

*Chile-Lime Salmon
with Street Corn Elote*

10 Min
to Table

25 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Preheat your oven to 375.

From Your Pantry

You'll need olive oil, salt and pepper.

*Ginger Teriyaki Tilapia
with Crispy Rice*

20 Min
to Table

20 Min
Hands
On

2 Whisks
Easy

Getting Started

Bring a saucepan of water to a boil.

From Your Pantry

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

Quick Tips



*Japanese Oyakodon
Chicken & Egg Bowl*

30 Min
to Table

30 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Bring a medium saucepan to boil.

From Your Pantry

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

*Rotini Di Modena with
Chicken and Spinach*

20 Min
to Table

10 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Put a saucepan of water on to boil.

From Your Pantry

Turn leftovers into a pasta frittata, or just bake with cheese!

Gyros with Red Pepper Tapenade

10 Min
to Table

10 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Warm your pita.

From Your Pantry

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

Ultimate Steak French Dip

30 Min to Table	30 Min Hands On	1 Whisk Super Easy
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Getting Started	Preheat the oven to 425.
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From Your Pantry	You'll need olive oil, salt & pepper
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Mediterranean Flatbread

40 Min to Table	10 Min Hands On	2 Whisks Easy
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Getting Started	Preheat your oven to 425 & take dough out of fridge.
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From your Pantry	You'll need flour, olive oil, salt and pepper.
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Omnivore Option	Shrimp works well in this meal.
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Vegetarian Cobb Salad

30 Min to Table	30 Min Hands On	1 Whisk Super Easy
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Getting Started	Preheat the oven to 425.
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From Your Pantry	You'll need olive oil, salt & pepper
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Smoky Creole Bean Tambalaya & Cornbread

40 Min to Table	15 Min Hands On	1 Whisk Super Easy
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Getting Started	Preheat your oven to 425.
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From Your Pantry	You'll need olive oil, butter, salt & pepper
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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..
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Omnivore Option	You'll need olive oil, salt and pepper.
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Ginger Shrimp Lettuce Wraps

15 Min to Table	15 Min Hands On	1 Whisks Super Easy
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Getting Started	Put a saucepan of water on to boil.
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From Your Pantry	You'll need olive oil, salt and pepper.
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Meal Tip	Break up the romaine lettuce and combine all the ingredients for a great salad.
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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 rcmndd daily)	
Smoky Creole Bean Jambalaya & Cornbread	770	24	19	128	11	1360	8	19	60% Vitamin C	40% Iron
(use 1/2 the cornbread & 1/2 sour cream topper)	610		10					14		
Japanese Oyakodon Chicken & Egg Bowl	570	56	12	56 CC 17	5	1160	6	7	110% Vitamin A	25% Iron
Chile-Lime Salmon with Street Corn Elote	650	41	35	47	5	1070	15	16	140% Vitamin C	20% Calcium
Ginger Shrimp Lettuce Wraps	435	32	16	44	5	425	11	9	122% Vitamin C	82% Vitamin A
Rotini di Modena with Chicken & Spinach	680	64	27	49	7	231		19	87% Vitamin C	135% Vitamin A
(1/2 balsamic cream sauce)	500		9					11		
Ginger Teriyaki Tilapia with Crispy Rice	650	48	11	90 CC 40	4	2110	26	15	106% Vitamin A	56% Vitamin C
Gyros with Red Pepper Tapenade	650	30	36	53 CC 30	7	920	8	18	94% Vitamin C	33% Iron
Toasted Gnocchi with Artichokes and Green Beans	750	20	21	120	17	1483		23	43% Vitamin C	18% Calcium
(no feta, and half the vinaigrette)	516		17					17		

Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmndd daily)	
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		
Mediterranean Flatbread	900	22	61	71	9	1369		32	285% Vitamin A	11% Vitamin B-12
(½ cheese, ½ date glaze)	590		32					21		
Vegetarian Cobb Salad	475	27	30	24	7	931	8	9	309% Vitamin A	467% Vitamin C
Tiramisu for Two	290	5	15	35	1	40	29		6% Calcium	2% Iron
Flourless Chocolate Cake	370	5	16	32	2	130	18	18	20% Iron	10% Vitamin A
Honduran Chocolate Brownies (Gluten-Free)	340	4	18	42	3	140	31	16	4% Vitamin C	15% Iron
Kitchen Sink Cookies	380	5	19	49	2	400	10	17	20% Iron	8% Vitamin A
Chocolate Chunk Cookies	180	2	9	22	1	170	10	9	2% Calcium	4% Vitamin A

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

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

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

Smoky Creole Bean Jambalaya & Cornbread

With just fifteen minutes of hands-on cooking, this is New Orleans cuisine at its best. A smoky tomato base, two types of beans and toasted cornbread on the side, it's filling and fun.

40 Minutes to the Table

15 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Large Saucepan w/Lid
Baking Sheet

FROM YOUR PANTRY

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

6 MEEZ CONTAINERS

Peppers, Tomatoes &
Celery
Rice
Creole Sauce
Cajun-Seasoned
Beans
Cornbread
Cilantro & Sour Cream

Add Protein Cooking Instructions

CHICKEN - When there is about 15 minutes left on the Jambalaya, 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 shred. Stir into the pot at the end.

SHRIMP - Add the Shrimp to the Jambalaya for the last 5 minutes and continue to cook covered.

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

Health snapshot per serving – 770 Calories, 19g Fat, 128g Carbs, 24g Protein and 19 Freestyle Points

Lightened up health snapshot per serving – 610 Calories, 10g Fat, 109g Carbs, by using half of the Cornbread and half of the Cilantro & Sour Cream.

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

INGREDIENTS: White Rice, Tomato, Green Bell Pepper, Kidney Beans, Black Eyed Peas, Corn Bread, Sour Cream, Celery, Cream, Yellow Onion, White Vinegar, Vegetable Stock, Tamari, Cilantro, Garlic, Chipotle in Adobo, Black Pepper, Bay Leaf, Fennel, Paprika, Cumin, Thyme, Oregano, Cayenne

meezmeals

1. Get Ready

Preheat the oven to 425.

2. Make the Jambalaya

Heat 1 Tbsp of olive oil in a large saucepan over medium-high heat. When the oil is hot, add the **Peppers, Tomatoes & Celery** and cook until fragrant, about 2 to 3 minutes.

Add the **Rice, Creole Sauce, Cajun-Seasoned Beans** and 1½ cups water to the saucepan. Stir and bring to a low boil. Reduce the heat to low, cover, and simmer until the rice is cooked and most of the liquid has been absorbed, 25 to 30 minutes. Remove from the heat and stir in 1 Tbsp of butter. Salt and pepper to taste.

3. Toast the Cornbread

Once the jambalaya has been simmering for about 15 minutes, slice the **Cornbread** into 1" cubes and arrange on a baking sheet. Bake until golden brown, about 7 to 8 minutes. Remove from the oven and set aside.

4. Serve and Enjoy!

Drizzle the **Cilantro & Sour Cream** over the jambalaya and top with the cornbread. Enjoy!

*The bites that
include cornbread on
your fork are our
favorites!*

Japanese Oyakodon Chicken & Egg Bowl

Oyakodon is a popular Japanese chicken and egg rice bowl dish. We're cooking our version with a scrumptious sweet and savory sauce, bok choy, carrots, red cabbage and green onions over a red and brown rice blend. It's fresh, satisfying, and on the table in 30 minutes.

30 *Minutes to the Table*

30 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Medium Saucepan
Large Skillet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper
Eggs (1 per svq.)

5 MEEZ CONTAINERS

Red & Brown Rice
Chicken Breast
Bok Choy & Carrots
Oyakodon Sauce
Green Onions & Red
Cabbage

Good To Know

If you ordered the **Carb Conscious version**, we sent you cauliflower and zucchini "rice" instead of the Red & Brown Rice, reducing the **carbs per serving to 17g**. Skip step 1 and 2. Prior to Step 4, add 1 Tbsp olive oil to the large skillet over high heat. When the oil is hot, add the cauliflower & zucchini "rice" and sauté until it starts to brown about 3 to 4 minutes. Remove from skillet and place on serving plates in place of the rice in Step 5.

Health snapshot per serving – 570 Calories, 12g Fat, 56g Carbs, 56g Protein and 7 Freestyle Points.

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

INGREDIENTS: Chicken Breast, Bok Choy, Carrot, Yellow Onion, Red Rice, Brown Rice, Red Cabbage, Tamari, Green Onion, Mirin, Ginger, Miso, Sesame Oil, Honey, Black Pepper

meez *meals*

1. Get Started

Bring a medium saucepan of water to a boil.

2. Cook the Rice

Add the **Red & Brown Rice** to the boiling water with a pinch of salt and cook at a rolling boil until the rice is tender, about 25 minutes. Drain well then return the rice to the saucepan. Cover and set aside until step 5.

3. Cook the Chicken

While the rice is cooking, heat 1½ Tbsp olive oil in a large skillet over medium-high heat. Pat dry and generously salt and pepper the **Chicken Breasts** on both sides. Cook until crisp and brown, on one side, about 5 minutes. Flip, then 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. Wipe out the skillet.

Once the chicken has rested, shred using a fork to hold the breast in place and another to shred into pieces typical of the size used in chicken soup.

4. Cook the Veggies

While the chicken is resting, heat 1 Tbsp olive oil in the now-empty skillet over medium-high heat. Add the **Bok Choy & Carrots** and cook, stirring occasionally, until they are just starting to soften, about 2 to 3 minutes. Add the **Oyakodon Sauce** and bring to a boil. Cook until the veggies soften more, an additional 2 to 3 minutes. Stir in the shredded chicken.

Whisk 2 eggs in a bowl. When the Oyakodon sauce returns to a boil, slowly pour in the egg. Do not stir. Cook at a low boil until the eggs have settled and there is still some sauce remaining in the skillet, about 4 to 5 minutes.

5. Put it all Together

Serve the contents of the skillet (including any remaining sauce) over the rice and top with the **Green Onions & Red Cabbage**. Enjoy!

*You'll
need
enough
water to
cover
while
cooking.*

Chili Lime Salmon with Street Corn Elote

We love the creamy, zingy taste of Mexican street corn. We're putting it front and center as the base for salmon crusted with crunchy panko and cotija cheese. With chili and lime, this dinner is fresh and flavorful and practically hands-free.

25 *Minutes to the Table*

10 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Oven-Safe Skillet

FROM YOUR PANTRY

Olive Oil

Salt & Pepper

4 MEEZ CONTAINERS

Salmon

Corn & Peppers

Chili Lime Aioli

Seasoned Panko & Cotija

Cheese

Make The Meal Your Own

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

Good To Know

Health snapshot per serving – 650 Calories, 35g Fat, 41g Protein, 47g Carbs, 16 Smart Points

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

INGREDIENTS: Salmon, Corn, Mayonnaise, Poblano Pepper, Red Bell Pepper, Cotija Cheese, Sour Cream, Panko Breadcrumbs, Lime, Cilantro, Paprika, Chili Powder

meez *meals*

1. Get Started

Preheat the oven to 375 degrees.

2. Sear the Salmon

Pat dry the **Salmon** and season with salt and pepper. Heat 1 Tbsp olive oil in a large skillet over high heat. When the oil is very hot, sear the salmon on one side for one minute, flip and repeat. Set the salmon aside for step 3. Do not wipe out the skillet.

3. Make the Elote

Add the **Corn & Peppers** to the now-empty skillet and cook until the peppers start to char and soften slightly, about 4 to 5 minutes. Turn off the heat, add the **Chili Lime Aioli** and stir well.

4. Bake and Serve

Layer the seared salmon on top of the elote and sprinkle the **Seasoned Panko & Cotija Cheese** over the entire dish in a single layer. Bake until the top starts to brown, about 15 minutes. Remove from the oven and let rest for 5 minutes.

Enjoy!

If you don't have an oven-safe skillet, you can transfer to an oiled 8x8 or similar sized casserole dish.

Instructions for two servings.

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

Ginger Shrimp Lettuce Wraps

Light. Fresh. Fast. Just plain fun. We can't decide what we like best about this meal. We're serving up sautéed shrimp in fresh lettuce wraps with our signature Ginger Dressing. Topped with crisp veggies and Asian noodle salad on the side, it's a gem that's just right for this time of year.

15 Minutes to the Table

15 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Saucepan
Large Skillet
Mixing Bowl
Colander

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

7 MEEZ CONTAINERS

Peanuts
Glass Noodles
Noodle Sauce
Shrimp
Romaine Lettuce
Veggies
Ginger Dressing

Make the Meal Your Own

If you ordered the **Carb Conscious version**, we sent you zucchini "noodles" instead of the glass noodles, reducing the **carbs per serving to 27g**. Skip step 1. In step 2. Combine the uncooked zucchini "noodles" with half the **Noodle Sauce** (it is thin and brown in color) and place in the refrigerator to cool for use in step 5.

This meal can be **fun to eat but pretty messy**. If you prefer, you can break up the romaine lettuce and combine all the ingredients in a large bowl to make your own salad.

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 – 435 Calories, 32g Protein, 16 Fat, 9 Freestyle Points

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

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



INGREDIENTS: Shrimp, Glass Noodles, Romaine Lettuce, Zucchini, Red Pepper, Daikon Radish, Peanuts, Onion, Celery, Tamari, Vinegar, Sesame Oil, Lemon, Lime, Garlic, Ginger, Sambal, Miso, Mint, Cilantro, Ketchup, Sugar.

meez meals

1. Getting Organized

Set a saucepan of water to boil over high heat.

2. Make The Noodle Salad

While the water is coming to a boil, pour the **Peanuts** in a ziplock bag, seal, and use a large pot to break them into small pieces. Set the sealed bag aside to use in step 5.

Place the **Glass Noodles** in a mixing bowl large enough for them to lay flat on the bottom. When the water is boiling, carefully pour the water over the glass noodles until they are completely submerged. Let the noodles soak for 2 to 3 minutes until they are soft. Remove the noodles from the hot water, place in a colander, and run under cold water for about a minute. Drain the noodles very well.

Dry the mixing bowl and combine the drained noodles with half the **Noodle Sauce** (it is thin and brown in color). Place in the refrigerator to cool.

3. Cook The Shrimp

Dry and lightly salt & pepper the **Shrimp**. Heat 1 Tbsp olive oil in a skillet over medium-high heat. Cook for a minute on each side until they are opaque and no longer grey in color. Remove from heat and place on a cutting board. Cut each shrimp piece in half.

4. Build Your Wraps

Place about 5 or 6 shrimp halves on a **Romaine Lettuce** leaf, top with the **Veggies** and **Ginger Dressing** (it is thick and orange in color). Repeat the process for the remaining shrimp with additional romaine leaves.

5. Top With Peanuts and Serve

Top the cooled noodle salad with 1 Tbsp of crushed peanuts. Use the remaining peanuts to place on top of the wraps. Enjoy!

You need enough water to completely cover the glass noodles.

Make sure to get as much moisture off of the noodles as possible.

You will likely have extra romaine lettuce after building your wraps (use however you like!)

Instructions for two servings.

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

Rotini di Modena with Chicken & Spinach

This gem starts with a creamy balsamic sauce members have gone wild for. Paired with juicy chicken breast, sautéed spinach and rotini pasta, it's a speedy recipe the family will love.

20 Minutes to the Table

10 Minutes Hands On

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Saucepan
Large Skillet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Rotini Pasta
Chicken Breast
Spinach
Grape Tomatoes
Balsamic Cream
Goat Cheese

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.

If you're making the gluten-free version, we sent you gluten-free pasta.

Be sure to generously season your chicken with salt and pepper before cooking. Chef Max recommends using ½ tsp of each.

Health snapshot per serving – 680 Calories, 27g Fat, 64g Protein, 49g Carbs, 19 Smart Points

Lightened up snapshot - 5 00 Calories, 9g Fat, 11 Smart Points with half the balsamic cream 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: Free-Range Chicken Breast, Grape Tomatoes, Rotini Pasta, Spinach, Heavy Cream, Goat Cheese, Balsamic Vinegar, Brown Sugar, Concentrated Vegetable Stock, Garlic, Herbs

meez meals

1. Getting Organized

Put a saucepan of water on to boil.

2. Cook the Pasta

Add the **Rotini Pasta** to the boiling water. Cook until al dente, about 10 to 12 minutes, drain and return to the saucepan. Combine the warm, cooked pasta with the **Spinach** in the saucepan and set aside until step 5.

3. Prep the Chicken

While the pasta is cooking, pat the **Chicken Breast** dry with a towel. Place the chicken on a cutting board. Using a sharp knife, cut the chicken breast lengthwise into long strips, about ¼" wide. Rotate the chicken breast 90 degrees and then cut across to create small, even cubes of chicken.

Once the chicken is cut, generously sprinkle with salt and pepper (we use ¼ tsp salt and ¼ tsp pepper, so use about half per side, or more if you like).

4. Cook the Chicken and Tomatoes

Heat 1½ Tbsp olive oil in a large skillet over high heat. When the oil is hot, add the **Chicken Breast** and **Tomatoes**. Cook until the chicken is browned on one side, about 4 minutes, and then stir. Continue sautéing until chicken is fully cooked, about 3 to 4 more minutes. Add the **Balsamic Cream** and bring to a boil. Turn off the heat.

5. Put It All Together

Transfer the chicken and balsamic cream to the saucepan with the spinach and rotini and stir well. Serve in bowls with **Goat Cheese** crumbles on top. Enjoy!

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

Instructions for two servings.

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

Ginger Teriyaki Tilapia with Crispy Rice

Mild tilapia pairs beautifully with our Japanese-inspired ginger Teriyaki sauce. We're serving it over crispy jasmine rice and fresh bok choy for an Asian dinner we just love.

30 *Minutes to the Table*

20 *Minutes Hands On*

2 Whisks *Easy*

Getting Organized

EQUIPMENT

Saucepan
Large Skillet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Jasmine Rice
Bok Choy
Green Onion &
Carrots
Tilapia
Ginger Teriyaki Sauce
Herbs & Sesame Seeds

Make The Meal Your Own

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 steps 1 and 2. In Step 4, add the cauliflower to the pan with the Green Onions & Carrots. Sauté the cauliflower "rice" until it starts to brown, about 4 to 5 minutes. Remove from the heat and place directly on the plates instead of the rice.

Good To Know

Health snapshot per serving – 650 Calories, 48g protein, 90g Carbs, 11g fat, 15 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: Tilapia, Bok Choy, Jasmine Rice, Tamari, Green Onion, Ginger, Garlic, Carrots, Sesame Oil, Basil, Cilantro, Lime Juice, Basil, Cilantro, Brown Sugar, Sesame Seeds

meez meals

1. Get Organized

Bring a saucepan of water to a boil.

2. Cook the Rice

Add the **Jasmine Rice** to the boiling water with a pinch of salt and cook uncovered until the rice is tender, about 12 to 15 minutes. Remove from heat and drain well. Set aside until step 4.

*Use about
twice as
much water
as rice.*

3. Cook the Vegetables

Heat 1 Tbsp olive oil in a large skillet over high heat. When the oil is hot, add the **Bok Choy** to with a sprinkle of salt and pepper. Cook, undisturbed, until the bok choy starts to char, about 2 to 3 minutes. Remove from the skillet and set aside until step 6. Wipe out the skillet.

4. Crisp the Rice

Return the now-empty skillet to the stove with 1 Tbsp oil over high heat. When the oil is very hot, add the **Green Onions & Carrots** and the cooked rice. Mix well and then spread the rice and green onions out to the edges of the skillet. (It is OK to go up the side as well.) Cook, undisturbed, until most of the rice is crispy and is lightly browned, about 5 to 6 minutes. Transfer the rice and veggies directly to serving plates. Wipe out the skillet.

5. Cook the Tilapia

Return the now-empty skillet to the stove with 1½ Tbsp olive oil over medium high heat. When the oil is hot, place the **Tilapia** in the skillet.

Cook until the edges brown slightly, about 3 minutes. Flip and add the **Ginger Teriyaki Sauce** to the skillet. Cook an additional 3 minutes, spooning the marinade over the top of the tilapia as it boils frequently. Remove from the heat and set aside.

6. Put It All Together

Drizzle some of the sauce from the skillet over the rice. Spread the bok choy across the rice and top with the tilapia and remaining sauce. Sprinkle the **Herbs & Sesame Seeds** over that and enjoy!

Instructions for two servings.

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

Gyros with Red Pepper Tapenade

Gyros with pita is the perfect speedy dinner after a long day at work. Add delicious olive & red pepper tapenade, tomatoes, yellow peppers and chickpea romesco sauce and you have a fun and meal that's on the table in just ten minutes.

10 Minutes to the Table

10 Minutes Hands On

1 Whisks *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet

FROM YOUR PANTRY

Olive Oil

Salt & Pepper

5 MEEZ CONTAINERS

Pita

Gyros

Chickpea Romesco

Sauce

Red Pepper & Olive

Tapenade

Yellow Peppers &

Tomatoes

Make the Meal Your Own

If you ordered the **Carb Conscious version**, we sent you romaine lettuce instead of the pita, reducing the **carbs per serving to 30g**. Skip step 1 and prior to step 2, cut the Romaine Lettuce head in half the long way leaving the root at the bottom intact, so each romaine-heads half holds together. Arrange the romaine halves, cut-side-up, on a cutting board and drizzle with olive oil, salt and pepper. Heat a large skillet over medium heat and place the romaine halves in the pan, cut-side-down. Cook until the leaves start to brown, about 2 minutes. Flip the romaine halves and cook the other side until it starts to brown, an additional 2 minutes. Return the romaine to the cutting board and cut into 1" pieces to create a gyros and red pepper tapenade salad in step 3.

Good to Know

Health snapshot per serving 650 Calories, 30g Protein, 36g Fat, 53g Carbs, 18 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: Beef & Lamb Gyros, Pita, Garbanzo Beans, Tomato, Bell Pepper, Red Onion, Roasted Red Pepper, Kalamata Olives, Black Olives, Parsley, Cumin, Olive Oil, Kosher Salt, Lemon.

meez meals

1. Warm the Pita

Very lightly brush both sides of the **Pita** with olive oil and sprinkle with salt and pepper. Heat a large skillet over medium high heat. Warm both sides of the pita, about 30 seconds on each side. Cut each pita in half and wrap in aluminum foil or cover with a towel. Do not wipe out the skillet.

2. Heat the Gyros

Return the now-empty skillet to the stove over medium high heat. Add the **Gyros Meat** and cook until the edges are slightly crispy, about 3 to 4 minutes

Lower the heat to medium low and add the **Chickpea Romesco Sauce** (the thinner orange sauce) to the pan. Cook, stirring frequently, until the hummus is warm, about 2 to 3 additional minutes.

Remove from heat and set aside.

3. Put It All Together

Fill each pita half with the chickpea romesco coated gyros and **Yellow Pepper & Tomatoes**. Top with the **Red Pepper & Olive Tapenade** (the darker, chunkier sauce). Enjoy!

The gyros is already fully cooked, so you are just adding flavor and warming it in this step.

Instructions for two servings.

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

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.

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

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. Wipe out the skillet. Serve alongside the Gnocchi.

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. Wipe out the skillet. Serve alongside the Gnocchi.

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'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.

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



25 Minutes to the Table

15 Minutes Hands On

1 Whisk Super Easy

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

meez *meals*

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.

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.

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



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

Mediterranean Flatbread

How many yummy flavors can you put on one flatbread? We're rubbing a delicious sage glaze over fresh pizza dough, and then topping it with crispy kale, dates, capers and plenty of gouda cheese. A final drizzle of glaze on top finishes off this sunny, sophisticated flatbread.

35 *Minutes to the Table*

10 *Minutes Hands On*

2 Whisks *Easy*

Getting Organized

EQUIPMENT

Rimmed Baking Sheet

FROM YOUR PANTRY

Flour
Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Kale
Pizza Dough
Sage Glaze
Gouda &
Mozzarella
Dates & Capers

Add Protein Cooking Instructions

CHICKEN - 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 and slice into strips. Add to the flatbread when it comes out of the oven.

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).

If you added shrimp, we recommend serving it separately with salt & pepper. Cook in a skillet with 1 Tbsp oil over medium-high heat to an internal temperature of 145 degrees.

Good To Know

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

Health snapshot per serving – 900 Calories, 22g Protein, g Fiber, 32 Smart Points

Lightened up snapshot – 590 Calories, 32g Fat and 21 Smart Points with half the cheese and half of the glaze.

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



INGREDIENTS: Kale, Whole Wheat Pizza Dough, Olive Oil, Gouda Cheese, Mozzarella Cheese, Dates, Cider Vinegar, Brown Sugar, Capers, Herbs and Spices

meez meals

1. Getting Organized

Preheat your oven to 400 and take the pizza dough out of the refrigerator.

2. Bake the Kale

Put the **Kale** on a baking sheet and drizzle with olive oil and a generous pinch of salt. Toss well and bake until it starts to crisp, about 12 to 15 minutes.

3. Assemble the Flatbread

While the kale is cooking, shape your **Pizza Dough**. Sprinkle the baking sheet with lots of flour and stretch the dough into shape. The size and thickness are up to you, but we target about 1/4" thickness.

Spread 1/3 of the **Sage Glaze** over the dough, rubbing it in with your fingers and making sure to spread it all the way to the edges. Top with the baked kale, pushing it down on to the dough a bit.

Top with the **Gouda & Mozzarella, Dates & Capers** and half of the remaining sage glaze. Bake until the crust is golden brown and the cheese melts, about 15 to 20 minutes.

Drizzle extra glaze on top to taste. Enjoy!

Don't forget to take out the dough. Warmer dough is easier to work with!

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

We may have given you extra toppings, (like kale) don't worry! They make a great side dish!

Love this recipe? #meezmagic

Instructions for two servings.

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

Vegetarian Cobb Salad

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
2 Eggs

5 MEEZ CONTAINERS

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

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

Good to Know

Health Snapshot per serving (serves 1)

280 Calories, 18g Fat, 17g Protein, 6
Freestyle Points

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

meezmeals

1. Hard-boil the Eggs

Place 2 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 1 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.

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!

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