

*Chile-Lime Salmon
with Street Corn Elote*

10 Min
to Table

25 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.

Grilled Halloumi Gyros

10 Min
to Table

10 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Prepare the Broccoli & Zucchini Slaw.

From Your Pantry

You'll need olive oil, salt and pepper.

Quick Tips



Queso Fiesta Casserole

45 Min
to Table

10 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.

Ultimate Steak French Dip

30 Min
to Table

30 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Preheat the oven to 425.

From Your Pantry

You'll need olive oil, salt & pepper

Shrimp Pad Thai

20 Min
to Table

20 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, eggs, salt and pepper.

*Za'atar Tofu with
North African Couscous*

15 Min
to Table

15 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Put a saucepan of water onto boil.

From Your Pantry

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

*Lemon Tilapia Scampi
over Zucchini Noodles*

15 Min
to Table

15 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Heat 1 Tbsp. of olive oil in a large skillet over high heat.

From your Pantry

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

Thai Curry Risotto

45 Min
to Table

25 Min
Hands
On

1 Whisk
Super
Easy

From Your Pantry

You'll need olive oil, salt and pepper.

Getting Started

Preheat oven to 400.

Italian Wedding Soup

30 Min
to Table

25 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Heat a large saucepan over medium-high heat

From Your Pantry

You'll need salt and pepper.

Meal Tip

Soup is always good warmed up for a lunch of leftovers

*Cajun Penne with
Chicken and Mushrooms*

25 Min
to Table

25 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Bring a saucepan of water to a boil

From Your Pantry

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

Ramen Chicken

45 Min
to Table

25 Min
Hands
On

2 Whisks
Easy

Getting Started

Bring a saucepan of water to a boil

Meal Tip

Add Sriracha, Gochujang, or Jalapenos to spice it up.

From Your Pantry

You'll need olive oil, salt, pepper and one egg per serving.

Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmndd daily)	
Cajun Penne with Chicken & Mushrooms (use 2/3 of the pasta and cajun sauce)	830 660	67	31 23	70 CC 31	5	1440	13	19 13	80% Vitamin A	40% Calcium
Chile-Lime Salmon with Street Corn Elote	650	41	35	47	5	1070	15	16	140% Vitamin C	20% Calcium
Grilled Halloumi Gyros	610	35	37	35 CC 22	4	1410	10	20	50% Vitamin C	35% Vitamin A
Shrimp Pad Thai (use 1/2 the eggs, and peanuts)	710 550	45	20 8	91	7	360	36	18 15	27% Iron	22% Potassium
Queso Fiesta Casserole	440	16	17	57	9	830	10	12	147% Vitamin C	73% Calcium
Ramen Chicken (Use 2/3 noodles, and omit the egg)	695 545	80	14 8	63 CC 11	8	3315	2	10 7	10% Vitamin C	0.5% Vitamin A
Lemon Tilapia Scampi over Zucchini Noodles	325	31	19	12	3	164	4	7	55% Vitamin C	40% Vitamin A
Za'atar Tofu with North African Couscous (use 2/3 of the couscous)	970 680	45	51 35	97	13	590	34	26 15	106% Calcium	70% Vitamin A
Thai Curry Risotto	285	17	8	52 CC 38	8	250	7	8	26% Vitamin C	12% 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)	
Ultimate Steak French Dip	840	58	36	75	9	2140	23	24	70% Vitamin A	60% Iron
(use 1/2 bread, aioli and coleslaw)	630		29					17		
Italian Wedding Soup	265	13	9	36	5	1645	5	6	207% Vitamin A	44% Vitamin C
Oreo Mousse Pie	760	8	49	78	3	390	52		6% Calcium	6% Iron
Belgian Chocolate Vegan Brownies	420	6	20	62	4	300			10% Iron	
Molten Chocolate Cake	520	7	31	54	3	360		28	30% Iron	4% 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.

Cajun Penne with Chicken and Mushrooms

We just love this cozy New Orleans inspired dinner. We've created a mildly spicy Cajun tomato-cream sauce, tossed with sautéed mushrooms, red bell peppers, chicken, and penne pasta. It puts a little spice into pasta night.

25 Minutes to the Table

25 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Large Skillet
Medium Saucepan

FROM YOUR PANTRY

Butter (1/2 Tbsp)
Flour (1/2 Tbsp)
Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Penne Pasta
Chicken Breast
Mushrooms
Red Pepper Mirepoix
Cajun Sauce

Good to Know

If you ordered the **Carb Conscious** version we sent you zucchini "noodles" instead of the penne pasta reducing the **carbs per serving to 31g**. Skip steps 1 and 2. Prior to step 4 heat 1 Tbsp olive oil in the large skillet and cook the zucchini "noodles" until charred, about 3 to 4 minutes, and use in place of the pasta.

Our cage-free chickens thrive on an all-natural diet. They are never fed growth hormones and receive no antibiotics in their feed, their water, through intramuscular injection, or even the egg...ever.

Health snapshot per serving – 830 Calories, 67g Protein, 31g Fat, 70g Carbs, 19 Freestyle Points

Lightened-up health snapshot per serving – 660 Calories, 52g Carbs, 23g Fat, 13 Freestyle Points, by using two-thirds of the penne pasta and two-thirds of the Cajun Sauce .

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

INGREDIENTS: Chicken, Red Bell Pepper, Cream, Penne Pasta, Celery, Parmesan, Button Mushrooms, Cremini Mushrooms, Yellow Onion, Tomato Sauce, Hot Sauce, Chicken Stock, Garlic, Parsley, Black Pepper, Bay Leaf

meezmeals

1. Get Organized

Bring a saucepan of water to a boil.

2. Cook the Pasta

Add the **Penne Pasta** to the boiling water with a sprinkle of salt and cook until tender, about 10 to 12 minutes. Drain well and set aside.

3. Cook the Chicken

While the pasta is cooking, heat 1½ Tbsp olive oil in a large skillet over high heat. Pat dry and generously salt and pepper the **Chicken Breasts** on both sides. Cook until brown on one side, about 4 to 5 minutes. Flip, then cook until brown on the second side, about 4 additional minutes. Transfer the chicken to a cutting board and let rest for 5 minutes. Wipe out the skillet. After the chicken has rested, slice into ½" strips.

4. Create the Cajun Sauce

While the chicken is resting, heat 1 Tbsp olive oil in the now-empty skillet over medium-high heat. Add the **Mushrooms** and cook until they start to soften, 3 to 4 minutes. Add the **Red Pepper Mirepoix** and cook until the peppers start to char and soften, an additional 4 to 5 minutes. Add ½ Tbsp butter and when melted add ½ Tbsp of flour and stir. Cook until the flour starts to brown, about 1 minute. Add the **Cajun Sauce** and stir, making sure to scrape the bottom for any tasty bits. Bring the sauce to a boil then reduce the heat to medium-low and simmer, stirring frequently, until it thickens, about 2 to 3 minutes. Remove from the heat.

5. Put It All Together

Add the sliced chicken and cooked penne to the sauce and vegetables. Serve and enjoy!

Instructions for two servings.

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

Chili Lime Salmon with Street Corn Elote

We love the creamy, zingy taste of Mexican street corn. We're putting it front and center as the base for salmon crusted with crunchy panko and cotija cheese. With chili and lime, this dinner is fresh and flavorful and practically hands-free.

25 *Minutes to the Table*

10 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Oven-Safe Skillet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

4 MEEZ CONTAINERS

Salmon
Corn & Peppers
Chili Lime Aioli
Seasoned Panko & Cotija
Cheese

Make The Meal Your Own

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

Good To Know

Health snapshot per serving – 650 Calories, 35g Fat, 41g Protein, 47g Carbs, 16 Smart Points

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

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



INGREDIENTS: Salmon, Corn, Mayonnaise, Poblano Pepper, Red Bell Pepper, Cotija Cheese, Sour Cream, Panko Breadcrumbs, Lime, Cilantro, Paprika, Chili Powder

meez meals

1. Get Started

Preheat the oven to 375 degrees.

2. Sear the Salmon

Pat dry the **Salmon** and season with salt and pepper. Heat 1 Tbsp olive oil in a large skillet over high heat. When the oil is very hot, sear the salmon on one side for one minute, flip and repeat. Set the salmon aside for step 3. Do not wipe out the skillet.

3. Make the Elote

Add the **Corn & Peppers** to the now-empty skillet and cook until the peppers start to char and soften slightly, about 4 to 5 minutes. Turn off the heat, add the **Chili Lime Aioli** and stir well.

4. Bake and Serve

Layer the seared salmon on top of the elote and sprinkle the **Seasoned Panko & Cotija Cheese** over the entire dish in a single layer. Bake until the top starts to brown, about 15 minutes. Remove from the oven and let rest for 5 minutes.

Enjoy!

If you don't have an oven-safe skillet, you can transfer to an oiled 8x8 or similar sized casserole dish.

Instructions for two servings.

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

Grilled Halloumi Gyros

Our spin on Greek street food. It all starts with grilled halloumi, the classic Greek cheese that gets charred and crispy when it's cooked. We're pairing it with an eggplant tapenade and fresh slaw, then wrapping everything up in warm naan. It might not be traditional, but it's so delicious it should be.

10 Minutes to the Table

10 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Large Skillet
Cutting Board

FROM YOUR

PANTRY

Olive Oil
Salt & Pepper

5 MEEZ

CONTAINERS

Tzatziki Sauce
Broccoli &
Zucchini Slaw
Halloumi Cheese
Naan
Eggplant
Tapenade

Add Protein Cooking Instructions

Integrate into recipe: Prior to step 2, cook the protein (per instructions below). Slice into strips (flake the salmon and leave the shrimp whole) and combine with the Halloumi to add to the gyro 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 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 romaine lettuce instead of the naan bread to make a grilled halloumi salad, reducing the **carbs per serving to 22g**. Skip step 3 and cut the romaine into one-inch strips.

Health snapshot per serving – 610 Calories, 35g Protein, 37g Fat, 35g Carbs, and 20 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: Halloumi Cheese, Broccoli, Zucchini, Eggplant, Tomato, Red Onion, Cucumber, Greek Yogurt, Cream, Lemon, Garlic, Kosher Salt, Dill.

meez *meals*

1. Create the Tzatziki Slaw

Combine two-thirds of the **Tzatziki Sauce** with the **Broccoli & Zucchini Slaw** in a bowl and place in the fridge until step 4.

2. Cook the Halloumi Cheese

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

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

Heat 1 Tbsp of olive oil in a large skillet over medium heat. When the oil is hot, add the Halloumi and lightly season with pepper. Cook until one side is golden brown, about 2 minutes, then flip and cook the other side until golden brown, an additional 2 minutes. Remove from the skillet and set aside. Wipe out the pan.

3. Warm the Naan

Very lightly brush both sides of the **Naan** with olive oil and sprinkle with salt and pepper. Return the now-empty skillet to the stove over medium high heat. Warm both sides of the naan, about a minute on each side.

4. Put It All Together

Spread a little of the remaining tzatziki sauce in the center of the Naan, then top with the grilled Halloumi, broccoli & zucchini slaw, and **Eggplant Tapenade**. Drizzle with additional tzatziki Sauce to taste. Enjoy!

Instructions for two servings.

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

Shrimp Pad Thai

We love Pad Thai, but we're often left wondering where all the vegetables are. Enter the Meez test kitchen. This dish has veggies galore plus the classic flavors of a traditional Pad Thai. Sautéed shrimp and crushed peanuts are the perfect finish.

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
- Eggs (1 per serving)

7 MEEZ CONTAINERS

- Shrimp
- Rice Noodles
- Peanuts
- Broccoli & Snow Peas
- Daikon & Green Onion
- Pad Thai Sauce
- Lime

Make The Meal Your Own

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

Good To Know

Health snapshot per serving – 710 Calories, 20g Fat, 45g Protein, 91g Carbs.

Lightened- Up Health snapshot per serving – 550 Calories, 8g Fat, 35g Protein, 86g Carbs without using the eggs and only using half the peanuts.

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, Rice Noodles, Broccoli, Snow Peas, Peanuts, Daikon Radish, Green Onion, Garlic, Fish Sauce, Tamarind, Garlic, Sugar.

meez meals

1. Get Started

Set a pot of water to boil in a large saucepan.

2. Cook Rice Noodles

Add the **Rice Noodles** to the boiling water. As they cook, use a fork to separate the strands. Continue boiling until the noodles are almost soft, about 4 to 6 minutes. Transfer to a colander and rinse under cold water. Drain very well until step 5.

The noodles will soften further in step 5 so be sure not to overcook them.

3. Cook The Shrimp

While the noodles are cooking, heat 1 Tbsp olive oil in a large skillet over medium high heat and pat dry the **Shrimp**. When the oil is hot, add shrimp and cook for a minute on each side until they are opaque and no longer grey in color. Transfer the shrimp to a cutting board. Do not wipe out the skillet. When they are cool enough to touch, cut the shrimp into thirds and set aside until step 5.

4. Cook The Veggies and Eggs

Return the now-empty skillet to the stove over medium high heat. Add all of the **Broccoli & Snow Peas** (the produce bag that you can clearly see the snow peas inside) and half **Daikon & Green Onions**. Cook, undisturbed until the green onions start to char, about 2 minutes. Stir and then push all the veggies to one side of the skillet and crack 2 eggs into the other side. Cook until the eggs begin to set and then use a spatula to mix the eggs in place until fully cooked, about 2 minutes. Stir together the scrambled eggs and veggies.

5. Put It All Together

Add the cooked rice noodles and **Pad Thai Sauce** to the skillet over medium high heat and gently stir everything together. Heat until the noodles are warm and most of the liquid has been absorbed, about 3 minutes. Place the **Peanuts** in a ziplock bag and crush using a mallet or small pot.

Turn off the heat and gently stir in the cooked shrimp.

Transfer to serving bowls and top with the remaining daikon & green onions and crushed peanuts. Squeeze the **Lime** on top and enjoy!

Instructions for two servings.

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

= Queso Fiesta Casserole

Love nachos? Get ready for a new favorite. We're making a nacho casserole with tortilla chips, two types of cheese, a lime crema, and a healthy dose of veggies to make a fun casserole that's naturally low in calories. Did we mention it's just one pan and ten minutes hands-on cooking?

45 Minutes to the Table

10 Minutes Hands On

1 Whisk Super-Easy

Getting Organized

EQUIPMENT

Large Casserole
Dish

FROM YOUR PANTRY

Olive Oil
Salt and Pepper

6 MEEZ CONTAINERS

Sweet Potatoes
Peppers, Corn &
Beans
Enchilada Sauce
Mexican Cheese
Tortilla Chips
Cilantro Lime
Crema

Add Protein Cooking Instructions

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

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

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

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

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

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

Good to Know

Health snapshot per serving – 440 Calories, 16g Protein,
18g Fat, 57g Carbs, 12 Freestyle Points.

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



INGREDIENTS: Sweet Potato, Bell Peppers, Corn, Onion, Black Beans, Tortilla Chips, Monterey Jack, Provolone, Sour Cream, Enchilada Sauce, Cilantro, Lime, Garlic, Cumin, Coriander, Oregano.

meez meals

1. Getting Organized

Preheat oven to 425 degrees.

2. Roast the Sweet Potatoes

Place the **Sweet Potatoes** in a casserole dish and drizzle with olive, oil salt and pepper. Toss then arrange in a single layer and bake until the edges are golden brown and the sweet potatoes are almost fork tender, about 20 minutes, stirring once halfway through.

3. Create the Casserole and Bake

Transfer half of the cooked sweet potatoes to a plate or bowl and arrange the remaining potatoes in a single layer. Top with half the **Peppers, Corn & Beans**, followed by half the **Enchilada Sauce** and one-third of the **Mexican Cheese**. Spread each layer edge-to-edge as best you can. Create additional layers as follows:

- Remaining cooked sweet potatoes
- Remaining peppers, corn & beans
- Remaining enchilada sauce
- Half of the remaining cheese (one-third of the total cheese provided)

Bake until the cheese is fully melted, about 10 minutes.

4. Top with Chips and Cheese and Finish Baking

Top the casserole with the **Tortilla Chips** and remaining cheese. Bake until the cheese is brown and bubbly, about 10 additional minutes. Remove from oven and let cool for at least 5 minutes. Serve topped with the **Cilantro Lime Crema**. Enjoy!

Instructions for two servings.

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

Ramen Chicken

Forget that instant ramen soup you survived on in college. This is Japan's classic soup cooked up the way it was intended: flavorful broth, tender bok choy, juicy bites of chicken and of course plenty of noodles. We're not sure if it's our broth, the fresh cilantro finish, or the authentic egg ribbons that make this dish magic, but whatever it is, it's a recipe you don't want to miss.

40 *Minutes to the Table*

25 *Minutes Hands On*

2 Whisks *Easy*

Getting Organized

EQUIPMENT

- 2 Large Saucepans
- Small Bowl
- Medium Bowl

FROM YOUR PANTRY

- Salt & Pepper
- 1 Egg Per Serving

6 MEEZ CONTAINERS

- Chicken Broth Starter
- Chicken
- Bok Choy
- Tamari Marinade
- Ramen Noodles
- Green Onions, Cilantro
- & Sesame Seeds

Make the Meal Your Own

If you ordered the **Carb Conscious version**, we sent you zucchini noodles instead of the ramen noodles, reducing the **carbs per serving to 11g**. Add the zucchini noodles at the beginning of Step 4, prior to stirring in the egg.

Good to Know

Our cage-free chickens thrive on an all-natural diet. They are never fed growth hormones and receive no antibiotics in their feed, their water, through intramuscular injection, or even the egg...ever.

Health snapshot per serving – 695 Calories, 80g Protein, 14g Fat, 10 Freestyle Points.

Lighten Up snap shot per serving – 545 Calories, 71g Protein, 8g Fat, 7 Freestyle Points using two-thirds of the noodles and not including the eggs.

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, Ramen Noodles, Bok Choy, Tamari, Chicken Base, Garlic, Ginger, Miso, Green Onions, Cilantro, Sesame Seeds

meez meals

1. Cook the Noodles and Create the Chicken Broth

Bring the **Chicken Broth Starter** (the one that is the color of chicken soup) and 3½ cups water to a boil in a large saucepan. Add the **Chicken**, cover, and turn to medium-high. Cook on a low boil for 20 minutes.

In a second large saucepan, bring 5 cups of water to a boil. Add the **Ramen Noodles** and cook for 3 minutes. Drain the noodles and place in 2 soup bowls.

2. Prep the Bok Choy, Marinade, and Eggs

Place one **Bok Choy** bulb flat onto cutting board, remove the bottom end, and cut remainder into thirds crosswise – repeat for each bulb.

Place the **Tamari Marinade** (the thin brown sauce) in a medium mixing bowl.

Crack 2 eggs into a separate small bowl. Whisk the eggs thoroughly.

Set both bowls aside.

3. Finish the Chicken and Add the Bok Choy

After 20 minutes, remove the chicken and place on a cutting board. Hold the chicken in place with one fork and with a second fork, shred the chicken (into pieces typical of the size used in chicken soup). Repeat for each breast. Place chicken into tamari marinade & stir for just long enough to ensure marinade had covered the chicken.

Using a fork, add the shredded chicken only (NOT the remaining marinade) into the broth.

Add the bok choy to the broth, cover, and cook for an additional 3 minutes on a low boil.

4. “Drop” the Egg and Serve

Stir soup vigorously to create a whirlpool. Pour the eggs through the tines of a fork into the swirling soup to form little ribbons. Allow 10 seconds for egg to set then break up egg ribbons with a with spoon.

Ladle soup on top of noodles and finish with **Green Onions, Cilantro & Sesame Seeds**. Enjoy!

It is very important the broth is covered while cooking so it doesn't all evaporate.

Bok Choy is a delicate green and wouldn't hold up if we cut it in advance in the Meez Kitchen.

Try cutting the breasts lengthwise and shredding each half separately.

Instructions for two servings.

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

Lemon Tilapia Scampi over Zucchini Noodles

Lemon, garlic and butter come together to make a magical scampi sauce that's perfect with seared tilapia. Served over carb-conscious zucchini noodles and topped with almonds, this is a low-calorie dish that tastes like it came from a high-end restaurant.

15 Minutes to the Table

15 Minutes Hands On

1 Whisks *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet

FROM YOUR PANTRY

Olive Oil

Salt & Pepper

Butter (1 Tbsp per serving)

4 MEEZ CONTAINERS

Zucchini Noodles

Tilapia

Scampi Sauce

Almonds

Good to Know

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

Health snapshot per serving – 325 Calories, 31g Protein, 19g Fat, 7 Freestyle Points

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

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



INGREDIENTS: Tilapia, Zucchini, Almonds, Pecorino Romano, Olive Oil, Garlic, Lemon, Chives.

meez*meals*

1. Cook the Zucchini Noodles

Heat 1 Tbsp olive oil in a large skillet over high heat.

Dry the **Zucchini Noodles** with a paper towel. When the oil is very hot, add the zucchini in a single layer spread evenly across the entire skillet. Cook, without stirring, until the zucchini are slightly charred, about 3 minutes. Remove from the heat and place directly on serving plates.

2. Sauté the Tilapia

Wipe out the skillet and return to the stove over medium-high heat with 2 Tbsp olive oil.

Pat the **Tilapia** dry with a paper towel and salt and pepper both sides. When the oil is hot, add the tilapia and cook until it is light brown on the bottom and you start to see browning on the sides, about 3 to 4 minutes. Flip and cook until the other side is also brown, another 3 to 4 minutes. Remove the tilapia from the heat and set aside to rest.

3. Make the Scampi Sauce

Wipe out the skillet and return to the stove over medium heat. Melt 2 Tbsp butter and then mix in the **Scampi Sauce**. Stir until the entire mixture is warm and remove from the heat.

4. Put It All Together

Pour half the scampi sauce on the plated zucchini noodles. Place the tilapia on top of the vegetables and drizzle with the remaining sauce. Sprinkle the **Almonds** on top and enjoy!

Instructions for two servings.

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

Za'atar Tofu with North African Couscous

We're loving the delicious simplicity of Za'atar spices. The tofu is coated, then crisped for a texture we love and served over raisin and walnut-studded North African couscous.

15 Minutes to the Table

15 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Large Skillet
Saucepan
Mixing Bowl

FROM YOUR PANTRY

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

6 MEEZ CONTAINERS

Couscous
Carrots, Celery & Onions
Tofu
Za'atar Seasoning
Walnuts & Raisins
Cucumber Garlic Yogurt
Sauce

Add Protein Cooking Instructions

Integrate into recipe: Prior to step 3, cook protein (per instructions below). Slice it into strips (flake the salmon, leave the shrimp whole) and serve on top of the couscous 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 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- 970 Calories, 45g Protein, 51g Fat, 97g Carbs, 26 Freestyle Points.

Lightened Up Health Snapshot per serving- 680 Calories, 35g Fat, 66g Carbs, 15 Freestyle Points by using two-thirds of the couscous and half of the Nuts & Raisins and half the Cucumber Garlic Yogurt Sauce.

INGREDIENTS: Tofu, Couscous, Yogurt, Red Onion, Carrot, Celery, Cream, Cucumber, Walnut, Golden Raisin, Cilantro, Lemon, Garlic, Cumin, Coriander, Sumac, Thyme, Kosher Salt.

meezmeals

1. Cook the Couscous

Bring a saucepan of water to boil over high heat. Add the **Couscous** to the boiling water with a pinch of salt. Cook at a rolling boil until the couscous is al dente, about 7 to 8 minutes. Remove from the heat and drain, then return the couscous to the saucepan with 2½ Tbsp butter. Mix, then cover and set aside.

If you don't have butter, olive oil will work too.

2. Sauté the Veggies

While the couscous is cooking, heat 1 Tbsp olive oil in a large skillet over medium high heat. When the oil is hot, add the **Carrots, Celery & Onions** and cook, stirring occasionally, until the carrots brown and the onions become translucent, about 3 to 4 minutes. Add the cooked veggies to the cooked couscous and mix well. Wipe out the skillet.

3. Cook the Tofu

Place the **Tofu** in a mixing bowl, and sprinkle with 1 Tbsp of the **Za'atar Seasoning**. Mix well (but be gentle with the tofu) making sure all sides are well coated. (You can discard the remaining seasoning.)

Heat 1 Tbsp olive oil in the now-empty skillet over medium high heat. When the oil is hot, add the seasoned tofu to the skillet in a single layer. Cook, undisturbed, until the tofu starts to turn golden brown, about 2 minutes. Stir the tofu and cook another side, undisturbed, until it also turns golden brown, about an additional 2 minutes. Turn off the heat.

4. Put It All Together

Add the **Walnuts & Raisins** to the couscous and veggies and stir well. Serve the couscous topped with the tofu and drizzle with the **Cucumber Garlic Yogurt Sauce**. Enjoy!

Instructions for two servings.

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

Thai Curry Risotto

We're pairing the vibrant flavors of Thai curry with the mellow creaminess of a classic risotto. And to make it even easier, we're baking it in the oven instead of the usual fussy stove-top version. With acorn squash, green beans, and arugula, plus a sprinkling of sesame and cucumber it's a fun twist on Thai that we just love

45 Minutes to the Table

25 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

- Large Oven-Safe Skillet (with a cover)
- Large Skillet

FROM YOUR PANTRY

- Olive Oil
- Salt/Pepper

6 MEEZ CONTAINERS

- Acorn Squash
- Arborio Rice
- Thai Curry Sauce
- Arugula
- Green Beans
- Cucumber & Sesame Seeds

Add Protein Cooking Instructions

Integrate into recipe: Prior to step 4, cook the protein (per instructions below). Slice the protein into strips (flake the salmon and leave the shrimp whole) and serve on top of the cooked risotto 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 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 38g**. After searing the acorn squash in step 2, return the empty skillet to the stove with 1 Tbsp olive oil over high heat and sauté the cauliflower until it starts to brown, about 2 to 3 minutes. Continue with step 3, except don't add the water and reduce the total time in the oven to 15 minutes.

Health snapshot per serving – 285 Calories, 8g Fat, 52g Carbs, 17g Protein, 8 Freestyle Points

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



INGREDIENTS: Arborio Rice, Green Beans, Acorn Squash, Arugula, Onion, Cucumber, Coconut Milk, Red/Yellow Curry Paste, Miso, Tamari, Garlic, Mint, Ginger, Basil, Brown Sugar, Lime.

meez *meals*

1. Getting Organized

Preheat oven to 400.

2. Cook the Squash

Heat 1 Tbsp olive oil in a large oven-safe skillet over medium high heat. When the oil is hot, add the **Acorn Squash** to the pan in a single layer. Sprinkle with salt and pepper and cook, undisturbed until the squash starts to brown, about 2 to 3 minutes. Stir squash and cook until the additional side start to brown, another 2 to 3 minutes. Remove from the skillet and set aside. Do not wipe out the pan.

3. Prepare and Bake the Risotto

Return the now-empty skillet to the stove and add the **Arborio Rice**, **Thai Curry Sauce**, and 1 cup of water and bring to a boil. Remove from the heat and add back the cooked Acorn Squash. Cover with an oven safe lid, and bake, undisturbed until the rice is tender, and the water has been absorbed, about 25 minutes.

After 20 minutes, check the water level. 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.

Remove the skillet from the oven and immediately add the **Arugula**. Continue to stir until the arugula wilts and thoroughly mixed into the risotto. Cover and let rest for 5 minutes.

4. Char the Green Beans

While the risotto is resting, heat a second large skillet with 1 Tbsp olive oil over high heat. Add the **Green Beans** with a sprinkle of salt and pepper and cook, undisturbed, until the green beans are charred and turn bright green, about 3 minutes.

5. Put It All Together

After the risotto has rested, transfer to serving bowls and top with the charred Green Beans and **Cucumber & Sesame Seeds**. Enjoy!

Ultimate Steak French Dip

Don't think a French dip sandwich can get any better? One taste of our sandwich and we think you'll agree it's the ultimate. Tender sliced steak, melted provolone, seared red peppers, onions and other veggies, and an out-of-this-world Dijon sage aioli. Served with our signature tangy coleslaw, it's over-the-top delicious.

30 *Minutes to the Table*

30 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet
Baking Sheet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

7 MEEZ CONTAINERS

Steak
French Roll
Dijon Sage Aioli
Provolone Cheese
Red Peppers & Onions
Beef Au Jus
Coleslaw

Good to Know

If you ordered the **Carb Conscious** version, you received cauliflower instead of the French Rolls reducing the **carbs per serving to 38g**. Prior to step 2, place the cauliflower on a baking sheet and toss with olive oil salt and pepper and arrange on a baking sheet. Roast until the cauliflower starts to, about 12 to 14 minutes. Use the cauliflower in place of the French Rolls in step 4. Drizzle the steak and cauliflower with a small amount of au jus alongside the coleslaw.

Health snapshot per serving – 840 Calories, 58g Protein, 36g Fat, 75g Carbs, 24 Freestyle Points.

Lightened-Up Health snapshot per serving – 630 Calories, 29g Fat, 43g Carbs, 17 Freestyle Points by using half the bread (build open-faced) Dijon Sage Aioli and half the coleslaw.

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, Beef Au Jus, French Roll, Green Cabbage, Mayonnaise, Provolone, Kale, Bell Pepper, Yellow Onion, Red Onion, Broccoli, Brussels Sprouts, Radicchio, Chives, White Vinegar, Lemon, Sugar, Dijon, Horseradish, Sage

meez meals

1. Get Organized

Preheat the oven to 425 degrees.

2. Cook the steak

Heat 1 Tbsp olive oil in a large skillet over high heat. Pat the **Steak** dry with a paper 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. Wipe out the skillet.

Once the steaks have rested, place them horizontally on a cutting board. Cut the steaks into even strips (we aim for ½" x 1" pieces).

3. Dress and Toast the Sandwich

While the steaks are resting, open the **French Rolls** but leave them hinged. Spread the **Dijon Sage Aioli** edge-to-edge on the bottom half of each roll and sprinkle the **Provolone Cheese** in a single layer over that. Transfer the rolls to a baking sheet and toast, open-faced, until the cheese is melted and starts to brown, about 5 to 7 minutes. Remove the toasted rolls from the oven and arrange the sliced steak on top of the melted cheese.

4. Cook the Vegetables and Warm the Beef Au Jus

While the rolls are toasting heat 1 Tbsp olive oil in the now-empty skillet over medium-high heat. When the oil is hot, add the **Red Peppers & Onions** and cook until the peppers start to char and kale starts to wilt, about 4 minutes. Transfer the cooked vegetables on top of the sliced steak.

Add the **Beef Au Jus** to the now-empty skillet, turn the heat to high, and bring to a boil, then carefully transfer to small bowls for dipping.

5. Put It All Together

Serve the **Coleslaw** with the sandwich and au jus and enjoy!

Instructions for two servings.

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

Italian Wedding Soup

For the un-initiated, Italian wedding soup is named for the “marriage” of flavorful chicken broth, tender carrots, fresh spinach, al dente pasta and, most important, delectable meatballs. This gem is on the table in just 30 minutes and perfect for dinner.

30 Minutes to the Table

25 Minutes Hands On

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Sauce Pan with a Cover

FROM YOUR PANTRY

Salt & Pepper

5 MEEZ CONTAINERS

Italian Meatballs
Broth Starter
Orzo Pasta
Spinach
Pecorino Cheese

Make the Meal Your Own

Soup is always just as good warmed up the next day so make sure to order enough for leftovers to help with an easy lunch too.

Good to Know

We're sending you the meatballs pre-shaped for a fuss-free dinner.

Health snapshot per serving – 240 Calories, 12g Protein, 7g Fat, 7 Smart Points.

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

INGREDIENTS: Italian Meatballs, Orzo, Spinach, Pecorino Cheese, Carrot, Onion, Parsnip, Tomato, Garlic, Oregano, Basil, Thyme, Black Pepper, Chicken broth.

meez meals

1. Cook the Meatballs

Heat a large saucepan over medium-high heat. When the pan is hot, add the **Italian Meatballs** and sauté until they begin to brown, about 2 minutes. Remove the meatballs from the pan and place on a paper-towel-lined plate.

2. Create the Soup

Without wiping out the saucepan, return it to medium-high heat. When it is hot, add ½ cup water and the **Broth Starter**. Cook until the carrots and parsnips are fragrant and slightly browned, about 6-7 minutes.

Add an additional 4 cups of water, turn heat up to high, cover, and bring to a boil. Add the **Orzo Pasta** and **Spinach**, replace the cover, and cook on a rapid boil for 4 minutes.

Reduce heat to medium and add the cooked Italian meatballs. Cover and simmer on a low boil until the pasta is al dente and the vegetables are soft, about 7 to 9 additional minutes.

3. Finish It Off

Ladle the soup into serving bowls and sprinkle with a generous helping of **Pecorino** cheese. Enjoy!

Instructions for two servings.

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