

*Chicken Parmesan
with Basil Aioli Kale Slaw*

20 Min
to Table

20 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Preheat your oven to 400.

From Your Pantry

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

Classic Shawarma

10 Min
to Table

10 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Warm the pita.

From Your Pantry

You'll need olive oil, salt & pepper

Quick Tips



Crispy Shrimp Bao Bun

20 Min
to Table

20 Min
Hands
On

2 Whisks
Easy

Getting Started

Heat 1 Tbsp. of oil in a large skillet

From Your Pantry

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

Steak Florentine

25 Min
to Table

25 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Heat the olive oil in a large skillet.

From your Pantry

You'll need olive oil, salt and pepper.

Pasta with Spinach Pesto

35 Min
to Table

5 Min
Hands
On

1 Whisk
Super
Easy

Omnivore Option

Pancetta or bacon is delicious in this.

Getting Started

Preheat oven to 450 & put a pot on to boil.

Caper Tilapia with Parsley and Potatoes

35 Min
to Table

10 Min
Hands
On

1 Whisk
Super
Easy

From Your Pantry

You will need 1 1/2 Tbsp butter per serving.

Getting Started

Preheat your oven to 400.

Chicken Panang Curry with Crispy Noodles

30 Min
to Table

30 Min
Hands
On

2 Whisk
Easy

Getting Started

Put a saucepan of water onto boil.

From Your Pantry

You'll need olive oil, salt & pepper

Chive Beurre Blanc Salmon & Mushrooms

25 Min
to Table

25 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Heat olive oil in large skillet.

From Your Pantry

You'll need olive oil, salt and pepper.

Tofu Fajitas

20 Min
to Table

20 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Heat the tortillas in a large skillet.

From Your Pantry

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

Himalayan Red Rice with Bangkok Basil Crunch

35 Min
to Table

10 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Preheat your oven to 425 and bring water to a boil.

Omnivore Option

Chicken drumsticks are great in this.

Potato Leek Soup with Toasted Chive Butter Ciabatta

35 Min
to Table

25 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Bring water to boil in a large saucepan.

From your Pantry

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

Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmndd daily)	
Tofu Fajitas	740	37	38	68 CC 40	14	710	15	19	240% Vitamin C	90% Vitamin A
(use 1/2 the butter, and citrusy crema, only 2 tortillas per svg.)	570		27					12		
Steak Florentine	625	38	44	20	6	891	x	20	286% Vitamin A	84% Vitamin C
Crispy Shrimp Bao Bun	599	44	18	67	4	786	14	13	101% Vitamin A	134% Vitamin C
Chicken Parmesan with Basil Aioli Kale Slaw	980	77	58	37	4	1320	8	24	83% Calcium	106% Vitamin B6
(use 1/2 the breading and basil oil)	780		42					17		
Chive Beurre Blanc Salmon & Mushrooms	460	35	28	16	4	490	7	10	80% Vitamin D	30% Vitamin A
Classic Shawarma	380	14	18	44 CC 12	3	668		11	34% Vitamin C	18% Iron
Himalayan Red Rice with Bangkok Basil Crunch	600	29	35	49	10	1444		19	316% Vitamin A	30% 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)	
Caper Tilapia with Parsley and Potatoes (½ the butter and oil, and ¾ potatoes)	660	47	25	57	4	1166	6	19	115% Vitamin C	19% Iron
	515		14					14		
Chicken Panang Curry with Crispy Noodles (use 2/3 of the pasta & sauce)	820	55	35	69 CC 30	6	940		22	35% Iron	150% Vitamin C
	630		25					15		
Pasta with Spinach Pesto	620	23	40	51	12	554		19	160% Vitamin C	44% Folate
Potato Leek Soup with Toasted Chive Butter Ciabatta (1/2 the bread and 1/2 the chive butter)	830	21	41	99	7	930		30	42% Vitamin A	32% Vitamin C
	600		30					21		
Add a Protein All-Natural Chicken Breast	220	41	5	0	0	85	0	3	90% Vitamin B6	4% Iron
Add a Protein Bistro Chateau Steak	220	30	10	0	0	75	0	5	10% Iron	10% Potassium
Add a Protein Norwegian Salmon	220	35	0	0	0	130	0	4	60% Vitamin B6	15% Potassium
Add a Protein Premium Shrimp	120	28	0.5	0	0	170	0	1	8% Potassium	4% iron

Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmndd daily)	
Belgian Chocolate Vegan Brownies	420	6	20	62	4	300			10% Iron	
Molten Chocolate Cake	520	7	31	54	3	360		28	30% Iron	4% Vitamin A
Oreo Mousse Pie	760	8	49	78	3	390	52		6% Calcium	6% Iron
Kitchen Sink Cookies	380	5	19	49	2	400	10	17	20% Iron	8% Vitamin A
Chocolate Chunk Cookies	180	2	9	22	1	170	10	9	2% Calcium	4% Vitamin A

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

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

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

Tofu Fajitas

We love the charred peppers and onions that make fajitas magic. We're pairing them with spiced tofu and a citrus crema for a speed dinner that's packed with much more flavor.

20 *Minutes to the Table*

20 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet
Mixing Bowl

FROM YOUR PANTRY

Olive Oil
Salt & Pepper
Butter (3 Tbsp)

6 MEEZ CONTAINERS

Tortillas
Yellow & Red Peppers
and Onions
Tofu
Mexican Seasoning
Tomato & Green
Onions
Citrusy Crema

Good To Know

If you ordered the **Carb Conscious version** we sent you romaine lettuce instead of the tortillas, lowering the **carbs per serving to 40g**. Skip step 1 and chop the romaine into bite size pieces to create a salad base. Serve with the tofu and peppers on top and finally Citrusy Crema as dressing for the fajita salad.

Health snapshot per serving- 740 Calories, 37g Protein, 68g Carbs, 38g Fat, and 19 Freestyle Points

Lightened-up health snapshot per serving- 570 Calories, 35g Protein, 53g Carbs, 27g Fat, 12 Freestyle Points, by using half the butter, half the citrusy crema, and 2 out of the 3 tortillas for each serving.

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

INGREDIENTS: Baked Yellow Tofu, Flour Tortillas, Bell Peppers, Red Onion, Yellow Onion, Tomato, Yogurt, Cream, Green Onion, Orange, Lime, Honey, Cilantro, Lemon, Garlic, Cumin, Paprika, Coriander, Brown Sugar, Chili Powder, Onion Powder, Salt.

meez *meals*

1. Warm the Tortillas

Heat the **Tortillas** in a large skillet over medium heat in a single layer. Work in batches as necessary and heat until just warmed through, about 1 minute on both sides. Remove and set aside until step 4.

2. Sear the Peppers and Onions

Heat 1 Tbsp olive oil in the now-empty skillet over medium-high heat. Add the **Yellow & Red Peppers and Onions** and cook, stirring occasionally, until they start to char, about 5 to 6 minutes. Remove from the skillet and set aside until step 4. Wipe out the skillet.

3. Cook the Tofu

Heat 1 Tbsp olive oil in the now-empty skillet over medium-high heat. Add the **Tofu** and cook until it starts to brown on one side, about 1 to 2 minutes before flipping and cooking for another 1 to 2 minutes. Place the cooked tofu on a paper-towel-lined plate.

Return the now-empty skillet to the stove over medium-low heat and add 3 Tbsp of butter. When the butter is melted, add the **Mexican Seasoning** and stir until coated in butter and the combination achieves a loose paste-like consistency. Turn off the heat and return the cooked tofu to the skillet. Stir until the tofu is well coated.

4. Put It All Together

Combine the **Tomatoes & Green Onions** with the **Citrusy Crema** in a mixing bowl.

Spread the tofu evenly across all the tortillas, placing it right in the middle. Then top with the peppers & onions, and contents of the mixing bowl. Enjoy!

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston Illinois

Steak Florentine

Caper butter steak on a bed of sautéed spinach and Italian white beans. And a made-from-scratch Rosemary sauce. Yep, this is a dinner worthy of your favorite Italian restaurant that you can make from scratch without hiring a sitter. Get ready to fall in love.

25 Minutes to the Table

25 Minutes Hands On

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet

FROM YOUR PANTRY

Olive Oil

Salt & Pepper

6 MEEZ CONTAINERS

Steak

Lemon

Caper Butter

Spinach

Rosemary Sauce

White Beans

Good To Know

The sauce has a wine base, but alcohol cooks off as it cooks, leaving just the great wine flavor.

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

Health snapshot per serving – 625 Calories, 38g Protein, 44g Fat, 20g Carbs, 20 Freestyle Points

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

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to view YouTube
cooking video**



INGREDIENTS: Steak, Spinach, White Wine, Great Northern Beans, Lemon, Garlic, Rosemary, Parsley, Black Pepper, Capers, Butter, Cream, Vegetable Stock, Onion.

meez meals

1. Cook the Steak and Lemon

Heat 1 Tbsp oil in a large skillet over high heat. Pat dry the **Steak** and lightly salt and pepper. When the oil is very hot, add the steaks (spiced side up) and **Lemon** (sliced in half with peel side up) right next to the steaks.

Cook Lemon until it is well browned on the bottom, about 1 to 2 minutes. Continue cooking steak until the bottoms brown & sides start to color, about 3 minutes total. Flip and continue cooking for another 3 minutes if you prefer your steak **medium rare**. (Cook for 4 minutes for **medium**, and 5 to 6 for **well done**).

Remove the steaks from the heat (but do not wipe out the skillet) and immediately top with the **Caper Butter** and set aside to rest.

2. Create Sauce and Cook Spinach

While the steaks are resting, return the skillet to the stove over medium-high heat. Add the **Spinach** and sauté until it wilts, about 4 to 5 minutes. Stir in the **Rosemary Sauce** and cook until it thickens, about 3 to 4 minutes. Add the **White Beans** and cook until they are warm, about 1 minute.

Remove the spinach and beans from skillet and place directly on serving plates.

3. Put it All Together

Place the steak on the bed of spinach and beans and squeeze some lemon juice over top of the dish. Enjoy!

To test if the skillet is hot enough for the beef, hold your hand about 6 inches above the skillet. If you can feel serious heat, it's ready.

Beef continues to cook as it rests, so remove it from the heat when it's a little less done than you like to prevent it from overcooking.

Crispy Shrimp Bao Buns

We've taken the work out of China's classic bread-like dumpling. We're delivering fluffy bao buns, shrimp, tasty Asian slaw (and even spicy sriracha on the side) for a restaurant-worthy dinner that's on the table in just twenty minutes.

20 Minutes to the Table

20 Minutes Hands On

2 Whisks Easy

Getting Organized

EQUIPMENT

- 2 Large Skillets (one with a cover)
- Large Mixing Bowl

FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper
- Eggs (one per serving)

6 MEEZ CONTAINERS

- Asian Slaw
- Slaw Dressing
- Bao Buns
- Seasoned Cornstarch
- Shrimp
- Sriracha

Good to Know

The Crispy Shrimp Bao Buns taste great without the Sriracha but if you like spicy, the **Sriracha sauce we included gives it a kick** that takes it to the next level!

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

Health snapshot per serving – 600 Calories, 44g Protein, 18g Fat, 67g Carbs, 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: Shrimp, Bao Bun, Broccoli, Daikon Radish, Green Onion, Carrot, Basil, Mayo, Garlic, Ginger, Tamari, Sesame Oil, Lime, Sesame Seeds, Cornstarch, Kosher Salt.

meezmeals

1. Getting Organized

Combine the **Asian Slaw** and the **Slaw Dressing** in a large mixing bowl and refrigerate until step 4.

2. Heat the Bao Buns

Use cooking spray or a brush to completely cover the inside of a large skillet (one that has a cover) with about 1 Tbsp of oil. Place on the stove over medium heat. When the oil is hot, add the **Bao Buns** and cook until the bottom is light brown, about 3 minutes. Flip and add ¼ cup water to the skillet. Cover and steam buns until fluffy and bottom starts to brown, about 5 to 7 minutes. Transfer Bao Buns directly to serving plates.

Spread the oil on the entire surface of the skillet so the bao buns don't stick to the bottom.

3. Cook the Shrimp

While the Bao Buns are steaming, whisk 2 eggs in a small bowl and place the **Seasoned Cornstarch** in a large zip-lock bag. Dry and place all **Shrimp** into the zip-lock bag with the cornstarch and shake until the shrimp are coated. Dip each Shrimp into the egg and place on a plate.

When all shrimp have been coated, heat 2 tablespoons of oil in a second large skillet over medium-high heat. When it's very hot, carefully place each shrimp into the hot oil. Cook for one minute on each side, then remove to a paper-towel-lined-plate.

The Crispy Shrimp Bao Buns taste great without the Sriracha but if you like spicy, the Sriracha sauce gives it a kick that takes it to the next level!

4. Put It All Together

Carefully open each steamed Bao Bun (forming a "taco" and maintaining the hinge at the bottom). Fill each bun with 3 shrimp, a generous helping of Asian Slaw, and a light drizzle of spicy **Sriracha** sauce. Enjoy!

Instructions for two servings.

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

Chicken Parmesan with Basil Aioli Kale Slaw

Chicken Parmesan with a Meez twist. With fresh mozzarella, a cheesy-panko crust, and roasted kale slaw tossed with basil aioli dressing, this dinner is anything but ordinary. It's a favorite with kids and parents alike.

20 Minutes to the Table

20 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

2 Baking Sheets
Large Skillet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Kale Slaw
Basil Aioli
Chicken Breast
Seasoned Panko
Breading
Fresh Mozzarella
Marinara Sauce

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 – 980 Calories, 77g Protein, 58g Fat, 37g Carbs, 24 Freestyle Points.

Lighten Up Snapshot per serving - 780 Calories, 42g Fat, 25g Carbs, 17 Freestyle Points with two-thirds of the Basil Aioli, two-thirds the Seasoned Panko Breading, and two-thirds the 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: Chicken Breast, Fresh Mozzarella, Tomatoes, Parmesan, Pecorino Romano, Panko Breadcrumbs, Kale, Broccoli, Brussels Sprouts, Green Cabbage, Radicchio Red Onion, Basil, Mayonnaise, Olive Oil, Oregano, Garlic, Paprika, Lemon, Kosher Salt, White Pepper.

meez meals

1. Getting Organized

Preheat your oven to 400.

2. Roast the Kale Slaw

Arrange the **Kale Slaw** in a single layer on a baking sheet. Drizzle with olive oil, salt & pepper. Bake until the edges start to char, about 10 to 12 minutes. Remove from the oven and mix right away with the **Basil Aioli** right on the baking sheet. Transfer to serving plates. Leave the oven on.

3. Prep the Chicken

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

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

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

The chicken will not be fully cooked after its time in the skillet. It will finish cooking in the oven.

Only pour the sauce along the middle so the breading stays nice and crisp.

Fresh mozzarella doesn't melt completely but will be hot, soft and delicious.

4. Cook the Chicken

Heat 1 ½ Tbsp olive oil in a large skillet over medium high heat. When the oil is hot, add the chicken and cook, without disturbing, until the sides brown, about 1 minute. Flip and continue cooking until other side is brown as well, about 1 additional minute.

Transfer the chicken to a second baking sheet and top with the **Fresh Mozzarella**, two or three pieces per breast, centered the long-way. Drizzle the **Marina Sauce** down the center of the fresh mozzarella pieces.

Bake until the cheese starts to melt, about 8 to 10 minutes. Remove from the oven and let rest for 5 minutes.

5. Put It All Together

Serve the chicken parmesan on top of the basil aioli kale slaw. Enjoy!

Instructions for two servings.

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

Chive Beurre Blanc Salmon & Mushrooms

French white sauces have a reputation for being tricky, but the light, creamy Beurre Blanc is easier than you'd think. It's perfect with premium salmon, sautéed mushrooms and seared green beans.

25 *Minutes to the Table*

25 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

- 2 Large Skillets
- Small Bowl

FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper

5 MEEZ CONTAINERS

- Mushrooms
- Salmon
- Green Beans & Leeks
- Chive Butter
- Beurre Blanc Sauce

Good to Know

Health snapshot per serving – 460 Calories, 28g Fat, 16g Carbs, 35g Protein and 10 Freestyle Points.

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

INGREDIENTS: Salmon, Green Beans, Cream, Button Mushrooms, Cremini Mushrooms, Leeks, Butter, White Wine, Chives, Vegetable Stock, Dijon Mustard, Black Pepper

meez*meals*

1. Cook the Mushrooms

Heat 1 Tbsp olive oil in a large skillet over medium-high heat. Add the **Mushrooms** and cook, stirring occasionally, until they brown, about 7 to 8 minutes. Remove from the skillet and set aside in a small bowl. Do not wipe out the skillet. You'll use it in step 4 for the sauce.

2. Cook the Salmon

While the mushrooms are cooking, lightly sprinkle the **Salmon** with salt and pepper.

Heat 1 Tbsp olive oil in a second large skillet over high heat. When the oil is hot, add the salmon and cook until the bottom is browned and each piece begins to color up the side, about 3 to 4 minutes. Flip and continue cooking until the other side is well browned, about 3 more minutes. Remove from the skillet and let rest for 5 minutes. Wipe out the skillet. You'll use it in step 3 for the green beans.

3. Cook the Green Beans & Leeks

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

4. Create the Sauce

While the green beans are cooking, melt the **Chive Butter** in the now-empty mushroom skillet over medium heat. Add the **Beurre Blanc Sauce** and simmer, stirring frequently, until the sauce has thickened enough to coat the back of a spoon, about 3 to 4 minutes. Turn off the heat and stir in the cooked mushrooms.

5. Put It All Together

Serve the salmon topped with the mushrooms and Beurre Blanc sauce, and the green beans & leeks on the side. Enjoy!

Classic Shawarma

Possibly our fastest Meez Meal yet. One pot, ten minutes to the table, low in calories and high in flavor, this dinner is a crowd pleaser. Our special simmer sauce gives the gyros style sliced beef and lamb shawarma an authentic flavor. Served in a warm pita with a zesty Mediterranean dressing and fresh veggies.

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

Simmer Sauce

Beef & Lamb Shawarma

Mediterranean Dressing

Veggies

Make the Meal Your Own

If you ordered the **Carb Conscious version**, we sent you an arcadian lettuce blend instead of the pita, reducing the **carbs per serving to 12g**. Toss the lettuce with the other ingredients for a shawarma salad.

Good to Know

Health snapshot per serving 380 Calories, 14g Protein, 18g Fat, 44g Carbs, 11 Freestyle Points.

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

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



INGREDIENTS: Beef & Lamb Shawarma, Pita, Bell Pepper, Radish, Yellow Squash, Zucchini, Red Onion, Great Northern Beans, Tahina, Olive Oil, Parsley, White Wine Vinegar, Shawarma Spices, Lemon, Kosher Salt, White Pepper.

meezmeals

1. Warm the Pita

Heat a large skillet over medium heat. Cook the Pita until warm, about 30 seconds per side. Cut each pita in half and wrap in aluminum foil or cover with a towel.

2. Heat the Shawarma

Mix 2 Tbsp olive oil with the **Simmer Sauce** (the thin, smooth, orange sauce) in a small bowl.

Combine the simmer sauce and **Beef & Lamb Shawarma** in a large skillet over medium-high heat. Cook, stirring occasionally, until the edges are slightly crispy, and meat is warm, about 2 to 3 minutes. Remove from heat and set aside.

3. Put It All Together

Fill each pita half with beef & lamb shawarma, a layer of **Mediterranean Dressing**, **Veggies** and an additional drizzle of dressing on top. Enjoy!

The Beef and Lamb 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

Himalayan Red Rice with Bangkok Basil Crunch

Our favorite rice bowl. It all starts with an Asian-inspired basil crunch made from plenty of fresh basil, ginger, coconut and ground peanuts, mixed up with Himalayan red rice, baked organic tofu and roasted kale. Unusual and totally delicious.

35 Minutes to the Table

10 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

2 Rimmed Baking
Sheets
Saucepan

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Basil Peanut
Crunch
Red Rice
Kale
Tofu
Coconut

Add Protein Cooking Instructions

Integrate into recipe: While the tofu and kale are roasting in step 3, cook the protein (per instructions below) & then slice into strips (*flake the salmon, leave shrimp whole*) and toss with the rice in step 4.

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 cooking the carb conscious version, we sent you veggie "rice" instead of the red rice, reducing the **carbs per serving to 28g**. In step 3, while the kale and tofu are roasting, heat 1½ Tbsp olive oil in a skillet over high heat. When the oil is hot, add the veggie "rice" and cook until it starts to brown, about 2 to 3 minutes. Remove from the heat and set aside until step 4.

Health snapshot per serving – 600 Calories,
29g Protein, 10g Fiber, 19 Smart Points

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



INGREDIENTS: Organic Tofu, Kale, Himalayan Red Rice, Peanuts, Coconut Milk, Coconut, Tamari Sauce, Rice Wine Vinegar, Brown Sugar, Basil, Ginger, Sesame Oil, Garlic, Spices

*meez*meals

1. Getting Organized

Preheat your oven to 425, put a saucepan of water on to boil and take the **Basil Peanut Crunch** out of the refrigerator to warm up.

2. Cook the Red Rice

Salt the boiling water and add the **Red Rice**. Simmer uncovered until tender, about 20 to 25 minutes. Drain, return to the pot and let sit, covered, for 5 minutes.

3. Roast the Kale, Tofu and Coconut

Put the **Kale** on a rimmed baking sheet and drizzle with olive oil, salt and pepper. Cook until it just starts to crisp at the edges, about 12 to 15 minutes.

Start the tofu as soon as the kale goes into the oven. Put the **Tofu** on to a rimmed baking sheet. Drizzle with olive oil and arrange in a single layer, then bake until it's golden brown at the edges and puffs a little, about 7 to 15 minutes. When the tofu is about 3 minutes away from coming out of the oven, add the **Coconut** to the baking sheet. Bake until fragrant and golden brown, about 3 minutes.

We like to line our baking sheets with parchment to make clean up easier.

Keep an eye on the coconut while it cooks! Even Chef Max has burned it once or twice.

4. Put It All Together

Serve the rice topped with the kale, tofu and half of the **Basil Peanut Crunch**. Mix together, then add more basil peanut crunch to taste. Serve topped with the toasted coconut. Enjoy!

Love this recipe? #meezmagic

Instructions for two servings.

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

Caper Tilapia with Parsley and Potatoes

Sophisticated made easy. We're serving seared tilapia with a classic beurre blanc sauce this week. It sounds fancy, but this parsley caper butter sauce comes together in a flash. Served over roasted potatoes, it's a recipe the whole family will love.

35 Minutes to the Table

10 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Rimmed Baking Sheet
Large Skillet

FROM YOUR PANTRY

3 Tbsp Butter
Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Potatoes
Tilapia
White Wine
Capers & Garlic
Parsley

Make The Meal Your Own

If you ordered the **carb conscious version**, you received broccoli instead of the potatoes reducing the **carbs per serving to 16g**. Preheat oven to 425 (rather than 400) and for step 2. place the broccoli on a baking sheet, drizzle with olive oil, salt and pepper and bake until the broccoli starts to brown, about 8 to 10 minutes.

To get your potatoes nice and crisp, arrange them skin-side up on your baking sheet.

Good To Know

The parsley caper butter sauce is our take on the classic French beurre blanc. It sounds complicated, but it's simple to make and adds great flavor to the dish.

Health snapshot per serving – 660 Calories, 25g Fat, 47g Protein, 57g Carbs, 19 Smart Points

Lighten Up snapshot per serving – 515 Calories, 14g Fat, 45g Protein, 44g Carbs, 14 Smart Points with ½ the butter and oil, and ¾ potatoes.

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: Potatoes, Tilapia, White Wine, Caper, Parsley, Garlic

meez *meals*

1. Getting Organized

Preheat your oven to 400 degrees.

2. Prep and Roast the Potatoes

Cut the **Potatoes** in half lengthwise. Toss with 2 Tbsp of oil and season generously with salt and pepper. Arrange in a single layer on a baking sheet and roast until deep brown and crispy, about 30 minutes.

For extra crispy potatoes, place them skin-side up.

3. Cook the Tilapia

When the potatoes have been cooking for 15 minutes, dry the **Tilapia**. Season the tilapia with ¼ tsp each salt and pepper. Heat 2 Tbsp oil in a large skillet over medium-high heat. When the oil is hot, add the tilapia and cook until browning on the bottom and coloring up the sides, about 3 to 4 minutes. Flip and cook an additional 3 to 4 minutes. Remove to a plate and let rest. Pour out any excess oil from the skillet.

Pour out extra oil but leave behind any browned bits on the bottom of the skillet - they add great flavor to your sauce.

4. Make the Sauce

Cut 3 Tbsp cold butter in small chunks. Add the **White Wine** to the now-empty skillet, return skillet to stove and cook over medium high heat. Continue to stir, scraping up any browned bits from the bottom of the pan. Cook the wine until about 1/3 of it has reduced, about 3 to 6 minutes. Add the **Capers & Garlic** and cook 1 minute. Turn off the heat and stir in butter and **Parsley**.

5. Put It All Together

Top the crispy potatoes with the fish and drizzle the white wine butter sauce over the top to serve.

Instructions for two servings.

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

Chicken Panang Curry with Crispy Noodles

We love the mellow peanuty flavors of Panang curries, especially when paired with chicken, cabbage, and snow peas. When served over crispy noodles, the extra step adds a restaurant-quality touch without much hassle.

30 Minutes to the Table

30 Minutes Hands On

2 Whisk Easy

Getting Organized

EQUIPMENT

Saucepan
Large Skillet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Noodles
Chicken Breast
Asian Veggies
Panang Curry Sauce
Cilantro & Green Onions

Good To Know

If you ordered the **Carb Conscious version**, we sent you zucchini “noodles” instead of the noodles reducing the **carbs per serving to 30g**. Skip step 1. In place of step 3, heat 1 Tbsp olive oil in the empty skillet over high heat. When the oil is hot, add the zucchini “noodles” and cook until they start to char, about 3 to 4 minutes. Transfer to serving plates before topping with the curry chicken, veggies, and sauce.

Health snapshot per serving – 820 Calories, 35g Fat, 55g Protein, 69g Carbs, 22 Freestyle Points

Lightened Up Health Snapshot per serving – 630 Calories, 25g Fat, 49g Carbs, by using 2/3 of the noodles and the 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: Chicken, Coconut Milk, Wheat Noodles, Cabbage, Snow Peas, Red Bell Pepper, Peanut Butter, Tamari, Green Onion, Yellow Curry, Brown Sugar, Ginger, Garlic, Rice Wine Vinegar, Lime, Basil, Cilantro

meez *meals*

1. **Get Organized**

Put a large saucepan of water on to boil.

2. **Cook the Noodles**

Add the **Noodles** to the boiling water and cook until al dente, about 8 to 10 minutes. Drain and return the cooked noodles to the saucepan until step 4.

3. **Cook the Chicken**

While the noodles are cooking, pat dry the **Chicken Breast** and generously season with salt and pepper.

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 to 5 minutes. Turn the chicken and cook for another 4 minutes, until the other side is brown as well. Transfer the chicken to a cutting board to rest for 5 minutes, then slice into ½" strips.

4. **Crisp the Noodles**

While the chicken is resting, wipe out the now-empty skillet and heat 1 Tbsp olive oil over high heat. Add the cooked noodles and spread in a single layer to the edges of the skillet. Cook until the bottoms and edges of the noodles start to brown and become crispy, about 3 to 4 minutes. Stir, and then cook until the noodles now on the bottom and edges also turn brown, an additional 2 to 3 minutes. Arrange the crispy noodles into a "nest" on each serving plate. Do not wipe out the skillet.

5. **Cook the Veggies and Sauce**

Heat 1 Tbsp oil in the now-empty skillet over medium high heat. When the oil is hot, add the **Asian Veggies** and sauté, stirring occasionally, until they soften and start to char, about 3 to 4 minutes. Add the **Panang Curry Sauce** to the skillet and bring to a boil. Lower the heat to medium and simmer until the sauce has thickened enough to coat the back of a spoon, about 5 minutes. Remove from the heat.

6. **Put It All Together**

Serve the chicken, veggies and curry sauce with the **Cilantro & Green Onions** sprinkled on top. Enjoy!

Instructions for two servings.

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

Pasta with Spinach Pesto

Haven't had spinach pesto before? Neither had we, but once we tried it we were hooked. It gives a layer of flavor to the classic basil pesto that we love, to say nothing of the extra vitamin boost. We're making our version with plenty of lemon to keep things bright & mixing it up with roasted cauliflower, toasted pecans and penne pasta. Yum!

35 Minutes to the Table

5 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Saucepan
Rimmed Baking Sheet

FROM YOUR

PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Cauliflower
Penne Pasta
Spinach Pesto
Pecans
Parmesan
Cheese

Add Protein Cooking Instructions

Integrate into recipe: While the pasta is cooking in step 3, cook the protein (per instructions below) and then slice into strips (*flake the salmon, leave shrimp whole*) and stir into the cooked pasta and sauce in step 4.

Cook protein: Lightly sprinkle the protein with salt & pepper. Heat a large skillet with 1-2 Tbsp olive oil on medium-high heat (*high for steak.*) When the oil is hot, cook the protein until the: CHICKEN is crisp and brown, about 4 to 5 minutes per side. Let rest for 5 minutes. STEAK bottoms are brown and sides start to color, about 4 minutes per side for medium (3 min for med-rare and 5-6 min for well done.) Let rest for 5 minutes. SALMON is crisp and brown, about 4 minutes per side. Let rest for 5 minutes. SHRIMP are opaque and no longer grey in color, about 1 minute per side.

Good To Know

Health snapshot per serving – 620 Calories, 23g Protein, 12g Fiber, 19 Smart Points

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



INGREDIENTS: Cauliflower, Penne Pasta, Spinach, Pecans, Parmesan Cheese, Olive Oil, Lemon, Basil, Garlic, Spices

meezmeals

1. Getting Organized

Preheat your oven to 450 and put a saucepan of water on to boil.

2. Roast the Cauliflower

Put the **Cauliflower** on to a rimmed baking sheet, drizzle with olive oil and sprinkle with salt and pepper. Toss well and arrange in a single layer. Bake until the cauliflower is golden brown in places, about 15 to 25 minutes; stir once or twice while it's cooking.

We line our baking sheets with parchment paper to make clean up a breeze.

3. Cook the Pasta

While the cauliflower is roasting, salt the pasta water generously, add the **Penne Pasta** and cook until al dente, 12 to 14 minutes. Reserve 1 cup of pasta water. Drain the pasta and then return to the pan.

When we say "salt generously," we mean it. Chef Max says it should taste like salt water.

4. Put It All Together

Add the **Spinach Pesto** along with 1 to 2 Tbsp of olive oil to the cooked pasta. Mix well, then add some of the reserved pasta water if you'd like the sauce looser.

Don't skip the olive oil! It brings out the flavors of the pasta.

Mix in the roasted cauliflower, **Pecans** and salt and pepper to taste. Top with **Parmesan Cheese**.

Love this recipe? #meezmagic

Instructions for two servings.

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

Potato Leek Soup with Toasted Chive Butter Ciabatta

A test-kitchen favorite. Our classic potato leek soup is rich and flavorful, with just the right balance of creamy indulgence and mellow leek flavor. Paired with our toasted chive-butter ciabatta, it's an elegant dinner just right for a cold night.

35 Minutes to the Table

25 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

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

FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper
- Butter (½ Tbsp per
svg.)
- Flour (½ Tbsp per
svg.)

5 MEEZ CONTAINERS

- Potatoes
- Leeks & Onions
- Soup Starter
- Ciabatta
- Chive Butter

Add Protein Cooking Instructions

Integrate into recipe: Prior to step 4, cook the protein (per instructions below) and then slice into strips (*flake the salmon, leave shrimp whole*) and stir into the soup in step 5.

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

We make our version slightly chunky. If you prefer a silky-smooth soup, puree it before serving.

Health snapshot per serving – 830 Calories, 21g Protein, 41g Fat, 99g Carbs, 30 Freestyle Points.

Lightened up Health snapshot per serving – 600 Calories, 30g Fat, 69g Carbs, 21 Freestyle Points, by using half the bread and half of the Chive Butter.

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



INGREDIENTS: Potatoes, Ciabatta Bread, Cream, Leeks, Red Onion, Yellow Onion, Celery, Butter, Vegetable Stock, Garlic, Chives, Parsley, Tamari, Tarragon, Black Pepper, Thyme, White Pepper

meez meals

1. Get Organized

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

2. Boil the Potatoes

Add three-quarters of the **Potatoes** to the boiling water. Once the mixture returns to a boil, reduce the heat to medium high, cover, and cook at a low boil until potatoes are fork tender, about 10 to 12 minutes. Remove from heat, drain the potatoes and place in a large bowl. Mash with a large spoon or potato masher until they are the consistency of lumpy mashed potatoes. Wipe out the saucepan.

3. Make the Soup

Return the now-empty saucepan to the stove and heat 2 Tbsp olive oil over medium high heat. Add the remaining uncooked potatoes and sauté (to prevent sticking) until they start to brown, about 4 minutes. Add the **Leeks & Onions** and sprinkle with salt and pepper. Continue cooking until the onions start to brown, about 3 to 4 minutes.

Add 1 Tbsp butter and stir until it melts completely. Sprinkle 1 Tbsp flour over the mixture and stir until it is incorporated and cook until the flour just starts to brown, about 2 minutes.

Add the cooked and mashed potatoes and stir well. Turn the heat to high, add the **Soup Starter** and 1 cup of water and stir well. Bring to a boil, then reduce the heat to medium low, cover, and simmer for 5 minutes.

4. Toast the Ciabatta

While the soup is simmering, cut each piece of **Ciabatta** bread in half and spread ½ Tbsp of the **Chive Butter** on the top of each of the halves. Using the “top brown” setting of your toaster oven or “broil” on your oven, heat the ciabatta until the butter melts and the rolls begin to brown, about 2 to 3 minutes.

5. Put It All Together

Serve the soup alongside the toasted chive butter ciabatta and enjoy!

*We love
dipping the
bread into
the soup.
Yum!*

Instructions for two servings.

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