

Ginger-Soy Aioli Rice Bowl

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

Getting Started Put a saucepan of water on to boil.

Omnivore Option Seared tuna would be delicious with this meal.

Sesame-Peanut Chicken with Seared Pineapple

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

Getting Started Put a saucepan of water on to boil.

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

Quick Tips



Vegetarian Cobb Salad

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

Getting Started Hard boil your eggs.

From Your Pantry You'll need olive oil, butter, milk, salt & 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.

Penne alla Vodka with Seared Shrimp

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

Getting Started Bring a large saucepan of water to boil.

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

Citrusy Salmon with Green Bean Almondine

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

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

Omnivore Option	You'll need olive oil, butter, salt & 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.
------------------------	--

Farro with Sautéed Asparagus & Roasted Pear

15 Min to Table	45 Min Hands On	1 Whisk Super Easy
---------------------------	------------------------------	---------------------------------

Getting Started	Preheat your oven to 400, & put a pot of water on to boil.
------------------------	--

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

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!
----------------------	---

Pasta Caprese with Balsamic-Glazed Tofu

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.
------------------------	--

Remoulade Steak with Creole Rice & Beans

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

Getting Started	Preheat your oven to 425.
------------------------	---------------------------

From Your Pantry	You'll need some 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)	
Lemon Chicken Souvlaki	560	50	18	51 CC 40	4	1010	25	11	190% Vitamin C	40% Vitamin A
Ginger-Soy Aioli Rice Bowl	405	14	12	60	10	310		12	223% Vitamin A	33% Vitamin C
Carne Asada Tacos	611	43	21	68 CC 29	6	1225	12	18	71% Vitamin B-12	100% Vitamin A
Bacon Onion Swiss Burger	1270	56	74	93	6	2210	34	44	108% Calcium	185% Vitamin B12
Use 2/3 of the potatoes, bacon & onion, cheese, sauce, and open faced	840		51					28		
Sesame-Peanut Chicken with Seared Pineapple	850	58	35	76 CC 40	7	1080	25	21	141% Vitamin C	36% Vitamin A
(2/3 of the rice, pineapple, & sauce	650		26					15		
Citrusy Salmon and Green Bean Almondine	700	44	28	76	10	180	60	26	92% Vitamin D	81% Vitamin C
(omit the butter, use 1/2 the cranberries & almonds)	570		21					14		
Remoulade Steak with Creole Rice & Beans	820	54	23	101	19	970	8	15	126% Votamin C	67% Iron
use 2/3 of the rice blend and remoulade sauce	640		19					11		
Pasta Caprese with Balsamic-Glazed Tofu	630	32	12	100	7	250	41	18	51% Vitamin C	33% 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)	
Penne alla Vodka with Seared Shrimp	790	53	19	76	7	2040	16	19	46% Calcium	56% Iron
(use 3/4 of the pasta, ricotta, & vodka sauce)	640		15	CC 36				14		
Farro With Sautéed Asparagus & Roasted Pear	610	23	32	71	17	545	11	14	50% Vitamin C	58% Folate
Vegetarian Cobb Salad	475	27	30	24	7	931	13	9	309% Vitamin A	467% Vitamin C
THE Carrot Cake	540	6	34	49	2	440	36	13	6% Vitamin C	6% Calcium
Tiramisu for Two	290	5	15	35	1	40	29		6% Calcium	2% Iron
Rockslide Brownie	550	5	35	56	2	230		31	25% Vitamin A	8% Calcium
Chocolate Chunk Cookies	180	2	9	22	1	170	10	9	2% Calcium	4% Vitamin A
Big Oatmeal Raisin Cookies	180	2	9	22	1	170		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.

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.

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 *

Ginger-Soy Aioli Rice Bowl

We're cooking up edamame, carrots and snow peas, and then tossing them with Himalayan red rice and our famous Ginger-Soy Aioli. It's a Japanese-style rice bowl your family will love.

45 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

5 MEEZ CONTAINERS

Himalayan Red
Rice
Edamame
Mixed Sesame
Seeds
Vegetable Mix
Ginger-Soy Aioli

Good To Know

CHICKEN -Prior to Step 2, 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 then slice into strips. Stir into the vegetables and rice in Step 3.

STEAK - Prior to Step 2, 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 then slice into strips. Stir into the vegetables and rice in Step 3.

SHRIMP -Prior to Step 2, 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. Stir into the vegetables and rice in Step 3.

Good To Know

If you ordered the **Carb Conscious** version, we sent you zucchini and yellow squash instead of the Himalayan Red Rice, reducing the **carbs per serving to 37g**. You can skip steps 1 and 2. Prior to step 3., heat 1 Tbsp olive oil in a skillet over medium-high heat. When the oil is hot, add the zucchini and yellow squash and cook until the edges are brown, about 2 to 3 minutes. Remove from the skillet and set aside. Do not wipe out pan. In step 3. add the cooked veggies instead of rice.

Health snapshot per serving – 405 Calories, 12g Fat, 60g Carbs, 14g Protein, 12 Smart Points

INGREDIENTS: Edamame, Himalayan Red Rice, Carrots, Snow Peas, Mayonnaise, Bok Choy, Green Onions, Tamari, Sesame Seeds, Brown Sugar, Ginger, Garlic

meez *meals*

1. **Getting Organized**

Put a saucepan of water on to boil

2. **Cook the Rice**

Add a generous pinch of salt to the boiling water and add the **Himalayan Red Rice**. Cook until the rice is fluffy, about 20 to 25 minutes, then drain and return to the pot. Cover and set aside for 5 minutes.

We set the rice aside for 5 minutes after draining so the rice will steam.

3. **Stir Fry the Vegetables**

While the rice is cooking, heat 2 Tbsp of olive oil in a large skillet over high heat. Add the **Edamame** and cook for 5 minutes, then add the **Vegetable Mix** and cook until the snow peas are bright green, 5 to 7 minutes.

Add the cooked rice to the pan and mix well, then remove from the heat. Add half of the **Ginger-Soy Aioli** and mix well. Serve topped with **Mixed Sesame Seeds** and remaining aioli.

Love this recipe? #meezmagic

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 **29g**. 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 – 611 Calories, 21g Fat, 43g Protein, 68g Carbs, 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: 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 $\frac{3}{4}$ of the marinade 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 $\frac{1}{2}$ " 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 $\frac{1}{4}$ of the 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

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

Sesame-Peanut Chicken with Seared Pineapple

We adore Thai flavors and this week and we're serving handmade sesame-peanut sauce with juicy, all-natural chicken breast, jasmine rice, bell peppers and seared pineapple. It's fresh and fun and on the table in the flash.

25 *Minutes to the Table*

25 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Medium Saucepan
Large Skillet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Sesame Peanut Sauce
Jasmine Rice
Red Pepper, Onion &
Sesame Seeds
Pineapple
Chicken Breasts

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.

If you ordered the **Carb Conscious version**, we sent you cauliflower "rice" instead of the Jasmine Rice, reducing the **carbs per serving to 40g**. Skip step 1. Prior to Step 2, add 1 Tbsp olive oil to a large skillet over high heat. When the oil is hot, add the cauliflower "rice" and sauté until it starts to brown about 3 to 4 minutes. Remove from skillet and treat the same as you would the rice. Wipe out the skillet.

Health snapshot per serving – 850 Calories, 35g Fat, 76g Carbs, 58g Protein and 21 Freestyle Points.

Lightened-up Health snapshot per serving – 650 Calories, 26g Fat, 52g Fat, by using 2/3 of the rice, pineapple, and sauce.

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

INGREDIENTS: Chicken Breast, Pineapple, Jasmine Rice, Bell Pepper, Peanut Butter, Green Onion, Coconut Milk, Tamari, Rice Wine Vinegar, Honey, Sesame Oil, Cilantro, Basil, Garlic, Sesame Seeds, Ginger

*meez*meals

1. Get Started

Bring a medium saucepan of water to a boil.

2. Cook the Rice

Add the **Jasmine Rice** to the boiling water and cook until the rice is tender, about 15 minutes. Drain well and return to the empty saucepan. Add half of the **Red Pepper, Onion & Sesame Seeds** and mix. Transfer the rice and veggies directly to serving bowls. Wipe out the saucepan to use in step 5.

3. Char the Pineapple

While the rice is cooking, heat a large skillet over high heat. When the skillet is hot, add the **Pineapple** and sear until both sides are charred, about 2 to 3 minutes per side. Remove the pineapple and set aside. Do not wipe out the skillet.

4. Cook the Chicken

Heat 1½ Tbsp of olive oil in the now-empty 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. Spread about 1 Tbsp of **Sesame-Peanut Sauce** over each breast in a thick layer. Flip and cook until the sauce sears onto the chicken, about 1 minute. Add another 1 Tbsp of sesame-peanut sauce to the top of each breast, flip and cook until the sauce is seared onto the second side. Transfer the chicken to a cutting board. Let rest for 5 minutes, then slice into ½" strips.

5. Put it All Together

While the chicken is resting, add the remaining Sesame-Peanut Sauce to the empty saucepan and cook over medium low heat until warm, about 2 minutes. Add the sliced chicken to the serving bowls with a few healthy drizzles of the warmed Sesame-Peanut Sauce. Layer the charred pineapple rings on top and sprinkle with the remaining red pepper, onion and sesame seeds. Enjoy!

*We cook
our rice
like pasta
so you
just need
enough
water to
completely
cover the
rice.*

Citrusy Salmon with Green Bean Almondine

Simple and sophisticated, this is a dinner that has it all: seared salmon in a lime and passion-fruit glaze, charred green beans with almonds, and a flavor that's out of this world. All that and on the table in less than fifteen minutes. That's the magic of Meez.

15 *Minutes to the Table*

15 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet

FROM YOUR PANTRY

Butter (1 Tbsp.)

Olive Oil

Salt & Pepper

5 MEEZ CONTAINERS

Orange

Green Beans

Almonds & Cranberries

Salmon

Citrus Glaze

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 – 700 Calories, 28g Fat, 76g Carbs, 44g Protein and 26 Freestyle Points

Lightened-up health snapshot per serving – 570 Calories, 21g Fat, 62g Carbs, 14 Freestyle Points, by omitting the butter and using half of the Cranberries & Almonds.

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

INGREDIENTS: Salmon, Green Beans, Orange, Cranberries, Almond, Brown Sugar, Lime, Passion Fruit.

meezmeals

1. Create the Green Bean Almondine

Heat 1 Tbsp olive oil in a large skillet over high heat. When the oil is hot, add the **Green Beans** and cook until they start to char, about 6 to 7 minutes. Turn off the heat. Add the **Almonds & Cranberries** and 1 Tbsp of butter to the skillet and stir until the butter is melted. Transfer directly to serving plates. Do not wipe out the skillet.

2. Cook the Salmon

Dry the **Salmon** with a paper towel and slice the **Orange** in half.

Heat 1 Tbsp of olive oil in the now-empty skillet over medium high heat. When the oil is hot, place the salmon in the center of the skillet and the orange halves around the edges, cut-side down. Cook until the salmon turns brown, about 4 minutes. Flip the salmon and remove the oranges. Add the **Citrus Glaze** to the skillet and continue to cook while spooning the sauce over the top of the salmon until it thickens enough to coat the back of a spoon, an additional 3 to 4 minutes.

3. Put It All Together

Serve the salmon alongside the green bean almondine. Use a spoon to scoop some of the grilled orange flesh onto the salmon. . Enjoy!

Remoulade Steak with Creole Rice & Beans

Get ready for a taste of New Orleans in this Cajun-inspired dish. We're serving juicy steak smothered in our signature remoulade sauce alongside roasted kale and Creole red beans and rice. It's a family-friendly feast that's on the table in thirty-minutes.

30 Minutes to the Table

30 Minutes Hands On

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Saucepan
Rimmed Baking Sheet
Large Skillet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Rice
Remoulade Sauce
Kale
Steak
Creole Seasoned Beans

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. We recommend using ½ tsp of each.

It's important to let the steaks rest to keep them tender and juicy. Give them at least 3 to 5 minutes off the heat before you slice and serve.

Health snapshot per serving – 820 Calories, 23g Fat, 54g Protein, 101g Carbs, 15 Freestyle Points

Lightened-Up Health snapshot per serving – 640 Calories, 19g Fat, 70g Carbs, 11 Freestyle Points using 2/3 of the rice, rice blend, and remoulade sauce.

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

SCAN QR CODE
to view YouTube
cooking video



INGREDIENTS: Steak, White Rice, Kale, Kidney Beans, Black Beans, Great Northern Beans, Yellow Onion, Green Onion, Celery, Tomato, Mayonnaise, Dijon Mustard, Ketchup, Miso, Oregano, Thyme, Garlic, Paprika, Black Pepper, Cayenne, Sriracha, Parsley, Bay Leaf, Chicken Stock, Lemon, .

meezmeals

1. Get Organized

Preheat your oven to 425 degrees and put a saucepan of water on to boil.

2. Cook the Rice and Warm the Sauce

Add the **Rice** to the boiling water and cook, uncovered, until desired tenderness, about 15 to 20 minutes. Turn off the heat. Drain the rice and leave in the colander until step 5. Put the **Remoulade Sauce** in the now empty (but still warm) saucepan, cover and let sit with the heat off until step 6. (We're heating it here, but you do not want to cook it, so leave the flame turned off.)

3. Roast the Kale

While the rice is cooking, arrange the **Kale** in a single layer on a rimmed baking sheet and drizzle with olive oil, salt, and pepper. Bake until the edges start to crisp, about 12 to 15 minutes.

4. Cook the Steak

While the rice and kale are cooking, heat 1 Tbsp of olive oil in a large skillet over high heat. 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 minutes. Do not wipe out the skillet.

5. Make the Creole Rice & Beans

While the steaks are resting, return the now-empty skillet to the stove over low heat. Add the **Creole Seasoned Beans** and ¼ cup of water. Cook until the beans are aromatic and warmed throughout, stirring frequently, about 5 minutes. Remove from the heat, add the cooked rice to the skillet and gently stir everything together.

6. Put It All Together

Top the creole rice & beans with the steak and cover with the remoulade sauce. Serve alongside the roasted kale and enjoy!

To test if the skillet is hot enough for the steak, 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

Pasta Caprese with Balsamic-Glazed Tofu

Everyone loves caprese pasta. With fresh mozzarella, basil and fresh tomatoes, it's an Italian classic for good reason. We took it up a notch by adding tofu seared in a balsamic-glazed because we couldn't leave well enough alone.

25 Minutes to the Table

25 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

- Large Skillet
- Large Saucepan
(with cover)

FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper

6 MEEZ CONTAINERS

- Tricolor Rotini
- Grape Tomatoes
- Zucchini, Diced
- Tomato &
Onion
- Tofu
- Balsamic Glaze
- Fresh Mozzarella

Add Protein Cooking Instructions

CHICKEN - Prior to Step 3, 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 then slice into strips. Stir into the glaze at the end of Step 4.

STEAK - Prior to Step 3, 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 then slice into strips. Stir into the glaze at the end of Step 4.

SHRIMP - Prior to Step 3, 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. Stir into the glaze at the end of Step 4.

Good to Know

Health snapshot per serving – 630 Calories,
32g Protein, 12g Fat, 100 Carbs , 18 Freestyle Points.

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



INGREDIENTS: Tomatoes, Tofu, Tricolor Rotini, Fresh Mozzarella, Zucchini, Yellow Onion, Balsamic Vinegar, Brown Sugar, Basil, Garlic, Oregano.

meez meals

1. Get Started

Bring a large saucepan of water to boil.

2. Cook the Rotini

Add the **Tricolor Rotini** to the boiling water with a dash of salt and cook until al dente about 8 to 10 minutes. Drain, return to the saucepan and cover.

3. Cook the Veggies

While the rotini is cooking, heat 1 Tbsp olive oil in a large skillet over high heat. When the oil is hot, add the **Grape Tomatoes** and **Zucchini, Diced Tomato & Onion**. Cook until the veggies start to char about 5 to 6 minutes. Transfer the cooked veggies to the saucepan with the rotini and mix well. Cover and set aside until step 5. Wipe out the skillet.

4. Sear and Glaze the Tofu

Heat 1 Tbsp olive oil in the now-empty skillet over medium high heat. Add the **Tofu** and cook undisturbed until it starts to brown, about 2 minutes, stir and cook for another two minutes. Add the **Balsamic Glaze** and cook, stirring occasionally, until the glaze thickens and sticks to the tofu, about 2 to 3 minutes.

5. Put It All Together

Serve the glazed tofu over the rotini and veggies and top with the **Fresh Mozzarella**. Enjoy!

Instructions for two servings.

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

Penne alla Vodka with Seared Shrimp

We love the creamy indulgence of a classic Italian vodka sauce. We make ours with tomatoes, cream and ricotta, plus a hint of lemon. The result is rich and flavorful and perfect with penne and sautéed shrimp.

25 *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

5 MEEZ CONTAINERS

- Penne
- Diced Vegetables
- Tomato Vodka Sauce
- Whipped Ricotta
- Shrimp

Good to Know

If you ordered the **Carb Conscious** version, we sent you zucchini “noodles” instead of pasta, reducing the **carbs per serving to 30g**. Skip boiling water in steps 1 and 2. Prior to Step 3, heat 1 Tbsp olive oil in the large skillet over high heat. When the oil is hot, add the zucchini “noodles” with a sprinkle of salt and pepper and cook until slightly charred, about 2 to 3 minutes Use the cooked zucchini “noodles” in place of the penne in step 2.

Health snapshot per serving – 570 Calories, 41g Protein, 20g Fat, 57g Carbs, 14 Freestyle Points.

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

INGREDIENTS: Shrimp, Red Bell Pepper, Tomato Sauce, Tomato, Penne, Ricotta, Cream Yellow Onion, Yellow Bell Pepper, Vodka, Red Onion, Basil, Garlic, Pecorino, Parmesan, Lemon, Olive Oil, Sugar, Tomato Paste, Kosher Salt, Black Pepper, Fennel Seed

meez *meals*

1. Get Organized

Bring a large saucepan of water to boil.

2. Cook the Penne

Add the **Penne** to the boiling water with a sprinkle of salt and cook until al dente about 10 to 12 minutes. Drain and set aside in the colander until step 3. Wipe out the saucepan.

3. Make the Sauce

Heat 1 Tbsp olive oil in the now-empty saucepan over medium-high heat. When the oil is hot, add the **Diced Vegetables** and sauté, stirring frequently, until the onions start to turn translucent, about 4 to 5 minutes. Add the **Tomato Vodka Sauce** (thinner red sauce) to the saucepan and bring to a boil. Reduce the heat to medium-low and simmer until the sauce thickens enough to coat the back of a spoon, about 6 to 8 minutes. Turn off the heat and stir in all of the cooked penne and one third of the **Whipped Ricotta**. Cover and set aside until step 5.

4. Cook the Shrimp

While the sauce is cooking, heat 1 Tbsp olive oil in a large skillet over medium-high heat. Pat dry the **Shrimp** and season with salt and pepper. 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. Cut each shrimp in half and combine with the sauce and penne in the saucepan.

5. Put It All Together

Serve the pasta topped with dollops of the remaining whipped ricotta. Enjoy!

Instructions for two servings.

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

Farro with Sauteed Asparagus and Roasted Pear

Mention pears as part of a meal, and we get pretty excited. Pair them with farro, asparagus, kale and mixed greens and we're in heaven. Then top it with strawberry vinaigrette, fontina and pecans and it was a dinner we couldn't wait to dig into. The result? Even better than it sounds.

40 Minutes to the Table

15 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Rimmed Baking Sheet
Large Skillet
Saucepan
Large Mixing Bowl

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Pear
Farro
Asparagus
Kale & Mixed Greens
Strawberry Vinaigrette
Fontina & Pecans

Add Protein Cooking Instructions

CHICKEN- Prior to 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. Slice into strips and stir into the farro and veggies in Step 5.

SHRIMP -Prior to 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. Stir into the farro and veggies in Step 5.

If you added steak, we recommend serving it separately with salt & pepper. Cook in a skillet with 1 Tbsp oil over high heat to internal temperature of 145 (for medium doneness).

Good To Know

If you ordered the **Carb Conscious version**, we sent you cauliflower "rice" instead of farro, reducing the **carbs per serving to 40g**. In step 3. Heat a large skillet with 1 Tbsp olive oil over high heat. When the oil is hot cook the cauliflower until it starts to brown, about for 2 to 3 minutes. Use cooked cauliflower "rice" instead of farro in step 5. **Gluten-free version**-we're sending brown rice instead of farro. Cook the brown rice in boiling water for about 20 minutes, drain and let sit, covered, for 5 minutes.

Health snapshot per serving – 475 Calories, 14g Protein, 27g Fat, 55g Carbs, 12 Freestyle Points.

INGREDIENTS: Farro, Asparagus, Kale, Mixed Greens, Pear, Fontina, Pecans, Strawberry, White Vinegar, Lime, Garlic, Cayenne Pepper, Thyme, Olive Oil.

meez meals

1. **Getting Organized**

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

2. **Roast the Pear**

Cut the **Pear** in half, then half again. Cut the core out and discard. Now cut the pears in ½" pieces. Put the pieces onto a rimmed baking sheet and drizzle with olive oil, then toss to get them covered.

Bake until the skin begins to wrinkle, and the ends are golden brown, about 25 to 30 minutes.

3. **Cook the Farro**

While the pear is roasting, add a generous pinch of salt to the boiling water and add the **Farro**. Cook until the kernels pop, about 20 minutes. Drain, then return to the pan and cover for 5 minutes. Fluff with a fork and set aside.

4. **Sauté the Vegetables**

Heat 2 Tbsp olive oil in a large skillet over high heat. Add the **Asparagus** and cook until bright green and slightly charred, about 3 minutes. Transfer to a large mixing bowl. Do not wipe out the pan.

Add the **Kale & Mixed Greens** to the now-empty skillet and sauté until the kale turns bright green, about 3 minutes. Remove from the heat and add to the large mixing bowl.

5. **Put It All Together**

Combine the farro, asparagus, kale & mixed greens, roasted pear, with half of the **Strawberry Vinaigrette** and toss well.

Serve topped with the **Fontina & Pecans** and drizzle more strawberry vinaigrette to taste. Enjoy!

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois * Prepare by April 26

Vegetarian Cobb Salad

You asked for it! We've created a vegetarian Cobb Salad that is flat out delicious. We've created a "bacon" crumble with cauliflower bits and an adobo, maple blend that's even better than the real thing. It is tossed with romaine, spinach, hardboiled egg, blue cheese and our signature lemon chive dressing.

25 *Minutes to the Table*

25 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Skillet
Saucepan
Large Mixing Bowl

FROM YOUR PANTRY

Olive Oil
Salt & Pepper
Eggs (2 per serving)

6 MEEZ CONTAINERS

Cauliflower "Bacon"
Crumbles
Romaine
Spinach
Red Pepper
Lemon Chive Dressing
Blue Cheese

Good to Know

CHICKEN - Prior to Step 2, 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. Slice into strips and serve on top of the salad in Step 3.

STEAK - Prior to Step 2, 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. Slice into strips and serve on top of the salad in Step 3.

SHRIMP - Prior to Step 2, 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 on top of the salad in Step 3. Have questions? The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

Good to Know

Health Snapshot per serving

475 Calories, 30g Fat, 24g Carbs, 27g Protein, 9 Freestyle Point

INGREDIENTS: Romaine, Spinach, Cauliflower, Red Bell Pepper, Blue Cheese, Mayonnaise, Chive, Tamari, Lemon, Chipotles in Adobo, Maple Syrup, Vinegar, Brown Sugar, Liquid Smoke, Black Pepper, Paprika.

meez *meals*

1. **Hard-boil the Eggs**

Place 4 eggs in a saucepan and cover with cold water by one inch. Cover and bring to a boil over high heat. When the water is boiling, remove from the heat, cover and let the eggs sit in the hot water for 15 minutes.

2. **Make the Cauliflower “Bacon” Crumbles**

While the eggs are sitting, heat 1½ Tbsp olive oil in a skillet over medium-high heat. When the oil is hot, add the **Cauliflower “Bacon” Crumbles** to the pan and sauté until they start to crisp and all the sauce is evaporated, about 3 minutes. Remove from the heat and set aside to cool.

3. **Build the Salad**

When finished, run the hardboiled eggs under very cold water, peel and cut into small ¼” to ½” cubes. Lay the **Romaine** on a cutting board and slice into 1” pieces.

Combine the **Romaine**, **Spinach**, **Red Pepper**, cauliflower “bacon” crumbles, chopped egg and **Lemon Chive Dressing** in a large mixing bowl and toss.

Top with **Blue Cheese** and enjoy!

Instructions for two servings.

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