

Thai Curry Risotto

45 Min to Table	25 Min Hands On	1 Whisk Super Easy
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From Your Pantry

You'll need olive oil, salt and pepper.

Getting Started

Preheat oven to 400.

Ginger Teriyaki Tilapia with Crispy Rice

20 Min to Table	20 Min Hands On	2 Whisks Easy
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Getting Started

Bring a saucepan of water to a boil.

From Your Pantry

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

Quick Tips



Chicken Francese

35 Min to Table	35 Min Hands On	2 Whisks Easy
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Getting Started

Preheat your oven to 425.

From Your Pantry

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

Flaked Tuscan Salmon & Linguini

20 Min to Table	20 Min Hands On	1 Whisk Super Easy
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Getting Started

Put a saucepan of water on to boil.

From Your Pantry

You'll need olive oil, salt and pepper

Lemon Orzo with Spinach & Halloumi

15 Min to Table	15 Min Hands On	1 Whisk Super Easy
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Getting Started

Put a saucepan of water onto boil.

From Your Pantry

You'll need olive oil, salt & pepper

*Steak and Red Potato Salad with Kale
and Cranberries*

25 Min to Table	20 Min Hands On	1 Whisk Super Easy
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From Your Pantry You'll need olive oil, salt and pepper .

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

Talapeño Broccoli Cheddar Soup

20 Min to Table	20 Min Hands On	1 Whisk Super Easy
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Getting Started Heat olive oil in a large saucepan.

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

Carolina Pulled Pork & Cornbread

25 Min to Table	20 Min Hands On	1 Whisk Super Easy
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Getting Started Toast the cornbread.

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

*Toasted Gnocchi
with Mint-Basil Pesto*

35 Min to Table	10 Min Hands On	1 Whisk Super Easy
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Getting Started Preheat oven to 400.

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

Picky Eaters Tip Serve their portion with plain olive oil

*Cauliflower Fried "Rice" with Chicken and
Pea Pods*

20 Min to Table	20 Min Hands On	2 Whisks Easy
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Getting Started Heat 1 Tbsp of olive oil in skillet.

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

*Shrimp 'n' Chips,
'n' Chips 'n' Chips*

30 Min to Table	30 Min Hands On	2 Whisk Easy
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Getting Started Preheat oven to 425.

From Your Pantry You'll need olive oil, eggs, flour, 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)	
Shrimp 'n' Chips, 'n' Chips 'n' Chips	660	41	14	91	8	820	15	16	70% Vitamin A	35% Vitamin C
Chicken Francese	700	51	39	29	6	600	9	15	194% Vitamin A	107% Vitamin B6
(use 1/2 the herb butter)	560		24					9		
Lemon Orzo with Spinach & Halloumi	720	42	32	65 CC 20	5	920	6	22	42% Vitamin C	25% Vitamin A
(1/2 the orzo)	590		32					18		
Ginger Teriyaki Tilapia with Crispy Rice	650	48	11	90 CC 40	4	2110	26	15	106% Vitamin A	56% Vitamin C
Flaked Tuscan Salmon & Linguini	740	54	25	80	11	360	23	15	90% Vitamin D	70% Vitamin C
(use 2/3 pasta & pesto)	620		20					12		
Thai Curry Risotto	285	17	8	52 CC 38	8	250	7	8	26% Vitamin C	12% Vitamin B6
Cauliflower Fried "Rice" with Chicken & Pea Pods	347	63	4	17	5	462		1	41% Vitamin A	316% 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)	
Steak & Red Potato Salad with Kale & Cranberries (1/2 the sauce)	665 520	37	22 17	84	7	526		25 19	29% Calcium	232% Vitamin A
Toasted Gnocchi with Mint- Basil Pesto (1/2 the pesto, almonds and cranberries)	660 530	28	16 9	99	10	780	16	20 15	253% Vitamin A	83% Vitamin C
Carolina Pulled Pork & Cornbread (2/3 ranch dressing, bbq sauce, & cornbread)	890 690	39	24 19	134	7	2490		30 22	61% Vitamin B12	30% Vitamin C
Jalapeño Broccoli Cheddar Soup	710	26	50	40	5	840	10	25	54% Calcium	128% Vitamin C
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	Potassium
Add a Protein Norwegian Salmon	220	35	0	0	0	130	0	4	60% Vitamin B6	15% Potassium
Add a Protein Premium Shrimp	120	28	0.5	0	0	170	0	1	8% Potassium	4% iron

Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmndd daily)	
Tiramisu for Two	290	5	15	35	1	40	29		6% Calcium	2% Iron
THE Carrot Cake	540	6	34	49	2	440	36	13	6% Vitamin C	6% Calcium
Rockslide Brownie	550	5	35	56	2	230		31	25% Vitamin A	8% Calcium
Kitchen Sink Cookies	380	5	19	49	2	400	10	17	20% Iron	8% Vitamin A
Chocolate Chunk Cookies	180	2	9	22	1	170	10	9	2% Calcium	4% 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.

Shrimp 'n' Chips, 'n' Chips, 'n' Chips

We had a blast with this recipe! Our riff on the classic English fish 'n' chips swaps crispy panko-crusted shrimp in for the traditional fried cod and gives you chips three ways: fingerling steak fries, sweet potato cottage fries, and crispy green bean fries. It's as delicious as it is fun.

30 *Minutes to the Table*

30 *Minutes Hands On*

2 Whisk *Easy*

Getting Organized

EQUIPMENT

- Large Skillet
- Mixing Bowls
- 2 Baking Sheets

FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper
- Eggs (1 per serving)
- Flour (¼ cup)

6 MEEZ CONTAINERS

- Fingerling Potatoes
- Green Beans
- Sweet Potatoes
- Seasoned Panko
- Shrimp
- Cocktail Tartar Sauce

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, 41g Protein, 14g Fat, 91g Carbs, and 16 Freestyle Points.

INGREDIENTS: Shrimp, Fingerling Potatoes, Sweet Potatoes, Green Beans, Panko Breading, Ketchup, Tomato Sauce, Mayonnaise, Relish, Lemon, Worcestershire Sauce, Horseradish, Paprika, Garlic, White Pepper.

meez*meals*

1. Get Started

Preheat the oven to 425.

2. Cook the Fingerling Steak Fries

Slice the **Fingerling Potatoes** lengthwise into quarters so they are roughly the shape of steak fries. Transfer to a baking sheet and toss with olive oil, salt and pepper, then arrange in a single layer. Bake until they are golden brown, about 25 minutes.

3. Cook the Sweet Potato Cottage Fries and Green Bean Fries

While the fingerlings are baking, place the **Green Beans** on a second baking sheet, toss with olive oil, salt and pepper and arrange in a single layer on one half of the baking sheet.

Place the sliced **Sweet Potatoes** in a mixing bowl with 1½ Tbsp olive oil and one-third of the **Seasoned Panko**. Mix until the potatoes are coated and transfer the entire contents of the bowl to the other half of the second baking sheet in a single layer next to the green beans.

Bake until the green beans are hot and the sweet potatoes are fork tender, about 15 minutes.

4. Cook the Shrimp

While the sweet potatoes and green beans are baking, whisk 2 eggs in a small bowl. Spread the remaining Seasoned Panko on one plate and ¼ cup of flour on a second plate. Pat dry the **Shrimp** and then dip each one into the flour, then the egg, and then the panko (push into the coating and press more down on top to coat the shrimp with as much panko as possible). Repeat until all shrimp are coated.

Heat 2 Tbsp olive oil in a large skillet over medium-high heat. When the oil is hot, add the coated shrimp in a single layer. Cook undisturbed, until the crust turns golden brown, about 2 minutes. Flip and cook for an additional minute.

5. Put It All Together

Serve shrimp alongside the fingerling steak fries, sweet potato cottage fries, and green bean fries. Use the **Cocktail Tartar Sauce** for dipping. Enjoy!

We send the fingerlings whole to maintain their freshness.

Wait to cook the shrimp until they have all been coated. If you need to work in batches to get them in a single layer, go ahead and do that.

Instructions for two servings.

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

Chicken Francese

Great cooks know that it only takes a few ingredients to create something magical, and this recipe is proof positive. Fluffy breaded chicken sautéed in a rich butter and wine sauce is pure magic over roasted carrots.

35 <i>Minutes to the Table</i>
35 <i>Minutes Hands On</i>
2 Whisks <i>Easy</i>

Getting Organized

EQUIPMENT

- Large Skillet with Cover
- Baking sheet
- Meat Tenderizer/Mallet (or small pot)

FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper
- Flour (1/2 cup)
- Eggs (2)

5 MEEZ CONTAINERS

- Carrots
- Parmesan Herb Butter
- Chicken Breast
- Lemon
- Wine 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.

Be sure to generously season your chicken with salt and pepper before cooking. We recommend using ¼ tsp of each.

Health snapshot per serving – 700 Calories, 39g Fat, 51g Protein, 29g Carbs, 15 Freestyle Points

Lightened-Up Health snapshot per serving – 560 Calories, 24g Fat, 29g Carbs, 9 Freestyle Points by eliminating the butter from the egg mixture (i.e., using only half).

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, Carrots, Parmesan, Parsley, Butter, Wine, Chicken Stock, Lemon.

meez meals

1. Cook the Carrots

Preheat your oven to 425. Arrange the **Carrots** in a single layer on a baking sheet. Drizzle with olive oil, salt and pepper and toss. Roast until the carrots are a deep, charred color, about 30 minutes, turning the sheet halfway through cooking. Transfer directly to serving plates.

2. Cook the Chicken

While the carrots are roasting, melt half of the **Parmesan Herb Butter** in the microwave or a small pot over low heat. Set aside to cool for a few minutes. Spread ½ cup flour on a plate. Roll the non-melted half of the parmesan herb butter in the flour, completely coating all sides. Set aside until step 3. Crack 2 eggs in a small bowl and add the melted parmesan herb butter. Gently whisk the mixture so as to break the yolks and combine with the egg whites and butter, but not to fully scramble everything together.

Very loosely wrap each **Chicken Breast** in plastic wrap and place on a cutting board. Pound it until it starts to spread, using a meat tenderizer/mallet or bottom of a small pot. Flip the chicken over and continue to pound until it is about ¼" thick and has doubled in size. Generously season with salt and pepper.

Dip the chicken into the egg mixture, coating both sides. Let any excess drip off and place into the flour to completely coat one side. Flip and coat the other side. Return the chicken to the egg mixture one more time to fully coat both sides with egg. Let any excess drip off and repeat for each breast.

Heat 1½ Tbsp olive oil in a large skillet over medium-high heat. When the oil is hot, add the chicken to the skillet and cook, without moving, until the sides brown, about two minutes. Flip and continue cooking until other side is brown as well, about two more minutes. Remove from the heat and set aside to rest for 5 minutes. The chicken will NOT be fully cooked at this point but will finish in step 3. Do not wipe out the skillet.

3. Finish Cooking the Chicken and Sauce

While the chicken is resting, slice the **Lemon** into ¼" thick, round slices and add to the now-empty skillet over high heat. Cook until the lemons slices char on one side, about 2 to 3 minutes. Remove from the skillet and set aside. Do not wipe out the skillet. Add the **Wine Sauce** and cook until it reduces in half, about 3 minutes. Add the flour-coated parmesan herb butter from step 2 and stir continuously until the sauce thickens slightly, about 2 additional minutes.

Reduce the heat to low and add the chicken back to the skillet. Spoon the sauce over top of each breast, cover and simmer until the chicken is fully cooked, about 2 to 3 minutes.

4. Put It All Together

Serve the chicken on top of the carrots with the charred lemons on top (to give it some lemon flavor). Spoon the remaining sauce from the skillet over top of the entire dish. Enjoy!

Instructions for two servings.

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

Lemon Orzo with Spinach & Halloumi

We're taking our inspiration from sunny Greece, where spinach, lemon and seared halloumi cheese are staples. This week we're pairing them with grape tomatoes and tender orzo pasta for a 15-minute dinner that's bright and fresh.

15 Minutes to the Table

15 Minutes Hands On

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

- Large Skillet
- Large Saucepan

FROM YOUR

PANTRY

- Olive Oil
- Salt & Pepper

6 MEEZ

CONTAINERS

- Orzo Pasta
- Spinach
- Grape Tomatoes
- Seasoned Onions
- Halloumi Cheese
- Lemon

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 serve on top of the orzo.

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

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

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

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

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

Good To Know

If you ordered the **Carb Conscious version** we sent you cauliflower "rice" instead of orzo, reducing the **carbs per serving to 20g**. Skip step 1 and prior to step 3, heat 1 Tbsp oil in a large skillet over high heat. Add the cauliflower and sauté until it starts to brown, about 3 to 4 minutes. Add the spinach and stir until it starts to wilt, about a minute longer and transfer to a mixing bowl. Combine with the cooked, seasoned onions at the completion of step 3. If you're cooking the **gluten-free version**, we sent you white rice instead of orzo. Follow the instructions in step 2 but cook the rice for 15 to 20 minutes.

Health snapshot per serving – 720 Calories, 42g Protein, 32g Fat, 65g Carbs, and 22 Freestyle Points. **Lightened-Up Health snapshot per serving** – 590 Calories, 32g Fat, 39g Carbs, and 19 Freestyle Points using half the orzo.

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cooking video



INGREDIENTS: Halloumi Cheese, Spinach, Onion, Tomato, Orzo, Garlic, Parsley, Dill, Lemon Pepper, Black Pepper, Oregano, Lemon.

meez *meals*

1. Get Organized

Set a large saucepan of water to boil.

2. Cook the Orzo

Add the **Orzo Pasta** to the boiling water with a pinch of salt. Cook until al dente, about 10 to 12 minutes. Remove from the heat and drain. Return the cooked orzo to the empty saucepan along with the **Spinach** and stir well. Cover and set aside.

3. Make the Sauce

While the orzo is cooking, transfer the **Grape Tomatoes** to a zip lock bag and squish each one.

Heat 1 Tbsp olive oil in a large skillet over medium heat. When the oil is hot, add the **Seasoned Onions** and contents of the zip lock bag. Sauté until the onions and tomatoes become soft, about 4 minutes. Transfer the contents of the skillet to the saucepan with the orzo and spinach and mix well. Wipe out the skillet.

4. Grill the Halloumi

Place the **Halloumi Cheese** on a cutting board and slice into ½" cubes (they don't need to be perfect). Slice the **Lemon** in half.

Heat 1 Tbsp olive oil in the now-empty skillet over medium heat. When the oil is hot, add the cubed halloumi and the lemon halves, cut side down. Cook undisturbed until bottom of halloumi is golden brown, about 2 to 3 minutes. Flip and cook until another side is golden brown, about 2 additional minutes. Remove from the heat.

5. Put It All Together

Serve the seared Halloumi on top of the orzo with a generous squeeze of lemon. Enjoy!

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

Instructions for two servings.

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

Ginger Teriyaki Tilapia with Crispy Rice

Mild tilapia pairs beautifully with our Japanese-inspired ginger Teriyaki sauce. We're serving it over crispy jasmine rice and fresh bok choy for an Asian dinner we just love.

30 *Minutes to the Table*

20 *Minutes Hands On*

2 Whisks *Easy*

Getting Organized

EQUIPMENT

Saucepan
Large Skillet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Jasmine Rice
Bok Choy
Green Onion &
Carrots
Tilapia
Ginger Teriyaki Sauce
Herbs & Sesame Seeds

Make The Meal Your Own

If you ordered the **Carb Conscious version**, we sent you cauliflower "rice" instead of the jasmine rice, reducing the **carbs per serving to 40g**. Skip steps 1 and 2. In Step 4, add the cauliflower to the pan with the Green Onions & Carrots. Sauté the cauliflower "rice" until it starts to brown, about 4 to 5 minutes. Remove from the heat and place directly on the plates instead of the rice.

Good To Know

Health snapshot per serving – 650 Calories, 48g protein, 90g Carbs, 11g fat, 15 freestyle points.

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

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INGREDIENTS: Tilapia, Bok Choy, Jasmine Rice, Tamari, Green Onion, Ginger, Garlic, Carrots, Sesame Oil, Basil, Cilantro, Lime Juice, Basil, Cilantro, Brown Sugar, Sesame Seeds

meez*meals*

1. Get Organized

Bring a saucepan of water to a boil.

2. Cook the Rice

Add the **Jasmine Rice** to the boiling water with a pinch of salt and cook uncovered until the rice is tender, about 12 to 15 minutes. Remove from heat and drain well. Set aside until step 4.

*Use about
twice as
much water
as rice.*

3. Cook the Vegetables

Heat 1 Tbsp olive oil in a large skillet over high heat. When the oil is hot, add the **Bok Choy** with a sprinkle of salt and pepper. Cook, undisturbed, until the bok choy starts to char, about 2 to 3 minutes. Remove from the skillet and set aside until step 6. Wipe out the skillet.

4. Crisp the Rice

Return the now-empty skillet to the stove with 1 Tbsp oil over high heat. When the oil is very hot, add the **Green Onions & Carrots** and the cooked rice. Mix well and then spread the rice and green onions out to the edges of the skillet. (It is OK to go up the side as well.) Cook, undisturbed, until most of the rice is crispy and is lightly browned, about 5 to 6 minutes. Transfer the rice and veggies directly to serving plates. Wipe out the skillet.

5. Cook the Tilapia

Return the now-empty skillet to the stove with 1½ Tbsp olive oil over medium high heat. When the oil is hot, place the **Tilapia** in the skillet.

Cook until the edges brown slightly, about 3 minutes. Flip and add the **Ginger Teriyaki Sauce** to the skillet. Cook an additional 3 minutes, spooning the marinade over the top of the tilapia as it boils frequently. Remove from the heat and set aside.

6. Put It All Together

Drizzle some of the sauce from the skillet over the rice. Spread the bok choy across the rice and top with the tilapia and remaining sauce. Sprinkle the **Herbs & Sesame Seeds** over that and enjoy!

Instructions for two servings.

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

Flaked Tuscan Salmon and Linguini

Fresh ingredients cooked simply is at the heart of the best Italian dishes, and it's what makes this recipe sing. We're coating seared salmon in a fresh pesto made with mint, basil, arugula and lemon, then serving it over linguini and a Tuscan-inspired tomato sauce. It's fresh, filling and delicious.

20 Minutes to the Table

20 Minutes Hands On

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet
Large Saucepan
Mixing Bowl

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Linguini
Salmon
Arugula Mint Pesto
Grape Tomatoes
Sundried Tomatoes &
Onions
Spinach

Good To Know

If you ordered the **Carb Conscious version** we sent you zucchini "noodles" instead of the linguini, reducing the **carbs per serving to 40g**. Skip steps 1 and 2. Prior to step 3, heat 1 Tbsp olive oil in a large skillet over high heat. When the oil is hot, add the zucchini noodles and cook until they start to char, about 2 to 3 minutes. Set aside and wipe out the skillet. Use the zucchini noodles in place of the pasta in step 4.

Health snapshot per serving – 740 Calories, 25g Fat, 54g Protein, 80g Carbs, 15 Freestyle Points.

Lightened up health snapshot per serving – 620 Calories, 20g Fat, 66g Carbs, 12 Freestyle Points, by using two-thirds of the Pasta and two-thirds of the Pesto.

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

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INGREDIENTS: Salmon, Grape Tomatoes, Spinach, Linguini, Sun Dried Tomatoes, Yellow Onion, Olive Oil, Parmesan, Basil, Garlic, Lemon, Arugula, Mint, Lemon Pepper, Oregano

meezmeals

1. Get Organized

Bring a large saucepan of water to boil.

2. Cook the Pasta

Add the **Linguini** to the boiling water with a pinch of salt and cook until al dente, about 7 to 9 minutes. Drain and return the pasta to the saucepan with a cover.

3. Cook The Salmon

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

Set aside to rest for 5 minutes, then flake the salmon into bite-sized pieces with a fork. Transfer to a mixing bowl and add the **Arugula Mint Pesto**. Stir until the salmon is well coated, then set aside until step 5.

4. Create the Tuscan Sauce

While the salmon is resting, wipe out the now-empty skillet and heat 1 Tbsp olive oil in it over medium-high heat. When the oil is hot, add the **Grape Tomatoes** and cook until they start to blister, about 2 to 3 minutes. Add an additional 1 Tbsp olive oil and the **Sundried Tomatoes & Onions**. Sauté until the onions soften, about 5 to 6 minutes. Transfer the tomatoes and onions to the saucepan with the cooked linguini and mix. Do not wipe out the skillet.

Add the **Spinach** to the now-empty skillet and cook over medium-high heat until it wilts and then add it to the saucepan with the pasta and tomatoes and stir well.

5. Put it all Together

Serve the pasta topped with the pesto-coated-salmon. 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!

Cauliflower Fried "Rice" with Chicken & Pea Pods

We love cooking with tiny cauliflower bites in place of rice. We're cooking it up for a low-carb fried "rice" with sautéed chicken, peapods and red peppers. Topped with green onions and sesame seeds, this dinner is pure Meez Magic.

20 *Minutes to the Table*

20 *Minutes Hands On*

2 Whisks *Easy*

Getting Organized

EQUIPMENT

Large Skillet

FROM YOUR PANTRY

Olive Oil

Salt & Pepper

Eggs (1)

5 MEEZ CONTAINERS

Chicken

Cauliflower Rice

Sauté Sauce

Pea Pods & Peppers

Green Onions & Sesame

Seeds

Make the Meal Your Own

Family Friendly Favorite!

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 – 347 Calories, 63g Protein, 4g Fat, 1 Freestyle Point

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: Chicken, Cauliflower, Peapods, Red Peppers, Green Onions, Tamari, Hoisin, Ginger, Garlic, Sambal, Sesame Oil, Sesame Seeds.

meez meals

1. Sear the Chicken

Dry and generously sprinkle the **Chicken** with salt and pepper (we use ¼ tsp salt and ¼ tsp pepper, so use about half per side, or more if you like) and slice into ½" cubes.

Heat 1 Tbsp olive oil in a skillet over high heat. When the oil is very hot, add the chicken and cook until it starts to brown, about 3 minutes, stirring once half-way through. Remove the seared chicken and set aside to finish cooking in step 3. Do not wipe out the pan.

2. Make the Fried Cauliflower Rice

Add 1 Tbsp olive oil to the skillet place over high heat. Beat one egg in a small bowl.

Add the **Cauliflower Rice** and sauté until it starts to brown, about 2 minutes. Push the cauliflower to the outer edges of the skillet forming a ring on the outside and pour the egg in the middle (not on top of the cauliflower). When the egg starts to set, scramble it into little pieces.

Stir the egg and cauliflower together, then remove the mixture from the skillet, and set aside. Wipe out the pan.

3. Put It All Together

Heat 1 Tbsp olive oil in a skillet over high heat. When the oil is very hot, add the **Pea Pods & Peppers**. Sauté until the veggies start to brown, about 3 minutes. Stir in the cauliflower rice/egg mixture, seared chicken, and **Sauté Sauce**. Cook until the chicken is done and the sauce sticks to the cauliflower rice, about 2 to 3 minutes. Remove from heat.

Top with the **Green Onions & Sesame Seeds**, serve and enjoy!

The chicken will NOT be fully cooked at this point. You'll finish it in step 3.

If your eggs look like tiny pieces of scrambled eggs, you have done it right!

Instructions for two servings.

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

Steak and Red Potato Salad with Kale and Cranberries

Meez's spin on classic steak and potatoes. We're starting with fresh red potato salad tossed up with kale and cranberries in our favorite feta dressing. Then we're topping it with seared steak for a dinner that's packed with protein. Yum!

25 Minutes to the Table

20 Minutes Hands On

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Saucepan
Large Skillet
Mixing Bowl

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Steak
Red Potatoes
Kale
Onions and
Cranberries
Feta Dressing

Make The Meal Your Own

If you ordered the **carb conscious version**, you received cauliflower instead of the red potatoes, if you use 2/3rds of the Onions and Cranberry it lowers the **carbs per serving to 39g**. Simply substitute in the cauliflower for the potatoes in the directions but cook them in the boiling water for 4 to 6 minutes (vs. 10 to 12 for the potatoes) and then add the kale.

Get a jump on dinner by cooking the potato salad ahead.

Good To Know

Health snapshot per serving –665 Calories, 22g Fat, 37g Protein, 84g Carbs, 25 Smart Point

Lightened up snapshot – 520 Calories, 17g Fat, 33g Protein, 63g Carbs, 19 Smart Point by using half the dressing.

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

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cooking video**



INGREDIENTS: Steak, Red Potatoes, Kale, Red Onion, Feta, Mayonnaise, Cranberries, White Wine Vinegar, Brown Sugar, Garlic, Spices

meez meals

1. Getting Organized

Put a large saucepan of water on to boil.

2. Make the Potato Salad

Cut the **Red Potatoes** into quarters. Add the potatoes to the boiling water and boil until fork tender, but not falling apart, about 10 to 12 minutes. Add the **Kale** and cook until bright green and tender, about 2 to 3 minutes. Drain and remove to a large mixing bowl.

As soon as the potatoes are in the water, heat 1 Tbsp oil in a skillet over medium high heat. Add the **Onions and Cranberries** and cook, stirring, until the onions are translucent, about 5 to 6 minutes. Remove to the large mixing bowl with the kale and potatoes from step #2.

Add $\frac{3}{4}$ of the **Feta Dressing** to the mixing bowl with the kale, potatoes, onions and cranberries, and mix until everything is evenly coated, and set aside.

3. Cook the Steak

Return the now-empty skillet to the stove with 1 Tbsp olive oil over high heat. Pat the **Steaks** dry with a paper towel and season generously with salt and pepper (we recommend $\frac{1}{2}$ tsp of each). When the oil is very hot, add the steaks to the pan. Cook until the bottoms brown and the sides start to color, about 3 minutes. Flip and continue cooking for 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 skillet to rest for 5 minutes, then transfer to serving plates. Do not wipe out the skillet.

4. Put It All Together

Put the potato salad on the plate, top with the steak, drizzle with remaining dressing

Drain the kale and potatoes well to remove all the extra moisture.

Steak 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.

Instructions for two servings.

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

Toasted Gnocchi with Mint-Basil Pesto

There's something magical about gnocchi when it's toasted. It gets crispy on the outside, tender on the inside, and totally delicious. We're tossing it with kale and a mint-basil pesto, then topping it with almonds and cranberries. It is an unexpected flavor combination you will just love.

35 Minutes to the Table

10 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Rimmed Baking Sheet
Mixing Bowl

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Gnocchi
Kale
Mint-Basil Pesto
Almonds & Cranberries
Lemon

Add Protein Cooking Instructions

Integrate into recipe: While the gnocchi is toasting in step 3, cook the protein (per instructions below) and tserve alongside the gnocchi 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.

Make The Meal Your Own

If you're making the gluten-free version, we've given you gluten-free gnocchi.

Health snapshot per serving – 660 Calories, 28g Protein, 16g Fat, 99g Carb, 20 Freestyle Points.

Lightened-Up Health snapshot per serving – 530 Calories, 9g Fat, 88g Carb, 15 Freestyle Points with half the pesto and half the almonds and cranberry.

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INGREDIENTS: Gnocchi, Kale, Ricotta, Parmesan, Almonds, Cranberries, Garlic, Basil, Olive Oil, Lemon, Mint

meez meals

1. Getting Organized

Preheat your oven to 400 degrees.

2. Toast the Gnocchi

Arrange the **Gnocchi** on a rimmed baking sheet and toss with olive oil, salt and pepper. Bake the gnocchi until slightly crunchy on the outside, about 16 to 18 minutes, stirring once after 10 minutes of cooking. Remove from the oven and set aside till step 4.

3. Roast the Kale

While the gnocchi is cooking, on a second rimmed baking sheet, arrange the **Kale** in a single layer and drizzle with olive oil, salt and pepper. Place in the oven and cook until the edges start to crisp, about 13 to 15 minutes. Remove the kale from the oven and while still on the baking sheet combine with half the **Mint-Basil Pesto**.

4. Put It All Together

Transfer the gnocchi and kale to serving bowls, toss and add remaining Mint-Basil Pesto to taste. Top with the **Almonds & Cranberries** and a generous squeeze of **Lemon**. Enjoy!

We line our baking sheets with parchment paper to make clean up a breeze.

Love this recipe? #meezmagic

Instructions for two servings.

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

Carolina Pulled Pork & Cornbread

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

25 *Minutes to the Table*

20 *Minutes Hands On*

1 Whisks *Super Easy*

Getting Organized

EQUIPMENT

- Baking Sheet
- Large Skillet with a Cover

FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper

6 MEEZ CONTAINERS

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

Make The Meal Your Own

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

Good to Know

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

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

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

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YouTube cooking video**



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

meez meals

1. Toast the Cornbread

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

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

2. Sear the Green Beans and Corn

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

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

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

3. Heat the Pulled Pork and Carolina BBQ Sauce

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

4. Put It All Together

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

Instructions for two servings.

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

Talapeño Broccoli Cheddar Soup

Traditional broccoli-cheddar soup is comfort food in a bowl. We've taken it up a notch by giving it a spicy kick that adds a contrast to the cheesy creaminess that we love. Served with a grilled roll, it's a cozy dinner that's on the table in a flash.

20 Minutes to the Table

20 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

- Large Saucepan
(with a cover)
- Large skillet

FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper
- ½ Tbsp butter
- 2 teaspoons flour

5 MEEZ CONTAINERS

- French Roll
- Broccoli
- Cream
- Bell Peppers &
Onions
- Cheese

Add Protein Cooking Instructions

Integrate into recipe: While the soup is cooking in 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

This dish is already relatively low in carbs at 40g per serving, but you can **trim the carbs to 21g** per serving by skipping the bread.

Health snapshot per serving – 710 Calories, 26g Protein, 50g Fat, 40g carbs, 25 Freestyle Points.

Lightened up Health snapshot per serving - 600 Calories, 21g Carbs, 49g Fat, 23 Freestyle Points by skipping the bread.

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cooking video**



INGREDIENTS: Broccoli, Bell Peppers, Onions, Jalapeño, Half-and-Half, Cream Hot Pepper Loaf Cheese, White Cheddar, Vegetable Stock, White Peppers.

*meez*meals

1. Cook the Vegetables

Heat 2 Tbsp of olive oil in a large saucepan over medium high heat. When the oil is hot, add the **Broccoli** and pinch of salt and pepper. Sauté until the edges start to brown, about 4 to 5 minutes. Add the **Bell Peppers & Onions** and cook, stirring frequently, until the onions start to soften, about 2 to 3 additional minutes.

Add ½ Tbsp butter to the saucepan. When it melts, add 2 teaspoons of flour and stir until the vegetables are coated in the flour/butter combination. Cook until the flour turns light brown, about 2 minutes.

2. Create the Soup

Turn the heat to high and add 2/3 of a cup of water and the **Cream**. Scrape the bottom of the pan to make sure you get all the tasty bits mixed in.

Bring to a boil, then reduce the heat to medium low. Cover and simmer for 5 minutes. Remove from the heat. Add the **Cheese** and stir until it melts.

3. Grill the Bread

While the soup is simmering, heat a large skillet over medium heat. Cut the **French Rolls** in half and drizzle with olive oil, salt and pepper on each side. Once the skillet is hot, add the rolls, cut side down. Cook until they start to brown, about a minute.

4. Put It All Together

Ladle the soup into serving bowls and serve alongside the grilled rolls. Enjoy!

If you have a toaster oven, you can also use that to toast the bread. It's simpler but doesn't have quite the same magic as grilling.

Instructions for two servings.

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