

*Asparagus Rice Bowl
with Miso Mustard Vinaigrette*

35 Min to Table	20 Min Hands On	1 Whisk Super Easy
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Getting Started Put a saucepan of water onto boil and preheat oven to 400.

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

*Espresso-Rubbed Steak
with Au Gratin Sweet Potatoes*

25 Min to Table	25 Min Hands On	1 Whisk Easy
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Getting Started Preheat your oven to 425.

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

Quick Tips



Chicken Tikka Masala Flatbread

30 Min to Table	20 Min Hands On	1 Whisk Super Easy
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Getting Started Preheat your oven to 425.

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

*Toasted Gnocchi with
Artichokes and Green Beans*

40 Min to Table	20 Min Hands On	1 Whisk Super Easy
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Getting Started Preheat your oven to 375..

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

*Sauce Grièche Deviled Eggs
& Seared Salmon*

30 Min to Table	20 Min Hands On	1 Whisk Super Easy
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Getting Started Hard boil your eggs.

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

Sweet & Sour Tofu Over Sesame Noodles

25 Min to Table	25 Min Hands On	1 Whisk Super Easy
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Getting Started	Put a saucepan of water on to boil.
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Meal Tip	You'll need olive oil, salt and pepper.
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Za'atar Chicken

25 Min to Table	15 Min Hands On	1 Whisk Super Easy
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Getting Started	Bring a saucepan of water on to boil.
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From Your Pantry	You'll need olive oil, butter, salt and pepper.
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Meal Tip	Top your chicken with the remaining Garlic Yogurt Sauce
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Grilled Halloumi Gyros

10 Min to Table	10 Min Hands On	1 Whisk Super Easy
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Getting Started	Prepare the Broccoli & Zucchini Slaw.
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From Your Pantry	You'll need olive oil, salt and pepper.
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Shrimp Bruschetta Dinner

15 Min to Table	15 Min Hands On	1 Whisk Super Easy
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Getting Started	Prepare the Bruschetta Veggies.
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Meal Tip	You'll need olive oil, salt and pepper.
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Cauliflower Fried "Rice" with Chicken and Pea Pods

20 Min to Table	20 Min Hands On	2 Whisks Easy
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Getting Started	Heat 1 Tbsp of olive oil in skillet.
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From Your Pantry	You'll need olive oil, salt, pepper, and eggs
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Honey BBQ Chicken & Andouille Sandwich

20 Min to Table	35 Min Hands On	2 Whisk Super Easy
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Getting Started	Bring 4 cups of water to a boil.
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Meal Tip	Add a bit of cayenne pepper to the BBQ sauce for a kick.
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From Your Pantry	You'll need a little olive oil, salt and pepper.
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Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmnded daily)	
Asparagus Rice Bowl with Miso Mustard Vinaigrette	330	7	11	55 CC 38	7	151	26	10	154% Vitamin A	41% Vitamin C
Shrimp Bruschetta Dinner	650	21	30	78	5	1170	20	24	60% Vitamin A	40% Vitamin C
Espresso-Rubbed Steak with Au Gratin Sweet Potatoes	978	45	59	70	7	2071		32	491% Vitamin A	79% Vitamin C
(2/3 of the finished potatoes)	694		35					20		
Za'atar Chicken	970	45	51	97	13	590	27	26	106% Calcium	70% Vitamin A
(use 2/3 of the couscous)	680		35					20		
Sauce Gribiche Deviled Eggs & Seared Salmon	640	40	46	18	2	910	14	17	94% Vitamin D	35% Vitamin A
Cauliflower Fried "Rice" with Chicken & Pea Pods	347	63	4	17	5	462	9	1	41% Vitamin A	316% Vitamin C
Chicken Tikka Masala Flatbread	920	72	35	81	13	1500	15	20	58% Calcium	58% Iron
(½ cheese, ½ mango ranch raita)	750		23					15		
Grilled Halloumi Gyros	595	21	31	61 CC 26	8	1094	13	17	100% Vitamin C	32% Vitamin A
Sweet & Sour Tofu Over Sesame Noodles	621	33	14	92 CC 35	10	1624	19	12	167% Vitamin C	77% Calcium

Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmndd daily)	
Honey BBQ Chicken & Andouille Sandwich (Open face and 1/2 the bbq sauce)	843	74	26	81	4	1168	44	21	105% Vitamin C	56% Vitamin A
	676		24					14		
Toasted Gnocchi with Artichokes and Green Beans (no feta, and half the vinaigrette)	750	20	21	120	17	1483		23	43% Vitamin C	18% Calcium
	516		17					17		
Tiramisu for Two	290	5	15	35	1	40	29		6% Calcium	2% Iron
Oreo Mousse Pie	760	8	49	78	3	390	52		6% Calcium	6% Iron
THE Carrot Cake	540	6	34	49	2	440	36	13	6% Vitamin C	6% Calcium
Kitchen Sink Cookies	380	5	19	49	2	400	10	17	20% Iron	8% Vitamin A
Chocolate Chunk Cookies	180	2	9	22	1	170	10	9	2% Calcium	4% Vitamin A

Below some of the recipes you will see Lighten Up Options. Those meals can easily be prepared without all of the calorie-dense ingredients and still keep their magic.

These are our best estimates for a single serving based on the recipes as written. The actual nutritional information may vary a bit.

And, of course, if you have leftovers, the actual numbers will be lower.

Asparagus Rice Bowl with Miso Mustard Vinaigrette

A perfect Spring and Summer cozy bowl you'll just love. With Himalayan red and brown rice, seared asparagus, glazed carrots and hazelnuts, and an amazing miso mustard vinaigrette, it's crazy delicious.

35 Minutes to the Table

20 Minutes Hands On

1 Whisks *Super Easy*

Getting Organized

EQUIPMENT

Saucepan with cover
Lage Skillet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Himalayan Red & Brown
Rice
Asparagus
Carrots
Hazelnuts
Miso Mustard Vinaigrette
Maple Glaze

Good to Know

If you ordered the **Carb Conscious version**, we sent you Zucchini & Summer Squash for the red and brown rice, reducing the **carbs per serving to 38g**. Skip step 1 and prior to step 2, pat dry the Zucchini & Summer Squash and heat 1 Tbsp olive oil in a large skillet over medium-high heat. Add the Zucchini & Summer Squash with a sprinkle of salt and pepper and sauté until they start to char, about 3 minutes. Place directly in serving bowls.

Health snapshot per serving – 330 Calories, 7g Protein, 55g Carbs, 11g Fat, 10 Freestyle Points.

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

INGREDIENTS: Asparagus, Himalayan Red Rice, Brown, Rice, Green Onions, Carrots, Hazelnuts, Olive Oil, Rice Wine Vinegar, Garlic, Dijon Mustard, Lemon, Tamari, Miso, Maple Syrup, Black Pepper, Thyme.

meez meals

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

1. Cook the Rice

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

Add the **Himalayan Red & Brown Rice** to the boiling water with a pinch of salt. Cook, uncovered, until tender, about 25 to 30 minutes. Drain in a colander and return to the pot, fluff with a fork, cover and let steam for five minutes.

2. Cook the Asparagus

While rice is cooking, heat 1 Tbsp olive oil in a large skillet over medium high heat.

Add the **Asparagus** and sauté until it is bright green and just starts to brown, about 5 to 7 minutes. Remove from pan and set aside. Do not wipe out pan.

3. Create the Maple Glazed Carrots

Return the now empty skillet to the stove over medium heat. Add the **Carrots, Hazelnuts**, and 2 tbsp of the **Miso Mustard Vinaigrette**. Mix well and sauté until the carrots start to soften slightly, about 3 to 4 minutes. Add the **Maple Glaze** and continue to cook until the glaze thickens and the carrots and nuts are well coated, an additional 2 minutes.

4. Put It All Together

Add the cooked asparagus and half of the remaining Miso Mustard Vinaigrette to the pot with the cooked rice and stir well. Transfer to serving bowls and top with the carrots and nut glaze. Drizzle additional Miso Mustard Vinaigrette to taste and enjoy!

Shrimp Bruschetta Dinner

We adore bruschetta. We and are putting it center of the plate with sauteed shrimp as an entrée-sized masterpiece, With wilted spinach and arugula, garlic butter zucchini and tomatoes, and a finishing drizzle of balsamic glaze, it tastes like Italy on a plate.

15 *Minutes to the Table*

15 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet
Mixing Bowl

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Zucchini, Tomato & Onion
Garlic Parmesan Butter
Rustic Panini Bread
Shrimp
Spinach & Arugula
Balsamic Glaze

Good to Know

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

Health Snapshot per serving – 650 Calories, 21g Protein, 30g Fat, 78g Carbs, 24 Freestyle points.

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

INGREDIENTS: Shrimp, Rustic Panini Bread, Spinach, Arugula, Tomatoes, Butter, Zucchini, Red Onion, Parmesan, Balsamic Vinegar, Brown Sugar, Chive, Basil, Garlic

meezmeals

1. Prepare the Bruschetta Veggies

Put the **Zucchini, Tomato & Onion** into a mixing bowl and drizzle with 1 Tbsp olive oil and a sprinkle of salt and pepper. Set aside until Step 5.

2. Grill the Bread

Melt one third of the **Garlic Parmesan Butter** in a large skillet over medium heat. Add the **Rustic Panini Bread** and grill until golden brown, about 1 to 2 minutes on each side. Transfer to a plate and set aside until step 5. Do not wipe out the skillet.

3. Cook the Shrimp

Pat dry and lightly salt & pepper the **Shrimp**. Heat 1 Tbsp olive oil in the now-empty skillet over medium-high heat. Cook for a minute on each side until they are opaque and no longer grey in color. Remove the shrimp from the pan and set aside. Do not wipe out the skillet.

4. Cook the Greens

Return the now-empty skillet to the stove over medium heat. Add the remaining garlic parmesan butter. When it has melted, add the **Spinach & Arugula** and cook until the spinach is wilted, about 1 to 2 minutes. Remove from the heat.

5. Put It All Together

Layer the wilted greens on top of each slice of grilled bread from edge-to-edge and drizzle with any remaining butter from the skillet. Top with the bruschetta veggies and cooked shrimp and drizzle with the **Balsamic Glaze**.

Enjoy!

If you work in batches to grill the bread, be sure to use just 1/3 of the garlic parmesan butter for this step. You'll need the remaining two-thirds in Step 4.

Instructions for two servings.

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

Espresso-Rubbed Steak with Au Gratin Sweet Potatoes

This week we're mixing up something really special with a chili and espresso rub that give the steak a zip that we fell in love with. The star, though, are our au gratin sweet potatoes, made with three cheeses and a breadcrumb crunch. Served with sautéed green beans, it's a restaurant worthy recipe on the table in less than 30 minutes.

25 *Minutes to the Table*

25 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Oven Safe Skillet
Loaf Pan or Casserole
Dish

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Sweet Potatoes
Cream Sauce
Seasoned Cheese
Chile Espresso Rub
Steak
Green Beans

Good To Know

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 – 980 Calories, 59g Fat, 45g Protein, 70g Carbs, 32 Freestyle Points

Lightened-Up Health snapshot per serving – 695 Calories, 35g Fat, 57g Carbs, 20 Freestyle Points with two-thirds of the Sweet Potatoes, Cream Sauce, and Seasoned Cheese.

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

INGREDIENTS: Steak, Green Beans, Sweet Potato, Cream, Cheddar, Monterey Jack, Pecorino Romano, Panko Breadcrumbs, Mustard, Chicken Stock, Espresso Rub Spices.

meez *meals*

1. Getting Organized

Preheat your oven to 425 degrees.

2. Make the Au Gratin Sweet Potatoes

Heat 1 Tbsp olive oil in a large skillet over medium-high heat. When the oil is hot, add the **Sweet Potatoes** and cook until they start to brown, about 4 minutes.

Add the **Cream Sauce** and bring to a boil, stirring constantly until the sauce thickens enough to coat the back of a spoon, about 3 minutes. Remove from the heat and stir in $\frac{3}{4}$ of the **Seasoned Cheese**.

Transfer the contents of the skillet into a loaf pan or casserole dish and cover with the remaining seasoned cheese. Bake until the seasoned cheese starts to brown, about 10 to 15 minutes. Remove from the oven and set aside to cool.

3. Cook the Steak

While the potatoes are cooking, spread the **Chile Espresso Rub** on a plate. Pat dry the **Steaks** with a paper towel and firmly press one side into the rub until it is well coated. Flip and coat the other side.

Heat 1 Tbsp oil in an oven-safe skillet over high heat. When the oil is very hot, add the steaks. Cook undisturbed until the seasoning starts to darken on the bottom, about 45 seconds. Flip the steaks and continue cooking until the other side has browned, another 45 seconds.

- **If you prefer your steak medium-rare**, transfer the skillet to the oven and cook 4 minutes. Remove to a plate and let rest for 5 minutes.
- **If you prefer your steak medium**, transfer the skillet to the oven and cook 5 to 6 minutes. Remove to a plate and let rest for 5 minutes.
- **If you prefer your steak medium-well or well done**, transfer the skillet to the oven and cook 7 to 8 minutes. Remove to a plate and let rest for 5 minutes.

4. Sauté the Green Beans

While the steaks are resting, wipe out the skillet and return it to the stove with 1 Tbsp olive oil over medium-high heat. Add the **Green Beans** with a sprinkle of salt and pepper and cook until they start to char, about 3 to 4 minutes.

5. Put It All Together

Serve the steak alongside the au gratin sweet potatoes and sautéed green beans. Enjoy!

Test if the skillet is hot enough by holding 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

Za'atar Chicken

We're serving garlic-yogurt-charred chicken breast with rice pilaf, Za'atar seasoned veggies, and golden raisins for a cozy Middle-Eastern dinner that's herby, savory, and just plain delicious.

25 *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
Butter (1 Tbsp per serving)

4 MEEZ CONTAINERS

Rice Pilaf
Chicken
Garlic Yogurt
Za'atar Seasoned Veggies

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 rice, reducing the **carbs per serving to 36g**. Skip step 1, then after step 2, wipe out the skillet and heat 1 Tbsp olive oil, over high heat in the skillet that was used for the chicken. When the oil is hot, add the cauliflower "rice" and sauté until it starts to brown, about 2 to 3 minutes. Stir in 1 Tbsp of butter per serving and set the Cauliflower aside in a mixing bowl. Cook the Za'atar Seasoned Veggies in Step 3 and then, stir the cauliflower back into the skillet in place of the rice at the end of Step 3.

Health snapshot per serving- 700 Calories, 51g Protein, 21g Fat, 76g Carbs

Lightened Up Health Snapshot per serving- 580 Calories, 16g Fat, 62g Carbs by using two-thirds of the Rice Pilaf and two-thirds of the Garlic Yogurt

INGREDIENTS: Chicken Breast, Yogurt, Red Onion, Red Pepper, Celery, Cream, Jasmine Rice, Orzo, Golden Raisins, Cilantro, Lemon, Salt, Garlic, Cumin, Coriander, Sumac, Thyme

meez meals

1. Cook the Rice Pilaf

Bring a saucepan of water to boil over high heat. Add the **Rice Pilaf** to the boiling water with a pinch of salt. Cook at a rolling boil until the pilaf is the desired texture, 12 to 15 minutes. Remove from the heat and drain then return the rice pilaf to the saucepan and stir in 2 Tbsp butter. Cover and set aside until Step 4.

2. Cook the Chicken

While the rice pilaf is cooking, pat dry the **Chicken Breasts** and generously season with salt and pepper (we use ¼ tsp salt and ¼ tsp pepper, so use about half per side, or more if you like).

Heat a large skillet with 1 Tbsp of olive oil over medium-high heat. When the oil is hot, add the Chicken Breast to the skillet, and cook until crisp and brown, about 4 minutes, then turn. Cook until the second side starts to brown, about 3 additional minutes.

After the second side has seared, spoon 1 Tbsp of the **Garlic Yogurt** on top of each chicken breast, flip, and sear until the yogurt chars, about 30 seconds. Then spread 1 more Tbsp of the yogurt on top of each chicken breast, flip and sear until the yogurt chars on that side, another 30 seconds.

Transfer the chicken to a cutting board and wipe out the skillet. After the chicken has rested for 5 minutes, cut into ½" strips.

Keep the remaining Garlic Yogurt Sauce to top the chicken in Step 4

3. Sauté the Veggies

Return the now-empty skillet to the stove with 1 Tbsp olive oil over medium high heat. When the oil is hot, add the **Za'atar Seasoned Veggies** and cook, stirring occasionally, until the peppers start to char and the onions become translucent, about 3 to 4 minutes. Add the cooked rice to the skillet and mix well.

4. Put It All Together

Top the rice pilaf and veggies with the sliced chicken and add additional Garlic Yogurt sauce as desired. Enjoy!

Instructions for two servings.

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

Sauce Gribiche Deviled Eggs & Seared Salmon

Gribiche is a classic French sauce with hard-boiled egg yolks, mustard, and mayonnaise. We're using it to bring a new level of sophistication to deviled eggs. When paired with a seared salmon filet and served over a bed of honey-mustard mixed greens, it's an elegant dinner easy enough to cook any night of the week.

30 *Minutes to the Table*

20 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

- Large Skillet
- Large Saucepan
- Large Mixing Bowl

FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper
- Eggs (3)

4 MEEZ CONTAINERS

- Salad Veggies
- Salmon
- Honey-Mustard Dressing
- Seasoned Mustard & Mayonnaise

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 –640 Calories, 46g Fat, 40g Protein, 18g Carbs, 17 Freestyle Points.

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

INGREDIENTS: Salmon, Spinach, Radicchio, Arugula, Red Onion, Green Onion, Mayonnaise, Mustard, Dijon Mustard, Capers, Apple Cider Vinegar, Honey, Paprika, Kosher Salt, Vegetable Oil, Black Pepper.

meez *meals*

1. **Hard-Boil the Eggs**

Place 3 eggs in a large saucepan and cover with cold water (the water higher than the eggs by one inch.) Put the lid on the saucepan and bring to a boil over high heat. When the water is boiling, remove from the heat, keep the lid on, and let the eggs sit in the hot water for 15 minutes. Run under cold water, then peel and cut in half.

2. **Cook the Salmon**

After the eggs have been removed from the heat and are sitting in the hot water, pat dry the **Salmon** and generously season with salt and pepper (we use ¼ tsp salt and ¼ tsp pepper, so use about half per side, or more if you like). Heat 2 Tbsp of oil in a skillet over medium-high heat. When the oil is hot, add the salmon and cook until it turns brown, about 3 minutes. Flip, and cook the other side until brown, 3 additional minutes. Remove the salmon from the heat and let rest for 5 minutes.

3. **Make the Salad**

While the salmon is cooking, place the **Salad Veggies** in a large mixing bowl and toss with the **Honey-Mustard Dressing** (the yellow/brown sauce that does not contain any visible green onions). Transfer directly to serving plates. Rinse out the mixing bowl.

4. **Create the Deviled Eggs**

Remove the 3 yolks from the hard-boiled eggs (this will be 6 yolk halves) and place in the now-empty large mixing bowl and mash with a fork. Add the **Seasoned Mustard & Mayonnaise** (one that contains visible green onions) and continue mixing until it is a spreadable consistency. Cut the egg whites into pieces about ¼" by ¼." (Don't worry, they don't need to be perfect squares.)

5. **Put It All Together**

Serve the salmon on top of the tossed salad and spread the Deviled Eggs, edge-to-edge, on the salmon filet. Sprinkle the entire dish with the diced egg whites and enjoy!

Instructions for two servings.

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

Cauliflower Fried "Rice" with Chicken & Pea Pods

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

20 *Minutes to the Table*

20 *Minutes Hands On*

2 Whisks *Easy*

Getting Organized

EQUIPMENT

Large Skillet

FROM YOUR PANTRY

Olive Oil

Salt & Pepper

Eggs (1)

5 MEEZ CONTAINERS

Chicken

Cauliflower Rice

Sauté Sauce

Pea Pods & Peppers

Green Onions & Sesame

Seeds

Make the Meal Your Own

Family Friendly Favorite!

Good to Know

Our cage-free chickens thrive on an all-natural diet. They are never fed growth hormones and receive no antibiotics in their feed, their water, through intramuscular injection, or even the egg...ever.

Health snapshot per serving – 347 Calories, 63g Protein, 4g Fat, 1 Freestyle Point

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

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

meez meals

1. Sear the Chicken

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

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

2. Make the Fried Cauliflower Rice

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

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

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

3. Put It All Together

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

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

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

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

Instructions for two servings.

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

Chicken Tikka Masala Flatbread

Classic Indian flavors served up on a flatbread. We're cooking it up with a flavorful Tikka Masala sauce, melty cheese, sautéed chicken breast, spinach and arugula , then topping it all off with a cooling mango raita. It's fun and flavorful and totally delicious.

30 *Minutes to the Table*

20 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Baking Sheet
Skillet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Whole Wheat Pizza
Dough
Tikka Masala Sauce
Cheese
Spinach & Arugula
Chicken Breast
Mango Raita

Good To Know

Health snapshot per serving – 920 Calories, 35g Fat, 72g Protein, 81g Carbs, 20 Freestyle Points.

Lighten Up Snapshot per serving - 750 Calories, 23g Fat, 75g Carbs, 15 Freestyle Points with half the cheese and half the Mango Raita.

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

INGREDIENTS: Whole Wheat Pizza Dough, Chicken Breast, Mozzarella, Provolone, Spinach, Arugula, Tomato, Cucumber, Bell Peppers, Yogurt, White Vinegar, Mango Puree, Buttermilk, Mayonnaise, Chives, Onion, Parsley, Miso, Black Pepper, Coriander, Turmeric, Crushed Red Pepper, Cumin, Cilantro, Fenugreek Leaves, Garam Masala, Ginger, Garlic, Lime.

meez *meals*

1. Getting Organized

Preheat your oven to 425 and take the pizza dough out of the refrigerator.

2. Shape the Dough

Sprinkle your counter with a little flour and stretch the **Whole Wheat Pizza Dough** into shape. The size and thickness are up to you, but we target ¼" thickness which is one pizza that is about 8 inches wide and 14 inches long. Transfer the dough to a baking sheet that has been sprayed or brushed with oil.

3. Assemble the Pizza and Bake

Spread half the **Tikka Masala Sauce** (the red sauce) on top of the dough and then top the pizza, edge-to-edge with the shredded **Cheese** and bake for 15 minutes.

Remove from the oven and top with the **Spinach & Arugula**, edge-to-edge. Return to the oven and bake until the crust is golden brown, an additional 5 to 7 minutes. Remove from the oven and let rest for at least 5 minutes.

4. Prep and Cook the Chicken

Once the pizza is cooking, pat dry the **Chicken Breasts** and generously season with salt and pepper (we use ¼ tsp salt and ¼ tsp pepper, so use about half per side, or more if you like).

Heat a large skillet with 1 Tbsp of olive oil over medium-high heat. When the oil is very hot, add the chicken to the skillet and cook until crisp and brown, about 4 to 5 minutes, and turn. Cook until brown on the second side, about 4 to 5 additional minutes. Transfer the chicken to a cutting board and let rest for 5 minutes. Do not wipe out the skillet. Once the chicken has rested, slice into ½" slices.

While the chicken is resting, add the remainder of the Masala Sauce to the skillet used for the chicken and bring to a boil. Turn off the heat. Once the chicken has rested, add it to the skillet and stir until well coated.

5. Put It All Together

Use tongs to top the pizza with the coated chicken. Drizzle with the **Mago Raita** and enjoy!

Instructions for two servings.

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

Grilled Halloumi Gyros

Our spin on Greek street food. It all starts with grilled halloumi, the classic Greek cheese that gets charred and crispy and flat our delicious when it's cooked. We're pairing it with an eggplant tapenade and fresh slaw, then wrapping everything up in warm naan. It might not be traditional, but it's so delicious it should be.

Getting Organized

EQUIPMENT

- Large Skillet
- Cutting Board

FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper

5 MEEZ CONTAINERS

- Tzatziki Sauce
- Broccoli & Zucchini Slaw
- Halloumi Cheese
- Naan
- Eggplant Tapenade

10 *Minutes to the Table*

10 *Minutes Hands On*

1 Whisk *Super Easy*

Good To Know

If you ordered the **Carb Conscious version** we sent you romaine lettuce instead of the naan bread to make a grilled halloumi salad, reducing the **carbs per serving to 26g**. Skip step 3 and cut the romaine into one-inch strips.

Health snapshot per serving – 595 Calories, 21g Protein, 31g Fat, 61g Carbs, and 17 Freestyle Points.

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

INGREDIENTS: Halloumi Cheese, Broccoli, Zucchini, Eggplant, Tomato, Red Onion, Cucumber, Greek Yogurt, Cream, Lemon, Garlic, Kosher Salt, Dill.

meez meals

1. Create the Tzatziki Slaw

Combine two-thirds of the **Tzatziki Sauce** with the **Broccoli & Zucchini Slaw** in a bowl and place in the fridge until step 4.

2. Cook the Halloumi Cheese

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.

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

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 minutes. Remove from the skillet and set aside. Wipe out the pan.

3. Warm the Naan

Very lightly brush both sides of the **Naan** with olive oil and sprinkle with salt and pepper. Return the now-empty skillet to the stove over medium high heat. Warm both sides of the naan, about a minute on each side.

4. Put It All Together

Spread a little of the remaining tzatziki sauce in the center of the Naan, then top with the grilled Halloumi, broccoli & zucchini slaw, and **Eggplant Tapenade**. Drizzle with additional tzatziki Sauce to taste. Enjoy!

Instructions for two servings.

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

Sweet & Sour Tofu Over Sesame Noodles

Sweet and Sour might be the world's favorite stir fry sauce. Soy, brown sugar, pineapple, and spices come together to transform dinner. This week we're cooking it up with seared peppers and onions, tofu and Somen noodles, then serving it topped with caramelized pineapple. It's a delicious dinner we can't get enough of.

25 Minutes to the Table

25 Minutes Hands On

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Saucepan
Large Skillet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Tofu
Pineapple Rings
Peppers & Onions
Somen Noodles
Sweet & Sour Sauce
Herbs & Sesame
Seeds

Make the Meal Your Own

If you ordered the **Carb Conscious version**, we sent you broccoli instead of the Somen noodles, reducing the total carbs to **35g per serving**. Before step 4, heat 1 Tbsp olive oil in a large skillet over high heat. When the oil is hot, add the broccoli and cook until it starts to char, about 2 to 3 minutes. Transfer directly to serving plates.

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

Good to Know

Health snapshot per serving – 621 Calories, 33g Protein, 14g Fat, 92g Carbs, 12 Freestyle Points.

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

INGREDIENTS: Tofu, Somen Noodles, Pineapple, Bell Peppers, Red Onion, Tomato, Ketchup, Sesame Seeds, Garlic, Basil, Mint, Red Wine Vinegar, Tamari, Brown Sugar.

meez meals

1. **Get Organized**

Bring a saucepan of water to boil with a few pinches of salt.

2. **Prepare the Tofu**

Heat 2 Tbsp of olive oil in the skillet over medium high heat. When the oil is hot, add the **Tofu** and cook until one side browns, about 3 to 4 minutes. Flip and cook until the other side is brown, an additional 3 to 4 minutes. Remove from the skillet and set aside. Do not wipe out the pan.

3. **Make the Pineapple Ring**

Pat dry the **Pineapple Rings**, then arrange in a single layer in the now empty skillet over medium high heat. Cook until the pineapple starts to brown and caramelize, about 3 minutes. Flip and cook until the other side starts to brown and caramelize, about another 2 minutes. (It is ok if ring breaks, you just want the pineapple to be seared on 2 sides.) Remove from the skillet and set aside. Do not wipe out the pan.

4. **Sauté the Veggies**

Turn the heat to high, add 1 Tbsp olive oil to the now empty skillet. When the oil is hot, add the **Peppers & Onions** with a light sprinkle of salt and pepper. Cook until the peppers start to char, about 2 to 3 minutes. Remove from the skillet and set aside. Do not wipe out the pan.

5. **Cook the Noodles**

Add the **Somen Noodles** to the boiling water and cook until al dente, about 3 minutes. Drain the noodles really well, return to the saucepan, and cover.

6. **Make the Sauce**

While the noodles are cooking, add the **Sweet & Sour Sauce** to the now empty skillet and bring it to a boil. Cook until the sauce starts to thicken and coats the back of a spoon, about 2 minutes. Stir in the tofu and the veggies and cook until they are warm, about 1 minute.

7. **Put It All Together**

Serve the tofu, veggies, and sauce over the noodles. Top with **Herbs & Sesame Seeds**, and cooked pineapple. Enjoy!

Instructions for two servings.

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

Honey BBQ Chicken & Andouille Sandwich

Sometimes we love a big, messy, delicious sandwich, and this gem is just what we're craving. With pulled chicken and Andouille sausage simmered in a honey-BBQ sauce, pickled slaw and a cucumber and tomato salad, it's homestyle Southern cooking with a Meez twist.

35 *Minutes to the Table*

20 *Minutes Hands On*

2 Whisks *Easy*

Getting Organized

EQUIPMENT

- 2 Mixing Bowls
- Large Skillet
- Large Saucepan

FROM YOUR PANTRY

- Oliver Oil
- Salt & Pepper

6 MEEZ CONTAINERS

- Chicken Breast
- Pickled Slaw
- Yellow Peppers
- Cucumbers & Tomatoes
- Andouille
- Honey BBQ Sauce
- Bun

Make the Meal Your Own

Love spicy? Our BBQ sauce is tangy but not spicy, add cayenne pepper for an extra kick

This **sandwich is messy**, and we think scooping up the extra bits that fall out onto your plate is part of the fun but feel free to use a fork and knife if you prefer...we won't tell.

Good To Know

Health snapshot per serving – 840 Calories, 26g Fat, 80g Carbs, 74g Protein and 21 Freestyle Points

Lightened-Up Health snapshot per serving – 675 Calories, 24g Fat, 46g Carbs, and 14 Freestyle Points served open faced (only use half the bread) and half the BBQ sauce

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

INGREDIENTS: Chicken Breast, Andouille Sausage, Bun, BBQ Sauce, Honey, Broccoli, Carrot, Red Onion, Bell Pepper, Cucumber, Celery, Tomato, Parsley, Garlic, Rice Wine Vinegar, Sugar, Kosher Salt.

meez meals

1. Getting Organized

Bring 4 cups of water and a generous sprinkle of salt to boil in a large saucepan over high heat.

2. Create the Salad

While the water is coming to a boil, drain all the liquid from the **Pickled Slaw** into a mixing bowl and reserve the veggies for Step 6. Add 1 Tbsp olive oil to the pickling liquid and the **Yellow Peppers, Cucumbers & Tomatoes**. Toss well, salt and pepper to taste and place the salad in the fridge until step 6.

3. Cook the Chicken

Pat the **Chicken Breast** dry and sprinkle salt and pepper on both sides. When the water is boiling, add the chicken, cover, and reduce heat to medium-high.

Cook on a low boil for 20 minutes, then remove the chicken and place on a cutting board. Hold the chicken in place with one fork and with a second fork, shred the chicken. Repeat for each breast.

4. Cook the Sandwich Filling

Place the **Andouille** on a cutting board and cut in half the long way so you have two long, skinny halves. Lay the flat sides on the cutting board and slice into ½" wide half-moons.

Heat a large skillet over high heat. When the pan is hot, add the sliced andouille and cook until it starts to brown, about 2 minutes. Reduce the heat to medium and add the **Honey BBQ Sauce**. Cook until the sauce is warm throughout, about a minute.

Stir in the pulled chicken until it is thoroughly coated and the entire mixture is warm, another 1 to 2 minutes. Transfer the contents to a serving bowl and set aside for step 6. Wipe out the pan.

5. Toast the Buns

Return the now empty skillet to the stove over medium heat. Lightly brush the inside of both halves of the **Bun** with olive oil and toast in the skillet until golden brown, about 2 to 3 minutes per side. Repeat for each bun.

6. Put It All Together!

Load the sandwich with the pickled slaw on top of the pulled chicken and andouille. Serve with the Yellow Pepper, Cucumber & Tomato Salad on the side and enjoy!

*The
Andouille is
fully cooked.
We're
browning it
for flavor.*

Toasted Gnocchi with Artichokes and Green Beans

Have you fallen in love with toasted gnocchi yet? It's crispy-on-the-outside, tender on the inside and totally delicious. Pair it with artichokes, tender green beans, and strawberry and white wine vinaigrette, and you've got a taste of heaven.

25 Minutes to the Table

15 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Rimmed Baking Sheet
Large Skillet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Potato Gnocchi
Green Beans
Artichoke Hearts
Strawberry Vinaigrette
Feta

Make The Meal Your Own

Cooking with a picky eater? Cook the vegetables separately and let each diner pick what they want.

Good To Know

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

If you're making the vegan version, we've left the feta out of your meal.

Health snapshot per serving – 750 Calories, 20g Protein, 17g Fiber, 23 Smart Points

Lightened up snapshot – 516 Calories, 17 g Fat and 17 Smart Points with no feta and half the vinaigrette.

Have questions? The dinner hotline is standing by from 5 to 8 pm at 773.916.MEEZ.

INGREDIENTS: Potato Gnocchi, Green Beans, Artichoke Hearts, Feta, Strawberry Preserves, Olive Oil, White Wine Vinegar, Lime Juice, Garlic, Herbs and Spices

meezmeals

1. **Get Organized**

Preheat your oven to 375.

2. **Toast the Gnocchi**

Put the **Potato Gnocchi** on a rimmed baking sheet. Drizzle with olive oil, season with salt and pepper and bake until slightly crunchy on the outside, about 16 to 18 minutes, stirring once after 10 minutes of cooking.

We line our baking sheets with parchment or foil to make cleanup a snap.

3. **Cook the Green Beans and Artichoke Hearts**

While the gnocchi is toasting, heat 2 Tbsp olive oil in a large skillet over medium-high heat. Add the **Artichoke Hearts** and cook, stirring, until hot and starting to brown, about 5 minutes.

Add the **Green Beans** to the skillet and cook until bright green and heated through, about 3 to 5 minutes.

4. **Put It All Together**

Remove the skillet from heat. Stir the **Strawberry Vinaigrette** into the veggies and let sit for one minute. Season to taste. Toss the gnocchi with the veggies and serve topped with **Feta**.

Love this recipe? #meezmagic

Instructions for two servings.

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