

### *Sweet Asian BBQ Salmon*

**15 Min**  
to Table

**15 Min**  
Hands  
On

**1 Whisk**  
Super  
Easy

---

**Getting Started**

Heat 1 Tbsp olive oil in a large skillet.

---

**From Your Pantry**

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

---

### *Chicken Quesadillas with Green Enchilada Sauce*

**30 Min**  
to Table

**20 Min**  
Hands  
On

**1 Whisk**  
Super  
Easy

---

**Getting Started**

Preheat oven to 400.

---

**From Your Pantry**

You'll need olive oil, salt and pepper

# Quick Tips



---

### *Maui Salmon Rice Bowl*

**20 Min**  
to Table

**15 Min**  
Hands  
On

**1 Whisk**  
Super  
Easy

---

**Getting Started**

Put a saucepan of water on to boil.

---

**From Your Pantry**

You'll need olive oil.

---

### *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

---

### *Steak Vesuvio*

**25 Min**  
to Table

**35 Min**  
Hands  
On

**1 Whisk**  
Easy

---

**Getting Started**

Preheat your oven to 425.

---

**From Your Pantry**

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

## *Polenta Lasagna with Zucchini and Herby Ricotta*

|                           |                              |                                  |
|---------------------------|------------------------------|----------------------------------|
| <b>35 Min</b><br>to Table | <b>25 Min</b><br>Hands<br>On | <b>2 Whisks</b><br>Super<br>Easy |
|---------------------------|------------------------------|----------------------------------|

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

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

## *Shrimp and Gruyere Mac-n-Cheese*

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

**Getting Started** Put a saucepan of water on to boil and pre heat oven to 350.

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

## *Lemon-Chai Brussels Sprouts Over Pearl Couscous*

|                           |                              |                                 |
|---------------------------|------------------------------|---------------------------------|
| <b>20 Min</b><br>to Table | <b>10 Min</b><br>Hands<br>On | <b>1 Whisk</b><br>Super<br>Easy |
|---------------------------|------------------------------|---------------------------------|

**Omivore Option** Halibut tastes great with this recipe.

**Getting Started** Preheat your oven to 400 and boil some water.

## *Vegetarian Bi Bim Bap*

|                           |                              |                         |
|---------------------------|------------------------------|-------------------------|
| <b>40 Min</b><br>to Table | <b>30 Min</b><br>Hands<br>On | <b>2 Whisks</b><br>Easy |
|---------------------------|------------------------------|-------------------------|

**Meal Tip** Add the Gochujang to get your spicy just right.

**Getting Started** Preheat your oven to 425 and put a saucepan of water on to boil

**From Your Pantry** You'll need olive oil, salt, pepper and one egg per serving.

## *Farmers Market Soup*

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

**Getting Started** Toast your Fresh Roll.

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

## *Pulled Pork Birria Tacos*

|                           |                              |                         |
|---------------------------|------------------------------|-------------------------|
| <b>25 Min</b><br>to Table | <b>20 Min</b><br>Hands<br>On | <b>2 Whisks</b><br>Easy |
|---------------------------|------------------------------|-------------------------|

**Meal Tip** You may need to cook the tacos in batches.

**Getting Started** Bring the Birria Sauce to a boil

# Health Snapshot

| Recipe                                       | Calories | Protein<br>(grams) | Fat<br>(grams) | Carbs<br>(grams) | Fiber<br>(grams) | Sodium<br>(milligrams) | Sugar<br>(grams) | Smart<br>Points | Key Vitamins/Minerals<br>(% of rcmndd daily) |                   |
|--|----------|--------------------|----------------|------------------|------------------|------------------------|------------------|-----------------|--|-------------------|
| Ricotta and Caramelized Onions Stuffed Steak | 410      | 40                 | 20             | 23               | 6                | 280                    | 6                | 9               | 120%<br>Vitamin C                            | 60% Vitamin A     |
| Maui Salmon Rice Bowl                        | 530      | 40                 | 16             | 57               | 6                | 1540                   | 25               | 10              | 80% Vitamin D                                | 70% Iron          |
| Pulled Pork Birria Tacos                     | 970      | 64                 | 53             | 63<br>CC 39      | 13               | 1000                   | 13               | 29              | 80%<br>Calcium                               | 50% Vitamin A     |
| (use 2 tortillas, 2/3 of the cheese & salsa) | 730      |                    | 37             |                  |                  |                        |                  | 21              |  |                   |
| Sweet Asian BBQ Chicken                      | 660      | 51                 | 7              | 103              | 4                | 950                    | 69               | 19              | 107%<br>Vitamin B6                           | 20%<br>Vitamin C  |
| Shrimp & Gruyere Mac-n-Cheese                | 660      | 55                 | 28             | 45               | 3                | 802                    | 3                | 19              | 212%<br>Vitamin A                            | 92% Calcium       |
| (use 2/3's of the cheese)                    | 550      |                    | 19             |                  |                  |                        |                  | 15              |  |                   |
| Steak Vesuvio                                | 720      | 46                 | 43             | 41<br>CC 30      | 9                | 620                    | x                | 22              | 36%<br>Calcium                               | 162%<br>Vitamin A |
| (Use 1/2 the cheese and butter)              | 550      |                    | 39             |                  |                  |                        |                  | 15              |  |                   |
| Vegetarian Bi Bim Bop                        | 410      | 23                 | 14             | 51               | 8                | 636                    | x                | 12              | 221%<br>Vitamin A                            | 61% Vitamin C     |

# Health Snapshot

| Recipe  | Calories | Protein<br>(grams) | Fat<br>(grams) | Carbs<br>(grams) | Fiber<br>(grams) | Sodium<br>(milligrams) | Sugar<br>(grams) | Smart<br>Points | Key Vitamins/Minerals<br>(% of rcmndd daily) |               |
|---|----------|--------------------|----------------|------------------|------------------|------------------------|------------------|-----------------|--|---------------|
| Chicken Quesadillas with Green Enchilada Sauce (use 1/2 the tortillas and cheese) | 980      | 71                 | 35             | 93<br>CC 38      | 9                | 1530                   | 10               | 30              | 42% Calcium                                  | 44% Iron      |
|   | 680      |                    | 24             |                  |                  |                        |                  | 14              |  |               |
| Lemon-Chai Brussels Sprouts Over Pearl Couscous (½ cheese, nuts and vinaigrette)  | 865      | 19                 | 7              | 44               | 10               | 518                    | 7                | 29              | 34% Vitamin A                                | 41% Folate    |
|   | 515      |                    | 37             |                  |                  |                        |                  | 17              |  |               |
| Polenta Lasagna with Zucchini and Herby Ricotta                                   | 590      | 22                 | 37             | 49               | 6                | 1910                   | 13               | 20              | 90% Iron                                     | 45% Calcium   |
| Farmers Market Soup   | 430      | 18                 | 4              | 86<br>CC 38      | 7                | 60                     | 16               | 10              | 24% Potassium                                | 14% Iron      |
| 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<br>(grams) | Fat<br>(grams) | Carbs<br>(grams) | Fiber<br>(grams) | Sodium<br>(milligrams) | Sugar<br>(grams) | Smart<br>Points | Key Vitamins/Minerals<br>(% of rcmndd daily) |               |
|--------------------------|----------|--------------------|----------------|------------------|------------------|------------------------|------------------|-----------------|--|---------------|
| Molten Chocolate Cake    | 520      | 7                  | 31             | 54               | 3                | 360                    |                  | 28              | 30% Iron                                     | 4% Vitamin A  |
| Flourless Chocolate Cake | 370      | 5                  | 16             | 32               | 2                | 130                    | 18               | 18              | 20% Iron                                     | 10% Vitamin A |
| THE Carrot Cake          | 540      | 6                  | 34             | 49               | 2                | 440                    | 36               | 13              | 6% Vitamin C                                 | 6% Calcium    |
| 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.*

# 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 \***

# Maui Salmon Rice Bowl

Meez's version of a poke bowl, it's fast, filling, and a flavor sensation. We're making ours with a teriyaki and pineapple sauce that's a perfect match for seared salmon, edamame and crunchy fresh veggies.

**20** *Minutes to the Table*

**15** *Minutes Hands On*

**1 Whisk** *Super Easy*

## Getting Organized

### EQUIPMENT

- Large Skillet
- Saucepan

### FROM YOUR PANTRY

- Olive Oil

### 6 MEEZ CONTAINERS

- Jasmine Rice
- Green Onions
- Salmon
- Pineapple Teriyaki
- Cucumber, Edamame &  
Shredded Veggies
- Sesame Seeds

## Good To Know

If you ordered the **Carb Conscious version** we sent you zucchini noodles instead of jasmine rice. Skip step 1. Heat 1 Tbsp olive oil in a large skillet. When the oil is hot, add the zucchini and sear for 2 minutes, then stir in half of the Green Onions & Sesame Seeds as in step 2.

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

**Health snapshot per serving** – 530 Calories, 16g Fat, 57g Carbs, 40g Protein and 10 Freestyle Points.

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

INGREDIENTS: Salmon, Jasmine Rice, Cucumber, Edamame, Green Onion Carrot, Red Cabbage, Tamari, Pineapple, Ginger, Garlic, Cilantro, Sesame Oil, Black Sesame Seeds, Toasted Sesame Seeds, Lime

**meez***meals*



### 1. **Get Ready**

Bring a saucepan of water to a boil.

### 2. **Cook the Rice**

Add the **Jasmine Rice** to the boiling water and cook until tender, about 12 to 15 minutes. Drain well and return to the saucepan. Stir in half the **Green Onions** then cover and set aside.

### 3. **Cook the Salmon**

While the rice is cooking, heat 1 Tbsp olive oil in a large skillet over medium-high heat. Dry the **Salmon** with a paper towel. When the oil is hot, add the salmon and cook until it turns brown, about 3 minutes. Flip the salmon and add the **Pineapple Teriyaki** sauce. Continue cooking, spooning the sauce on top of the salmon frequently, until the sauce is thick enough to coat the back of a spoon, about 4 additional minutes.

### 4. **Put It All Together**

Serve the salmon and **Cucumber, Edamame & Shredded Veggies** alongside each other and on top of the rice (poke bowl style). Drizzle the entire dish with the Pineapple Teriyaki sauce still left in the skillet, and sprinkle with the remaining green onions and the **Sesame Seeds**. Enjoy!

# Pulled Pork Birria Tacos

Everywhere we go people are talking about Birria Tacos. Imagine tender, slightly sweet, savory, super delicious Mexican pulled pork served in a freshly marinated corn tortilla and lots of melty cheese. It's messy and totally addictive. We're serving our version with a jicama salsa for a 30-minute fan-favorite dinner.

**25** *Minutes to the Table*

**20** *Minutes Hands On*

**2 Whisks** *Easy*

## Getting Organized

### EQUIPMENT

Large Saucepan  
Large Skillet  
Tongs

### 6 MEEZ CONTAINERS

Birria Sauce  
Pulled Pork  
Corn Tortillas  
Cheese & Cilantro  
Lime  
Jicama Salsa

## Good To Know

If you ordered the **Carb Conscious version** we sent you Romaine Lettuce instead of tortillas, lowering the **carbs per serving to 38g**. Skip step 2 and top the chopped romaine lettuce with the pulled pork, cheese, and the jicama salad.

**Health snapshot per serving** – 900 calories, 58g Protein, 54g Fat, 62g Carbs, 28 Freestyle Points using half the cheese and half the sauce.

**Lightened Up Health snapshot per serving** –680 calories, 39g Fat, 49g Carbs, 20 Freestyle Points by using 2 tortillas per serving, two-thirds of the cheese & cilantro and two-thirds of the jicama salsa.

**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: Corn Tortilla, Pulled Pork, Red Peppers, Jicama, Tomato, Red Onion, Radish, Chihuahua, Monterey Jack, Queso Fresco, Sour Cream, Jicama, Ancho Chiles, Cilantro, Garlic, Apple Cider Vinegar, Chipotles in Adobo, Vegetable Oil, Beef Au Jus, Lime.

meez *meals*

### 1. Prepare the Sauce and Tortillas

Bring the **Birria Sauce** to a boil in a large saucepan over high heat. Once boiling, lower the heat to medium-low.

Using tongs, dip each of the **Corn Tortilla** into the sauce and coat both sides evenly. Set aside on a plate until step 2.

Add the **Pulled Pork** to the saucepan, cover and cook on a low boil until the pork begins to fall apart, about 7 to 8 minutes.

### 2. Make the Tacos

Heat a large skillet over medium-high heat. Lay the coated tortillas flat in the hot skillet (you may need to work in batches.)

Cook until one side begins to crisp, about one minute. Flip the tortillas and add a single layer of **Cheese & Cilantro**, edge-to-edge, to each. Cook until the cheese begins to melt.

Use the tongs to place the pulled pork (letting any excess sauce drip off) so that you cover half of the tortilla. Fold the tortilla over the meat forming a taco and cook until the bottom of shell is crispy, about 30 seconds. Flip the taco over to crisp the other side and completely melt the cheese, about 30 seconds longer. Transfer directly to serving plates. Repeat for each taco.

### 3. Put it All Together

Squeeze the **Lime** over the **Jicama Salsa** and serve alongside the tacos. Enjoy!

*You may need to cook the tacos in batches. The key is not to crowd them.*

*If you have some birria sauce remaining in the saucepan, transfer it to a bowl and use it for dipping the tacos into.*

Instructions for two servings.

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

# Sweet Asian BBQ Chicken

Our test kitchen couldn't get enough of this sweet Asian BBQ sauce. With mae ploy sauce, tamari, honey and ginger, it's addictive. We're serving it with all-natural chicken breast, fresh green beans, and served over Yaki Soba Noodles. Yum!

**20** Minutes to the Table

**20** Minutes Hands On

**1 Whisk** *Super Easy*

## Getting Organized

### EQUIPMENT

Large Skillet  
Saucepan

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### 5 MEEZ CONTAINERS

Yaki Soba Noodles  
Green Beans  
Chicken Breasts  
Sweet Asian BBQ Sauce  
Herbs & Sesame Seeds

## 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, 7g Fat, 103g Carbs, 51g Protein and 19 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, Green Beans, Yaki Soba Noodles, Mae Ploy, Brown Sugar, Tamari, Honey, Green Cilantro, Onion, Ginger, Garlic, Sesame Seed, Basil, Crushed Red Pepper

*meez*meals

### 1. Cook the Noodles

Bring a large saucepan of water to boil. Add the **Yaki Soba Noodles** to the boiling water with a few pinches of salt and cook until al dente, about 3 minutes. Drain the noodles and set aside until step 4.

### 2. Char the Green Beans

Heat 1 Tbsp olive oil in a large skillet over high heat. When the oil is hot, add the **Green Beans** in a single layer with a sprinkle of salt and pepper. Cook, undisturbed until they start to char, about 2 to 3 minutes. Stir and cook for an additional 1 to 2 minutes. Remove from the skillet and transfer to serving plates. Wipe out the skillet.

### 3. Cook the Chicken

Return the now empty skillet to the stove over medium high heat and add 1½ Tbsp of olive oil. Pat dry and generously salt and pepper the **Chicken Breasts** on both sides. When the oil is hot, add the chicken and cook until the bottom is brown, about 4 to 5 minutes. Flip and add the **Sweet Asian BBQ Sauce**. Cook until the sauce thickens enough to coat the back of a spoon, about 5 additional minutes. While it cooks, spoon the sauce on top of the chicken consistently so it does not burn.

### 4. Put It All Together

Place the noodles next to the green beans on serving plates. Top the noodles with the chicken and drizzle a bit of sauce from the pan over top. Sprinkle the entire dish with the **Herbs & Sesame Seeds**. Enjoy!

# Shrimp & Gruyere Mac-n-Cheese

Definitely not your mother's Mac & Cheese. We've cooked up a recipe that's healthier and more delicious than the American classic. It all starts with a creamy gruyere and white cheddar cheese sauce that's a perfect complement to sautéed shrimp, kale and tri-colored rotini. Topped with crunchy breadcrumbs, it's a speedy dinner that tastes out of this world.

**30** Minutes to the Table

**20** Minutes Hands On

**1 Whisks** *Super Easy*

## Getting Organized

### EQUIPMENT

Large Saucepan  
Casserole Dish

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper  
Butter (½ Tbsp per serving)  
Milk (1/8 cup per serving)

### 5 MEEZ CONTAINERS

Tri-Colored Rotini  
Kale  
Shrimp  
Cheese & Spices  
Breadcrumbs

## 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** – 660 Calories, 55g Protein, 28g Fat, 19 Smart Points

**Lighten Up snap shot per serving** – 550 Calories, 47g Protein, 19g Fat, 15 Smart Points using 2/3 of the 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: Shrimp, Kale, Rotini, Gruyere, Cheddar, Parmesan, Panko Breadcrumbs, Garlic, Onion, Black Pepper, Paprika

*meez* meals

### 1. Getting Organized

Pre heat oven to 350 and put a saucepan of water, with a pinch of salt, to boil.

### 2. Cook the Pasta and Kale

Add the **Tri-Colored Rotini** to the boiling water. Cook for 5 minutes then add the **Kale** to the boiling water and continue cooking until the pasta is al dente, about 3 to 4 additional minutes. When done, drain both the rotini and kale well and set aside.

### 3. Sauté the Shrimp

Pat the **Shrimp** dry with a paper towel and cut each piece in half. Lightly salt and pepper.

Wipe out the saucepan used to cook the pasta and kale and heat 1 Tbsp olive oil and 1 Tbsp butter over high heat. When the butter has melted add the shrimp and cook for a minute on each side until they are opaque and no longer grey in color. Remove the shrimp from saucepan and set aside with rotini and kale. Don't wipe out the saucepan.

### 4. Create the Cheese Sauce and Combine

Turn the heat to low and add ¼ cup of milk and half of the **Cheese & Spices** and stir until the cheese melts. Add the cooked rotini, kale, and shrimp and mix well, then remove from the heat.

### 5. Bake & Serve

Transfer the contents of the saucepan to an oven-safe casserole dish. Top with the remaining cheese and then the **Breadcrumbs**. Bake until the breadcrumbs are just starting to brown, about 8 to 10 minutes, then turn the oven to broil and cook (watching them the entire time so they don't burn) until the top is golden brown, and the breadcrumbs appear crunchy, about 1 to 2 more minutes.

Remove from the oven and let rest for at least 5 minutes. Enjoy!

*After plating  
the mac-n-  
cheese, spoon  
any extra  
cheese sauce  
at the bottom  
of the  
casserole dish  
on top.*

Instructions for two servings.

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

# Steak Vesuvio

Vesuvio is a Chicago classic. We're serving it up with a Meez twist using steak smothered in lemon-butter sauce with Italian spices, roasted carrots and cheesy smashed potatoes. It's a restaurant-worthy dinner that's on your table in a flash.

**35** Minutes to the Table

**25** Minutes Hands On

**1 Whisk** Super Easy

## Getting Organized

### EQUIPMENT

Baking Sheet  
Large Skillet

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper  
Butter (1 Tbsp/svg.)

### MEEZ CONTAINERS

Red Potatoes  
Carrots  
Cheesy Sour Cream  
Steak  
Lemon  
Seasoned Onions &  
Capers

## Good To Know

If you ordered the **Carb Conscious version**, we sent cauliflower instead of the red potatoes, reducing the **carbs per serving to 30g**. In Step 2, Roast the Carrots for 10 minutes, then, while you are turning the baking sheet, add the cauliflower with oil and pepper. Roast until fork tender, an additional 15 minutes. Use the roasted cauliflower in place of the potatoes at the end of step 2.

**Health snapshot per serving** 720 Calories, 46g Protein, 41g Carbs, 43g Fat, 22 Freestyle Points

**Lightened-up health snapshot per serving:** 550 Calories, 39g Carbs, 27g Fat, 15 Freestyle Points by using half the cheese and half the butter

**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, Red Potatoes, Carrots, Sour Cream, Gouda, White Cheddar, Butter, Yellow Onion, Garlic, Capers, Basil, Parsley, Chives, Savory, Oregano, Lemon, Black Pepper

*meez* meals



## 1. Get Organized

Preheat the oven to 425 degrees. Spray or brush a baking sheet with olive oil.

## 2. Roast the Carrots and Potatoes

Cut the **Red Potatoes** in half and place, cut-side-down on the oiled baking sheet. Group them on one half of the baking sheet, then arrange the **Carrots** on the other half. (If they don't fit in a single layer, use a second sheet). Lightly drizzle everything with a little olive oil, salt and pepper.

Roast the vegetables until the carrots are a deep, charred color and the potatoes are soft and brown, about 25 minutes, rotating the sheet halfway through cooking and stirring the carrots.

Remove from the oven and then immediately use the flat bottom of a measuring cup or pot to squash the potatoes to about ½" to ¾" thickness while they are still on the baking sheet. Top with the **Cheesy Sour Cream**, then set aside until step 5.

## 3. Cook the Steak

When the potatoes are about half-way through baking, heat 1 Tbsp olive oil a skillet over high heat. While the oil is heating, pat the **Steak** dry with a towel and season generously with salt and pepper (we recommend ½ tsp of each). 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. Wipe out the skillet.

## 4. Make the Vesuvio Sauce

While the steaks are resting, return the now-empty skillet to the stove over low heat. Slice the **Lemon** in half and place in the skillet, cut side down and add 2 Tbsp of butter. Once the butter has melted, add the **Seasoned Onions & Capers** and cook, stirring continuously, until the onions become translucent, about 2 to 3 minutes.

## 5. Put It All Together

Top the sliced steak with the Vesuvio sauce and a squeeze of lemon. Serve alongside the smashed potatoes and Carrots. Enjoy!

*It is important  
the potatoes  
are right out  
of the oven  
when you  
smash and top  
them. You  
need the heat  
to melt the  
cheese.*

*Cook on low  
heat so the  
garlic won't  
burn and  
become  
bitter.*

Instructions for two servings.

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

# Vegetarian Bi Bim Bap

Fresh from your own kitchen, "Bee-Bim-Bop", which means "mix-mix rice" is a classic Korean dish. We have created a vegetarian version with tofu, jasmine rice, spinach, mushrooms, beets, and parsnips. Get ready for some fun!

**40** Minutes to the Table

**30** Minutes Hands On

**2 Whisk** Easy

## Getting Organized

### EQUIPMENT

Large Skillet  
Small Skillet  
(optional)  
Baking Sheet

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper  
Egg (1 per serving)

### 7 MEEZ CONTAINERS

Jasmine Rice  
Tofu  
Spinach  
Mushrooms  
Beets & Parsnips  
Bibimbap Sauce  
Gochujang

## Make The Meal Your Own

**Integrate into recipe:** Prior to step 4, cook the protein (per instructions below) and then slice into strips (*flake the salmon, leave shrimp whole*) and serve on top the Bi Bim Bop with the vegetables.

**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

**Traditional Bibimbap is finished with a sunny-side-up egg** with a runny yolk. This is a delicious part of the dish, but women who are pregnant and others may want to cook their eggs until the yolk is cooked.

**Health snapshot per serving** – 410 Calories, 14g Fat, 23g Protein, 51g Carbs, 12 Smart Points

**Gluten Free?** You received Sriracha sauce because the Gochujang contains wheat.

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



INGREDIENTS: Organic Tofu, Jasmine Rice, Mushroom, Spinach, Beets, Parsnips, Tamari, Mirin, Garlic, Ginger, Gochujang, Sesame Seed, Sesame Oil

*meez* meals

1. **Get Organized**

Bring water to a boil in a large saucepan. Preheat oven to 425.

2. **Cook the Rice**

Add the **Jasmine Rice** to the boiling water with a pinch of salt and boil uncovered until desired texture, about 12 to 15 minutes. Remove from heat, drain, return rice to pot and set aside.

3. **Cook Veggies and Mushrooms**

While the rice is cooking, arrange the **Beets and Parsnips** in a flat layer on a baking sheet. Also place the **Mushrooms** on the same baking sheet, keeping the mushrooms separate from the beets and parsnips. Drizzle all very lightly with olive oil & lightly salt. Bake for 5-6 minutes, stirring the veggies and the mushrooms half-way through (but not mixing them together). Cook for another 5- minutes until veggies are slightly brown and crispy.

4. **Cook the Tofu and Spinach**

After the veggies and mushrooms are done cooking, heat 1 Tbsp of oil in a skillet over medium high heat. When the skillet is very hot, add the **Tofu**. Cook for 2-3 minutes, remove the tofu from the pan, and set aside.

In the now empty skillet, add the **Spinach**, sauté for 1-2 minutes until wilted, and set aside.

5. **Arrange the Bibimbap Bowl**

In a medium sized bowl, place half the rice at the bottom and arrange half the beets and parsnips, mushrooms, spinach, and tofu clockwise around the bowl (leaving a space in the middle for the egg). Drizzle all the components with **Bibimbap Sauce** (thinner brown sauce) and repeat for each serving.

6. **Make the Egg and Enjoy!**

Crack one egg in the skillet over medium-high heat and cook until the white is opaque and the yolk has set, about 1 to 2 minutes. Salt and pepper to taste and place in the center of the Bibimbap bowl. Repeat with one egg for each serving.

Serve the spicy **Gochujang** (thicker red sauce) on the side to use as desired.

*Use enough water to cover rice completely.*

*Keep the mushrooms and veggies separate from each other.*

*Each family member can mix the delicious Gochujang in to their dish depending on how much they enjoy spicy food.*

# Chicken Quesadillas with Green Enchilada Sauce

Our chicken quesadillas are loaded with black beans, corn and Chihuahua cheese for filling meal that's magic with our mild, creamy, green enchilada sauce. It's a speedy dinner the whole family will love.

**30** Minutes to the Table

**20** Minutes Hands On

**1 Whisks** Super Easy

## Getting Organized

### EQUIPMENT

Baking Sheet  
Large Skillet  
Mixing Bowl

### FROM YOUR PANTRY

Olive Oil  
Salt/pepper

### MEEZ CONTAINERS

Chicken Breast  
Green Enchilada  
Sauce  
Flour Tortillas  
Mexican Cheese  
Bean, Corn &  
Tomatoes

## Good to Know

If you ordered the **carb conscious version**, we sent cauliflower "rice" instead of the tortillas, reducing the **carbs per serving to 38g**. Prior to step 3, heat 1 Tbsp olive oil in a large skillet over high heat. When the oil is hot, add the cauliflower "rice" and cook until it starts to brown, about 2 to 3 minutes. Transfer the cooked cauliflower directly serving bowls. Spray or brush an oven-safe casserole dish with oil and layer the coated chicken, bean, corn & tomatoes and Mexican cheese in the dish. Bake for 10 to 12 minutes until the cheese is melted and ingredients are hot. Transfer to the serving bowls with the cauliflower "rice" and top with the remaining green enchilada sauce. Enjoy your Mexican Chicken Cauliflower "Rice" Bowl!

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

**Health Snapshot per Serving** 980 Calories, 71g Protein, 35g Fat, 93g Carbs, 30 Freestyle Points

**Lightened Up Health Snapshot per Serving** 680 Calories, 24g Fat, 58g Carbs, and 14 Freestyle Points, using half the tortillas and half the cheese.

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



**INGREDIENTS** Chicken Breast, Flour Tortillas, Yellow Onion, Red Onion, Tomatoes, Black Beans, Corn, Chihuahua Cheese, Monterey Jack, Green Enchilada Sauce, Garlic, Sour Cream, Cilantro, Parsley, Sugar, Lime, Cumin, Kosher Salt, Black Pepper, Coriander, Oregano.

*meez* meals

## 1. Get Organized

Preheat your oven to 400.

## 2. Cook the Chicken

Pat dry the **Chicken Breast** 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 3 to 4 minutes. Turn the chicken and cook for another 3 to 4 minutes, until the other side is brown as well.

Transfer the chicken to a cutting board and let rest for 5 minutes. Once the chicken has rested, hold the chicken in place with one fork and use a second fork to shred the chicken (into pieces typical of the size used in chicken soup). Combine the shredded chicken with half the **Green Enchilada Sauce** in a mixing bowl and stir until the chicken is well coated. Set aside.

## 3. Build and Bake the Quesadilla

Spray or brush a large baking sheet with olive oil. Take one **Flour Tortilla** and wipe it through the oil to coat one side. Repeat for the other tortilla, leaving them both on the baking sheet, oiled sides down. Drain any liquid from the **Bean, Corn & Tomatoes** package.

Sprinkle one-quarter of the **Mexican Cheese** on half of the first tortilla, then spread half of the Bean, Corn, & Tomatoes over the cheese, followed by half the shredded chicken and sauce. Sprinkle another one-quarter of the cheese on top, fold the tortilla over, and press down to keep it closed. Repeat for the second tortilla.

Bake until the quesadillas top is golden brown, about 6 to 8 minutes. Flip and cook until the other side is also brown, another 3 to 5 minutes. Remove from the oven.

## 4. Put It All Together

Top with the remaining enchilada sauce and enjoy!

Instructions for two servings.

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

# Lemon Chai Brussels Sprouts Over Pearl Couscous

We crave the sunny flavors of the Mediterranean this time of year. One bite of this gem, and we were transported. The magic comes from lemon-chai vinaigrette, which has a depth of flavor that pairs perfectly with crispy Brussels sprouts. We're serving it over pearl couscous with feta and walnuts.

20 Minutes to the Table

10 Minutes Hands On

1 Whisk *Super Easy*

## Getting Organized

### EQUIPMENT

Rimmed  
Baking Sheet  
Saucepan

### FROM YOUR

### PANTRY

Olive Oil  
Salt & Pepper

### 5 MEEZ

### CONTAINERS

Brussels Sprouts  
Couscous  
Lemon Chai  
Vinaigrette  
Feta Cheese  
Walnuts

## Make The Meal Your Own

**Integrate into recipe:** While the brussels sprouts are roasting in step 2, cook the protein (per instructions below) and then slice into strips (*shred the chicken, flake the salmon, leave shrimp whole*) and serve on top of the couscous before topping with the Feta and Walnuts.

**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

This meal is low in carbs but to turn it into a fully **Carb Conscious version with only 24g of carbs per serving**, use half the couscous. **If you're making the vegan version**, we're skipping the feta. Add an extra pinch of salt. **If you're making the gluten-free version**, bring 2.5 cups of water to a boil, 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 blooms and most of the liquid is absorbed. Fluff it up and let it sit covered for 5 minutes more.

**Health snapshot per serving** – 865 Calories, 19g Protein, 10g Fiber, 44g Carbs, 29 Smart Points

**Lightened up snapshot** – 515 Calories, 37g Fat and 17 Smart Points with ½ the cheese, nuts and vinaigrette.

SCAN QR CODE  
to view YouTube  
cooking video



INGREDIENTS: Brussels Sprouts, Couscous, Feta Cheese, Vegetable Oil, Walnuts, Lemon, Green Onions, Brown Sugar, Garlic, Herbs & Spices

*meez* meals

### 1. **Get Organized**

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

### 2. **Roast the Brussels Sprouts**

Put the **Brussels Sprouts** on to a rimmed baking sheet and drizzle with olive oil, salt and pepper. Toss well, then arrange in a single layer and bake until brown and crispy, 12 to 15 minutes.

### 3. **Cook the Couscous**

While the sprouts are cooking, salt your boiling water generously and add the **Couscous**. Cook until al dente, 5 to 10 minutes. Drain, return to the saucepan and set aside until the sprouts are done cooking.

### 4. **Put It All Together**

When the sprouts are done, add them to the saucepan with the couscous and stir in the **Lemon-Chai Vinaigrette**. Heat over medium until warm throughout, about 2 minutes.

Top with the **Feta Cheese** and **Walnuts** and enjoy!

*Love this recipe? #meezmagic*

Instructions for two servings.

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

# Polenta Lasagna with Zucchini & Herby Ricotta

We're bringing two of Italy's favorites together in this cozy dinner. With creamy polenta in place of noodles, plenty of sautéed veggies, and a delicate marina, this dinner is a winner.

**35** *Minutes to the Table*

**25** *Minutes Hands On*

**2 Whisk** *Easy*

## Getting Organized

### EQUIPMENT

Large Skillet  
Medium Saucepan  
Casserole Dish

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper  
Butter (1Tbsp per svg)

### 5 MEEZ CONTAINERS

Zucchini, Tomato &  
Onion  
Polenta  
Herby Ricotta Sauce  
Shredded Italian  
Cheeses  
Marinara Sauce

## Add Protein Cooking Instructions

**Integrate into recipe:** While the lasagna is in the oven in step 4, cook the protein (per instructions below) and serve alongside the lasagna.

**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** – 590 Calories, 22g Protein, 37g Fat, 49g Carbs, 20 Freestyle Points

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

INGREDIENTS: Tomato, Zucchini, Polenta, Cream, Yellow Onion, Yellow Pepper, Ricotta, Mozzarella, Provolone, Red Onion, Pecorino Romano, Basil, Parmesan, Kosher Salt, Olive Oil, Sugar, Tomato Paste, Oregano, Black Pepper, Fennel

meez *meals*



### 1. Getting Started

Preheat your oven to 425 degrees. Spray or lightly brush a large casserole dish with oil.

### 2. Sauté the Veggies

Heat 1 Tbsp olive oil in a large skillet over medium-high heat. Add the **Zucchini, Tomato & Onion** and cook until the zucchini starts to char, about 5 to 6 minutes. Remove from the heat and set aside.

### 3. Cook the Polenta

Add 1¾ cups water to a saucepan and bring to a boil. Slowly whisk the **Polenta** into the boiling water and continue whisking the mixture until there are no clumps, about 1 minute. Reduce the heat to medium and add 2 Tbsp butter and a sprinkle of salt & pepper. Stir until the butter melts and remove from the heat.

### 4. Bake the Lasagna

Spread half of the cooked polenta in an even layer on the bottom of your casserole dish. Spread half of the **Herby Ricotta Sauce** (the liquid sauce that is white) over the polenta, then all of the sautéed veggies. Top with the remaining polenta, remaining herby ricotta sauce, and finally the **Shredded Italian Cheeses**. Bake until the cheese starts to brown, about 15 minutes. Remove from the oven and let rest for at least 5 minutes.

### 5. Put it all Together

While the lasagna is baking, wipe out the now-empty saucepan and return to the stove over medium heat. Add the **Marinara Sauce** and cook until it begins to bubble, then lower the heat to low and simmer until the lasagna is ready to serve. Top the lasagna with a generous helping of marinara and enjoy!

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

*You may have heard polenta takes hours to cook. We're using a quick-cook version this week.*

Instructions for two servings.

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

# Farmers Market Soup

Imagine all the best fresh produce from your local Farmers Market combined in a delicious soup. Seared green beans, sautéed summer squash, carrots, onions, tomatoes, plenty of tarragon, and a toasted roll on the side will make this soup your new favorite.

**25** Minutes to the Table

**25** Minutes Hands On

**1 Whisk** Super-Easy

## Getting Organized

### EQUIPMENT

Large Saucepan

### FROM YOUR PANTRY

Olive Oil

Salt and Pepper

### 6 MEEZ CONTAINERS

Fresh Roll

Green Beans

Mire Poix

Grape Tomatoes

Tomato Broth

Starter

Zucchini & Squash

## Add Protein 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 soup in Step 4.

**Cook protein:** Lightly sprinkle the protein with salt & pepper. Heat a large skillet with 1-2 Tbsp olive oil on medium-high heat (*high for steak.*) When the oil is hot, cook the protein until the: CHICKEN is crisp and brown, about 4 to 5 minutes per side. Let rest for 5 minutes.

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

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

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

## Good to Know

If you ordered the **Carb Conscious version** we sent you Tri-Color Chips instead of the Fresh Roll, reducing the **carbs per serving to 37g**.

**Health snapshot per serving** – 430 Calories, 18g Protein, 4g Fat, 86g Carbs.

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

INGREDIENTS: Green beans, Zucchini, Yellow Squash, Fresh Roll, Tomato, Carrot, Onion, Celery, Vegetable Stock, Apple, Tarragon, White Pepper,

meezmeals

### 1. Toast the Bread

Heat a large saucepan over medium-high heat. Slice the **Fresh Roll** in half and brush with olive oil or butter. Place the roll in the saucepan cut-side-down and cook until the cut-side turns golden brown, about 1 to 2 minutes. Remove from the pan and set aside until step 4.

### 2. Cook the Veggies

Return the now-empty saucepan to the stove over medium-high heat and add 1 Tbsp olive oil. Add the **Green Beans** with a sprinkle of salt and pepper and cook, undisturbed, until they have a slight char, about 3 minutes. Remove from the pan and set aside until step 4.

Add an additional ½ Tbsp olive oil, the **Mire Poix** (carrots, onions, and celery) and a sprinkle of salt and pepper to the saucepan. Cook until the onions soften, about 2 to 3 minutes.

Transfer the **Grape Tomatoes** to a zip lock bag and squish each one. Pour the contents of the zip lock bag into the saucepan and cook until softened, about 3 minutes.

### 3. Finish the Soup Broth

Turn the heat to high and add the **Tomato Broth Starter** (the reddish liquid) and 1 cup of water. Bring to a boil, then lower the heat to medium low. Cover and continue simmering for 8 minutes. Turn the heat to medium and add the **Zucchini & Squash** and cook until they are fork tender, about 2 to 3 minutes. Remove from the heat.

### 4. Put It All Together

Add the seared green beans to the soup and serve alongside the toasted rolls. Enjoy!

Instructions for two servings.

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