

Mango Teriyaki Chicken

25 Min
to Table

25 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Put a pot 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



Peach & Chipotle Glazed Salmon

30
to Table

20 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Heat olive oil in large skillet..

Meal Tip

You'll need olive oil, salt and pepper

Pomegranate-Glazed Chicken with Cheesy Smashed Potatoes

30 Min
to Table

30 Min
Hands
On

1 Whisk
Easy

Getting Started

Preheat your oven to 425.

From Your Pantry

You'll need olive oil, salt and pepper

Ultimate Steak French Dip

30 Min
to Table

30 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Preheat the oven to 425.

From Your Pantry

You'll need olive oil, salt & pepper

Andouille Sausage and Egg Burrito

30 Min
to Table

30 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Prep and heat your sausage.

From Your Pantry

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

Tikka Masala

20 Min
to Table

20 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Slice the Halloumi.

From Your Pantry

You'll need salt and pepper.

Meal Tip

The Halloumi will not melt when you cook it.

Shrimp and Fettucine with Spinach Alfredo Sauce

20 Min
to Table

15 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Put a saucepan of water on to boil.

From Your Pantry

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

Black Bean Quesadilla

20 Min
to Table

5 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Preheat your oven to 400.

From Your Pantry

You'll need olive oil.

Barbequed Sweet Potato Couscous Gratin

40 Min
to Table

10 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Preheat your oven to 400 and put water on to boil.

Speed Tip

You can cook the couscous ahead, to save time.

Ravioli with Arugula Pesto

15 Min
to Table

15 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Bring a large saucepan of water on to boil.

From Your Pantry

You'll need olive oil, salt and pepper

Meal Tip

Add the pesto to your taste.

Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmndd daily)	
Peach & Chipotle Glazed Salmon	440	23	5	80	7	950	51	13	120% Vitamin C	8% Iron
Mango Teriyaki Chicken	630	51	9	86	7	1700	31	13	97% Vitamin A	84% Vitamin C
Barbequed Sweet Potato Couscous Gratin	505	20	11	81	8	777	x	17	909% Vitamin A	130% Vitamin C
Shrimp & Fettuccine with Spinach Alfredo Sauce	780	55	29	77 CC 28	6	910	11	22	45% Calcium	50% Vitamin A
(use 2/3 pasta and sauce)	640		25					56		
Pomegranate-Glazed Chicken with Cheesy Smashed Potatoes	775	74	22	63 CC 32	3	752	20	18	73% Vitamin C	34% Calcium
(use 1/2 the potatoes, cheese and sour cream)	605		15					12		
Ultimate Steak French Dip	840	58	36	75	9	2140	23	24	70% Vitamin A	60% Iron
(use 1/2 bread, aioli and coleslaw)	630		29					17		
Breaded Salmon Sandwich	850	47	46	62	6	1110	13	19	92% Vitamin D	Vitamin C 37%
1/2 the sauce and open face	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)	
Tikka Masala	745	20	61	37	10	992		26	151% Vitmain A	88% Vitamin C
(Use 2/3 butter and tikka masala sauce)	560		42					18		
Andouille Sausage and Egg Burrito	980	40	49	95 CC 34	9	1490	11	27	150% Vitmain C	
(use 1/2 the tortilla and cheese)	690		37					17		
Ravioli with Arugula Pesto	560	32	17	67	6	1048		15	51% Vitamin A	157% Vitamin C
Black Bean Quesadilla	720	26	40	70	12	1224		18	46% Calcium	17% Vitamin C
½ the tortillas and two-thirds of the cheese	525		32					12		
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)	
Oreo Mousse Pie	760	8	49	78	3	390	52		6% Calcium	6% Iron
Belgian Chocolate Vegan Brownies	420	6	20	62	4	300			10% Iron	
Molten Chocolate Cake	520	7	31	54	3	360		28	30% Iron	4% Vitamin A
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.

Peach & Chipotle Glazed Salmon

Chipotle glaze, peach coulis, black beans, hominy, zucchini and corn salsa, make this a full-flavored, low-calorie, 15-minutes-to-the-table gem.

15 *Minutes to the Table*

15 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet
Medium Saucepan

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Seasoned Hominy &
Black Beans
Zucchini, Tomato &
Peppers
Salmon
Honey Chipotle Sauce
Cucumber Corn Salsa
Peach Coulis

Good to Know

Health snapshot per serving – 440 Calories, 5g Fat, 80g Carbs, 23g Protein, and 13 Freestyle Points.

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

INGREDIENTS: Salmon, Hominy, Black Beans, Honey, Yellow Bell Pepper, Tomato, Zucchini, White Peach Puree, Corn, Cucumber, Lime, Orange, Red Onion, Chipotles in Adobo, Tamari, Garlic, Cilantro, Cumin, Coriander

 meez meals

1. Cook the Veggies

Heat 1 Tbsp olive oil in a large skillet over medium-high heat. When the oil is hot, add the **Seasoned Hominy & Black Beans** and cook until they just start to become tender, about 2 minutes. Add the **Zucchini, Tomato & Peppers** with a sprinkle of salt and pepper. Cook, stirring occasionally, until the peppers just start to soften, an additional 4 to 5 minutes. Transfer to serving plates and wipe out the skillet.

2. Cook the Salmon

Heat 1 Tbsp olive oil in the now-empty skillet over medium-high heat. Pat dry the **Salmon** with a paper towel. When the oil is hot, add the salmon and cook until it turns brown, about 4 minutes. Flip the salmon and add the **Honey Chipotle Sauce**. Continue cooking, spooning the sauce on top of the salmon continuously, until the sauce is thick enough to coat the back of a spoon, about 4 additional minutes. Remove from the heat.

3. Put It All Together

Serve the glazed salmon over the beans and veggies and top with the **Cucumber Corn Salsa**. Drizzle the entire dish with the **Peach Coulis** and enjoy!

Instructions for two servings.

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

Mango Teriyaki Chicken

We love the sweet and salty combination of a classic teriyaki, and we're giving it a tropical note this week with juicy Mango. Paired with seared veggies, jasmine rice and tender chicken, it's a dinner that's super simple and super delicious.

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

5 MEEZ CONTAINERS

Jasmine Rice
Chicken Breast
Asian Veggies
Mango Teriyaki
Sauce
Cilantro & Mango

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 – 630 Calories, 51g Protein, 9g Fat, 86g Carbs, and 13 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, Bok Choy, Green Beans, Carrots, Jasmine Rice, Mango, Cilantro, Tamari, Garlic, Ginger, Sesame Oil, Brown Sugar.

meez meals

1. Get Organized

Bring a pot of water to boil.

2. Cook the Rice

Add the **Jasmine Rice** to the boiling water with a pinch of salt and cook, uncovered, until just tender, about 12 to 15 minutes. Drain, then return the rice to the saucepan. Cover and set aside.

3. Cook the Chicken

While the rice 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 1 Tbsp olive oil in a large skillet over medium high heat. When the oil is hot, add the chicken and cook until the bottom is crisp and brown, about 4 minutes. Turn the chicken and cook for another 4 minutes, until the other side is brown as well. Do not wipe out pan.

Transfer the chicken to a cutting board to rest for 5 minutes, then slice into ½" strips.

4. Sauté the Veggies

Return the now-empty skillet to the stove over high heat. Add the **Asian Veggies** and cook, stirring occasionally, until they start to char, about 4 to 5 minutes. Remove from the skillet and add to the rice in the saucepan. Stir well and set aside.

5. Heat the Sauce

Wipe out the now-empty skillet, then return to the stove over high heat. Add the **Mango Teriyaki Sauce** and bring to a boil. Cook until the sauce is thick enough to coat the back of a spoon, about 3 to 4 minutes.

Reduce the heat to medium and add the sliced chicken. Mix until it is well coated with sauce and cook for an additional minute.

6. Put It All Together

Serve the coated chicken over the rice and veggies and drizzle with a few spoonful's of sauce. Top with the **Cilantro & Mango** and enjoy!

Instructions for two servings.

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

Barbequed Sweet Potato Couscous Gratin

We're turning the whole idea of an au gratin on its head this week. Forget the heavy, cream-based staples of classic French cooking. Instead, we're layering pearl couscous and broiled sweet potatoes with smoky barbeque sauce and mozzarella. Then we top it off with crispy kale for a vitamin-packed twist.

40 Minutes to the Table

10 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Oven-Safe
Saucepan
Rimmed Baking
Sheet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Sweet Potatoes
Pearl Couscous
Barbeque Sauce
Mozzarella &
Cherries
Kale

Add Protein Cooking Instructions

Integrate into recipe: While the gratin and kale are baking in step 5, cook the protein (per instructions below) and serve alongside the gratin.

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 quinoa. Bring 3¾ cups of water to a boil, add the quinoa and a dash of salt. Cover and lower the heat to a simmer. Cook for 12 to 15 minutes, until the grain looks spiraled. Fluff it and let it sit covered for 5 minutes.

Health snapshot per serving – 505 Calories, 20g Protein, 8g Fiber, 17 Smart Point

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cooking video**



INGREDIENTS: Sweet Potatoes, Kale, Pearl Couscous, Barbeque Sauce, Mozzarella Cheese, Parmesan Cheese, Cherries, Garlic

meez meals

1. Getting Organized

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

2. Roast the Sweet Potatoes

Put the **Sweet Potatoes** on a rimmed baking sheet. Drizzle with olive oil, salt and pepper and bake until the edges are crispy, about 15 to 25 minutes.

3. Cook the Couscous

Once the sweet potatoes are cooking, start the couscous. Salt the boiling water generously, add the **Pearl Couscous** and cook for 5 minutes. Drain and set aside.

*The couscous won't
be done cooking in this
first step. We're just
par-cooking it.*

4. Assemble the Casserole

Turn the oven down to 300 degrees and put the couscous back into the saucepan or, if it's not oven-safe, into a casserole dish. Add the cooked sweet potatoes, **Barbeque Sauce** and ¼ cup water and mix well. Top with **Mozzarella & Cherries** and bake until the top is lightly browned and the cheese is melted, about 12 to 15 minutes.

5. Bake the Kale

Once the gratin gets into the oven, arrange the **Kale** on your rimmed baking sheet. Drizzle with olive oil, salt and pepper, and bake until softened and crisp on the edges, about 15 minutes. Serve the gratin topped with the kale.

Love this recipe? #meezomagic

Instructions for two servings.

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

Shrimp & Fettuccine with Spinach Alfredo Sauce

The best alfredo sauces are rich and creamy with a squeeze of lemon juice. This recipe is all that, but we challenged the test kitchen for something more, and they delivered with the addition of spinach, arugula and basil. It's bright and packed with vitamins, and even better with sauteed shrimp and tender fettuccine.

20 *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 (1 Tbsp)

6 MEEZ CONTAINERS

Fettuccine
Tomato & Zucchini
Shrimp
Sweet Paprika
Spinach Alfredo
Sauce
Pecorino & Parmesan

Good to Know

If you ordered the **Carb Conscious version** we sent you green beans instead of the pasta, reducing the **carbs per serving to 28g**. 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 green beans with a sprinkle of salt and pepper, and cook until they start to char, about 4 to 5 minutes. Set aside and wipe out the skillet. Use the green beans in place of the pasta in step 5.

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

Health snapshot per serving – 780 Calories, 29g Fat, 55g Protein, 77g Carbs, 22 Freestyle Points.

Lightened-up health snapshot per serving – 640 Calories, 25g Fat, and 56g Carbs by using two-thirds of the pasta and two-thirds of the sauce.

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

INGREDIENTS: Shrimp, Tomato, Cream, Zucchini, Fettuccine, Spinach, Parmesan, Pecorino Romano, Arugula, Garlic, Basil, Lemon, Brown Sugar, Paprika, Annatto, Black Pepper

meez *meals*

1. Get Organized

Bring a large saucepan of water to boil.

2. Cook the Pasta

Add the **Fettuccine** to the boiling water with a pinch of salt and cook until al dente, about 10 to 12 minutes. Drain and set aside until step 4.

3. Sear the Veggies

While the pasta is cooking, heat 1 Tbsp olive oil in a large skillet over medium-high heat. When the oil is hot, add the **Tomato & Zucchini** and cook until they start to char, about 2 to 3 minutes. Remove from the skillet and set aside until step 5. Do not wipe out the skillet.

4. Cook the Shrimp

Heat 1 Tbsp olive oil in the now-empty skillet over medium-high heat. 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.

Return the now-empty skillet to the stove with 1 Tbsp of butter and the **Sweet Paprika** over low heat. Stir continuously until the butter is melted, about a minute. Remove from the heat and stir in the cooked shrimp. Set the skillet aside until step 6.

5. Cook the Sauce

Heat the now-empty Fettuccine saucepan over medium heat and add the **Spinach Alfredo Sauce**. Bring to a low boil and then simmer for 1 to 2 minutes until it thickens slightly, then remove from the heat. Add the **Pecorino & Parmesan**, cooked Tomato & Zucchini, and cooked Fettuccine to the skillet. Stir gently.

6. Put It All Together

Serve the pasta, veggies and sauce with the shrimp on top. Enjoy!

Instructions for two servings.

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

Pomegranate-Glazed Chicken with Cheesy Smashed Potatoes

Think classic American dinner taken to the next level. With Cheesy Sour Cream Smashed Potatoes that are even more delicious than you can imagine, sautéed asparagus & green beans and seared chicken breast glazed with a sweet and savory pomegranate basil sauce, it's a family friendly dinner that's on the table in just thirty minutes.

Getting Organized

EQUIPMENT

Baking Sheet
Large Skillet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Red Potatoes
Cheesy Sour Cream
Asparagus & Green Beans
Chicken Breast
Pomegranate Glaze
Basil Oil

Good To Know

If you ordered the **Carb Conscious version**, we sent you cauliflower instead of the potatoes reducing the **carbs per serving to 40g**. In Step 1, spread the cauliflower on a baking sheet and drizzle with olive oil salt and pepper. Bake until the cauliflower starts to brown and is fork tender, about 12 to 15 minutes. Transfer to serving plate and top with cheesy sour cream.

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 – 760 Calories, 58g Protein, 33g Fat, 57g Carbs, and 21 Freestyle Points.

Lightened-Up Health snapshot per serving – 590 Calories, 22g Fat, 44g Carbs, and 15 Freestyle Points using half the potatoes and half the cheesy sour cream.

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

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30 Minutes to the Table

30 Minutes Hands On

1 Whisk Super Easy

INGREDIENTS: Chicken Breast, Red Potatoes, Asparagus, Green Beans, Gouda, White Cheddar, Sour Cream, Chive, Pomegranate, Lime, White Wine, Dijon Mustard, Vegetable Oil, Basil, Black Pepper, Brown Sugar.

meez *meals*

1. Create the Cheesy Sour Cream Smashed Potatoes

Preheat oven to 425 degrees. Lightly brush or spray a baking sheet with oil.

Cut the **Red Potatoes** in half and place, cut side down, on the baking sheet. Lightly drizzle with olive oil and sprinkle with salt and pepper. Bake until the potatoes are soft and brown, about 25 minutes. Remove from the oven and then immediately use the flat bottom of a measuring cup or pot to squash them right on the baking sheet to about ½" to ¾" tall. Top with the **Cheesy Sour Cream**, then let sit until step 5.

It is important to smash and top the potatoes while they are very hot right out of the oven so the cheese can melt.

2. Cook the Veggies

While the potatoes are baking, heat 1 Tbsp olive oil in a large skillet over medium-high heat. When the oil is hot, add the **Asparagus & Green Beans** and sprinkle lightly with salt and pepper. Cook, stirring occasionally, until it is bright green and starts to brown, about 5 to 6 minutes. Transfer directly to serving plates. Wipe out the pan.

3. Cook the Chicken

Return the now-empty skillet to the stove with 1½ Tbsp olive oil over medium-high heat. When the oil is very hot, add the **Chicken Breasts** and cook until crisp and brown, about 4 to 5 minutes. Flip and cook until the other side is crisp and brown, about an additional 4 minutes. Transfer to the serving plates alongside the asparagus & green beans.

4. Make the Glaze

Return the now-empty skillet to the stove over high heat and add the **Pomegranate Glaze** and bring to a boil. Cook for 5 minutes, stirring occasionally to keep from burning, until it thickens enough to coat the back of a spoon. Turn off the heat and let the glaze sit in the pan for a minute. Add 2 Tbsp of the **Basil Oil** and stir continuously for another minute.

5. Put It All Together

Drizzle the glaze to completely cover the chicken and serve with the Cheesy Sour Cream Smashed Potatoes and asparagus and green beans on the side. Enjoy!

Instructions for two servings.

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

Ultimate Steak French Dip

Don't think a French dip sandwich can get any better? One taste of our sandwich and we think you'll agree it's the ultimate. Tender sliced steak, melted provolone, seared red peppers, onions and other veggies, and an out-of-this-world Dijon sage aioli. Served with our signature tangy coleslaw, it's over-the-top delicious.

30 *Minutes to the Table*

30 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet
Baking Sheet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

7 MEEZ CONTAINERS

Steak
French Roll
Dijon Sage Aioli
Provolone Cheese
Red Peppers & Onions
Beef Au Jus
Coleslaw

Good to Know

If you ordered the **Carb Conscious** version, you received cauliflower instead of the French Rolls reducing the **carbs per serving to 38g**. Prior to step 2, place the cauliflower on a baking sheet and toss with olive oil salt and pepper and arrange on a baking sheet. Roast until the cauliflower starts to, about 12 to 14 minutes. Use the cauliflower in place of the French Rolls in step 4. Drizzle the steak and cauliflower with a small amount of au jus alongside the coleslaw.

Health snapshot per serving – 840 Calories, 58g Protein, 36g Fat, 75g Carbs, 24 Freestyle Points.

Lightened-Up Health snapshot per serving – 630 Calories, 29g Fat, 43g Carbs, 17 Freestyle Points by using half the bread (build open-faced) Dijon Sage Aioli and half the coleslaw.

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

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INGREDIENTS: Steak, Beef Au Jus, French Roll, Green Cabbage, Mayonnaise, Provolone, Kale, Bell Pepper, Yellow Onion, Red Onion, Broccoli, Brussels Sprouts, Radicchio, Chives, White Vinegar, Lemon, Sugar, Dijon, Horseradish, Sage

meez meals

1. Get Organized

Preheat the oven to 425 degrees.

2. Cook the steak

Heat 1 Tbsp olive oil in a large skillet over high heat. Pat the **Steak** dry with a paper towel and season generously with salt and pepper (we recommend ½ tsp of each). When the oil is hot, add the steaks. Cook until the bottoms brown & sides start to color, about 3 minutes. Flip and continue cooking for 3 minutes if you like your steak **medium-rare**. (Cook for 4 minutes for **medium**, and 5 to 6 for **well done**). Set aside to rest for 5 minutes. Wipe out the skillet.

Once the steaks have rested, place them horizontally on a cutting board. Cut the steaks into even strips (we aim for ½" x 1" pieces).

3. Dress and Toast the Sandwich

While the steaks are resting, open the **French Rolls** but leave them hinged. Spread the **Dijon Sage Aioli** edge-to-edge on the bottom half of each roll and sprinkle the **Provolone Cheese** in a single layer over that. Transfer the rolls to a baking sheet and toast, open-faced, until the cheese is melted and starts to brown, about 5 to 7 minutes. Remove the toasted rolls from the oven and arrange the sliced steak on top of the melted cheese.

4. Cook the Vegetables and Warm the Beef Au Jus

While the rolls are toasting heat 1 Tbsp olive oil in the now-empty skillet over medium-high heat. When the oil is hot, add the **Red Peppers & Onions** and cook until the peppers start to char and kale starts to wilt, about 4 minutes. Transfer the cooked vegetables on top of the sliced steak.

Add the **Beef Au Jus** to the now-empty skillet, turn the heat to high, and bring to a boil, then carefully transfer to small bowls for dipping.

5. Put It All Together

Serve the **Coleslaw** with the sandwich and au jus and 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.

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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.

Instructions for two servings

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

Tikka Masala

Creamy, complex, and flat out delicious, tikka masala is one of our favorite Indian recipes. We're making our version this week with seared halloumi cheese, tender chickpeas, and fresh greens. Cooked up in just one pan, it's a twenty-minute dinner we love.

Getting Organized

EQUIPMENT

Large Skillet

FROM YOUR PANTRY

Salt and Pepper

5 MEEZ CONTAINERS

Halloumi Cheese

Seasoned Butter

Tikka Masala

Sauce

Chickpeas &

Tomatoes

Arugula &

Spinach

Add Protein Cooking Instructions

Integrate into recipe: Prior to step 1, cook the protein (per instructions below) and then slice into strips (*flake the salmon, leave shrimp whole*) and stir into the sauce in step 3.

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

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

STEAK bottoms are brown and sides start to color, about 4 minutes per side for medium (3 min 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 – 745 Calories, 20g Protein, 61g Fat, 37g Carbs, 26 Freestyle Points.

Lightened up health snapshot per serving – 560 Calories, 42g Fat, 33g Carbs, 18 Freestyle Points using 2/3 of the Butter and 2/3 of the Tikka Masala Sauce.

20 *Minutes to the Table*

20 *Minutes Hands On*

1 Whisk *Super-Easy*

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



INGREDIENTS: Halloumi, Spinach, Arugula, Chickpeas, Tomato, Butter, Cream, Cilantro, Garlic, Ginger, Garam Masala, Cayenne Pepper, Turmeric, Coriander, Lime, Sugar.

meez meals

1. Sear the Halloumi

Slice the **Halloumi Cheese** into ½ inch cubes. Add half the **Seasoned Butter** to a large skillet over medium heat. Once the butter is melted, add the cubed Halloumi in a single layer. Lightly sprinkle with pepper and cook, undisturbed, until the bottoms brown, about 3 minutes. Turn the cheese and cook until that side also browns, about 3 additional minutes. Remove the Halloumi from the skillet and set aside. Do not wipe out the skillet.

We are sending the Halloumi uncut to maintain its freshness and taste.

2. Make the Tikka Masala Sauce

Return the now-empty skillet to the stove over medium-high heat. Add the **Tikka Masala Sauce, Chickpeas & Tomatoes**, and remaining seasoned butter, and bring the entire mixture to a boil. Reduce the heat to medium and simmer until the sauce thickens slightly, about 4 minutes.

Halloumi will not melt when cooked.

Add the **Arugula & Spinach** and stir, coating the veggies in the sauce. Work in batches if necessary and cook until the arugula & spinach has wilted. Remove from the heat.

The Arugula & Spinach is bulky when uncooked but it reduces quickly. Add it to the skillet in batches.

3. Put It All Together

Add the seared Halloumi to the cooked veggies and sauce and mix well. Enjoy!

Instructions for two servings.

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

Andouille Sausage and Egg Burrito

We're making an all-American burrito with potatoes, butternut squash and bell peppers, andouille sausage and white cheddar. With scrambled eggs and a creamy Avocado Ranch dressing, this is a new favorite.

30 *Minutes to the Table*

30 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet
Large Mixing Bowl
Small Bowl

FROM YOUR PANTRY

Olive Oil
Salt & Pepper
Eggs (3)

6 MEEZ CONTAINERS

Andouille Sausage
Potatoes, Squash & Onion
Cheddar & Gouda
Spinach Tortilla
Tomatoes & Peppers
Avocado Ranch

Good to Know

If you ordered the **Carb Conscious version**, we sent you spinach instead of the tortillas, lowering the **carbs to 34g per serving**. Wilt the spinach with the veggies in step 2 and combine all of the ingredients into a hash. Top everything with the Avocado Ranch.

Health snapshot per serving – 980 Calories, 49g Fat, 40g Protein, 95g Carbs, 27 Freestyle Points

Lightened-up health snapshot per serving –690 Calories, 37g Fat, 63g Carbs, and 17 Freestyle Points using half of the tortilla and half of the cheese.

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

INGREDIENTS: Andouille Sausage, Spinach Herb Tortillas, Butternut Squash, Yukon Potatoes, Yellow Onion, Tomato, Red Bell Pepper, Mayonnaise, White Cheddar, Gouda, Avocado, Lemon, Sour Cream, Buttermilk, White Vinegar, Garlic, Chive, Miso, Black Pepper, Onion Powder, Parsley

meez *meals*

1. Brown the Andouille

Cut each **Andouille Sausage** in half lengthwise and then into ½" half-moons. Add the sliced andouille to a large skillet over medium-high heat. Cook, stirring occasionally, until they start to brown and crisp on the edges, about 3 to 4 minutes. Transfer to a large mixing bowl and set aside. Do not wipe out the skillet.

2. Finish the Burrito Filling

Add the **Potatoes, Squash & Onion** to the now-empty skillet. Cook until the potatoes start to brown and are fork tender, about 8 to 10 minutes. Transfer the contents of the skillet to the mixing bowl with the sausage, then immediately add the **Cheddar & Gouda** to the bowl and mix. Do not wipe out the skillet.

Whisk 3 eggs in a small bowl and cook in the now-empty skillet over medium heat as you would scrambled eggs (folding the eggs over for about 2 to 3 minutes until no longer runny). Transfer the scrambled eggs to the mixing bowl and give a gentle stir. Wipe out the skillet.

3. Assemble the Burritos

Add half the contents of the mixing bowl to the center of the **Spinach Tortilla** and top with half the raw **Tomatoes & Peppers**. Join the front and bottom flaps and lift the tortilla in the air, open-faced. Pull the left and right flaps toward the center so they fold over about 1 to 2 inches and hold them in place with your fingers. Using your thumbs roll the wrap away from your body, keeping the left and right flaps underneath using the weight of the wrap to keep it closed. Press down gently on the top to hold everything in place. Repeat for each tortilla.

4. Finish the Burritos

Place each wrapped burrito, seam side down, in the now-empty skillet over high heat. Cook until the tortilla starts to char, about 1 to 2 minutes. Flip and repeat with the other side. Cut the burrito in half at an angle for easy dipping into the **Avocado Ranch**. Enjoy!

The Andouille Sausage is already fully cooked. This step is just about browning it.

Add the cheese right away to ensure it melts.

Instructions for two servings.

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

Ravioli with Arugula Pesto

We're putting together two of our favorite ravioli flavors into one knockout dinner: spinach and artichoke. Tossed with seared summer squash, peppers and our signature arugula pesto, it's a fifteen-minute dinner that's high on flavor, low on effort.

15 Minutes to the Table

15 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Large Saucepan
Large Skillet
Large Mixing Bowl

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

4 MEEZ CONTAINERS

Ravioli
Veggies
Arugula Pesto
Italian Cheese

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. Slice into strips and toss with the veggies and pesto in Step 3.

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. Slice into strips and toss with the veggies and pesto in Step 3.

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. Toss with the veggies and pesto in Step 3.

Good To Know

Health snapshot per serving – 610 Calories, 27g F at, 23g Protein, 76g Carbs, 18 Freestyle Points.

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



INGREDIENTS: Spinach Artichoke Ravioli, Zucchini, Summer Squash, Onion, Bell Peppers, Arugula, Chive, Parmesan, Asiago, Olive Oil, Lemon, Garlic.

meez meals

1. Get Organized

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

2. Cook the Ravioli

Add the **Ravioli** to the boiling water and cook until al dente, about 4 minutes. Drain well and transfer directly to serving bowls.

3. Prepare the Veggies

While the Ravioli are cooking, add 1 Tbsp olive oil to a large skillet over high heat. When the oil is hot, add the **Veggies** and a sprinkle of salt and pepper. Sauté until they turn bright colors about 2 minutes.

Transfer the cooked veggies to a large mixing bowl and lightly toss with 2 Tbsp of the **Arugula Pesto**.

*We've given you extra
Arugula Pesto. Start with
a little and add more as
desired.*

4. Put It All Together

Spoon the veggies and pesto over the ravioli. Top with the **Italian Cheese** and enjoy!

Instructions for two servings.

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

Black Bean Quesadilla

Classic, simple and delicious. With Mexican-spiced corn and black beans, plenty of Chihuahua cheese and Jicama Salsa, this is what a quesadilla should be.

20 Minutes to the Table

5 Minutes Hands On

1 Whisks *Super Easy*

Getting Organized

EQUIPMENT

Baking Sheet

FROM YOUR

PANTRY

Olive Oil

4 MEEZ CONTAINERS

Tortillas

Spiced Corn &

Beans

Chihuahua

Cheese

Jicama Salsa

Add Protein Cooking Instructions

Integrate into recipe: Prior to step 2, cook the protein (per instructions below). Slice the protein into strips (flake the salmon and cut shrimp in half) and layer into the quesadilla in step 3.

Cook protein: Lightly sprinkle the protein with salt & pepper. Heat a large skillet with 1-2 Tbsp olive oil on medium-high heat (*high for steak.*) When the oil is hot, cook the protein until the: CHICKEN is crisp and brown, about 4 to 5 minutes per side. Let rest for 5 minutes.

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

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

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

Good to Know

Health snapshot per serving – 640 Calories, 30g Protein, 32g Fat, 63g Carbs, 21 Freestyle Points.

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

INGREDIENTS: Flour Tortillas, Chihuahua Cheese, Corn, Black Beans, Jicama, Tomato, Red Onion, Red Radish, Cilantro, Queso Fresco, Sour Cream, Onion Powder, Cumin, Coriander, Garlic, Lime, Olive Oil.

meez meals

1. Getting Organized

Preheat your oven to 400.

2. Prep the Tortillas

Oil the baking sheet with 1 Tbsp of olive oil. Take one **Tortilla** and wipe it through the oil to coat one side. Repeat for the other tortilla, leaving them both on the baking sheet, oiled sides down.

3. Build the Quesadilla

Sprinkle half the **Spiced Corn & Beans** on the first tortilla then top with half the **Chihuahua Cheese**. Fold the tortilla over in half and press down to keep it closed, encasing the cheese, and corn & beans. Repeat for the second tortilla.

4. Put It All Together

Bake the quesadillas until the tops are golden brown, about 6 to 8 minutes. Flip and cook until the other side is also brown, another 3 to 5 minutes. Cut into wedges and serve with the **Jicama Salsa** on top. Enjoy!

Instructions for two servings.

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