

*Chicken Parmesan  
with Basil Aioli Kale Slaw*

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<b>20 Min</b> to Table	<b>20 Min</b> Hands On	<b>1 Whisk</b> Super Easy
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**Getting Started** Preheat your oven to 400.

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

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*Classic Shawarma*

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<b>10 Min</b> to Table	<b>10 Min</b> Hands On	<b>1 Whisk</b> Super Easy
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**Getting Started** Warm the pita.

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

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# Quick Tips



*Maui Salmon Rice Bowl*

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<b>20 Min</b> to Table	<b>15 Min</b> Hands On	<b>1 Whisk</b> Super Easy
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**Getting Started** Put a saucepan of water on to boil.

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**From Your Pantry** You'll need olive oil.

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*Crispy Shrimp Bao Bun*

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<b>20 Min</b> to Table	<b>20 Min</b> Hands On	<b>2 Whisks</b> Easy
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**Getting Started** Heat 1 Tbsp. of oil in a large skillet

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

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*Pasta with Spinach Pesto*

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<b>35 Min</b> to Table	<b>5 Min</b> Hands On	<b>1 Whisk</b> Super Easy
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**Omnivore Option** Pancetta or bacon is delicious in this.

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**Getting Started** Preheat oven to 450 & put a pot on to boil.

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### *Caper Tilapia with Parsley and Potatoes*

<b>35 Min</b> to Table	<b>10 Min</b> Hands On	<b>1 Whisk</b> Super Easy
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#### **From Your Pantry**

You will need 1 1/2 Tbsp butter per serving.

#### **Getting Started**

Preheat your oven to 400.

### *Steak Florentine*

<b>25 Min</b> to Table	<b>25 Min</b> Hands On	<b>1 Whisk</b> Super Easy
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#### **Getting Started**

Heat the olive oil in a large skillet.

#### **From your Pantry**

You'll need olive oil, salt and pepper.

### *Crispy Shrimp Bao Bun*

<b>20 Min</b> to Table	<b>20 Min</b> Hands On	<b>2 Whisks</b> Easy
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#### **Getting Started**

Heat 1 Tbsp. of oil in a large skillet

#### **From Your Pantry**

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

### *Chicken Panang Curry with Crispy Noodles*

<b>30 Min</b> to Table	<b>30 Min</b> Hands On	<b>2 Whisk</b> Easy
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#### **Getting Started**

Put a saucepan of water onto boil.

#### **From Your Pantry**

You'll need olive oil, salt & pepper

### *Himalayan Red Rice with Bangkok Basil Crunch*

<b>35 Min</b> to Table	<b>10 Min</b> Hands On	<b>1 Whisk</b> Super Easy
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#### **Getting Started**

Preheat your oven to 425 and bring water to a boil.

#### **Omnivore Option**

Chicken drumsticks are great in this.

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

<b>35 Min</b> to Table	<b>25 Min</b> Hands On	<b>1 Whisk</b> Super Easy
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#### **Getting Started**

Bring water to boil in a large saucepan.

#### **From your Pantry**

You'll need flour, olive oil, butter, 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)	
Green Chile Mac-n-Cheese (use 1/2 the corn bread, 2/3 of the pasta, cheese, & tomato sauce)	830	27	41	99	8	920	12	26	80% Vitamin A	240% Vitamin C
Chicken Parmesan with Basil Aioli Kale Slaw (use 1/2 the breading and basil oil)	570		27					18		
Maui Salmon Rice Bowl	980	77	58	37	4	1320	8	24	83% Calcium	106% Vitamin B6
Classic Shawarma	780		42					17		
Caper Tilapia with Parsley and Potatoes (1/2 the butter and oil, and 3/4 potatoes)	530	40	16	57	6	1540	25	10	80% Vitamin D	70% Iron
Himalayan Red Rice with Bangkok Basil Crunch	380	14	18	44 CC 12	3	668		11	34% Vitamin C	18% Iron
Crispy Shrimp Bao Bun	660	47	25	57	4	1166	6	19	115% Vitamin C	19% Iron
	515		14					14		
	600	29	35	49	10	1444		19	316% Vitamin A	30% Calcium
	599	44	18	67	4	786	14	13	101% Vitamin A	134% Vitamin C

# Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmndd daily)	
Pasta with Spinach Pesto	620	23	40	51	12	554		19	160% Vitamin C	44% Folate
Chicken Panang Curry with Crispy Noodles (use 2/3 of the pasta & sauce)	820 630	55	35 25	69 CC 30	6	940		22 15	35% Iron	150% Vitamin C
Steak Florentine	625	38	44	20	6	891	x	20	286% Vitamin A	84% Vitamin C
Potato Leek Soup with Toasted Chive Butter Ciabatta (1/2 the bread and 1/2 the chive butter)	830 600	21	41 30	99	7	930		30 21	42% Vitamin A	32% Vitamin C
All-Natural Chicken Breast	220	41	5	0	0	85	0	3	90% Vitamin B6	4% Iron
Bistro Chateau Steak	220	30	10	0	0	75	0	5	10% Iron	10% Potassium
Norwegian Salmon	220	35	0	0	0	130	0	4	60% Vitamin B6	15% Potassium
Premium Shrimp	120	28	0.5	0	0	170	0	1	8% Potassium	4% iron

# Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmndd daily)	
THE Carrot Cake	540	6	34	49	2	440	36	13	6% Vitamin C	6% Calcium
Oreo Mousse Pie	760	8	49	78	3	390	52		6% Calcium	6% Iron
Belgian Chocolate Vegan Brownies	420	6	20	62	4	300			10% Iron	
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.*

## Green Chile Mac-n-Cheese

Mac-n-Cheese meets vegetarian chili in this tasty spin on two American classics. With toasted cornbread crumbles, white cheddar and a green chile crema, this dish checks all the boxes for a family favorite.

**25** Minutes to the Table

**20** Minutes Hands On

**1 Whisk** Super Easy

### Getting Organized

#### EQUIPMENT

Medium Saucepan  
Large Oven-Safe Skillet  
Baking Sheet

#### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

#### 6 MEEZ CONTAINERS

Macaroni  
Cornbread  
Seasoned Beans, Corn  
& Peppers  
Tomato Cream Sauce  
White Cheddar  
Green Chile Crema

### Add Protein Instructions

**Integrate into recipe:** While the mac-n-cheese is in the oven in step 5, cook protein (per instructions below). Slice it into strips (*flake the salmon, leave the shrimp whole*) and serve on top of the mac-n-cheese before drizzling with Green Chile Crema in step 5.

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

### Good to Know

**Health snapshot per serving** – 830 Calories, 27g Protein, 41g Fat, 99g Carbs, 26 Smart Points

**Lightened up health snapshot per serving** – 570 Calories, 27g Fat, 70g Carbs, 18 Freestyle Points, by using half of the corn bread, and two-thirds of the macaroni, two-thirds of the cheese and two thirds of the tomato cream sauce.

INGREDIENTS: Macaroni, Cornbread, Red Bell Pepper, Green Bell Pepper, Black Beans, Green Chile Sauce, Cream, White Cheddar, Corn, Cream, Tomato Sauce, Cream Cheese, Sour Cream, Cilantro, Garlic, Lime Juice, Chili Powder, Cumin, Oregano, Vegetable Stock, Kosher Salt, White Pepper

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### 1. **Get Organized**

Preheat the oven to 350. Bring a medium saucepan of water to boil.

### 2. **Cook the Macaroni**

Add the **Macaroni** to the boiling water and cook until al dente, about 8 to 10 minutes. Drain and set aside until step 4.

### 3. **Toast the Cornbread**

While the macaroni are cooking, cut the **Cornbread** into about 1" pieces and arrange in a single layer on a baking sheet. Drizzle lightly with olive oil and bake until they start to brown, about 10 minutes. Remove from the oven and set aside until step 5.

### 4. **Make the Cheese Sauce**

While the cornbread is still toasting, heat 1 Tbsp olive oil in a large oven-safe skillet over medium-high heat. When the oil is hot, add the **Seasoned Beans, Corn & Peppers** and cook until the vegetables start to soften, about 4 minutes. Add ½ cup of water and simmer for an additional 3 to 4 minutes.

Add the **Tomato Cream Sauce** and bring to a low boil, then reduce the heat to low and simmer until the sauce thickens a bit, about 2 to 3 minutes. Turn off the heat and add the **White Cheddar** and the cooked macaroni. Mix gently, then spread in an even layer in the skillet.

### 5. **Put It All Together**

Crumble the toasted corn bread over top of the mac-n-cheese and bake until the top is brown and slightly crispy, about 5 to 6 minutes. Remove from the oven and let rest for at least 5 minutes before serving.

Drizzle with the **Green Chile Crema** and enjoy!

Instructions for two servings.

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

# Chicken Parmesan with Basil Aioli Kale Slaw

Chicken Parmesan with a Meez twist. With fresh mozzarella, a cheesy-panko crust, and roasted kale slaw tossed with basil aioli dressing, this dinner is anything but ordinary. It's a favorite with kids and parents alike.

**20** Minutes to the Table

**20** Minutes Hands On

**1 Whisk** Super Easy

## Getting Organized

### EQUIPMENT

2 Baking Sheets  
Large Skillet

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### 6 MEEZ CONTAINERS

Kale Slaw  
Basil Aioli  
Chicken Breast  
Seasoned Panko  
Breading  
Fresh Mozzarella  
Marinara Sauce

## 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** – 980 Calories, 77g Protein, 58g Fat, 37g Carbs, 24 Freestyle Points.

**Lighten Up Snapshot per serving** - 780 Calories, 42g Fat, 25g Carbs, 17 Freestyle Points with two-thirds of the Basil Aioli, two-thirds the Seasoned Panko Breading, and two-thirds the sauce.

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

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



**INGREDIENTS:** Chicken Breast, Fresh Mozzarella, Tomatoes, Parmesan, Pecorino Romano, Panko Breadcrumbs, Kale, Broccoli, Brussels Sprouts, Green Cabbage, Radicchio Red Onion, Basil, Mayonnaise, Olive Oil, Oregano, Garlic, Paprika, Lemon, Kosher Salt, White Pepper.

meez meals



## 1. Getting Organized

Preheat your oven to 400.

## 2. Roast the Kale Slaw

Arrange the **Kale Slaw** in a single layer on a baking sheet. Drizzle with olive oil, salt & pepper. Bake until the edges start to char, about 10 to 12 minutes. Remove from the oven and mix right away with the **Basil Aioli** right on the baking sheet. Transfer to serving plates. Leave the oven on.

## 3. Prep the Chicken

While the veggies are cooking, very loosely wrap each **Chicken Breast** in saran wrap and place on a cutting board. Pound it until it starts to spread, using a meat tenderizer (mallet) or bottom of a small pot. Flip the chicken over and continue to pound until it is about ¼" thick and has doubled in size. Generously season with salt and pepper (we use ¼ tsp salt and ¼ tsp pepper, so use about half per side, or more if you like).

Spread the **Seasoned Panko Breading** evenly on a large plate and put each piece of chicken onto the breading. Press down to make sure the breading adheres then repeat on the other side.

*Don't be afraid to get your aggression out on the chicken!*

*The chicken will not be fully cooked after its time in the skillet. It will finish cooking in the oven.*

*Only pour the sauce along the middle so the breading stays nice and crisp.*

*Fresh mozzarella doesn't melt completely but will be hot, soft and delicious.*

## 4. Cook the Chicken

Heat 1 ½ Tbsp olive oil in a large skillet over medium high heat. When the oil is hot, add the chicken and cook, without disturbing, until the sides brown, about 1 minute. Flip and continue cooking until other side is brown as well, about 1 additional minute.

Transfer the chicken to a second baking sheet and top with the **Fresh Mozzarella**, two or three pieces per breast, centered the long-way. Drizzle the **Marina Sauce** down the center of the fresh mozzarella pieces.

Bake until the cheese starts to melt, about 8 to 10 minutes. Remove from the oven and let rest for 5 minutes.

## 5. Put It All Together

Serve the chicken parmesan on top of the basil aioli kale slaw. 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

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### 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!

## Classic Shawarma

Possibly our fastest Meez Meal yet. One pot, ten minutes to the table, low in calories and high in flavor, this dinner is a crowd pleaser. Our special simmer sauce gives the gyros style sliced beef and lamb shawarma an authentic flavor. Served in a warm pita with a zesty Mediterranean dressing and fresh veggies.

**10** Minutes to the Table

**10** Minutes Hands On

**1 Whisks** *Super Easy*

### Getting Organized

#### EQUIPMENT

Large Skillet

#### FROM YOUR PANTRY

Olive Oil

Salt & Pepper

#### 5 MEEZ CONTAINERS

Pita

Simmer Sauce

Beef & Lamb Shawarma

Mediterranean Dressing

Veggies

### Make the Meal Your Own

If you ordered the **Carb Conscious version**, we sent you an arcadian lettuce blend instead of the pita, reducing the **carbs per serving to 12g**. Toss the lettuce with the other ingredients for a shawarma salad.

### Good to Know

**Health snapshot per serving** 380 Calories, 14g Protein, 18g Fat, 44g Carbs, 11 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: Beef & Lamb Shawarma, Pita, Bell Pepper, Radish, Yellow Squash, Zucchini, Red Onion, Great Northern Beans, Tahina, Olive Oil, Parsley, White Wine Vinegar, Shawarma Spices, Lemon, Kosher Salt, White Pepper.

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### 1. Warm the Pita

Heat a large skillet over medium heat. Cook the Pita until warm, about 30 seconds per side. Cut each pita in half and wrap in aluminum foil or cover with a towel.

### 2. Heat the Shawarma

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

Combine the simmer sauce and **Beef & Lamb Shawarma** in a large skillet over medium-high heat. Cook, stirring occasionally, until the edges are slightly crispy, and meat is warm, about 2 to 3 minutes. Remove from heat and set aside.

### 3. Put It All Together

Fill each pita half with beef & lamb shawarma, a layer of **Mediterranean Dressing**, **Veggies** and an additional drizzle of dressing on top. Enjoy!

*The Beef and Lamb is already fully cooked, so you are just adding flavor and warming it in this step.*

Instructions for two servings.

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

# Caper Tilapia with Parsley and Potatoes

Sophisticated made easy. We're serving seared tilapia with a classic beurre blanc sauce this week. It sounds fancy, but this parsley caper butter sauce comes together in a flash. Served over roasted potatoes, it's a recipe the whole family will love.

**35** Minutes to the Table

**10** Minutes Hands On

**1 Whisk** Super Easy

## Getting Organized

### EQUIPMENT

Rimmed Baking Sheet  
Large Skillet

### FROM YOUR PANTRY

3 Tbsp Butter  
Olive Oil  
Salt & Pepper

### 5 MEEZ CONTAINERS

Potatoes  
Tilapia  
White Wine  
Capers & Garlic  
Parsley

## Make The Meal Your Own

If you ordered the **carb conscious version**, you received broccoli instead of the potatoes reducing the **carbs per serving to 16g**. Preheat oven to 425 (rather than 400) and for step 2. place the broccoli on a baking sheet, drizzle with olive oil, salt and pepper and bake until the broccoli starts to brown, about 8 to 10 minutes.

**To get your potatoes nice and crisp**, arrange them skin-side up on your baking sheet.

## Good To Know

**The parsley caper butter sauce** is our take on the classic French beurre blanc. It sounds complicated, but it's simple to make and adds great flavor to the dish.

**Health snapshot per serving** – 660 Calories, 25g Fat, 47g Protein, 57g Carbs, 19 Smart Points

**Lighten Up snapshot per serving** – 515 Calories, 14g Fat, 45g Protein, 44g Carbs, 14 Smart Points with ½ the butter and oil, and ¾ potatoes.

**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: Potatoes, Tilapia, White Wine, Caper, Parsley, Garlic

*meez* meals

### 1. Getting Organized

Preheat your oven to 400 degrees.

### 2. Prep and Roast the Potatoes

Cut the **Potatoes** in half lengthwise. Toss with 2 Tbsp of oil and season generously with salt and pepper. Arrange in a single layer on a baking sheet and roast until deep brown and crispy, about 30 minutes.

*For extra crispy potatoes, place them skin-side up.*

### 3. Cook the Tilapia

When the potatoes have been cooking for 15 minutes, dry the **Tilapia**. Season the tilapia with ¼ tsp each salt and pepper. Heat 2 Tbsp oil in a large skillet over medium-high heat. When the oil is hot, add the tilapia and cook until browning on the bottom and coloring up the sides, about 3 to 4 minutes. Flip and cook an additional 3 to 4 minutes. Remove to a plate and let rest. Pour out any excess oil from the skillet.

*Pour out extra oil but leave behind any browned bits on the bottom of the skillet - they add great flavor to your sauce.*

### 4. Make the Sauce

Cut 3 Tbsp cold butter in small chunks. Add the **White Wine** to the now-empty skillet, return skillet to stove and cook over medium high heat. Continue to stir, scraping up any browned bits from the bottom of the pan. Cook the wine until about 1/3 of it has reduced, about 3 to 6 minutes. Add the **Capers & Garlic** and cook 1 minute. Turn off the heat and stir in butter and **Parsley**.

### 5. Put It All Together

Top the crispy potatoes with the fish and drizzle the white wine butter sauce over the top to serve.

Instructions for two servings.

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

# Himalayan Red Rice with Bangkok Basil Crunch

Our favorite rice bowl. It all starts with an Asian-inspired basil crunch made from plenty of fresh basil, ginger, coconut and ground peanuts, mixed up with Himalayan red rice, baked organic tofu and roasted kale. Unusual and totally delicious.

**35** Minutes to the Table

**10** Minutes Hands On

**1 Whisk** Super Easy

## Getting Organized

### EQUIPMENT

2 Rimmed Baking  
Sheets  
Saucepan

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### 5 MEEZ CONTAINERS

Basil Peanut  
Crunch  
Red Rice  
Kale  
Tofu  
Coconut

## Add Protein Cooking Instructions

**Integrate into recipe:** While the tofu and kale are roasting in step 3, cook the protein (per instructions below) & then slice into strips (*flake the salmon, leave shrimp whole*) and toss with the rice 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're cooking the carb conscious version**, we sent you veggie "rice" instead of the red rice, reducing the **carbs per serving to 28g**. In step 3, while the kale and tofu are roasting, heat 1½ Tbsp olive oil in a skillet over high heat. When the oil is hot, add the veggie "rice" and cook until it starts to brown, about 2 to 3 minutes. Remove from the heat and set aside until step 4.

**Health snapshot per serving** – 600 Calories,  
29g Protein, 10g Fiber, 19 Smart Points

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



INGREDIENTS: Organic Tofu, Kale, Himalayan Red Rice, Peanuts, Coconut Milk, Coconut, Tamari Sauce, Rice Wine Vinegar, Brown Sugar, Basil, Ginger, Sesame Oil, Garlic, Spices

*meez*meals



### 1. Getting Organized

Preheat your oven to 425, put a saucepan of water on to boil and take the **Basil Peanut Crunch** out of the refrigerator to warm up.

### 2. Cook the Red Rice

Salt the boiling water and add the **Red Rice**. Simmer uncovered until tender, about 20 to 25 minutes. Drain, return to the pot and let sit, covered, for 5 minutes.

### 3. Roast the Kale, Tofu and Coconut

Put the **Kale** on a rimmed baking sheet and drizzle with olive oil, salt and pepper. Cook until it just starts to crisp at the edges, about 12 to 15 minutes.

Start the tofu as soon as the kale goes into the oven. Put the **Tofu** on to a rimmed baking sheet. Drizzle with olive oil and arrange in a single layer, then bake until it's golden brown at the edges and puffs a little, about 7 to 15 minutes. When the tofu is about 3 minutes away from coming out of the oven, add the **Coconut** to the baking sheet. Bake until fragrant and golden brown, about 3 minutes.

*We like to line our baking sheets with parchment to make clean up easier.*

*Keep an eye on the coconut while it cooks! Even Chef Max has burned it once or twice.*

### 4. Put It All Together

Serve the rice topped with the kale, tofu and half of the **Basil Peanut Crunch**. Mix together, then add more basil peanut crunch to taste. Serve topped with the toasted coconut. Enjoy!

*Love this recipe? #meezmagic*

Instructions for two servings.

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

# Crispy Shrimp Bao Buns

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

**20** Minutes to the Table

**20** Minutes Hands On

**2 Whisks** Easy

## Getting Organized

### EQUIPMENT

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

### FROM YOUR PANTRY

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

### 6 MEEZ CONTAINERS

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

## Good to Know

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

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

**Health snapshot per serving** – 600 Calories, 44g Protein, 18g Fat, 67g Carbs, 13 Freestyle Points

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

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



INGREDIENTS: Shrimp, Bao Bun, Broccoli, Daikon Radish, Green Onion, Carrot, Basil, Mayo, Garlic, Ginger, Tamari, Sesame Oil, Lime, Sesame Seeds, Cornstarch, Kosher Salt.

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## 1. Getting Organized

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

## 2. Heat the Bao Buns

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

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

## 3. Cook the Shrimp

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

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

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

## 4. Put It All Together

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

Instructions for two servings.

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

# Chicken Panang Curry with Crispy Noodles

We love the mellow peanuty flavors of Panang curries, especially when paired with chicken, cabbage, and snow peas. When served over crispy noodles, the extra step adds a restaurant-quality touch without much hassle.

**30** Minutes to the Table

**30** Minutes Hands On

**2 Whisk** Easy

## Getting Organized

### EQUIPMENT

Saucepan  
Large Skillet

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### 5 MEEZ CONTAINERS

Noodles  
Chicken Breast  
Asian Veggies  
Panang Curry Sauce  
Cilantro & Green Onions

## Good To Know

If you ordered the **Carb Conscious version**, we sent you zucchini “noodles” instead of the noodles reducing the **carbs per serving to 30g**. Skip step 1. In place of step 3, heat 1 Tbsp olive oil in the empty skillet over high heat. When the oil is hot, add the zucchini “noodles” and cook until they start to char, about 3 to 4 minutes. Transfer to serving plates before topping with the curry chicken, veggies, and sauce.

**Health snapshot per serving** – 820 Calories, 35g Fat, 55g Protein, 69g Carbs, 22 Freestyle Points

**Lightened Up Health Snapshot per serving** – 630 Calories, 25g Fat, 49g Carbs, by using 2/3 of the noodles and the sauce.

**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, Coconut Milk, Wheat Noodles, Cabbage, Snow Peas, Red Bell Pepper, Peanut Butter, Tamari, Green Onion, Yellow Curry, Brown Sugar, Ginger, Garlic, Rice Wine Vinegar, Lime, Basil, Cilantro

meez *meals*

### 1. **Get Organized**

Put a large saucepan of water on to boil.

### 2. **Cook the Noodles**

Add the **Noodles** to the boiling water and cook until al dente, about 8 to 10 minutes. Drain and return the cooked noodles to the saucepan until step 4.

### 3. **Cook the Chicken**

While the noodles are cooking, pat dry the **Chicken Breast** and generously season with salt and pepper.

Heat 1 Tbsp olive oil in a large skillet over medium-high heat. When the oil is hot, add the chicken and cook until the bottom is crisp and brown, about 4 to 5 minutes. Turn the chicken and cook for another 4 minutes, until the other side is brown as well. Transfer the chicken to a cutting board to rest for 5 minutes, then slice into ½" strips.

### 4. **Crisp the Noodles**

While the chicken is resting, wipe out the now-empty skillet and heat 1 Tbsp olive oil over high heat. Add the cooked noodles and spread in a single layer to the edges of the skillet. Cook until the bottoms and edges of the noodles start to brown and become crispy, about 3 to 4 minutes. Stir, and then cook until the noodles now on the bottom and edges also turn brown, an additional 2 to 3 minutes. Arrange the crispy noodles into a "nest" on each serving plate. Do not wipe out the skillet.

### 5. **Cook the Veggies and Sauce**

Heat 1 Tbsp oil in the now-empty skillet over medium high heat. When the oil is hot, add the **Asian Veggies** and sauté, stirring occasionally, until they soften and start to char, about 3 to 4 minutes. Add the **Panang Curry Sauce** to the skillet and bring to a boil. Lower the heat to medium and simmer until the sauce has thickened enough to coat the back of a spoon, about 5 minutes. Remove from the heat.

### 6. **Put It All Together**

Serve the chicken, veggies and curry sauce with the **Cilantro & Green Onions** sprinkled on top. Enjoy!

Instructions for two servings.

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

# Pasta with Spinach Pesto

Haven't had spinach pesto before? Neither had we, but once we tried it we were hooked. It gives a layer of flavor to the classic basil pesto that we love, to say nothing of the extra vitamin boost. We're making our version with plenty of lemon to keep things bright & mixing it up with roasted cauliflower, toasted pecans and penne pasta. Yum!

**35** Minutes to the Table

**5** Minutes Hands On

**1 Whisk** Super Easy

## Getting Organized

### EQUIPMENT

Saucepan  
Rimmed Baking Sheet

### FROM YOUR

### PANTRY

Olive Oil  
Salt & Pepper

### 5 MEEZ CONTAINERS

Cauliflower  
Penne Pasta  
Spinach Pesto  
Pecans  
Parmesan  
Cheese

## Add Protein Cooking Instructions

**Integrate into recipe:** While the pasta is cooking in step 3, cook the protein (per instructions below) and then slice into strips (*flake the salmon, leave shrimp whole*) and stir into the cooked pasta and sauce in step 4.

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

## Good To Know

**Health snapshot per serving** – 620 Calories, 23g Protein, 12g Fiber, 19 Smart Points

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



INGREDIENTS: Cauliflower, Penne Pasta, Spinach, Pecans, Parmesan Cheese, Olive Oil, Lemon, Basil, Garlic, Spices

meezmeals

### 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 to 2 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.

*Don't skip the olive oil! It brings out the flavors of the pasta.*

Mix in the roasted cauliflower, **Pecans** and salt and pepper to taste. Top with **Parmesan Cheese**.

*Love this recipe? #meezmagic*

Instructions for two servings.

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

# Steak Florentine

Caper butter steak on a bed of sautéed spinach and Italian white beans. And a made-from-scratch Rosemary sauce. Yep, this is a dinner worthy of your favorite Italian restaurant that you can make from scratch without hiring a sitter. Get ready to fall in love.

**25** Minutes to the Table

**25** Minutes Hands On

**1 Whisk** *Super Easy*

## Getting Organized

### EQUIPMENT

Large Skillet

### FROM YOUR PANTRY

Olive Oil

Salt & Pepper

### 6 MEEZ CONTAINERS

Steak

Lemon

Caper Butter

Spinach

Rosemary Sauce

White Beans

## Good To Know

The sauce has a wine base, but alcohol cooks off as it cooks, leaving just the great wine flavor.

**Be sure to generously season your steak** with salt and pepper before cooking; the salt adds flavor while also keeping the meat tender. We recommend using ½ tsp of each.

**Health snapshot per serving** – 625 Calories, 38g Protein, 44g Fat, 20g Carbs, 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: Steak, Spinach, White Wine, Great Northern Beans, Lemon, Garlic, Rosemary, Parsley, Black Pepper, Capers, Butter, Cream, Vegetable Stock, Onion.

*meez* meals



### 1. Cook the Steak and Lemon

Heat 1 Tbsp oil in a large skillet over high heat. Pat dry the **Steak** and lightly salt and pepper. When the oil is very hot, add the steaks (spiced side up) and **Lemon** (sliced in half with peel side up) right next to the steaks.

Cook Lemon until it is well browned on the bottom, about 1 to 2 minutes. Continue cooking steak until the bottoms brown & sides start to color, about 3 minutes total. Flip and continue cooking for another 3 minutes if you prefer your steak **medium rare**. (Cook for 4 minutes for **medium**, and 5 to 6 for **well done**).

Remove the steaks from the heat (but do not wipe out the skillet) and immediately top with the **Caper Butter** and set aside to rest.

### 2. Create Sauce and Cook Spinach

While the steaks are resting, return the skillet to the stove over medium-high heat. Add the **Spinach** and sauté until it wilts, about 4 to 5 minutes. Stir in the **Rosemary Sauce** and cook until it thickens, about 3 to 4 minutes. Add the **White Beans** and cook until they are warm, about 1 minute.

Remove the spinach and beans from skillet and place directly on serving plates.

### 3. Put it All Together

Place the steak on the bed of spinach and beans and squeeze some lemon juice over top of the dish. Enjoy!

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

*Beef continues to cook as it rests, so remove it from the heat when it's a little less done than you like to prevent it from overcooking.*

# Potato Leek Soup with Toasted Chive Butter Ciabatta

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

**35** Minutes to the Table

**25** Minutes Hands On

**1 Whisk** Super Easy

## Getting Organized

### EQUIPMENT

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

### FROM YOUR PANTRY

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

### 5 MEEZ CONTAINERS

- Potatoes
- Leeks & Onions
- Soup Starter
- Ciabatta
- Chive Butter

## Add Protein Cooking Instructions

**Integrate into recipe:** Prior to step 4, cook the protein (per instructions below) and then slice into strips (*flake the salmon, leave shrimp whole*) and stir into the soup in step 5.

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

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

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

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

## Good to Know

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

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

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

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



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

*meez* meals

### 1. Get Organized

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

### 2. Boil the Potatoes

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

### 3. Make the Soup

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

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

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

### 4. Toast the Ciabatta

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

### 5. Put It All Together

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

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

Instructions for two servings.

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