo. It's a taste of Spain that's perfect on a chilly night.

45 Minutes to the Table

20 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Large Oven-Safe Skillet

FROM YOUR PANTRY

Olive Oil

Salt & Pepper

6 MEEZ CONTAINERS

Chorizo

Shrimp

Broccoli & Cauliflower

Carrots, Onions &

Spices

Rice

Lime

Make The Meal Your Own

If you ordered the **Carb Conscious version**, we sent you diced zucchini & squash instead of the white rice, reducing the **carbs per serving to 23g**. Prior to step 3., heat 1 Tbsp olive oil in a large skillet over high heat. Sauté the zucchini & squash 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 4 and DO NOT add the water and only cook in the oven for 10 to 15 minutes (checking on the level of the liquid periodically).

Good To Know

The trick to this dish is to use a large skillet or frying pan that will be safe in the oven. The rice should fit in a thin layer so it can develop crusty bits on the bottom, which is our favorite part of paella.

Don't have an oven-safe skillet? Transfer the paella to a large casserole dish, instead.

Health snapshot per serving – 590 Calories, 41g Protein, 73g Carbs, 16g Fat, 16 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, Chorizo Sausage, Broccoli, Cauliflower, White Rice, Carrot, Onion, Tomato, Parsley, Garlic, Chili Powder, Coriander, Oregano, Fennel, Black Pepper, Turmeric, Paprika, Chicken Stock, Lime.

meez meals

1. Getting Organized

Preheat your oven to 375.

2. Cook the Chorizo and Shrimp

Heat a large, oven-safe skillet over medium high heat. When the pan is hot, add the **Chorizo** and break it up with a wooden spoon or spatula. Cook until it starts to brown, continuing to break the pieces apart, about 4 to 5 minutes. Use a slotted spoon to remove the chorizo, but not the juices, from the skillet and set aside. Do not wipe out the skillet.

Dry and lightly salt & pepper the **Shrimp**. Add them to the now-empty skillet over medium high heat. 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 allow to rest for five minutes, then cut each in half. Do not wipe out pan.

3. Sear the Broccoli & Cauliflower

Return the now-empty skillet to the stove over medium high heat and add the **Broccoli and Cauliflower**. Sauté until the vegetables are slightly soft and start to brown, about 4 to 5 minutes. (They will continue to cook in the oven) Remove from the skillet and set aside. Do not wipe out pan.

4. Prepare and Bake the Paella

Add the **Carrots, Onions & Spices** to the now-empty skillet over medium high heat and stir frequently until fragrant, about 2 minutes. Add the **Rice** and 2 cups of water, then bring to a boil. Add the seared broccoli & cauliflower and remove from the heat.

Cover and transfer the skillet to the oven and bake until the rice is tender and the water has been absorbed, about 30 minutes. Check the water level at 20 and 25 minutes. If it's been absorbed but the rice isn't fully cooked, add a little more water and continue cooking, uncovered, until the rice is tender. If the rice is tender but there is still liquid cook, uncovered, until it is absorbed.

5. Put It All Together

Remove from the oven, stir in the cooked chorizo and shrimp, cover, and let rest for 5 minutes. Transfer to serving bowls and squeeze the **Lime** over top. Be sure to include the crusty bits from the bottom of the pan. They are the key to a traditional paella. Enjoy!

If you don't have an oven safe skillet with a lid you can use a baking sheet or foil to cover the pan.

Resist the urge to stir the paella. Let it cook undisturbed.

Instructions for two servings.

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