

*Chicken Scallopi
with Hazelnut Whipped Butter*

| | | |
|---------------------------|------------------------------|-------------------------|
| 30 Min to Table | 30 Min Hands On | 2 Whisks Easy |
|---------------------------|------------------------------|-------------------------|

Getting Started Put a saucepan of water on to boil.

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

Breaded Salmon Sandwich

| | | |
|---------------------------|------------------------------|---------------------------------|
| 20 Min to Table | 25 Min Hands On | 1 Whisk Super Easy |
|---------------------------|------------------------------|---------------------------------|

Getting Started Preheat your oven to 400.

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

Quick Tips



meezmeals

*Asiago Chicken Creme with
Crispy Onions*

| | | |
|---------------------------|------------------------------|-------------------------|
| 20 Min to Table | 20 Min Hands On | 1 Whisks Easy |
|---------------------------|------------------------------|-------------------------|

Getting Started Heat olive oil in a large skillet.

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

Kung Pao Steak Tacos

| | | |
|---------------------------|------------------------------|---------------------------------|
| 15 Min to Table | 10 Min Hands On | 1 Whisk Super Easy |
|---------------------------|------------------------------|---------------------------------|

Getting Started No pre-work needed.

Leftovers Tip Serve beef and slaw over rice and noodles.

*Spicy Szechuan
Green Bean and Tofu*

| | | |
|---------------------------|------------------------------|---------------------------------|
| 15 Min to Table | 15 Min Hands On | 1 Whisk Super Easy |
|---------------------------|------------------------------|---------------------------------|

Getting Started Heat 1 Tbsp of olive oil in a large skillet.

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

Bacon Onion Swiss Burger

| | | |
|---------------------------|------------------------------|---------------------------------|
| 25 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.

Toasted Gnocchi with Maple-Chive Butternut Squash

| | | |
|---------------------------|------------------------------|---------------------------------|
| 30 Min to Table | 20 Min Hands On | 1 Whisk Super Easy |
|---------------------------|------------------------------|---------------------------------|

Getting Started

Preheat your oven to 400.

From Your Pantry

You'll need olive oil, salt & pepper

Chicken Argolemono Soup

| | | |
|---------------------------|------------------------------|---------------------------------|
| 35 Min to Table | 25 Min Hands On | 1 Whisk Super Easy |
|---------------------------|------------------------------|---------------------------------|

From Your Pantry

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

Getting Started

Heat 1 Tbsp. olive oil in a large saucepan.

Tomato Basil Shrimp Scampi

| | | |
|---------------------------|------------------------------|---------------------------------|
| 15 Min to Table | 15 Min Hands On | 1 Whisk Super Easy |
|---------------------------|------------------------------|---------------------------------|

Getting Started

Put a large saucepan of water on to boil.

From Your Pantry

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

Mushroom and Goat Cheese Risotto

| | | |
|---------------------------|------------------------------|---------------------------------|
| 40 Min to Table | 20 Min Hands On | 1 Whisk Super Easy |
|---------------------------|------------------------------|---------------------------------|

Getting Started

Preheat your oven to 400.

From Your Pantry

You'll need olive oil, salt & pepper

Meal Tip

The cheese will become warm and soft but will not melt.

Loaded Baked Sweet Potato Soup

| | | |
|---------------------------|------------------------------|---------------------------------|
| 30 Min to Table | 30 Min Hands On | 1 Whisk Super Easy |
|---------------------------|------------------------------|---------------------------------|

Getting Started

Bring 4 cups of water to a boil in a large saucepan.

From Your Pantry

You'll need olive oil, 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) | |
|--|----------|--------------------|----------------|------------------|------------------|------------------------|------------------|-----------------|--|----------------------|
| Chicken Scallopini with Hazelnut Whipped Butter (half the noodles and half the butter) | 795 | 71 | 36 | 49 CC 14 | 5 | 1131 | 4 | 19 | 229% Vitamin A | 57% Vitamin C |
| | 565 | | 20 | | | | | 11 | | |
| Chicken Avgolemono Soup (1/2 the rice & 1/2 the pita chips) | 680 | 51 | 27 | 56 CC 40 | 5 | 980 | 9 | 15 | 70% Vitamin A | 35% Vitamin C |
| | 600 | | 25 | | | | | 12 | | |
| Asiago Chicken Crème with Crispy Onions | 510 | 55 | 21 | 25 | 4 | 510 | 9 | 9 | 35% Calcium | 25% Vitamin C |
| Mushroom and Goat Cheese Risotto (use 3/4 of the rice, goat cheese and white wine sauce) | 750 | 24 | 51 | 40 CC 29 | 3 | 690 | 9 | 28 | 70% Vitamin A | 35% Calcium |
| | 600 | | 40 | | | | | 24 | | |
| Tomato Basil Shrimp Scampi | 500 | 37 | 11 | 66 CC18 | 6 | 220 | 8 | 11 | 46% Vitamin C | 23% Vitamin B6 |
| Spicy Szechuan Green Beans and Tofu | 295 | 28 | 10 | 32 | 12 | 460 | 6 | 2 | 62% Vitamin C | 66% Calcium |
| Breaded Salmon Sandwich 1/2 the sauce and open face | 850 | 47 | 46 | 62 | 6 | 1110 | 13 | 19 | 92% Vitamin D | Vitamin C 37% |
| | 600 | | 27 | | | | | 11 | | |

Health Snapshot

| Recipe | Calories | Protein (grams) | Fat (grams) | Carbs (grams) | Fiber (grams) | Sodium (milligrams) | Sugar (grams) | Smart Points | Key Vitamins/Minerals (% of rcmndd daily) | |
|---|-------------|--------------------|----------------|------------------|------------------|------------------------|------------------|-----------------|--|---------------------|
| Toasted Gnocchi with Maple-Chive Butternut Squash | 650 | 14 | 32 | 83 | 12 | 300 | | 22 | 118% Vitamin A | 177% Vitamin C |
| Kung Pao Steak Tacos (½ tortillas, ½ kung pao sauce) | 655 495 | 40 | 28 23 | 63 CC 28 | 12 | 335 | 12 | 20 14 | 157% Vitamin C | 61% Vitamin A |
| Bacon Onion Swiss Burger Use 2/3 of the potatoes, bacon & onion, cheese, sauce, and open faced | 1270 840 | 56 | 74 51 | 93 | 6 | 2210 | 34 | 44 28 | 108% Calcium | 185% Vitamin B12 |
| Loaded Baked Sweet Potato Soup Use ½ the sour cream, cheese, and no bread | 720 520 | 20 | 37 27 | 77 | 9 | 1119 | 28 | 22 15 | 42% Calcium | 29% Vitamin A |
| Add a Protein All-Natural Chicken Breast | 220 | 41 | 5 | 0 | 0 | 85 | 0 | 3 | 90% Vitamin B6 | 4% Iron |
| Add a Pretein 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) | |
|----------------------------------|----------|--------------------|----------------|------------------|------------------|------------------------|------------------|-----------------|--|--------------|
| Belgian Chocolate Vegan Brownies | 420 | 6 | 20 | 62 | 4 | 300 | | | 10% Iron | |
| Molten Chocolate Cake | 520 | 7 | 31 | 54 | 3 | 360 | | 28 | 30% Iron | 4% Vitamin A |
| Oreo Mousse Pie | 760 | 8 | 49 | 78 | 3 | 390 | 52 | | 6% Calcium | 6% Iron |
| 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.

Chicken Scaloppini with Hazelnut Whipped Butter

Arguably one of our favorite Italian recipes. With thin chicken breast coated with a hazelnut and breadcrumb crust, egg noodles, sautéed spinach, crispy capers and hazelnut whipped butter, it's comfort food taken up a notch.

30 *Minutes to the Table*

30 *Minutes Hands On*

2 Whisks *Easy*

Getting Organized

EQUIPMENT

Large Skillet
Saucepan
Meat tenderizer (or small pot)

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Chicken Breast
Hazelnut Crust
Egg Noodles
Hazelnut Whipped Butter
Spinach
Capers

Make The Meal Your Own

If you're cooking the **carb conscious version**, we sent you zucchini "noodles" instead of egg noodles, reducing the **carbs per serving to 14g**. Skip step 1, then before step 5, heat 1½ Tbsp oil in the skillet on medium high heat. Cook the zucchini until it starts to brown, about 2-3 minutes. Remove from the pan and set aside and then continue with adding the spinach and the rest of the recipe instructions as written.

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 – 795 Calories, 36g Fat, 71g Protein, 49g Carbs, 19 Freestyle Points

Lightened-Up Health snapshot per serving – 565 Calories, 20g Fat, 29g Carbs, 11 Freestyle Points with half the egg noodles and half the Hazelnut Whipped Butter

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, Egg Noodle, Spinach, Hazelnuts, Capers, Butter, Hazelnut Oil, Panko Breadcrumbs, Pecorino Romano, Black Pepper, Oregano, Basil, Onion, Paprika.

meez meals

1. Getting Organized

Put a saucepan of water on to boil.

2. Prep the Chicken

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

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

3. Cook the Pasta

As soon as the water is boiling, add the **Egg Noodles** with a generous sprinkle of salt. Cook until the noodles are al dente, 5 to 6 minutes. Drain very thoroughly and return to the now empty saucepan with the heat off. Add half the **Hazelnut Whipped Butter** and stir until the butter is melted and has coated the noodles. Set aside until step 6.

4. Cook the Chicken

While the pasta is cooking, heat 1½ Tbsp olive oil in a large skillet over medium-high heat. When the oil is hot, add the chicken to the pan 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. Transfer the chicken to a cutting board and top with the remaining Hazelnut Whipped Butter. Set aside to rest for 5 minutes.

5. Cook the Spinach and Capers

While the chicken is resting, wipe out the now-empty skillet and heat 1 Tbsp olive oil over medium high heat. Sauté the **Spinach** until it starts to wilt but is still green, about 2 to 3 minutes. Transfer the cooked spinach to the saucepan with the drained egg noodles and mix well. Do not wipe out the skillet.

Drain the **Capers** of any excess liquid and add to the now-empty skillet. Cook over medium-high heat, undisturbed, until they start to get brown and crispy, about 3 to 4 minutes.

6. Put It All Together

Spread the capers evenly over the noodles and spinach and top with the chicken. Enjoy!

*Don't worry
about the
amount of water.
Just ensure you
have enough to
cook the pasta*

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

Instructions for two servings.

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

Chicken Avgolemono Soup

Avgolemono is Greece's answer to Grandma's chicken soup. Ours has hearty chunks of chicken, two types of rice, dill and lemon for flavor, and pita chips for crunch. It's fresh and cozy and totally delicious.

35 Minutes to the Table

25 Minutes Hands On

1 Whisks *Super Easy*

Getting Organized

EQUIPMENT

Saucepan w/ Lid
Large Skillet

FROM YOUR PANTRY

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

6 MEEZ CONTAINERS

Celery, Carrot & Onion
Broth Starter
Basmati & Red Rice
Chicken Breast
Spinach
Pita Chips

Good to Know

If you ordered the **Carb Conscious version**, we sent you cucumber slices instead of pita chips, reducing the **carbs per serving to 40g**. Serve on top of the soup after ladling it into bowls.

Our free-range 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 – 680 Calories, 51g Protein, 27g Fat, 56g Carbs, 15 Freestyle Points.

Lightened-up health snapshot per serving – 600 Calories, 25g Fat, 41g Carbs, and 12 Freestyle Points by using half of the rice blend and half of the pita chips.

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

INGREDIENTS: Chicken Breast, Cream, Spinach, Carrot, Yellow Onion, Celery, Basmati Rice, Pita Chips, Chicken Stock, Dill, Red Rice, Lemon, Garlic, White Pepper, Oregano

meez meals

1. Cook the Veggies and Rice

Heat 1 Tbsp olive oil in a large saucepan over medium-high heat. When the oil is hot, add the **Celery, Carrot & Onion** and cook until they start to soften, about 4 to 5 minutes. Add 1 Tbsp butter to the saucepan and when it is melted, add 1 Tbsp flour. Stir until the flour browns, about 1 minute. Add the **Broth Starter** and 3 cups of water and bring to a boil.

Reduce the heat to medium-low and add the **Basmati & Red Rice**. Cover and cook until the rice is tender, about 20 minutes.

2. Cook the Chicken

While the broth is simmering, dry and generously sprinkle the **Chicken Breast** with salt and pepper. 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 4 to 5 minutes. Flip and cook the other side for 4 minutes. Remove from heat 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. Set aside.

3. Finish the Soup

When the rice is tender, turn off the heat and add the **Spinach** and shredded chicken to the saucepan. Stir until the spinach wilts.

4. Put It All Together

Serve topped with crumbled **Pita Chips**.

Enjoy!

Instructions for two servings.

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

Asiago Chicken Creme with Crispy Onions

This dinner is comfort food transformed thanks to our fuss-free Asiago creme. We're topping all-natural chicken breast, green beans and mushrooms with our house-made Italian cheese crema. The result is savory, sophisticated, and simple!

20 Minutes to the Table

20 Minutes Hands On

1 Whisk Easy

Getting Organized

EQUIPMENT

2 Large Skillets

FROM YOUR PANTRY

Olive Oil

Salt & Pepper

6 MEEZ CONTAINERS

Chicken Breast

Mushrooms

Onions

Seasoned Flour

Green Beans

Asiago Crema

Good To Know

Our free-range 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 – 510 Calories, 21g Fat, 25g Carbs, 55g Protein and 9 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: Chicken Breast, Green Beans, Yellow Onion, Button Mushroom, Cremini Mushroom, Cream, Sour Cream, Asiago, Flour, Parmesan, Lemon, Chive, Paprika, White Pepper

meez *meals*

1. Cook the Chicken

Generously sprinkle the **Chicken Breasts** with salt and pepper.

Heat 1 Tbsp olive oil in a large skillet over high heat. When the oil is hot, add the chicken and cook until the bottom is browned and each piece begins to color up the side, about 4 to 5 minutes. Flip and continue cooking until the other side is well browned, about 4 more minutes. Remove from the skillet and let rest for 5 minutes. Wipe out the skillet.

2. Cook the Mushrooms and Crispy Onions.

While the chicken is cooking, heat 1 Tbsp olive oil in a second large skillet over medium-high heat. Add the **Mushrooms** and cook, stirring occasionally, until they brown, about 7 to 8 minutes. Remove from the skillet and set aside in a small bowl. Do not wipe out the skillet.

Toss the **Onions** and **Seasoned Flour** on a plate or small bowl, until the onions are well-coated. Heat 2 Tbsp olive oil in the now-empty mushroom skillet over high heat. When the oil is hot, add the coated onions and fry, stirring occasionally until they turn brown and slightly crispy, about 3 to 4 minutes. Turn off the heat and add the cooked mushrooms back to the skillet. Stir well and set aside.

3. Cook the Green Beans

While the chicken is resting, heat 1 Tbsp olive oil in the now-empty chicken skillet over medium-high heat. When the oil is hot, add the **Green Beans** with a sprinkle of salt and pepper. Cook until bright green and just starting to char, about 5 to 6 minutes.

4. Put It All Together

Serve the chicken with the **Asiago Crema** on top, then the mushrooms and crispy onions over that and the green beans on the side. Enjoy!

Use the larger of your two large skillets needed for the chicken.

Mushroom & Goat Cheese Risotto

Rich, creamy and delicious is what we look for in a risotto, and this one checks all the boxes. With cremini and button mushrooms, and goat cheese, it's comfort food at its best. And because we're cooking it in the oven, you have time to do something else while dinner takes care of itself.

40 Minutes to the Table

20 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Large Oven-Safe
Skillet & Lid

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Mushrooms
Arborio Rice
White Wine Sauce
Seasoned Cheese
& Onion
Arugula
Goat Cheese &
Green Onions

Add Protein Cooking Instructions

Integrate into recipe: When the risotto has about 10 minutes cooking time remaining in step 4, cook the protein (per instructions below) and serve alongside the risotto when finished.

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 Arborio rice, reducing the **carbs per serving to 29g**. Add the cauliflower to the skillet with the mushrooms for the last 3 minutes of sautéing in step 2. Continue with step 3, except don't add the water. Reduce the total time baking time to 15 minutes in step 4.

Health snapshot per serving – 750 Calories, 24g Protein, 40g Carbs, 51g Fat, 28 Freestyle Points

Lightened-up health snapshot per serving – 600 Calories, 33g Carbs, 40g Fat, 22 Freestyle Points, by using $\frac{3}{4}$ of the Arborio rice, White Wine sauce, AND goat cheese.

INGREDIENTS: Mushrooms, Cream, Arborio Rice, White Wine, Yellow Onion, Goat Cheese, Arugula, Asiago, White Balsamic Vinegar, Garlic, Parmesan, Vegetable Stock, Green Onion, Lemon, Savory, White Pepper

meez *meals*

1. Get Organized

Preheat the oven to 400.

2. Sear the Mushrooms

Heat 1 Tbsp olive oil in a large oven-safe skillet on medium-high heat. When the oil is hot, add the **Mushrooms** with a sprinkle of salt and pepper and cook, stirring occasionally, until they start to brown, about 5 to 6 minutes.

3. Prepare the Risotto

Add the **Arborio Rice** to the mushrooms and stir until the rice is coated with oil, about 1 minute. Add the **White Wine Sauce**, 1 cup of water, and the **Seasoned Cheese & Onion** (the bag that contains some shredded cheese and doesn't contain green onions). Mix well, then turn the heat to high and bring to a boil. Remove from the heat.

Use a baking sheet if you don't have a cover.

4. Cook the Risotto

Cover the skillet and transfer to the oven. Bake, undisturbed, for 20 minutes, then check the water level. If it's been absorbed but the rice isn't fully cooked, add a little more water and continue cooking until the rice is tender, about 5 minutes. If there is still liquid, cook for 5 more minutes. If there is still liquid after those 5 minutes, uncover and bake until it is absorbed.

The cheese will become warm and soft but will not melt.

5. Put It All Together

When the rice is cooked, remove the skillet from the oven and stir in the **Arugula**. Smooth the risotto into an even layer and dollop the **Goat Cheese & Green Onions** around the pan, then replace the cover, and let rest for 5 minutes.

Serve and enjoy!

Instructions for two servings.

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

Tomato Basil Shrimp Scampi

Linguini and shrimp are a match made in Italian heaven, and we're serving them up this week with a buttery, garlicky basil sauce that's pure magic. Tossed with sautéed tomatoes, fresh arugula, and a lemon-oil drizzle, it's a speedy dinner that an Italian grandma would be proud to serve.

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
Butter (3 Tbsp)

6 MEEZ CONTAINERS

Linguine
Shrimp
Grape Tomatoes
Garlic, Onion & Herbs
Arugula
Lemon

Good To Know

If you ordered the **Carb Conscious version** we sent you zucchini noodles instead of the pasta, reducing the **carbs per serving to 18g**. 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.

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

Health snapshot per serving – 500 Calories, 11g Fat, 37g Protein, 66g Carbs, 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: Shrimp, Tomato, Arugula, Onion, Linguine, Garlic, Lemon, Basil, Tarragon.

meez meals

1. **Get Organized**

Bring a large Saucepan of water to boil over high heat.

2. **Cook the Pasta**

Add the **Linguine** to the boiling water with a pinch of salt and cook until al dente, about 7 to 9 minutes. Drain and set aside until step 4.

3. **Cook The Shrimp**

While the pasta is 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 the 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 and cut each shrimp in half. Do not wipe out the skillet.

4. **Cook the Veggies and Sauce**

Return the now-empty skillet to the stove over high heat and add the **Grape Tomatoes**. Cook until they start to blister, about 5 to 6 minutes. Reduce the heat to medium and add the **Garlic, Onion & Herbs**, 3 Tbsp of butter, and a generous sprinkle of salt and pepper.

Sauté until the onions soften, about 4 to 5 minutes. Add the **Arugula**, cooked shrimp, and linguine to the skillet and stir until arugula has wilted, about a minute. Transfer directly to serving bowls.

5. **Prepare the Lemon-Oil Drizzle and Serve**

While the tomatoes are cooking, cut the **Lemon** in half and squeeze as much juice as possible into a small bowl. Eyeball how much juice you produced, then add about twice as much olive oil to the same bowl and whisk thoroughly.

Drizzle the lemon-oil over the entire dish and enjoy!

Instructions for two servings.

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

Spicy Szechuan Green Beans and Tofu

A super fresh, super delicious stir fry that's on the table in just fifteen minutes. With seared tofu, charred green beans, zucchini, cabbage and mushrooms tossed in our Szechuan sauce, it's a magical dinner we just can't get enough of.

15 Minutes to the Table

15 Minutes Hands On

1 Whisks *Super Easy*

Getting

Organized

EQUIPMENT

Large Skillet

FROM YOUR

PANTRY

Olive Oil

Salt & Pepper

6 MEEZ

CONTAINERS

Tofu

Mushrooms

Zucchini &

Cabbage

Szechuan

Sauce

Green Beans

Green Onions

Add Protein Cooking Instructions

Integrate into recipe: cook the protein (per instructions below) and then slice into strips (flake the salmon, leave shrimp whole). Stir into the sauce and veggies at the end of Step 2.

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 – 295 Calories, 28g Protein, 32g Carbs, 10g Fat, 2 Freestyle Points.

SCAN QR CODE



to view

YouTube

cooking video



INGREDIENTS: Green Beans, Mushrooms, Tofu, Zucchini, Cabbage, Green Onions, Tamari, Rice Wine Vinegar, Tomato, Garlic, Ginger, Sambal, Crushed Red Pepper, Sesame Oil, Brown Sugar.

meez *meals*

1. Sear the Tofu

Heat 1 Tbsp olive oil in a large skillet over high heat. When the oil is hot, add the **Tofu** in a single layer and cook, undisturbed until crisp and golden brown, about 2 minutes. Flip and sear the other side until also crisp and golden brown, about 1 more minute. Remove the tofu from the pan and set aside. Do not wipe out the pan.

2. Cook the Veggies

Add the **Mushrooms** to the now-empty skillet over high heat and sauté until tender and all the liquid evaporates, about 3 minutes.

Add the **Zucchini & Cabbage** and stir continuously until they become slightly tender, about 1 minute.

Push the veggies to the outer edge of the skillet, making a well in the center and pour in the **Szechuan Sauce**. As soon as it starts to boil, add in the cooked tofu and mix until everything is coated in sauce. Transfer to the serving plates.

3. Char the Green Beans

Wipe out the now-empty skillet and return to the stove with 1 Tbsp olive oil over high heat. When the oil is very hot, add the Green Beans and stir to coat in the oil. Sprinkle with salt and pepper and arrange in a single layer in the pan. Cook, undisturbed until they start to blister, about 2 minutes. Stir the green beans and cook until they start to soften slightly, another 2 minutes.

When you see the oil steaming it is hot enough to char the green beans.

4. Put It All Together

Serve the charred green beans over the veggies and tofu and sprinkle with the **Green Onions**. Enjoy!

Instructions for two servings.

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

Toasted Gnocchi with Maple-Chive Butternut Squash

We love the crispy outside-tender inside texture that gnocchi gets when it's baked. We're cooking it up this week with butternut squash, kale and a delectable maple-chive-butter that brings a touch of magic to this speedy dinner.

30 Minutes to the Table

20 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

- 2 Baking Sheets
- Large Skillet

FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper

6 MEEZ CONTAINERS

- Gnocchi
- Kale
- Butternut Squash
- Maple Chive Butter
- Seasoned Onions
- Lemon

Add Protein Cooking Instructions

Integrate into recipe: While the gnocchi and veggies are roasting, cook the protein (per instructions below) and serve alongside the gnocchi.

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

Health snapshot per serving – 650 Calories, 14g Protein, 32g Fat, 83g Carb, 22 Freestyle Points.

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cooking video**



INGREDIENTS: Gnocchi, Butternut Squash, Kale, Butter, Red Onion, Chive, Maple Syrup, Ginger, White Pepper, Lemon.

meez meals

1. **Get Organized**

Preheat your oven to 400 degrees.

2. **Toast the Gnocchi**

Arrange the **Gnocchi** on a baking sheet and toss with olive oil, salt and pepper. Bake until the gnocchi is slightly crunchy on the outside, about 16 to 18 minutes, stirring once after 10 minutes of cooking. Remove from the oven and set aside until Step 5.

3. **Roast the Kale and Squash**

Once the gnocchi is in the oven arrange the **Kale** and **Butternut Squash** side-by-side in a single layer on a second baking sheet. Drizzle with olive oil, salt and pepper, then bake until the kale is very crispy and the squash is starting to brown, about 14 to 16 minutes. Remove from the oven and toss together on the baking sheet, then transfer directly to serving bowls.

4. **Melt the Butter**

While the kale and squash are cooking, melt the **Maple Chive Butter** in a large skillet over medium low heat. Transfer to a small bowl and set aside until step 6. Do not wipe out the skillet.

5. **Sauté the Seasoned Veggies**

Return the now-empty skillet to the stove over medium heat and add 1 Tbsp olive oil. When the oil is hot, add the **Seasoned Onions** and cook until they start to turn translucent, about 2 to 3 minutes. Remove from the heat.

6. **Putting it All together**

Top the kale and squash with the toasted gnocchi and seasoned onions. Drizzle the melted maple chive butter over everything and add a squeeze of **Lemon** on top. Enjoy!

Instructions for two servings.

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

Breaded Salmon Sandwich

The Meez take on the classic breaded fish sandwich. We've upgraded it to a premium salmon filet and paired with a chive tartar sauce that's bursting with cucumbers, tomatoes, and dill seasoning. Served on a soft, fresh sandwich roll with sautéed green beans, it's a speedy dinner that's flat out delicious.

20 *Minutes to the Table*

20 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet
Baking Sheet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

MEEZ CONTAINERS

Salmon
Chive Tartar Sauce
Panko Breading
Green Beans
Sandwich Bun
Arugula

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 – 850 Calories, 46g Fat, 47g Protein, 62g Carbs, and 19 Freestyle Points

Lightened-Up Health snapshot per serving – 600 Calories, 27g Fat, 44g Carbs, and 11 Freestyle Points serving open-faced with half the Chive Tartar Sauce.

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

**SCAN QR CODE
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cooking video**



INGREDIENTS: Salmon, Sandwich Roll, Green Beans, Arugula, Panko Breadcrumbs, Tomato, Sweet Relish, Red Onion, Cucumber, Mayonnaise, Dijon Mustard, Chives, Lemon Pepper, Garlic, Onion Powder, Paprika, Black Pepper, Lemon.

meez *meals*

1. Getting Organized

Preheat your oven to 400. Spray or brush a baking sheet with oil.

2. Prepare and Cook the Salmon

Using a paper towel, pat dry the **Salmon** and place on the oiled baking sheet. Coat the top of each salmon filet with a thick layer of **Chive Tartar Sauce** at least ¼" thick. (Save the remaining sauce for step 5).

Sprinkle the **Panko Breading** over each filet and press down to make sure the breading adheres to the sauce. Wipe off any panko that falls onto the baking sheet.

Bake until the panko breading is golden brown, approximately 12 to 14 minutes.

3. Cook the Green Beans

While the salmon is baking, heat 1 Tbsp olive oil in a large skillet over medium-high heat. Add the **Green Beans** with a sprinkle of salt and pepper, and sauté until they start to sear, about 4 to 5 minutes. Transfer directly to serving plates. Wipe out the skillet.

4. Grill the Sandwich Bun

Return the now-empty skillet to the stove over medium-high heat. Lightly brush the insides of each **Sandwich Bun** with olive oil and place, oiled-side-down, in the skillet. Grill until the bun is golden brown and starts to crisp, about a minute.

5. Putting It All Together

Spread a generous helping of the Chive Tartar Sauce on the bottom bun, then add the **Arugula**. Top with the baked salmon and remaining bun. Use the remaining tartar sauce as a dip for the green beans. Enjoy!

Create a nice thick layer of Chive Tartar Sauce and get as much breading to stick as you can to get the full flavor of the dish.

Kung Pao Steak Tacos

Can't decide between Chinese or Mexican? You won't have to choose with our kung pao sauce drizzled sirloin strips, wrapped in warm tortillas and topped with basil cilantro sesame crunch. Who says you can't have everything?

15 *Minutes to the Table*

15 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

- Large Skillet
- Small Skillet (optional)

FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper

5 MEEZ CONTAINERS

- Steak
- Kung Pao Sauce
- Broccoli Slaw
- Tortillas
- Herbs & Sesame Seeds

Make The Meal Your Own

If you ordered the **Carb Conscious version**, we sent you romaine lettuce instead of the tortillas, reducing the **carbs per serving to 28g**. Skip step 2. and instead cut the romaine heads in 1" slices and use as a base to make a Kung Pao Steak Salad.

Leftovers tip – This makes a great leftover lunch. Serve the steak and slaw over your favorite rice or noodle.

Good To Know

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

Health snapshot per serving – 655 Calories, 28g Fat, 40g Protein, 63g Carbs, 20 Smart Points

Lightened up snapshot – 495 Calories, 23g Fat, 14 Smart Points when you use ½ the tortillas and ½ the kung pao sauce.

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

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INGREDIENTS: Broccoli Slaw, Steak, Corn Tortillas, White Wine, Soy Sauce, Sesame Seeds, Sambal, White Vinegar, Brown Sugar, Sesame Oil, Carrots, Basil, Cilantro, Garlic

meez meals

1. Cook the Steak

Heat 1 Tbsp of oil in a skillet over high heat. While the skillet is heating, pat the **Steaks** dry with a towel and season generously with salt and pepper (we recommend ½ tsp of each). When the skillet is very hot, add the steaks. Cook until the bottoms brown and the sides start to color, about 3 minutes.

- **If you prefer your steak medium-rare**, flip and continue cooking 3 minutes. Remove from the heat and let rest for 5 minutes.
- **If you prefer your steak medium**, flip and continue cooking for 4 minutes. Remove from the heat and let rest for 5 minutes.
- **If you prefer your steak medium-well or well done**, flip and continue cooking for 5 to 6 minutes. Remove from the heat and let rest for 5 minutes.

While the steaks are resting, return the skillet to the stove over medium heat. Add the **Kung Pao Sauce** and cook just until slightly thickened, about 3 to 4 minutes. Remove from the heat and stir in **Broccoli Slaw**.

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). Toss the strips with the sauce and broccoli slaw.

2. Heat the Tortillas

Heat the **Tortillas** in a small, dry skillet on the stove or directly over a gas burner until soft and pliable, about 30 seconds per side.

3. Put It All Together

Serve the tortillas filled with sliced steak and slaw and top with **Herbs & Sesame Seeds** to taste. Enjoy! *Love this recipe? #meezmagic*

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.

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

Bacon Onion Swiss Burger

This recipe is exactly what it sounds like. An indulgent dinner of a one-third-pound angus beef burger smothered with bacon, sautéed onions, Swiss cheese, burger sauce, and served with a heaping pile of roasted fingerling potatoes. It's classic American and will soon be on your list of "must-have" burgers.

25 *Minutes to the Table*

25 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

- 2 Large Skillets
- Large Mixing Bowl

FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper

6 MEEZ CONTAINERS

- Fingerling Potatoes
- Bacon & Onions
- Seasoned Swiss & Provolone
- Angus Beef Burger
- Potato Roll
- Meez Burger Sauce

Good To Know

Health snapshot per serving – 1270 Calories, 56g Protein, 74g Fat, 93g Carbs, 44 Freestyle Points

Lightened-Up Health snapshot per serving – 840 Calories, 51g Fat, 56g Carbs, 28 Freestyle Points by using two-thirds of the Potatoes, Bacon & Onion, cheese, and sauce and serving the burger open-faced.

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: Angus Beef Burger, Fingerling Potatoes, Potato Roll, Onion, Bacon, Swiss, Provolone, Green Onions, Carolina BBQ Sauce, Ketchup, Mayonnaise, Sweet Relish, Dijon Mustard, Worcestershire Sauce.

meez meals

1. Roast the Potatoes

Preheat your oven to 425. Cut the **Fingerling Potatoes** in half, drizzle with olive oil, salt, and pepper. Place cut side down on baking sheet. Roast until potatoes are crispy on the bottom, about 16 to 18 minutes, then set aside.

2. Cook the Bacon & Onions

Once the potatoes are roasting, heat 1 Tbsp olive oil in a large skillet over medium heat. Add the **Bacon & Onions** and cook, stirring occasionally, until the onions are soft and translucent and the bacon is slightly crispy, about 8 to 10 minutes. Reduce the heat to low and divide the bacon and onions into two equal portions still in the skillet. Top each portion with **Seasoned Swiss & Provolone**, cover and cook until the cheese is completely melted, about 3 to 4 minutes.

3. Cook the Angus Beef Burger

Once the Bacon & Onions are cooking, heat a second large skillet over high heat. When the pan is hot, cook the **Angus Beef Burger** until the bottom and sides are brown, about 3 minutes. Flip and continue cooking for 2 minutes if you prefer your burger **medium rare**. (Cook for 3 minutes for **medium**, and 4 to 5 for **well done**). Remove from the skillet and set aside to rest for 5 minutes.

4. Grill the Potato Rolls

While the burgers are resting, use a paper towel to wipe excess oil out of the burger skillet. Place the **Potato Rolls** cut-side-down and grill until they start to brown, about 1 to 2 minutes.

5. Put It All Together

Spread the **Meez Burger Sauce** on both the cut sides of the rolls, then top with the burger and the Bacon & Onions/melted cheese. Use the extra sauce as a dip for the roasted potatoes. Enjoy!

The cheese should finish melting just as the burgers finish resting. If the cheese melts too quickly, turn off the heat and leave the Bacon & Onions/melted cheese covered until ready to top the burgers.

Instructions for two servings.

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

Loaded Baked Sweet Potato Soup

With vitamin-rich sweet potatoes, sweet-tart sun-dried tomatoes, lots of smoked gouda, and French roll cheese bread on the side, this soup is like your favorite loaded baked potato, only more delicious.

30 *Minutes to the Table*

30 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

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

FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper

5 MEEZ CONTAINERS

- French Roll
- Cheese & Sour Cream
- Sweet Potatoes
- Vegetable Broth Starter
- Sundried Tomatoes,
Garlic & Onion

Add Protein Cooking Instructions

Integrate into recipe: While the soup is simmering in step 3, cook the protein (per instructions below) and while it is resting complete step 3 and move on to 4. Serve the protein alongside the soup.

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 – 720 Cal ories, 20g Protein, 37g Fat, 77g carbs, 22 Freestyle Points.

Lightened up snapshot (½ sour cream & cheese and without the French roll) 520 Calories, 58g Carbs, 27g Fat, 13g Protein, 15 Freestyle Points.

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



INGREDIENTS: Sweet Potatoes, Smoked Gouda, Sour Cream, Cream, French Roll, Red Onion, Green Onion, Sun Dried Tomatoes, Black Pepper, Vegetable Broth

meez meals

1. Getting Organized

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

Cut each **French Roll** in half and spread ½ Tbsp of the **Cheese & Sour Cream** on the top of each of the halves. Set aside for Step 4.

2. Roast the Potatoes

Add ¾ of the **Sweet Potatoes** to the boiling water and bring the entire mixture to a boil. Reduce heat to medium, cover and cook over a low boil until potatoes are fork tender, about 10 to 12 minutes. Remove from heat, drain the sweet potatoes and set aside. Wipe out the pot.

3. Create the Soup

Return the pot to the stove and heat 2 Tbsp olive oil over medium-high heat. Add the remaining ¼ uncooked sweet potatoes, stirring frequently to prevent sticking, and sauté until they start to brown, about 4 minutes. Stir in the **Sundried Tomatoes, Garlic & Onion** and cook until the onions brown, about 3 to 4 minutes. Add in the boiled sweet potatoes and mash with a large spoon (or potato masher) until they are the consistency of lumpy mashed potatoes.

Turn the heat to high and stir in 2/3's of a cup of water and the **Vegetable Broth Starter**. Bring to a boil, cover, reduce heat to medium-low, and cook for 5 minutes. Turn off heat and add 2/3 of the cheese & sour cream, stirring continuously until the cheese is melted.

4. Put It All Together

Using the “top brown” setting of your toaster oven or “broil” on your oven, heat the French rolls until the cheese starts to brown, about 2 to 3 minutes. Ladle the soup into serving bowls and top with the remaining cheese & sour cream. Serve alongside the French cheesebread and enjoy!

Instructions for two servings.

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