

*Kung Pao Edamame
with Udon Noodles*

15 Min
to Table

15 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Bring a large pot of water to a boil.

Omnivore Option

Shrimp is great in this dish.

Sweet Asian BBQ Salmon

15 Min
to Table

15 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Heat 1 Tbsp olive oil in a large skillet.

From Your Pantry

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

Quick Tips



Knife & Fork Grilled Cheese

25 Min
to Table

25 Min
Hands
On

2 Whisk
Super
Easy

Getting Started

Preheat your oven to 400.

From your Pantry

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

Chile Relleno Verde

35 Min
to Table

25 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

Lemon Chicken Souvlaki

25 Min
to Table

25 Min
Hands
On

1 Whisk
Super
Easy

From Your Pantry

You'll need olive oil, salt and pepper

Getting Started

Bring a large saucepan of water to boil.

Mozambican Yellow Curry Rice Bowl

35 Min
to Table

20 Min
Hands
On

1 Whisk
Super
Easy

From Your Pantry

You'll need olive oil, salt and pepper.

Getting Started

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

Salmon with Dill Butter & Crispy Leeks

30 Min
to Table

30 Min
Hands
On

2 Whisks
Easy

Getting Started

Preheat oven to 425.

From Your Pantry

You'll need olive oil, salt and pepper

Shrimp Piccata with Kale Marinara

30 Min
to Table

10 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Preheat your oven to 400.

From your Pantry

You'll need olive oil, butter, 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.

Shepherd's Pie

60 Min
to Table

30 Min
Hands
On

2 Whisks
Easy

Getting Started

Preheat your oven to 425 and put a pot of water on to boil

Speed Tip

Use an extra pan to speed up the cooking time.

From Your Pantry

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

Carne Asada Tacos

25 Min
to Table

25 Min
Hands
On

1 Whisk
Super
Easy

From Your Pantry

You'll need olive oil, salt and pepper

Getting Started

Marinate the steak, see recipe card for full instructions.

Leftovers Tip

Serve cold with lettuce for a hearty lunch!

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 Piccata with Kale Marinara	650	21	30	78 CC 25	7	1290	6	24	100% Vitamin C	40% Vitamin A
Lemon Chicken Souvlaki	560	50	18	51 CC 40	4	1010	25	11	190% Vitamin C	40% Vitamin A
Kung Pao Edamame with Udon Noodles	465	18	21	49	10	469		14	184% Vitamin C	170% Vitamin A
Carne Asada Tacos	611	43	21	68 CC 29	6	1225		18	71% Vitamin B-12	100% Vitamin A
Salmon with Dill Butter & Crispy Leeks	610	39	37	32 CC 17	5	210	x	13	185% Vitamin A	98% Vitamin C
Knife & Fork Grilled Cheese	685	36	33	63	6	1180		20	19% Vitamin A	56% Calcium
(use 1/2 the bread, place egg on top of cheese)	565		30					16		
Mozambican Yellow Curry Rice Bowl	660	15	23	103	11	570	26	22	131% Vitamin C	52% Vitamin B6

Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmndd daily)	
Sweet Asian BBQ Salmon	550	40	14	70	4	1100	59	12	110% Vitamin A	80% Vitamin C
Chile Relleno Verde	640	34	15	98	21	1250	14	11	50% Iron	180% Vitamin C
Shepherd's Pie	915	30	50	93	10	852		22	202% Vitamin A	33% Vitamin C
(half the portion size)	460		25					11		
Ramen Chicken	695	80	14	63 CC 11	8	3315	2	10	10% Vitamin C	0.5% Vitamin A
(Use 2/3 noodles, and omit the egg)	545		8					7		
Add a Protein	220	41	5	0	0	85	0	3	90% Vitamin B6	4% Iron
All-Natural Chicken Breast	220	30	10	0	0	75	0	5	10% Iron	10% Potassium
Add a Protein	220	35	0	0	0	130	0	4	60% Vitamin B6	15% Potassium
Norwegian Salmon	220	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)	
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	
THE Carrot Cake	540	6	34	49	2	440	36	13	6% Vitamin C	6% Calcium
Peanut Butter Cookies	400	8	22	45	2	330		18	4% Iron	6% 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 Piccata with Kale Marinara

We love to balance indulgence and nutrition in the Meez kitchen, and this recipe checks all the boxes: garlicky buttery piccata sauce, fresh marinara, heart-healthy shrimp and roasted kale. Plus, fresh garlic bread because we couldn't resist.

Getting Organized

EQUIPMENT

Two baking sheets
Large Skillet
Small Bowl

FROM YOUR PANTRY

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

6 MEEZ CONTAINERS

Kale
Marinara Sauce
Italian Rolls
Grated Parmesan & Garlic
Shrimp
Capers & Onions

20 Minutes to the Table

20 Minutes Hands On

1 Whisk Super Easy

Good to Know

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

If you ordered the **Carb Conscious version**, we sent you broccoli instead of the Italian Rolls, reducing the **carbs per serving to 25g**. Toss the broccoli with the oil and Grated Parmesan & Garlic and roast alongside the kale. Serve alongside the kale and shrimp.

Health snapshot per serving – 580 Calories, 41g Protein, 33g Fat, 43g Carbs, and 13 Freestyle points.

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

INGREDIENTS: Shrimp, Italian Rolls, Kale, Tomato Sauce, Yellow Bell Peppers, Yellow Onion, Capers, Parmesan, Red Onion, Basil, Garlic, Parsley, Olive Oil, Sugar, Tomato Paste, Salt, Black Pepper, Fennel

meez meals

1. **Get Organized**

Preheat the oven to 400.

2. **Make the Kale Marinara**

Place the **Kale** on a baking sheet and drizzle with olive oil, salt and pepper. Toss and arrange in a single layer. Bake until the kale is brown and crispy, 12 to 15 minutes. Remove from the oven and toss with two-thirds of the **Marinara Sauce** directly on the baking sheet and set aside. Retain the remaining marinara for step 5.

3. **Make the Garlic Bread**

While the kale is roasting, slice the **Italian Rolls** in half and put cut-side up on a second baking sheet. Add 2 Tbsp olive oil to a small bowl and mix in the **Grated Parmesan & Garlic** (the component that does not contain capers). Spread the mixture evenly on the cut side of the rolls and bake until the garlic bread is golden brown, about 10 minutes.

4. **Cook the Shrimp, Capers & Onions**

While the garlic bread is baking, pat dry and lightly salt and pepper the **Shrimp**. Heat 1 Tbsp olive oil in a large skillet over medium-high heat. Cook the shrimp for a minute on each side until they are opaque and no longer grey in color. Remove the shrimp from the pan and set aside. Do not wipe out the skillet. Add the **Capers & Onions** to the empty skillet and cook, stirring consistently, until the onions soften, about 2 minutes. Add 2 tbsp butter and stir until melted. Turn off the heat and add the cooked shrimp back to the skillet. Stir well.

5. **Put It All Together**

Warm the remaining marinara in the microwave or on the stove.

Serve the kale marinara topped with the shrimp and drizzle with the remaining butter, capers & onions. Serve the garlic bread with the warm marinara for dipping, and enjoy!

Instructions for two servings.

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

Lemon Chicken Souvlaki

We adore the flavors of a classic souvlaki, but on a busy weeknight, marinating the meat and loading up skewers is more work than we want. Ours is a streamlined version with lemony chicken served with a flavorful rice pilaf and cooling roasted red pepper tzatziki sauce. It is just as flavorful but without the fuss.

Getting Organized

EQUIPMENT

Saucepan
Large Skillet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Basmati Rice
Garlic, Onions & Raisins
Chicken Breast
Peppers & Onions
Lemon Marinade
Roasted Red Pepper Tzatziki

Good To Know

Health snapshot per serving – 560 Calories, 50g Protein, 18g Fat, 51g Carbs, 11 Freestyle Points

If you ordered the **Carb Conscious** version, we sent you cauliflower “rice” instead of the basmati rice, reducing the calories to 500 and the **Carbs to 40g** per serving. Skip step 1 and cook the cauliflower rice with the other veggies in step 2 for 4 to 5 minutes.

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**



25 Minutes to the Table

25 Minutes Hands On

1 Whisk Super Easy

INGREDIENTS: Chicken Breast, Basmati Rice, Greek Yogurt, Red Pepper, Green Pepper, Red Onion, Yellow Onion, Golden Raisins, Mayonnaise, Cucumber, Roasted Red Pepper, Cream, Ginger, Chicken Stock, Lemon, Garlic, Dill, Lemon Pepper, Kosher Salt, Cinnamon, Clove, Turmeric

meezmeals

1. Get Started

Bring a saucepan of water to a boil.

2. Cook the Rice

Add the **Basmati Rice** to the boiling water and reduce the heat to medium. Simmer, uncovered, until the rice is tender, about 15 to 20 minutes. Drain well and set aside in the colander.

Heat 1 Tbsp olive oil in the now-empty saucepan over medium high heat. When the oil is hot, add the **Garlic, Onions & Raisins** and sauté until the onions soften, about 2 to 3 minutes. Add the drained rice and mix well, then cover and set aside.

3. Cook the Chicken

While the rice is cooking, heat 1½ Tbsp of olive oil in a large skillet over medium high heat. Pat dry and generously salt and pepper the **Chicken Breasts** on both sides. When the oil is hot, add the chicken and cook until the bottom is brown, about 4 minutes. Flip and cook for another 4 minutes on the other side. Transfer the chicken to a cutting board. Let rest for 5 minutes, then slice into ½" strips. Do not wipe out the skillet.

4. Cook the Peppers & Onions

Heat 1 Tbsp olive oil in the now-empty skillet over medium-high heat. When the oil is hot, add the **Peppers & Onions** and sprinkle with salt and pepper. Cook until the vegetables start to char, about 3 to 4 minutes. Remove the veggies from the skillet and add to the saucepan with the seasoned rice. Mix well.

Add the **Lemon Marinade** to the now-empty skillet over medium-high heat and cook until clear and starting to brown, about 3 to 4 minutes. Turn off the heat and return the sliced chicken to the skillet. Mix well.

5. Put it All Together

Serve the chicken over the rice and vegetables and finish with some generous dollops of the **Roasted Red Pepper Tzatziki**. Enjoy!

Instructions for two servings.

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

Kung Pao Edamame with Udon Noodles

We're hooked on Kung Pao sauce. The spicy sweet flavor just makes stir-fry come to life. We're cooking our version with edamame, carrots and red peppers, then serving it over udon noodles with some peanuts to finish it all off. It's a speedy meal perfect for any night of the week.

15 Minutes to the Table

15 Minutes Hands On

1 Whisk Super Easy

Getting

Organized

EQUIPMENT

Large Skillet
Saucepan

FROM YOUR PANTRY

Olive Oil
Salt &
Pepper

4 MEEZ CONTAINERS

Asian
Vegetables
Sesame Soy
Sauce
Udon
Noodles
Peanuts

Add Protein Cooking Instructions

Integrate into recipe: Prior to step 3, cook the protein (per instructions below) and then slice into strips (*flake the salmon, leave shrimp whole*) and stir into the noodles 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 zucchini "noodles" instead of udon reducing the **carbs to 34g per serving**. Skip Steps 1 and 2. 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, place them in the pan in a single layer. Cook, without stirring, until the zucchini noodles start to char, 2 to 3 minutes. Remove from the skillet and use in place of the noodles in Step 4.

If you're making the gluten-free version, we've given you rice noodles, instead. Cook until tender, about 5 minutes, drain and rinse under cold water.

Health snapshot per serving – 465 Calories, 18g Protein, 10g Fiber, 14 Smart Points

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YouTube
cooking video



INGREDIENTS: Edamame, Udon Noodles, Carrots, Red Peppers, White Wine, Peanuts, Tamari Sauce, Sambal, White Vinegar, Brown Sugar, Sesame Oil, Garlic

meez *meals*

1. Getting Organized

Bring a large pot of water to a boil.

2. Cook the Udon Noodles

Salt the boiling water and add the **Udon Noodles**. Cook until they are soft, about 5 to 7 minutes, then drain.

3. Cook the Vegetables

As soon as the noodles are cooking, heat 1 Tbsp olive oil in a large skillet over high heat. When the oil is hot, add the **Asian Vegetables** and cook until the edamame is tender, about 5 to 7 minutes. Add the **Sesame Soy Sauce** and cook, stirring, until hot, about 2 to 3 minutes. Season with salt and pepper to taste.

4. Put It All Together

Serve the udon noodles topped with veggies and sauce and finish with a sprinkling of **Peanuts**. Enjoy!

Love this recipe? #meezmagic

A large pot of water gives the noodles lots of room to cook properly.

Instructions for two servings.

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

Carne Asada Tacos

Carne asada is all about the marinade, and ours is downright delicious if we do say so ourselves. With just the right blend of lime juice and adobo, it makes these steak tacos sing. Served up with seared peppers, onions, cilantro and plenty of queso fresco.

25 Minutes to the Table

25 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

- Large Skillet
- Mixing Bowl
- Large Ziplock Bag (or Lidded Container)

FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper

6 MEEZ CONTAINERS

- Carne Asada Marinade
- Steak
- Green & Red Peppers
- Tortillas
- Onions & Cilantro
- Queso Fresco

Good To Know

If you ordered the **Carb Conscious version**, we sent you romaine lettuce instead of the tortillas, reducing the **carbs per serving** to **27g**. Use in place of the tortillas to create a Carne Asada lettuce wrap.

Have a little extra time? Marinate the steak up to a day ahead for maximum flavor.

Health snapshot per serving – 610 Calories, 22g Fat, 47g Protein, 55g Carbs, 15 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, Flour Tortillas, Green Peppers, Red Peppers, Onions, Cilantro, Queso Fresco, Soy Sauce, Lime Juice, Cider Vinegar, Sugar, Black Pepper, Cumin, Chipotles in Adobo, Garlic, Olive Oil

meez meals

1. Marinate the Steak

Combine 1 Tbsp Olive Oil and the **Carne Asada Marinade** into a bowl and stir thoroughly.

Pour half the marinade/oil into a large ziplock bag (or container with a lid), seal, and shake well.

Using a fork, prick the **Steak** several times on both sides. Place it into the ziplock bag with the marinade and shake well, then set aside to marinate for at least 5 minutes.

2. Cook the Peppers

While the steak is marinating, heat 1 Tbsp olive oil over high heat in a large skillet. When pan is very hot, add the **Green & Red Peppers** and cook until slightly charred, about 4 to 5 minutes.

Remove from the skillet and set aside.

3. Cook the Steak

In the skillet used for the peppers, heat 1 Tbsp of oil over high heat. Remove the steaks from the ziplock bag and discard the excess marinade in the ziplock bag.

When the skillet 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**).

Set aside to rest for 5 min. After the steaks have rested, place them horizontally on a cutting board. Using a sharp knife, cut the steaks into even strips (we aim for ½" x 1" pieces).

4. Heat the Tortillas

Wash out the skillet used for the steak and heat the **Tortillas** until soft and pliable, about 30 seconds per side.

5. Put It All Together

Serve the tortillas filled with sliced steak, peppers, **Onions & Cilantro**, **Queso Fresco** and lightly drizzle with remaining Carne Asada Marinade. Enjoy!

Save the remaining marinade to use as a light drizzle for your tacos.

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 to go.

Instructions for two servings.

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

Salmon with Dill Butter & Crispy Leeks

This is one of those great dishes that tastes fancy but is super simple to make. With roasted red potatoes, fresh kale, crispy leeks and dill butter, this is the salmon dinner you've been craving.

30 Minutes to the Table

30 Minutes Hands On

2 Whisk Easy

Getting Organized

EQUIPMENT

- 2 Baking Sheets
- Large Skillet
- Mixing Bowl

FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper

5 MEEZ CONTAINERS

- Red Potatoes
- Salmon
- Kale
- Dill Butter
- Leeks

Make The Meal Your Own

If you ordered the **Carb Conscious version**, we sent you cauliflower instead of the red potatoes, reducing the **carbs per serving** to **17g**. In Step 3, toss the cauliflower as described for the kale, place on a baking sheet and cook until it starts to brown, about 8 to 10 minutes. Place next to kale on serving plates.

If your food preferences meant we didn't send you the butter, combine the dill packet with some olive oil and drizzle on top of the salmon.

Good To Know

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

Health snapshot per serving – 610 Calories, 37g Fat, 32g Carbs, 39g Protein and 13 Freestyle Points

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

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INGREDIENTS: Salmon, Potato, Kale, Leek, Butter, Garlic, Dill.

meezmeals

1. Getting Organized

Preheat the oven to 425.

2. Prepare the Potatoes

Slice the **Red Potatoes** in half the long way (so you have two long but skinny halves). Place the sliced potatoes in a bowl and toss with a light drizzle olive oil, salt, and pepper. Spread the potatoes face down on a baking sheet and cook for 15 minutes. Turn the baking sheet and cook until the potatoes are golden brown, and the bottoms are slightly crispy, about an additional 5 to 6 minutes, for a total cook time of around 20 minutes.

3. Roast the Kale

While the potatoes are cooking, put the **Kale** in the now-empty mixing bowl and drizzle with a bit more olive oil. Toss, and spread the kale on a second baking sheet. When you turn the potatoes (after 15 minutes of cooking) place the kale in the oven and cook until it softens and begins to get crispy, about 5 to 6 minutes.

When done, remove both the potatoes and kale from the oven and place them directly onto serving plates with the kale in the center and the potatoes on the side.

4. Cook the Salmon

While the kale is cooking, dry the **Salmon** and generously season with salt and pepper (we use ¼ tsp salt and ¼ tsp pepper, so use about half per side, or more if you like). Heat 2 Tbsp of oil in a skillet over medium-high heat. When the oil is hot, put the salmon in skillet and cook until it turns brown, about 3 minutes. Flip, and cook the other side until brown, 3 additional minutes. Remove the salmon from the heat and place it on top of the kale. Do not wipe out the pan.

Top the salmon with the **Dill Butter** to melt as the salmon rests.

5. Put It All Together

Heat the now-empty skillet over medium-high heat and add the **Leeks**. Sprinkle very lightly with pepper (not salt) and sauté until they start to brown, about 3 to 4 minutes. Place the leeks on top of the salmon. Enjoy!

Instructions for two servings
Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois

Knife & Fork Grilled Cheese

Imagine your favorite grilled cheese on steroids. We're starting with a gouda and provolone grilled cheese made with tender, flavorful whole-grain panini bread. But it's the fried egg-in-a-hole, roasted beets, butternut squash, kale and honey aioli that make it really special. It's messy, satisfying, and over-the-moon delicious.

25 Minutes to the Table

25 Minutes Hands On

2 Whisks Easy

Getting Organized

EQUIPMENT

- 2 Rimmed Baking Sheets
- Large Skillet
- Large Mixing Bowl

FROM YOUR PANTRY

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

5 MEEZ CONTAINERS

- Beets & Butternut Squash
- Kale
- Honey Aioli
- Whole-Grain Panini Bread
- Smoked Gouda & Provolone

Good To Know

Integrate into recipe: Before grilling the bread in step 3, cook the protein (per instructions below) and then slice into strips (*flake the salmon, leave shrimp whole*) and add to the sandwich after it comes out of the oven 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 – 685 Calories, 36 Protein, 33g Fat, 63g Carbs, 20 Freestyle Points

Lightened-Up Health snapshot per serving – 565 Calories, 30g Fat, 42g Carbs, 16 Freestyle Points by using half the bread and eating as an open-faced sandwich with egg on top of the cheese.

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



INGREDIENTS: Whole-Grain Panini Bread, Kale, Beets, Butternut Squash, Gouda, Provolone, Garlic, Mayonnaise, Red Wine Vinegar, Honey, Thyme, Mustard, Black Pepper.

meez *meals*

1. Roast the Beets & Butternut Squash

Preheat your oven to 400. Arrange the **Beets & Butternut Squash** on a rimmed baking sheet in a single layer and drizzle with olive oil, salt, and pepper. Roast until golden in places, about 15 to 20 minutes, stirring once about halfway through.

2. Roast the Kale

While the veggies are cooking, arrange the **Kale** on a rimmed baking sheet, and drizzle with olive oil, salt, and pepper. When the beets and squash are about halfway through their cooking time, put the kale in the oven and bake until slightly crispy, 7 to 10 minutes.

Once all the veggies are finished cooking, transfer them to a large mixing bowl and add the **Honey Aioli**. Mix well, then set aside until step 4.

3. Grill the Bread

While the veggies are cooking, heat 1 Tbsp olive oil in a large skillet over medium heat. Place two of the **Whole-Grain Panini Bread** slices in the pan and cook until the bread starts to brown, about 2 minutes. Flip the bread over and repeat for the other side. Transfer the grilled bread to one of the now-empty baking sheets. Wipe out the skillet.

4. Build the Bottom of the Sandwich

Divide the **Smoked Gouda & Provolone** into four portions. Spread one of the portions evenly over one of the bread slices. Then spread the veggies over the cheese and top with another portion, then leave uncovered. Repeat for the other grilled bread slice to make the base of the other sandwich. Bake until the cheese is bubbly and melted, about 5 minutes. Transfer directly to serving plates.

5. Make An Egg-In-A-Hole To Top the Sandwich

While the bottom section of the sandwich is cooking, return the now empty skillet to the stove over medium high heat with 1 Tbsp of olive oil. Use a cookie cutter (or bottom of a glass) to create a hole about 2 inches in diameter in each of the two remaining bread slices.

When the oil is hot, place the bread in the skillet and then break an egg directly into each hole. Sprinkle with salt and pepper and cook until the egg has set and turns golden, about 2 minutes. Flip the bread and egg over and cook the other side until egg is over medium, an additional 2 minutes.

6. Put it All Together

Place the Egg-In-a-Hole bread on top of the bottom part of the sandwich and use a fork and knife to enjoy!

*Time is
for eggs
to be
over-
medium.
Cook
less for
a runnier
yolk or
longer
for
firmer.*

Instructions for two servings.

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

Mozambican Yellow Curry Rice Bowl

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

35 *Minutes to the Table*

20 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Saucepan
Baking Sheet
Large Mixing Bowl

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

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

Add Protein Cooking Instructions

CHICKEN -While the vegetables are roasting in Step 4, heat 1 Tbsp of olive oil in a large skillet on medium-high heat. Salt and pepper the Chicken Breasts and, when the oil is hot, cook until crisp and brown, about 4 to 5 minutes on each side. Let rest for 5 minutes and cut into strips and serve with the chickpeas and broccoli over the rice..

STEAK - While the vegetables are roasting in Step 4, heat 1 Tbsp olive oil in a large skillet over high heat. Salt and Pepper the steaks and when the skillet is very hot, add the Steaks to the pan. Cook until the bottoms brown and the sides start to color, about 4 minutes each side for medium (3 min med-rare and 5-6 min for well done). Let rest for 5 minutes and cut into strips and serve with the chickpeas and broccoli over the rice.

SHRIMP -While the vegetables are roasting in Step 4, heat 1 Tbsp of olive oil in a large skillet on medium-high heat. Salt and pepper the Shrimp and, when the oil is hot, cook until they are opaque and no longer grey in color, about 1 minute on each side. Serve with the chickpeas and broccoli over the rice.

Good to Know

Health snapshot per serving – 660 Calories, 15g Protein, 23g Fat, 103g Carbs, 22 Freestyle Points.

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



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

meez *meals*

1. Get Organized

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

2. Cook the Rice and Sauce

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

3. Warm the Sauce

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

4. Roast the Chickpeas and Broccoli

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

5. Put It All Together

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

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

Instructions for two servings.

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

Sweet Asian BBQ Salmon

We adore the dark, tangy-sweet flavor of Asian BBQ sauce. We're pairing it with seared salmon, sautéed carrots and green cabbage for a dinner that's fresh, tasty, and on the table in just 15 minutes.

15 Minutes to the Table

15 Minutes Hands On

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

- Large Skillet
- Mixing Bowl

FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper

5 MEEZ CONTAINERS

- Cabbage & Carrots
- Salmon
- Sweet BBQ Sauce
- Ginger Dressing
- Sesame Seeds

Good To Know

Want to spice it up? Add sriracha or gochujang to the sauce. Both are great ways to dial up the heat.

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

Health snapshot per serving – 550 Calories, 14g Fat, 70g Carbs, 40g Protein and 12 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: Salmon, Cabbage, Carrots, Yellow Onion, Mae Ploy Sauce, Celery, Honey, Tamari, Garlic, Ginger, Crushed Red Pepper, Brown Sugar, Sesame Oil, Rice Wine Vinegar, Ketchup, Sugar, Lemon, Sesame Seeds

meez *meals*

1. Sauté the Veggies

Heat 1 Tbsp olive oil in a large skillet over high heat. When the oil is hot, add the **Cabbage & Carrots** and cook until they start to soften, 1 to 2 minutes. Remove from the pan, place in a mixing bowl, and toss with two-thirds of the **Ginger Dressing** (the lighter colored orange sauce). Add additional dressing to taste.

2. Cook the Salmon

Wipe out the skillet and heat 2 Tbsp of oil in over medium-high heat. Dry the **Salmon** with a paper towel and when the oil is hot, cook until it turns brown, about 3 minutes. Flip and add the **Sweet BBQ Sauce** (the darker brown sauce) and cook the other side for 3 additional minutes, while spooning the sauce on top of the salmon. The sauce should thicken enough to be able to coat the back of a spoon.

3. Put It All Together

Serve the salmon over the veggies and drizzle a bit of the sauce from the pan on top. Sprinkle with the **Sesame Seeds**, serve and enjoy!

Chile Relleno Verde

35 Minutes to the Table

25 Minutes Hands On

1 Whisk Super Easy

We love Chile Rellenos, but the classic version is battered and fried - too much for a busy weeknight dinner. We've discovered a streamlined casserole that eliminates that messy step. With rice, black beans, and a flavorful verde sauce, it's comfort food simple enough for the busiest of nights.

Getting Organized

EQUIPMENT

Casserole Dish
Saucepan

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Poblano Peppers
Rice
Spiced Corn & Beans
Chihuahua &
Mozzarella
Verde Sauce

Add Protein Cooking Instructions

Integrate into recipe: While the rice is cooking in step 3, cook the protein (per instructions below) and then shred (*flake the salmon, leave shrimp whole*) and stir into the rice and bean mix before adding to the casserole 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 – 640 Calories, 15g Fat, 34g Protein, 98g Carbs, 11 Smart Points

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

INGREDIENTS: Poblano Peppers, Black Beans, White Rice, Green Enchilada Sauce, Corn, Yellow Onion, Chihuahua Cheese, Mozzarella, Carrot, Orange Juice, Sour Cream, Tomato, Garlic, Vegetable Stock, Ancho Chili, Sugar, Lime Juice, Cilantro, Paprika, Coriander, Oregano, Cumin, Kosher Salt, Black Pepper

meezmeals

1. Get Started

Preheat the oven to 425. Bring a saucepan of water to a boil.

2. Roast the Poblano Peppers

Spray or lightly brush the **Poblano Peppers** with olive oil and arrange them, skin-side-up in a single layer in a casserole dish. Roast until the peppers soften and the skin starts to blister, about 15 minutes. Remove the dish from the oven, flip the peppers and rearrange into a single layer. Set aside until step 5.

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

3. Cook the Rice

As soon as the poblanos are roasting, add the **Rice** to the boiling water and cook until soft, about 15 minutes. Drain and set aside in a colander.

4. Make the Rice, Corn and Beans

Add 1 Tbsp olive oil to the now-empty saucepan over medium-high heat. When the oil is hot, add the **Spiced Corn & Beans** and 3 Tbsp water. Cook, stirring frequently, until the onions and carrots soften, about 3 to 5 minutes. Turn off the heat and add back the cooked rice. Stir well, cover, and set aside.

5. Bake the Casserole and Serve

Top the poblano peppers with an even layer of the rice mix, then sprinkle with the **Chihuahua & Mozzarella**. Bake until the cheese is melted and starting to brown, about 8 to 10 minutes. Remove and from the oven let cool for 5 minutes.

Drizzle with the **Verde Sauce** and enjoy!

Instructions for two servings.

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

Shepherd's Pie

Is there anything more classic than Shepherd's Pie? With fresh mashed potatoes, perfectly seasoned beef and just the right amount of peas, corn, carrots and cheddar, it's a recipe the whole family will love.

60 *Minutes to the Table*

30 *Minutes Hands On*

2 Whisks *Easy*

Getting Organized

EQUIPMENT

- Skillet
- Large Saucepan
- Oven-Safe Casserole Dish

FROM YOUR PANTRY

- Olive Oil
- Salt
- Butter (3/4 Tbsp per svg.)
- Flour (1/2 Tbsp per svg.)
- 6 MEEZ CONTAINERS
- Red-Skin Potatoes
- Beef Meatballs
- Onions & Garlic
- Cream Sauce
- Veggies
- Cheese & Parsley

Good to Know

Speed Tip: We're cooking and mashing the potatoes in a single pot to simplify clean up. If you don't mind cleaning an extra pan, complete step #3 in a separate pan while you're waiting for the potatoes to cook. You'll save about 15 minutes. It also cooks ahead wonderfully, so assemble it in advance and cook whenever you're ready to eat.

Health snapshot per serving – 915 Calories, 30g Protein, 50g Fat, 22 Freestyle Points

Lighten Up per serving – 460 Calories, 15g Protein, 25g Fat, 11 Freestyle Points with half the portion. This dish is probably our most filling and largest portion (you will see when it comes out of the oven). You will be able to still fill-up from half the serving and save those calories!

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: Beef Meatballs, Red-Skin Potatoes, Peas, Carrots, Corn, Onion, Garlic, Cheddar, Parsley, Black Pepper, Cream, Wine, Dijon, Brown Sugar, Chicken Broth

meez meals

1. Getting Organized

Preheat the oven to 425 degrees and set a pot of salted water to boil in a large saucepan over high heat.

2. Cook The Potatoes

Cut each **Red-Skin Potato** in half and then in thirds for six pieces per potato. Add them to the boiling water and cook uncovered until they are fork-tender, about 15 minutes. Drain the potatoes and set aside. Wipe-out and dry the saucepan.

3. Sear The Meatballs

While the potatoes are cooking, heat the **Beef Meatballs** in a skillet over high heat. Sauté until the meatballs start to brown, about 2 minutes. Remove from heat and set aside.

4. Make The Mashed Potatoes

Return the saucepan used for the potatoes to the stove with 1 Tbsp olive oil over medium-high heat. When the oil is hot, add the **Onions & Garlic** and sauté until the onions are translucent, about 4 to 6 minutes. Add 1 Tbsp flour and 1½ Tbsp butter to the saucepan and cook until the butter is melted, and flour begins to brown, about 2 minutes. Add the **Cream Sauce** and stir, scraping the browned bits of flour off the bottom of the pan. Continue cooking until the sauce is the consistency of gravy and has turned golden brown, stirring continuously for another 2 to 3 minutes. Turn off the heat.

Add the cooked potatoes to the saucepan with the finished cream sauce and mash. Lumps are OK, you're shooting for your favorite mashed potatoes consistency.

5. Bake The Pie

Use cooking spray or lightly brush an oven-safe casserole dish lightly with oil. Cover the bottom with half the mashed potatoes. Place the meatballs on top of the potatoes, forming one even layer. Spread the **Veggies** on top of the meatballs and cover with the remaining mashed potatoes. Sprinkle the **Cheese & Parsley** on top and bake, uncovered, until the edges brown and the cheese is melted, about 25 to 35 minutes.

Remove from the oven and let rest for 7 to 10 minutes. Serve and enjoy!

Instructions for two servings.

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

You will need enough water to completely submerge the potatoes.

We love to send you vegetables cut and ready to eat, but cut potatoes don't hold up as well as we'd like.

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.

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