

Shrimp Pad Thai

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, eggs, salt and pepper.

Avocado Tilapia Sandwich with Jalapeño Slaw

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

Preheat your oven to 400.

From Your Pantry

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

Quick Tips



Hearty Paella with Crispy Green Beans

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

Preheat your oven to 350.

From Your Pantry

You'll need olive oil, salt and pepper.

Salmon Cakes with Dill Crema

40 Min to Table	40 Min Hands On	2 Whisks Easy
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Getting Started

Bring a large saucepan of water to boil.

From your Pantry

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

Pasta with Spinach Pesto

35 Min to Table	5 Min Hands On	1 Whisk Super Easy
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Omnivore Option

Pancetta or bacon is delicious in this.

Getting Started

Preheat oven to 450 & put a pot on to boil.

Chipotle Chicken Tostada with Cheesy Refried Beans

30 Min
to Table

30 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Heat a large dry skillet to cook the tortillas.

From Your Pantry

You'll need olive oil, salt and pepper.

Bourban and Bacon Steak Sliders

25 Min
to Table

25 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Preheat oven to 350.

From Your Pantry

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

Indian Grain Bowl with Mango Chili Sauce

15 Min
to Table

15 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Slice up your Halloumi Cheese

From Your Pantry

You'll need olive oil, salt and pepper

Balsamic Glazed Chicken Caprese Pasta

20 Min
to Table

10 Min
Hands
On

1 Whisk
Easy

Getting Started

Put a saucepan of water on to boil.

Meal Tip

This dish is delicious served cold.

Chorizo Bravas Croquettes

35 Min
to Table

15 Min
Hands
On

2 Whisks
Easy

Getting Started

Put a saucepan of water on to boil.

From Your Pantry

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

Arugula and Cherry Tomato Pizza

40 Min
to Table

15 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Preheat your oven to 450.

From Your Pantry

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

Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmndd daily)	
Bourbon and Bacon Steak Sliders (use 1/2 the buns, and cheese)	970 700	66	46 34	69 CC 24	4	1600	20	34 23	40% Calcium	25% Vitamin A
Hearty Paella with Crispy Green Beans (use /3 of the chive oil)	770 660	20	48 37	57 CC 38	28	400	15	24 19	60% Vitamin C	30% Iron
Salmon Cakes with Dill Crema	560	44	25	42	6	1090	12	11	95% Vitamin D	56% Vitamin A
Chipotle Chicken Tostada with Cheesy Refried Beans	640	62	19	53 CC 39	12	920	6	10	13% Vitamin A	38% Vitamin B12
Shrimp Pad Thai (use 1/2 the eggs, and peanuts)	710 550	45	20 8	91	7	360	36	18 15	27% Iron	22% Potassium
Avocado Tilapia Sandwich with Jalapeño Slaw	650	34	24	79	10	2700	24	18	100% Vitamin C	90% Vitamin A
Pasta with Spinach Pesto	620	23	40	51	12	554		19	160% Vitamin C	44% Folate

Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmndd daily)	
Chorizo Bravas Croquettes										
Indian Grain Bowl with Mango Chili Sauce	580	30	26	57 CC 33	8	1030	10	19	31% Vitamin C	12% Vitamin A
Balsamic Glazed Chicken Caprese Pasta	615	64	23	40 CC 17	5	249		15	67% Vitamin C	25% Vitamin A
Arugula and Cherry Tomato Pizza	541	14	25	65	8	446	19	18	61% Vitamin A	55% 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	10% Potassium
Add a Protein Norwegian Salmon	220	35	0	0	0	130	0	4	60% Vitamin B6	15% Potassium
Add a Protein Premium Shrimp	120	28	0.5	0	0	170	0	1	8% Potassium	4% iron

Health Snapshot

Recipe	Calories	Protein (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
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.

Bourbon & Bacon Steak Sliders

Bourbon and apple cider add a depth of flavor to sauces that's uniquely American. Paired with bacon and grilled onions, and our sliced bistro chateau steak, then smothered with melted cheese, it makes a slider that's a down-home favorite.

25 *Minutes to the Table*

25 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet
Baking Sheet

FROM YOUR PANTRY

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

6 MEEZ CONTAINERS

Steak
Slider Buns
Gouda & Cheddar
Bacon & Onions
Bourbon & Cider
Arugula

Good to Know

If you ordered the **Carb Conscious version**, we sent you red bell peppers instead of the slider buns, reducing the **carbs per serving to 24g**. After step 2, sauté the peppers in the large skillet until charred, about 5 to 6 minutes. Remove and place directly on your serving plates and top with the cheese. Serve the steak, sauce, and arugula on top of the cheesy peppers.

Health snapshot per serving – 970 Calories, 46g Fat, 69g Carbs, 66g Protein, and 34 Freestyle Points.

Lightened-up health snapshot per serving – 700 Calories, 34g Fat, 41g Carbs, and 23g Freestyle Points, by using half of the buns and half of the cheese and eating the sliders open face.

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

INGREDIENTS: Steak, Slider Buns, Apple Cider, Yellow Onion, Gouda, White Cheddar, Bacon, Arugula, Dijon Mustard, Bourbon, Brown Sugar, Apple Cider Vinegar, Black Pepper

meez ^{meals}

1. Get Organized

Preheat your oven to 350.

2. Cook the Steaks

Heat 1 Tbsp of olive oil in a large skillet over high heat. Pat the **Steaks** dry with a towel and season generously with salt and pepper. When the oil is very hot, add the steaks and cook until the bottoms brown and sides start to color, about 3 minutes. If you prefer your steak **medium-rare**, flip and continue cooking 3 minutes (**medium** 4 minutes, **well done** 5 to 6 minutes).

Set aside to rest for 5 minutes, then place horizontally on a cutting board and cut into ½" strips. Wipe out the skillet.

3. Toast the Buns

While the steaks are resting, place each set of **Slider Buns** cut-side up on a baking sheet. Spread an even layer of **Gouda & Cheddar** over the buns, edge to edge. Bake until the cheese is melted, about 5 minutes.

4. Create the Bourbon Bacon Sauce

While the buns are toasting, heat the now-empty skillet over medium-high heat. Add the **Bacon & Onions** and cook until the bacon is crispy, about 4 minutes. Remove from the skillet and set aside. Do not wipe out the skillet.

Add the **Bourbon & Cider** to the skillet and bring to a boil. Lower the heat to medium and simmer until it thickens enough to coat the back of a spoon, about 3 to 4 minutes. Remove from the heat and add 1 Tbsp butter and the cooked bacon and onions. Stir well.

5. Put It All Together

Place sliced steak on the bottom slider buns, then top with the bourbon bacon sauce, **Arugula**, and top bun. Enjoy!

Instructions for two servings.

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

Hearty Paella with Crispy Green Beans

A savory paella of summer squash, zucchini and tomatoes with a pinch of parmesan to boost the flavor. Finished with a chive oil and crispy green bean topper, it's even better than the Valencia inspiration.

30 Minutes to the Table

15 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Oven-Safe Skillet
and Lid
Large Skillet

FROM YOUR PANTRY

Olive Oil
Salt/Pepper

5 MEEZ CONTAINERS Squash & Other

Veggies
Basmati Rice
Tomato Broth
Green Beans
Chive Oil

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 serve on top of the paella rice before drizzling with the chive oil in Step 4.

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

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

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

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

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

Good To Know

If you ordered the **Carb Conscious version**, we sent you cauliflower "rice" instead of the Basmati rice, reducing the **carb per serving to 38g**. In step 2, use the cauliflower with only ¼ cup water.

Health snapshot per serving – 770 Calories, 48g Fat, 57g Carbs, 20g Protein, 24 Freestyle Points

Lightened up Health snapshot per serving – 660 Calories, 37g Fat, 56g Carbs, 19 Freestyle points by using two-thirds of the Chive Oil.

INGREDIENTS: Coconut Milk, Green Beans, Basmati Rice, Tomato, Yellow Squash, Zucchini, Celery, Vegetable Oil, Carrot, Sun Dried Tomatoes, Chives, Vegetable Broth, Garlic, Parmesan, Dijon Mustard, Lemon, Old Bay, Thyme

meez meals

1. Get Organized

Preheat your oven to 350.

2. Create the Paella

Heat 1 Tbsp olive oil in a large oven-safe skillet over medium-high heat. Add the **Squash & Other Veggies** and cook until the squash starts to char, about 3 to 4 minutes. Add the **Basmati Rice**, and cook until lightly toasted, about 1 minute. Add the **Tomato Broth** and ½ cup of water. Stir well and bring to a boil. Remove from the stove, cover and transfer to the oven. Bake until the liquid has been absorbed and the rice has a slightly crunchy texture, around the edges, about 20 to 25 minutes. Remove from the oven and let rest for at least 5 minutes.

3. Sear the Green Beans

While the paella is resting, heat 1 Tbsp olive oil in a second large skillet over medium-high heat. When the oil is hot, add the **Green Beans** with a sprinkle of salt and pepper. Cook until they are seared but still bright green, about 5 to 6 minutes. Turn off the heat and set aside.

4. Put It All Together

Serve the paella topped with the seared green beans and drizzle the entire dish with the **Chive Oil**. Enjoy!

Salmon Cakes with Dill Crema

Get ready for fine dining at home. We're mixing up tender salmon with mashed potatoes and sautéed veggies for a sophisticated cake worthy of your favorite white-tablecloth restaurant. Served over fresh greens with a rich Dill Crema sauce, it's an elegant dinner we can't get enough of.

40 Minutes to the Table

40 Minutes Hands On

2 Whisks *Easy*

Getting Organized

EQUIPMENT

- Large Skillet
- Large Saucepan
- 2 Large Mixing Bowls

FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper
- Flour (2 Tbsp)
- Egg (1)

6 MEEZ CONTAINERS

- Potatoes
- Dill Crema
- Salmon
- Lemon
- Green Onion, Carrots & Celery
- Spinach, Arugula & Radicchio

Good To Know

Make ahead: You can get a jump on dinner by mixing the salmon cakes through step 4 the night before. Then just shape the cakes and pick up on step #5 when you're ready to eat. Dinner will be on the table in just five minutes.

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

Health snapshot per serving – 560 Calories, 25g Fat, 42g Carbs, 44g Protein and 11 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, Potatoes, Spinach, Arugula, Radicchio, Carrot, Celery, Sweet Relish, Dill, Green Onion, Sour Cream, Cream, Capers, Lemon, White Pepper, Curry Powder, Kosher Salt.

meez meals

1. Cook the Potatoes

Bring a large saucepan of water to boil with a pinch of salt. Add the **Potatoes** to the boiling water and cook until they are fork tender, about 12 to 15 minutes. Drain well and transfer to a large mixing bowl with 2 Tbsp of the **Dill Crema**. Use a potato masher or slotted spoon to mash the potatoes. (Lumps are completely fine.) Set aside until step 4.

2. Prepare the Salmon

While the potatoes are cooking, heat 2 Tbsp olive oil in a large skillet over medium-high heat. 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). When the oil is hot, add the salmon and cook until it starts to brown, about 2 minutes. Flip and cook the other side until it is also slightly brown, an additional 2 minutes. (The salmon will not be fully cooked at this point but will finish cooking in step 5.) Transfer the salmon to a cutting board to rest for 5 minutes. Do not wipe out the skillet. Once the salmon has rested, cut it into roughly ½" pieces and transfer to the large mixing bowl with the potatoes.

3. Char the Lemon and Sauté the Veggies

Heat 2 Tbsp olive oil in the now-empty skillet over medium heat. Slice the **Lemon** in half. When the oil is hot, add the **Green Onion, Carrots & Celery**, and lemon, cut side down to the skillet. Cook the lemon undisturbed and sauté the veggies until the onions appear translucent, about 4 to 5 minutes. Set the lemon aside and transfer the veggies to the large mixing bowl. Wipe out the pan.

4. Make the Cakes

Whisk 1 egg and 2 Tbsp flour in a small bowl and add to the large mixing bowl (which should now contain the mashed potatoes, salmon, sautéed veggies, and egg/flour mixture). Stir well and place in the freezer to cool for about 5 minutes. Form the cakes into 3 balls per serving and flatten into disks about 2½ inches in diameter and about ½ to ¾ inches thick.

5. Cook the Cakes

Heat 2 Tbsp olive oil in the now-empty skillet over medium heat. When the oil is hot, add the cakes and cook until the bottoms are golden brown, about 2 minutes. Flip and cook until the other sides are also golden, an additional 2 minutes. (You may have to work in batches and add more oil to the skillet for subsequent batches.)

6. Put It All Together

While the cakes are cooking, put the **Spinach, Arugula & Radicchio** in a second large mixing bowl and toss with a drizzle of olive oil, a sprinkle of salt and pepper, and a squeeze of half of the charred lemon. Serve the salmon cakes on top of the salad greens. Add a generous dollop of the Dill Crema to each cake and squeeze the other half of the lemon over top. Enjoy!

Chipotle Chicken Tostada with Cheesy Refried Beans

This dinner hits all the high points for a delicious Mexican-themed dinner. Tender shredded chicken, flavorful refried beans, plenty of cheese and a Chipotle Adobo Aioli that adds a rich, creamy note that we love. Simple and delicious, this dinner is a family favorite.

30 Minutes to the Table

30 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

2 Large Skillets and 1 Lid (or Baking Sheet)

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Corn Tortillas
Spiced Beans
Mexican Cheese
Chicken Breast
Chipotle Adobo Aioli
Tomatoes, Onions & Cilantro

Make The Meal Your Own

If you ordered the **Carb Conscious version**, we sent you romaine lettuce instead of tortillas, reducing the **carbs per serving to 39g**. Skip step 1 and fill the lettuce leaves instead of the tortillas.

Tostadas are simply crisped corn tortillas. If you **prefer yours as a soft taco**, that works great, too. Just skip the crisping and heat each dry tortilla for 30 seconds on each side.

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.

Good To Know

Health snapshot per serving – 640 Calories, 62g Protein
19g Fat, 53g Carbs, and 10 Freestyle Points.

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: Chicken Breast, Black Beans, Corn Tortillas, Tomatoes Onions, Chihuahua Cheese, Monterey Jack Cheese, Queso Fresco Cheese, Cilantro, Chipotles in Adobo, Mayonnaise, Buttermilk, Crushed Red Pepper, Garlic, Coriander, Cumin, Lime.

meez meals

1. Cook the Tortillas

Heat a large, dry skillet over medium-high heat. Spray or brush the **Corn Tortillas** with olive oil on both sides, then put onto the skillet. Cook two (or more if they can lay flat in the skillet) at a time until crisp on one side, about 3 to 4 minutes, then flip and cook until fully crisped, about 3 to 4 additional minutes. Repeat for the other tortillas.

2. Cook the Spiced Beans

Heat 2 Tbsp olive oil in a second large skillet (one that can be covered) over medium high heat. When the oil is hot, add the **Spiced Beans** and 1/2 cup of water. Cook, mashing the beans as they soften with a slotted spoon or fork, until the beans resemble refried beans and the mixture thickens, about 8 to 10 minutes. Turn off heat and stir in half of the **Mexican Cheese**, cover and set aside until step 4.

If you don't have a skillet with a cover you can use a baking sheet.

3. Cook the Chicken

Heat 1 ½ Tbsp olive oil the now-empty tortilla skillet over medium high heat. Pat dry and generously salt and pepper the **Chicken Breasts** on both sides. Cook until crisp and brown, on one side, about 4 to 5 minutes. Flip, then cook until brown on the second side, about 4 additional minutes. Transfer the chicken to a cutting board and let rest for 5 minutes. Turn off the heat but leave the skillet on the stove.

Once the chicken has rested, 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). Return the chicken to the still warm skillet and combine with the **Chipotle Adobo Aioli**, mixing until the chicken is completely coated and sauce is warm.

You just want to warm up the sauce but not cook it.

4. Put It All Together

Spread the cheesy refried beans on the crisp tortillas and top with the chipotle adobo chicken, pressing down slightly to keep it in place. Add the **Tomatoes, Onions & Cilantro** and sprinkle the remaining cheese on top. Enjoy!

Instructions for two servings.

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

Shrimp Pad Thai

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

20 *Minutes to the Table*

20 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

- Large Skillet
- Large Saucepan

FROM YOUR PANTRY

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

7 MEEZ CONTAINERS

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

Make The Meal Your Own

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

Good To Know

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

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

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

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



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

meez meals

1. Get Started

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

2. Cook Rice Noodles

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

3. Cook The Shrimp

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

4. Cook The Veggies and Eggs

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

5. Put It All Together

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

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

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

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

Instructions for two servings.

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

Avocado Tilapia Sandwich with Jalapeño Slaw

Get ready for a flavor explosion. Our tilapia sandwich comes together with roasted sweet potato chips, a crunchy jalapeno slaw, creamy avocado dressing, and flaky tilapia, all served up on rustic Italian bread. It's a speedy dinner that's filling and fun.

30 *Minutes to the Table*

20 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet
Baking Sheet
Mixing Bowl

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Sweet Potatoes
Tilapia
Italian Bread
Avocado Dressing
Jalapeño Slaw

Good To Know

Health snapshot per serving – 650 Calories, 24g Fat, 79g Carbs, 34g Protein and 18 Smart Points

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

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



INGREDIENTS: Tilapia, Rustic Panini Bread, Sweet Potatoes, Broccoli, Avocado, Mayonnaise, Red Onion, Jalapeño, Lime, Sugar, Cilantro, Kosher Salt

meez*meals*

1. Getting Organized

Preheat your oven to 400 degrees.

2. Prepare the Sweet Potato Chips

Toss the **Sweet Potatoes** with a drizzle of olive oil, salt and pepper on a baking sheet. Arrange in a single layer and roast until crispy, about 20 to 25 minutes.

3. Prepare and Cook the Tilapia

While the potatoes are baking, pat dry the **Tilapia** and sprinkle with salt and pepper. Heat 1 Tbsp olive oil in a large skillet over medium-high heat. When the oil is hot, add the tilapia and cook on one side until brown, about 3 minutes. Flip and repeat. Set aside. Wipe out the skillet.

4. Grill the Bread

Heat the now-empty skillet over medium heat. Brush both sides of the **Italian Bread** slices with olive oil, then add to the skillet in a single layer, working in batches if necessary. Cook until each side is golden brown, about 2 minutes per side.

5. Put It All Together

Toss half the **Avocado Dressing** with the **Jalapeño Slaw** in a mixing bowl.

Spread the remaining dressing on one side of the grilled bread. Layer the sweet potato chips on the dressed bread, then the tilapia, jalapeño slaw and final piece of bread. Slice the sandwich in half and enjoy!

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 *

Chorizo Bravas Croquettes

Potato croquettes come together in a flash in this flavorful dinner. We're cooking them up with spicy chorizo and two types of cheese, then topping them with a fresh pineapple salsa. Served with a traditional Spanish Bravas sauce.

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

Getting Organized

EQUIPMENT

- Large Skillet
- Large Saucepan
- Large & Small Mixing Bowls

FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper
- Flour (1 Tbsp per serving)
- Eggs (2)

6 MEEZ CONTAINERS

- Yukon Potatoes
- Chorizo
- Seasoned Cheese
- Panko Breadcrumbs
- Bravas Sauce
- Pineapple Salsa

Good To Know

Health snapshot per serving – 970 Calories, 69g Fat, 60g Carbs, 29g Protein and 33 Freestyle Points

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

INGREDIENTS: Yukon Potatoes, Chorizo, Panko Breadcrumbs, Pineapple, White Cheddar, Gruyere, Tomatoes, Red Bell Pepper, Cucumber, Sour Cream, Orange Juice, Vegetable Oil, Cilantro, Garlic, Parsley, Red Wine Vinegar, Lime, Smoked Paprika, Vegetable Stock, Mint, White Pepper.

1. Get Organized

Bring a large saucepan of water to boil with a pinch of salt.

2. Cook the Potatoes

Add the **Yukon Potatoes** to the boiling water and cook until they are fork tender, about 12 to 14 minutes. Drain well and transfer to a large mixing bowl. Use a potato masher or slotted spoon to mash the potatoes (lumps are completely fine). Set aside until chorizo is browned.

3. Brown the Chorizo

While the potatoes are boiling, heat a large skillet over medium heat. When hot, add the **Chorizo** and cook until it starts to brown, about 5 to 6 minutes. While it cooks, break it apart with a large spoon or spatula until it resembles ground beef. Add the chorizo and the chorizo oil in the skillet to the mixing bowl with the potatoes. Immediately add the **Seasoned Cheese** and stir well. Wipe out the skillet.

4. Create the Croquettes

Whisk 1 egg in a small bowl and add it to the mixing bowl along with 2 Tbsp flour. Stir well, then place the mixing bowl in the freezer for about 5 minutes. Use your hands to shape the potato mix into 4 balls, then flatten into patties about 3" in diameter and 3/4" thick.

Whisk an additional egg in the now-empty small bowl and spread the **Panko Breadcrumbs** on a plate. Dip each patty into the egg, covering both sides, and then press into the breadcrumbs until completely coated.

5. Cook the Croquettes

Heat 2 Tbsp olive oil in the now-empty skillet over medium heat. When the oil is hot, add the croquettes and cook until the bottoms are golden brown, about 3 minutes. (Work in batches if necessary, adding additional oil between rounds.) Flip and cook until the other sides are also golden brown, an additional 2 to 3 minutes.

6. Put It All Together

Pour the red **Bravas Sauce** directly onto serving plates and place the croquettes on top. Cover the croquettes edge to edge with the **Pineapple Salsa** and enjoy!

Chorizo arrives to you fully cooked.

If there's no room in your freezer, the fridge works, just a bit slower.

Indian Grain Bowl with Mango Chili Sauce

There's nothing traditional about this test-kitchen favorite. We're using a mango-chili sauce to give an Indian flair to this hearty seared halloumi and grain bowl. Finished with a fresh cucumber salsa, the result is a speedy dinner that's totally unique!

15 Minutes to the Table

15 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Large Skillet

FROM YOUR

PANTRY

Olive Oil

Salt & Pepper

6 MEEZ

CONTAINERS

Halloumi Cheese

Grape Tomatoes

5-Grain Blend

Seasoned

Hominy

Cucumber Salsa

Mango Chili

Sauce

Add Protein Cooking Instructions

Integrate into recipe: Prior to step 1, cook the protein (per instructions below) and then slice into strips (*flake the salmon, leave shrimp whole*) and serve on top of the grains in Step 3.

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 cauliflower "rice" instead of the 5-Grain Blend reducing the **carbs to 33g per serving**. Heat 1 Tbsp olive oil in a large skillet over high heat. When the oil is hot sauté the cauliflower until it starts to brown, about 3 to 4 minutes.

Remove from the skillet use in place of the 5-Grain Blend as part of the bowl.

Health snapshot per serving – 580 Calories,
30g Protein, 26g Fat, 57g carbs, 19 Freestyle Points.

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to view YouTube
cooking video**



INGREDIENTS: Halloumi Cheese, Hominy, Corn, Cucumber, Red Onion, Tomato, Mango, Mae Ploy, Barley, Wild Rice, Wheat Berries, White Quinoa, Red Quinoa, Olive Oil, Garlic, Cilantro, Ginger, Coriander, Turmeric, Garam Masala, Cumin, Fenugreek, Lime, Salt.

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1. Grill the Halloumi

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

Heat 1 Tbsp of olive oil in a large skillet over medium heat. When the oil is hot, add the Halloumi and lightly season with pepper. Cook until one side is golden brown, about 2 minutes, then flip and cook the other side until golden brown, an additional 2 to 3 minutes. Do not wipe out pan.

2. Make the 5-Grain Blend and Hominy

Put the **Grape Tomatoes** in a ziplock bag and squish.

Return the now-empty skillet to the stove over medium heat with 1 Tbsp olive oil. When the oil is hot, add the **5-Grain Blend** and **Seasoned Hominy**. Sauté until the grains are hot, about 2 minutes. Turn off the heat and stir in the squished tomatoes, including the juices from the ziplock bag.

Transfer the contents of the skillet directly to serving bowls.

3. Put It All Together

Serve the grilled Halloumi on top of the grains. Top with the **Cucumber Salsa** and a generous drizzle of the **Mango Chili Sauce**. Enjoy!.

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

Instructions for two servings.

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Balsamic Glazed Chicken Caprese Pasta

This deliciously quick-to-the-table dish is sure to be a new family favorite. With organic chicken breast, fresh mozzarella, sweet grape tomatoes and a balsamic glaze, it's the perfect partner for penne pasta. NOM NOM!

20 Minutes to the Table

10 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Saucepan
Deep Skillet or Large
Saucepan with Lid

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Chicken Breast
Penne Pasta
Fresh Mozzarella
Pesto
Grape Tomatoes
Balsamic Glaze

Make The Meal Your Own

If you ordered the **Carb Conscious version**, we sent you zucchini "noodles" instead of the pasta, reducing the **carbs per serving to 17g**. Skip step 1. In step 2, pat dry the zucchini noodles, add 1 TBSP oil to skillet. Cook on medium-high heat until they start to brown, about 3 minutes. Add the fresh mozzarella and pesto and follow rest of the directions.

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.

Good To Know

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

Health snapshot per serving – 615 Calories, 23g Fat, 40g Carbs, 64g Protein, 15 Smart Points

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to view YouTube
cooking video



INGREDIENTS: Cage-Free Chicken Breast, Grape Tomatoes, Penne Pasta Fresh Mozzarella Cheese, Balsamic Vinegar, Brown Sugar, Olive Oil, Basil, Almonds, Parmesan, Lemon Juice, Garlic, Spices

1. Getting Organized

Put a saucepan of water on to boil.

2. Cook the Pasta

Add the **Penne Pasta** to the boiling water. Cook until al dente, about 12 to 14 minutes, and then drain and return to the now-empty saucepan.

Add the **Fresh Mozzarella** and **Pesto**. Mix well, then set aside.

3. Prep and Cook the Chicken and Tomatoes

Place the **Chicken Breast** on a cutting board. Using a sharp knife, slice the chicken into even strips. (We aim for approximately ¼" - ½" slices). Once the chicken is sliced, generously sprinkle with salt and pepper (we use ¼ tsp salt and ¼ tsp pepper, so use about half per side, or more if you like).

While the pasta is cooking, heat 1 ½ Tbsp olive oil in a deep skillet (or large saucepan) over medium-high heat. When the oil is hot, add the chicken breast and **Grape Tomatoes** and cover. Cook until the chicken is browned on one side, about 6 minutes, and then flip. Continue cooking, uncovered, until the chicken is fully cooked, about 4 more minutes.

Add the tomatoes and chicken gently; the oil will be extremely hot and you want to avoid splashes.

Add the **Balsamic Glaze** and cook, stirring continuously, until chicken and tomatoes are coated, about 2 minutes. Season with salt and pepper to taste.

4. Put It All Together

Serve the pesto pasta topped with the chicken and tomatoes. Drizzle any extra glaze from the pan over the top to taste. Enjoy!

Love this recipe? #meezmagic

Instructions for two servings.

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Arugula and Cherry Tomato Pizza

Sophisticated comfort food cooked up in your own kitchen. With a ricotta and pecorino cream sauce, roasted fennel and leeks, cherry tomatoes, fresh arugula, and a pomegranate glaze, it's heaven on a plate.

40 Minutes to the Table

15 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

- 2 Rimmed Baking Sheets
- Zip lock bag

FROM YOUR PANTRY

- Flour
- Olive Oil
- Salt & Pepper

6 MEEZ CONTAINERS

- Pizza Dough
- Tomatoes
- Leeks & Fennel
- Pecorino & Ricotta Sauce
- Arugula
- Pomegranate Glaze

Add Protein Cooking Instructions

Integrate into recipe: While the pizza is baking in step 3., cook the protein (per instructions below) and then slice into strips (flake the salmon, leave shrimp whole) and place on top of the pizza before drizzling the glaze 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 – 540 Calories, 26g Fat, 65g Carbs, 14g Protein, 18 Freestyle Points

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INGREDIENTS: Pizza dough, Tomatoes, Baby Arugula, Leeks, Fennel, Cream, Ricotta, Pecorino Romano, Basil, Pomegranate, Lime, Brown Sugar.

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1. Getting Organized

Preheat your oven to 450 and take the **Pizza Dough** out of the refrigerator.

2. Roast the Veggies

Place the **Tomatoes** in a zip lock bag and, using your hands, squish until each tomato has burst. Arrange the tomatoes in a single layer on one half of a rimmed baking sheet.

Add the **Leeks & Fennel** (the vegetables with white pieces in addition to green) to the other half of the baking sheet, keeping them separate from the tomatoes.

Drizzle everything with olive oil, sprinkle with salt and pepper, and bake until the leeks and fennel just begin to crisp around the edges, about 8 to 10 minutes, stirring once about halfway through cooking (but continue to keep the tomatoes separate).

3. Assemble the Pizza

While the veggies are cooking, shape the dough. Sprinkle your counter with a little flour and stretch the dough until it's about ¼" thick. Transfer the dough to a second baking sheet sprayed or coated with oil.

Spread the **Pecorino & Ricotta Sauce** over the dough leaving about ½" along the edges. Top with the tomatoes and then the roasted Leeks & Fennel.

4. Bake and Finish

Place the pizza in the oven for 15 minutes. While it is baking, add ½ Tbsp olive oil and a sprinkle of salt and pepper to the bag containing the **Arugula** (the one with the leafy greens only) and toss well. After the pizza has been baking for 15 minutes, top with the arugula and continue cooking until the crust is golden, about an additional 5 to 7 minutes. Let the pizza cool for at least 5 minutes.

Drizzle with the **Pomegranate Glaze** and enjoy!

Warmer dough is much easier to work with.

Don't let the veggies get too crispy when you first roast them. They'll be cooking on the flatbread too.

We usually make two-person pizzas and ours are about 8" wide and 14" long.

Instructions for two servings.

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