

### *Truffle-Butter Steak Frites*

**25 Min**  
to Table

**35 Min**  
Hands  
On

**2 Whisks**  
Easy

#### **Getting Started**

Preheat your oven to 450.

#### **From Your Pantry**

You'll need olive oil, salt & pepper

### *Honey & Tamari Glazed Mushrooms with Udon Noodles*

**25 Min**  
to Table

**20 Min**  
Hands  
On

**1 Whisk**  
Super  
Easy

#### **Getting Started**

Bring a medium saucepan of water to boil.

#### **From Your Pantry**

You'll need olive oil, salt and pepper

## *Quick Tips*



### *Athenian Salmon with Roasted Fingerlings*

**20 Min**  
to Table

**30 Min**  
Hands  
On

**1 Whisk**  
Super  
Easy

#### **Getting Started**

Preheat your oven to 400.

#### **From Your Pantry**

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

### *Lemon Chicken Souvlaki*

**25 Min**  
to Table

**25 Min**  
Hands  
On

**1 Whisk**  
Super  
Easy

#### **From Your Pantry**

You'll need olive oil, salt and pepper

#### **Getting Started**

Bring a large saucepan of water to boil.

### *Chicken Al Pastor Tacos*

**20 Min**  
to Table

**20 Min**  
Hands  
On

**1 Whisk**  
Super  
Easy

#### **Getting Started**

Heat olive oil over medium high heat.

#### **From Your Pantry**

You'll need olive oil, salt and pepper

### *Spinach Pancakes with Basil Corn Relish*

**40 Min**  
to Table

**40 Min**  
Hands  
On

**2 Whisks**  
Easy

#### **Getting Started**

Preheat your oven to 375 and heat your griddle or skillet.

#### **From Your Pantry**

You'll need milk, eggs and butter.

### *Lemon Herb Shrimp & Couscous Bowl*

**15 Min**  
to Table

**15 Min**  
Hands  
On

**1 Whisk**  
Easy

#### **Getting Started**

Bring a medium saucepan of water to boil.

#### **From Your Pantry**

You'll need olive oil, salt and pepper

### *Parmesan Tilapia with Broccoli & Cauliflower AuGratin*

**30 Min**  
to Table

**30 Min**  
Hands  
On

**2 Whisks**  
Easy

#### **Getting Started**

Preheat your oven to 375.

#### **From Your Pantry**

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

### *Brussels Sprouts Udda with Cranberry Aioli*

**25 Min**  
to Table

**25 Min**  
Hands  
On

**2 Whisks**  
Super  
Easy

#### **Getting Started**

Preheat your oven to 425.

#### **Omnivore Option**

Bacon, prosciutto, and pork loin all work well with this dish.

#### **From your Pantry**

You'll need a little olive oil, vegetable oil, eggs, salt and pepper.

### *Creamy Tortellini with Kale & Italian Sausage*

**30 Min**  
to Table

**10 Min**  
Hands  
On

**1 Whisk**  
Super  
Easy

#### **From Your Pantry**

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

#### **Getting Started**

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

### *Farmers Market Soup*

**25 Min**  
to Table

**25 Min**  
Hands  
On

**1 Whisk**  
Super  
Easy

#### **Getting Started**

Toast your Fresh Roll.

#### **From Your Pantry**

You'll need olive oil, salt and pepper

# Health Snapshot

| Recipe                                                                     | Calories | Protein<br>(grams) | Fat<br>(grams) | Carbs<br>(grams) | Fiber<br>(grams) | Sodium<br>(milligrams) | Sugar<br>(grams) | Smart<br>Points | Key Vitamins/Minerals<br>(% of rcmdnd daily) |                   |
|----------------------------------------------------------------------------|----------|--------------------|----------------|------------------|------------------|------------------------|------------------|-----------------|----------------------------------------------|-------------------|
| Lemon Herb Shrimp & Couscous Bowl                                          | 450      | 25                 | 21             | 44<br>CC 17      | 5                | 720                    | 5                | 11              | 240%<br>Vitamin C                            | 30% Vitamin A     |
| Chicken Al Pastor Tacos                                                    | 610      | 51                 | 12             | 75<br>CC 39      | 8                | 950                    | 30               | 13              | 25% Vitamin A                                | 141%<br>Vitamin C |
| Honey & Tamari Glazed Mushrooms with Udon Noodles                          | 440      | 13                 | 8              | 93               | 6                | 2030                   | 37               | 14              | 30%Vitamin C                                 | 10% Iron          |
| Athenian Salmon with Roasted Fingerlings                                   | 520      | 41                 | 23             | 40<br>CC 33      | 5                | 870                    | 6                | 11              | 90% Vitamin C                                | 80% Vitamin D     |
| Parmesan Tilapia with Broccoli & Cauliflower Au Gratin<br>(half the sauce) | 745      | 25                 | 54             | 49               | 8                | 601                    |                  | 25              | 154%<br>Vitamin A                            | 232%<br>Vitamin C |
|                                                                            | 561      |                    | 34             |                  |                  |                        |                  | 17              |                                              |                   |
| Lemon Chicken Souvlaki                                                     | 560      | 50                 | 18             | 51<br>CC 40      | 4                | 1010                   | 25               | 11              | 190%<br>Vitamin C                            | 40% Vitamin A     |

# Health Snapshot

| Recipe                                        | Calories | Protein<br>(grams) | Fat<br>(grams) | Carbs<br>(grams) | Fiber<br>(grams) | Sodium<br>(milligrams) | Sugar<br>(grams) | Smart<br>Points | Key Vitamins/Minerals<br>(% of rcmnndd daily) |               |
|-----------------------------------------------|----------|--------------------|----------------|------------------|------------------|------------------------|------------------|-----------------|-----------------------------------------------|---------------|
| Spinach Pancakes with Basil Corn Relish       | 690      | 29                 | 42             | 57               | 7                | 1077                   |                  | 25              | 88% Vitamin C                                 | 75% Folate    |
| (½ the citrus cream and ½ corn salsa)         | 520      |                    | 30             |                  |                  |                        |                  | 16              |                                               |               |
| Creamy Tortellini with Kale & Italian Sausage | 980      | 46                 | 51             | 73               | 6                | 1930                   | 6                | 28              | 70% Vitamin A                                 | 70% Vitamin C |
| Brussels Sprout Unda with Cranberry Aioli     | 540      | 25                 | 29             | 46               | 13               | 450                    |                  | 20              | 21% Calcium                                   | 7% Vitamin A  |
| Truffle-Butter Steak Frites                   | 520      | 38                 | 27             | 32 CC 15         | 6                | 310                    | 3                | 15              | 145% Vitamin C                                | 44% Vitamin A |
| Farmers Market Soup                           | 430      | 18                 | 4              | 86 CC 38         | 7                | 60                     | 16               | 10              | 24% Potassium                                 | 14% Iron      |
| Add a Protein                                 |          |                    |                |                  |                  |                        |                  |                 |                                               |               |
| All-Natural Chicken Breast                    | 220      | 41                 | 5              | 0                | 0                | 85                     | 0                | 3               | 90% Vitamin B6                                | 4% Iron       |
| Add a Preotein                                |          |                    |                |                  |                  |                        |                  |                 |                                               |               |
| 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<br>(grams) | Fat<br>(grams) | Carbs<br>(grams) | Fiber<br>(grams) | Sodium<br>(milligrams) | Sugar<br>(grams) | Smart<br>Points | Key Vitamins/Minerals<br>(% of rcmndd daily) |               |
|--------------------------|----------|--------------------|----------------|------------------|------------------|------------------------|------------------|-----------------|----------------------------------------------|---------------|
| Oreo Mousse Pie          | 760      | 8                  | 49             | 78               | 3                | 390                    | 52               |                 | 6% Calcium                                   | 6% Iron       |
| Flourless Chocolate Cake | 370      | 5                  | 16             | 32               | 2                | 130                    | 18               | 18              | 20% Iron                                     | 10% Vitamin A |
| Tiramisu for Two         | 290      | 5                  | 15             | 35               | 1                | 40                     | 29               |                 | 6% Calcium                                   | 2% 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.*

## Lemon Chicken Souvlaki

We adore the flavors of a classic souvlaki, but on a busy weeknight, marinating the meat and loading up skewers is more work than we want. Ours is a streamlined version with lemony chicken served with a flavorful rice pilaf and cooling roasted red pepper tzatziki sauce. It is just as flavorful but without the fuss.

### Getting Organized

#### EQUIPMENT

Saucepan  
Large Skillet

#### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

#### 6 MEEZ CONTAINERS

Basmati Rice  
Garlic, Onions & Raisins  
Chicken Breast  
Peppers & Onions  
Lemon Marinade  
Roasted Red Pepper Tzatziki

### Good To Know

**Health snapshot per serving** – 560 Calories, 50g Protein, 18g Fat, 51g Carbs, 11 Freestyle Points

If you ordered the **Carb Conscious** version, we sent you cauliflower “rice” instead of the basmati rice, reducing the calories to 500 and the **Carbs to 40g** per serving. Skip step 1 and cook the cauliflower rice with the other veggies in step 2 for 4 to 5 minutes.

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

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



**25** Minutes to the Table

**25** Minutes Hands On

**1 Whisk** Super Easy

INGREDIENTS: Chicken Breast, Basmati Rice, Greek Yogurt, Red Pepper, Green Pepper, Red Onion, Yellow Onion, Golden Raisins, Mayonnaise, Cucumber, Roasted Red Pepper, Cream, Ginger, Chicken Stock, Lemon, Garlic, Dill, Lemon Pepper, Kosher Salt, Cinnamon, Clove, Turmeric

meez meals

### 1. Get Started

Bring a saucepan of water to a boil.

### 2. Cook the Rice

Add the **Basmati Rice** to the boiling water and reduce the heat to medium. Simmer, uncovered, until the rice is tender, about 15 to 20 minutes. Drain well and set aside in the colander.

Heat 1 Tbsp olive oil in the now-empty saucepan over medium high heat. When the oil is hot, add the **Garlic, Onions & Raisins** and sauté until the onions soften, about 2 to 3 minutes. Add the drained rice and mix well, then cover and set aside.

### 3. Cook the Chicken

While the rice is cooking, heat 1½ Tbsp of olive oil in a large skillet over medium high heat. Pat dry and generously salt and pepper the **Chicken Breasts** on both sides. When the oil is hot, add the chicken and cook until the bottom is brown, about 4 minutes. Flip and cook for another 4 minutes on the other side. Transfer the chicken to a cutting board. Let rest for 5 minutes, then slice into ½" strips. Do not wipe out the skillet.

### 4. Cook the Peppers & Onions

Heat 1 Tbsp olive oil in the now-empty skillet over medium-high heat. When the oil is hot, add the **Peppers & Onions** and sprinkle with salt and pepper. Cook until the vegetables start to char, about 3 to 4 minutes. Remove the veggies from the skillet and add to the saucepan with the seasoned rice. Mix well.

Add the **Lemon Marinade** to the now-empty skillet over medium-high heat and cook until clear and starting to brown, about 3 to 4 minutes. Turn off the heat and return the sliced chicken to the skillet. Mix well.

### 5. Put it All Together

Serve the chicken over the rice and vegetables and finish with some generous dollops of the **Roasted Red Pepper Tzatziki**. Enjoy!

Instructions for two servings.

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

# Chicken Al Pastor Tacos

We love the smoky, tropical flavor of al pastor sauce. We're mixing ours up with shredded chicken, cabbage and red onion, then serving it in soft flour tortillas with a pineapple salsa. It's a speedy dinner that's on the table in a heartbeat.

**20** *Minutes to the Table*

**20** *Minutes Hands On*

**1 Whisk** *Super Easy*

## Getting Organized

### EQUIPMENT

Large Skillet

### FROM YOUR PANTRY

Olive Oil

Salt & Pepper

### 6 MEEZ CONTAINERS

Chicken Breast

Tortillas

Red Cabbage & Onion

Al Pastor Sauce

Pineapple Salsa

Lime

## Make The Meal Your Own

If you ordered the **Carb Conscious version**, we sent you lettuce instead of tortillas, reducing the **carbs per serving to 39g**. Skip step 2 and use the lettuce as a bed for the other ingredients to make a Chicken Al Pastor Salad.

**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.

## Good To Know

**Health snapshot per serving** – 610 Calories, 51g Protein, 12g Fat, 75g Carbs, and 13 Freestyle Points.

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

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INGREDIENTS: Chicken Breast, Flour Tortillas, Pineapple, Lime, Tomato, Yellow Onion, Red Cabbage, Red Onion, Red Bell Pepper, Radish, Chipotles in Adobo, Ancho Chili, Cilantro, Tamari, Jalapeño, Honey, Garlic, Cumin, Oregano

*meez* meals

### 1. Cook the Chicken

Heat 1 Tbsp olive oil over medium high heat. Pat dry and generously salt and pepper the **Chicken Breasts** on both sides. When the oil is hot, add the chicken breasts and cook until they are brown on one side, about 4 to 5 minutes. Flip, then cook until brown on the second side, about 4 additional minutes. Transfer the chicken to a cutting board and let rest for 5 minutes. Wipe out the skillet.

Once it has rested, hold the chicken in place with one fork and use a second fork to shred the chicken (into pieces typical of the size used in chicken soup).

### 2. Warm the Tortillas

While the chicken is resting, return the now-empty skillet to the stove over medium high heat. Warm each **Tortillas** for about 30 seconds on each side. Transfer the warm tortillas directly to serving plates.

### 3. Create the Filling

In the now-empty skillet, add 1 Tbsp of olive oil over medium high heat. When the oil is hot, add the **Red Cabbage & Onion** and sauté until the onions become translucent, about 4 to 5 minutes. Add the **Al Pastor Sauce** and cook until it starts to thicken, about 2 minutes. Turn off the heat and stir in the shredded chicken until it is well coated.

### 4. Put It All Together

Divide the filling between the tortillas and then top with the **Pineapple Salsa**. Finish with a generous squeeze of **Lime** and enjoy!

Instructions for two servings.

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

# Honey & Tamari Glazed Mushrooms with Udon Noodles

Umami-rich cremini mushrooms are a perfect pairing for a savory honey and tamari sauce. With snow peas, cabbage, and udon noodles, it's a speed Asian-inspired dinner the whole family will love.

## Getting Organized

### EQUIPMENT

Medium Saucepan  
Large Skillet

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### 6 MEEZ CONTAINERS

Udon Noodles  
Seasoned Onions  
Snow Peas &  
Cabbage  
Cremini Mushrooms  
Honey & Tamari  
Glaze  
Green Onion &  
Cilantro

## Add Protein Instructions

**Integrate into recipe:** Prior to step 4, cook the protein and let rest, then slice into ½" strips (flake the salmon and cut the shrimp in half.) Stir into the mushrooms and glaze 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** – 440 Calories, 8g Fat, 93g Carbs, 13g Protein, and 14 Freestyle Points.

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

**25** Minutes to the Table

**20** Minutes Hands On

**1 Whisk** Super Easy

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INGREDIENTS: Mushrooms, Udon Noodles, Snow Peas, Cabbage, Mae Ploy, Yellow Onion, Tamari, Brown Sugar, Honey, Green Onion, Ginger, Garlic, Cilantro, Sesame Oil, Vegetable Stock, Miso, Parsley, White Pepper

 meezmeals

### 1. Get Organized

Bring a medium saucepan of water to a boil.

### 2. Cook the Udon

Add the **Udon Noodles** to the boiling water and cook until tender, about 10 to 14 minutes. Place the noodles in a colander and rinse thoroughly with hot water. Drain well and set aside in the colander. Wipe out the saucepan.

Heat 1 Tbsp olive oil in the now-empty saucepan over medium-high heat. When the oil is hot, add the **Seasoned Onions**. Cook until the onions begin to soften, about 1 to 2 minutes. Add the drained udon noodles back and stir. Cover and set aside.

### 3. Sauté the Asian Veggies

While the noodles are cooking, heat 1 Tbsp olive oil in a large skillet over medium-high heat. When the oil is hot, add the **Snow Peas & Cabbage** with a sprinkle of salt and pepper. Sauté, stirring frequently, until the edges of the cabbage char, about 4 to 5 minutes. Transfer the veggies to the saucepan with the udon and onions and stir. Cover and set aside until step 5. Wipe out the skillet.

### 4. Cook the Mushrooms

Heat 1 Tbsp olive oil in the now-empty skillet over medium-high heat. When the oil is hot, add the **Cremini Mushrooms** and cook until they brown and the liquid is evaporated, about 5 to 6 minutes. Add the **Honey & Tamari Glaze** and cook, stirring occasionally, until the glaze thickens enough to coat the mushrooms, an additional 3 to 4 minutes.

### 5. Put It All Together

Serve the noodles and veggies topped with the glazed cremini mushrooms. Sprinkle the **Green Onion & Cilantro** over top and enjoy!

*Be sure to get  
all the seasoned  
onions out of  
the saucepan to  
not miss any  
deliciousness.*

Instructions for two servings.

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

# Athenian Salmon with Roasted Fingerlings

We're putting our favorite Greek ingredients together for a recipe that will transport you to the Attican Peninsula. We're pairing feta, yogurt, cucumbers, capers and olives with salmon and potatoes for a dinner that is both easy and delicious.

**30** *Minutes to the Table*

**20** *Minutes Hands On*

**1 Whisk** *Super Easy*

## Getting Organized

### EQUIPMENT

Large Skillet  
Baking Sheet  
Mixing Bowl

### FROM YOUR PANTRY

Flour (1/4 cup per svg.)  
Olive Oil  
Salt & Pepper

### 6 MEEZ CONTAINERS

Greek Veggie Mix  
Feta Crumbles  
Yogurt Dill Crema  
Fingerling Potatoes  
Salmon  
Lemon

## Make The Meal Your Own

If you ordered the **Carb Conscious** version, we sent you broccoli instead of the potatoes, reducing the **carbs per serving to 33g**. Substitute the broccoli for the potatoes in step 2 and toss with olive oil, salt and pepper. Bake until the broccoli starts to brown, about 16 to 18 minutes.

**Health snapshot per serving** – 570 Calories, 23g Fat, 42g Protein, 50g Carbs, 11 Smart Points

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

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cooking video**



INGREDIENTS: Salmon, Fingerling Potatoes, Lemon, Feta, Cucumber, Yogurt, Cream, Sour Cream, Tomato, Red Bell Pepper, Black Olive, Kalamata Olive, Red Onion, Capers, Dill, Oregano

*meez* meals

### 1. Get Organized

Preheat the oven to 400. Toss the **Greek Veggie Mix**, **Feta Crumbles**, and **Yogurt Dill Crema** in a mixing bowl and place in the fridge.

### 2. Make the Salsa

Toss the **Greek Veggie Mix**, **Feta Crumbles**, and **Yogurt Dill Crema** in a mixing bowl and refrigerate until step 5.

### 3. Roast the Potatoes

Slice the **Fingerling Potatoes** into ½" wide rounds. Put on a baking sheet and drizzle with olive oil, salt, and pepper. Toss and arrange in a single layer. Bake until they brown and begin to crisp, about 20 to 25 minutes. Transfer directly to serving plates.

### 4. Cook the Salmon

While the potatoes are cooking, put ½ cup flour on a large plate with a generous pinch of salt and pepper. Pat dry the **Salmon** with a paper towel and coat with the flour, making sure each fillet is coated on both sides.

Heat 2 Tbsp of olive oil in a large skillet over medium-high heat. When the oil is hot, add the salmon and cook until it colors about halfway up the sides, about 3 minutes. Flip and cook an additional 3 minutes. Remove from the heat to rest for 5 minutes.

### 5. Put It All Together

Serve the salmon over the potatoes with a generous squeeze of **Lemon**. Spoon the salsa on top with additional lemon juice to taste. Enjoy!

*Any kind of flour  
will work here:  
all-purpose, rice  
flour, even  
tapioca flour.  
Use your favorite.*

Instructions for two servings.

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

# Parmesan Tilapia with Broccoli & Cauliflower Au Gratin

This gem starts with a crispy Parmesan and breadcrumb crust that makes tilapia magical. Served over an incredible, creamy, melty broccoli and cauliflower au gratin with crispy leeks, it's a sophisticated dinner that's on your table in just 30 minutes.

## Getting Organized

### EQUIPMENT

Large Skillet  
Casserole Dish

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper  
Flour (2 Tbsp)  
Eggs (2)

### 6 MEEZ CONTAINERS

Broccoli & Cauliflower  
Spinach Cream Sauce  
Seasoned Cheese Blend  
Parmesan Breadcrumbs  
Tilapia  
Leeks

## Good to Know

This dish is not high in carbs to begin with but if you eliminate the use of egg and breadcrumbs on the tilapia and just salt and pepper it, you reduce the **carbs per serving to 22g**.

**Tilapia** is rich in minerals, proteins and vitamins which strengthen our bone health and reduce the risk of Osteoporosis. It boosts muscle growth in body and also helps in cellular repair and maintain proper metabolic activity.

**Health snapshot per serving** – 820 Calories, 63g Protein, 48g Fat, 37g Carbs, 22 Freestyle Points

**Lightened-Up Health snapshot per serving** – 630 Calories, 30g Fat, 35g Carbs, 14 Freestyle Points with half the sauce and half the seasoned cheese.

**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**



**30** Minutes to the Table

**30** Minutes Hands On

**2 Whisks** Easy

INGREDIENTS: Tilapia, Broccoli, Cauliflower, Leeks, Spinach, Parmesan, Pecorino Romano, White Cheddar, Monterey Jack, Breadcrumbs, Cream, Mustard, Black Pepper, Vegetable Stock.

*meez* meals

### 1. Getting Organized

Preheat oven to 400 degrees and spray or lightly brush a casserole dish with oil.

### 2. Create the Au Gratin

Heat 1 Tbsp olive oil in a large skillet over medium-high heat. When the oil is hot, add the **Broccoli & Cauliflower** and cook until they start to brown, about 3 minutes. Add in 2 Tbsp flour and cook until the flour starts to brown, about 2 minutes. Add the **Spinach Cream Sauce** and bring to a boil, stirring constantly until the sauce thickens enough to coat the back of a spoon, about 3 minutes. Remove from the heat and stir in the **Seasoned Cheese Blend**.

### 3. Finish and Bake the Au Gratin Broccoli & Cauliflower

Transfer the contents of the skillet into a casserole dish and cover with 1/3 of the **Parmesan Breadcrumbs**. Bake until crust starts to brown, about 10 minutes. Remove from the oven and set aside to cool.

### 4. Make the Tilapia

While the vegetables are baking, spread the remaining Parmesan Crust, along with 1 teaspoon of salt and 1 teaspoon of pepper to breadcrumbs and on a large plate. Scramble 2 eggs in a small bowl. Pat dry the **Tilapia** and dip the tilapia in the egg, making sure both sides are coated. Put the tilapia on the plate with the Parmesan Crust and press down to ensure it sticks to the tilapia. Flip the tilapia and repeat for the other side.

Wipe out the skillet used for the vegetables and heat 2 Tbsp olive oil on medium-high. When the oil is hot, cook the tilapia until you can see the coating on the sides starting to brown, about 3 to 4 minutes. Flip and cook until the coating on the bottom is also brown. Set the tilapia aside to rest but do not wipe out the skillet.

### 5. Cook the Leeks

Add the **Leeks** to the now empty skillet over high heat and sauté until they start to crisp, about 4 minutes. Remove from the heat.

### 6. Put It All Together

Top the Au Gratin Broccoli & Cauliflower with the tilapia and then the crispy leeks. Enjoy

*Keep an eye on the crust the last few minutes, so it doesn't burn.*

Instructions for two servings.

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

# Lemon Herb Shrimp & Couscous Bowl

Bright lemon and savory herbs bring fresh flavor to this shrimp dinner. Herb-marinated shrimp is served over tender couscous with charred zucchini, summer squash, and sweet peppers, then finished with a creamy lemon-cucumber yogurt sauce. Fresh, flavorful, and on the table in just 15 minutes, it's a perfect dinner for a busy night..

**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

### 5 MEEZ CONTAINERS

Herb Marinade  
Shrimp  
Couscous  
Zucchini, Squash & Peppers  
Lemon Yogurt

## Good to Know

If you ordered the **Carb Conscious version**, we sent you cauliflower "rice" instead of couscous, reducing the **carbs per serving to 17g**. Skip step 2. Prior to cooking the veggies in step 3, add 1 Tbsp olive oil to the large skillet, sauté the cauliflower "rice" until it starts to brown, about 4 to 5 minutes. Remove from the heat and place directly on the serving dishes instead of the couscous.

**Health snapshot per serving** – 450 Calories, 21g Fat, 44g Carbs, 25g Protein, and 11 Freestyle Points.

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

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

INGREDIENTS: Shrimp, Couscous, Red Bell Pepper, Zucchini, Yellow Squash, Yellow Bell Pepper, Greek Yogurt, Cream, Vegetable Oil, Cucumber, Lemon, Chicken Stock, Savory, Garlic, Black Pepper, Dill, Oregano, Kosher Salt.

meez meals

### 1. Get Organized

Bring a medium saucepan of water to a boil. Pour the **Herb Marinade** (the darker thick liquid with visible spices) into a ziplock or sealed container, add the **Shrimp**, and stir until well coated. Set aside to marinate for at least 5 minutes.

### 2. Cook the Couscous

Add the **Couscous** to the boiling water with a sprinkle of salt and cook until al dente, about 7 to 8 minutes. Drain and transfer directly to serving bowls.

### 3. Sear the Veggies

While the couscous is cooking, heat 1 Tbsp olive oil in a large skillet over medium-high heat. Add the **Zucchini, Squash & Pepper** with a sprinkle of salt and pepper. Cook until the veggies start to char, about 4 to 5 minutes. Remove from the skillet and transfer directly to the serving bowls on top of the couscous. Wipe out the skillet.

### 4. Cook the Shrimp and Serve

Return the now-empty skillet to the stove over medium-high heat. When the skillet is hot, add the marinated shrimp and discard any remaining marinade. Cook the shrimp until they are opaque and no longer grey in color, about a minute on each side. Serve the shrimp on top of the veggies and couscous.

Drizzle the entire dish with the **Lemon Yogurt** and enjoy!

Instructions for two servings.

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

# Spinach Pancakes with Basil Corn Relish

We're mixing up savory pancakes with spinach and fontina, and then topping them with a citrus cream cheese spread that's pure magic. We top it all with a simple basil & corn relish, and the result is sophisticated comfort food at its best.

**40** *Minutes to the Table*

**40** *Minutes Hands On*

**2 Whisks** *Easy*

## Getting Organized

### EQUIPMENT

Mixing Bowl  
Baking Sheet  
Griddle or Skillet

### FROM YOUR PANTRY

Salt & Pepper  
Milk  
3 Eggs & Butter

### 5 MEEZ CONTAINERS

Basil Corn Relish  
Citrus Cream  
Cheese  
Fontina & Flour  
Onion & Garlic  
Spinach

## Add Protein Cooking Instructions

**Integrate into recipe:** Prior to step 3, cook the protein (per instructions below) and then slice into strips (flake the salmon, leave shrimp whole) and serve on top of the citrus cream cheese before adding the basil corn relish 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** – 690 Calories, 29g Protein, 42g Fat, 25 Smart Points

**Lightened up snapshot** – 520 Calories, 25g Protein, 30g Fat and 16 Smart Points when you use half of the citrus cream cheese and corn salsa.

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



INGREDIENTS: Corn, Spinach, Flour, Onion, Fontina Cheese, Cream Cheese, Apple Cider Vinegar, Orange Juice, Olive Oil, Basil, Garlic, Baking Powder

*meez* meals

## 1. Getting Organized

Preheat your oven to 375 and heat your griddle or skillet.

## 2. Mix the Pancake Batter

Melt 2 Tbsp butter in the microwave or on the stove, then pour into a large mixing bowl. Drain all the water from the **Spinach** and add the spinach to the butter in the large bowl. Separate the whites from the yolks of 2 eggs, putting the yolks with the spinach and butter and the whites in a separate bowl. (Need help with this? Give us a call!)

Add the **Fontina & Flour, Onion & Garlic**, 1 tsp salt and  $\frac{3}{4}$  cup milk to the spinach mix and mix well. This should make a thick batter. If it's too stiff, add a little more milk. Beat the egg whites into soft peaks using an electric mixer or whisk, then gently fold into the batter.

## 3. Cook the Pancakes

Melt 1 to 2 Tbsp butter on your griddle or skillet over medium high heat. Ladle the batter on to the griddle and cook the pancakes until golden, 2 to 3 minutes per side. Transfer the cooked pancakes to a baking sheet and bake until the pancakes bounce back when you touch the middle, about 7 to 10 minutes.

## 4. Put It All Together

Serve topped with the **Citrus Cream Cheese** and **Basil Corn Relish**. Enjoy!

*Chef Max's pancake secret is to beat the egg whites separately. It lightens up the batter and makes the pancakes extra delicious.*

*Don't have an electric mixer? Beat the whites by hand with a whisk or, if your arm gets tired, mix the eggs in without beating. The texture will be a little different but they'll still be delicious.*

*Love this recipe?  
#meezmagic*

Instructions for two servings.

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

## Creamy Tortellini with Kale & Italian Sausage

This dinner is packed with everything we love—tender cheese-stuffed pasta, golden sausage, sweet roasted squash, and a velvety white wine cream sauce. Topped with crispy kale for crunch and just a touch of char, it's a warm, satisfying skillet that's as comforting as it is colorful.

**30** *Minutes to the Table*

**30** *Minutes Hands On*

**1 Whisk** *Super Easy*

### Getting Organized

#### EQUIPMENT

Large Skillet  
Medium Saucepan with a cover

#### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper  
Butter (1 Tbsp)

#### 6 MEEZ CONTAINERS

Kale  
Tortellini  
Italian Sausage  
Butternut Squash  
Seasoned Onions  
White Wine Cream Sauce

### Good to Know

**Health snapshot per serving** – 980 Calories, 51g Fat, 73g Carbs, 46g Protein, and 28 Freestyle Points.

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

INGREDIENTS: Italian Sausage, Tricolor Tortellini, Butternut Squash, White Wine, Kale, Cream, Yellow Onion, Lemon, Vegetable Stock, Garlic, Oregano, Sage, Fennel



## 1. Get Organized

Bring a large saucepan of water to a boil. Preheat the oven to 400.

## 2. Roast the Kale

Add the **Kale** to a baking sheet and toss with a drizzle of olive oil, salt and pepper. Arrange in a single layer and bake until crispy, about 15 minutes. Remove from the oven and set aside.

## 3. Cook the Tortellini

While the kale is roasting, add the **Tortellini** to the boiling water and cook until al dente, about 5 to 6 minutes. Drain and return to the saucepan. Cover and set aside until step 5.

## 4. Sear the Sausage

While the tortellini is cooking, cut the **Italian Sausage** in to ½" slices. Heat a large skillet over medium-high heat. Add the sausage and cook, stirring frequently, until brown and slightly crispy, about 2 to 3 minutes. Remove from the skillet and transfer to a paper-towel-lined plate. Do not wipe out the skillet.

## 5. Create the Sauce

Add 1 Tbsp olive oil to the remaining Italian sausage oil and heat the now-empty skillet over medium-high heat. When the oil is hot, add the **Butternut Squash** and cook until it starts to char, about 3 to 4 minutes. Add the **Seasoned Onions** and continue cooking until the onions start to brown and caramelize, an additional 3 to 4 minutes. Add the **White Wine Cream Sauce** and bring to a boil. Lower the heat to medium and cook until the sauce has thickened and reduced by half, about 7 to 8 minutes. Remove from the heat and add back the Italian sausage, cooked tortellini, and 1 Tbsp butter. Stir gently until butter is melted.

## 6. Put It All Together

Top the pasta with the crispy kale and enjoy!

*The Tortellini might float before they are completely cooked, make sure to check them.*

*The sausage will arrive fully-cooked. This step is to heat it and add charred flavor.*

Instructions for two servings.

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

# Brussels Sprout Unda with Cranberry Aioli

Haven't heard of Unda? It's part omelet, part taco and one of our favorite ways to fill a tortilla. It starts with an egg that gets cooked right onto a corn tortilla. Then we're stuffing it with roasted Brussels sprouts, sautéed apples and finishing it with a cranberry aioli. It's offbeat and crazy good.

## Getting Organized

### EQUIPMENT

- Rimmed Baking Sheet
- 2 Large Skillet

### FROM YOUR PANTRY

- Olive Oil
- Vegetable Oil
- Salt & Pepper
- Eggs (2 per serving)

### 5 MEEZ CONTAINERS

- Apple
- Brussels Sprouts
- Corn Tortillas
- Cranberry Aioli
- Pecan & Fontina Mix

## Add Protein Cooking Instructions

**CHICKEN** - While the brussels sprouts are roasting in Step 2, heat 1 Tbsp of olive oil in a large skillet on medium-high heat. Salt and pepper the Chicken Breasts and, when the oil is hot, cook until crisp and brown, about 4 to 5 minutes on each side. Let rest for 5 minutes. Shred and add to the undas in Step 4.

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

**Cooking with a picky eater?** The undas are great simply topped with cheese

**Health snapshot per serving** – 540 Calories, 25g Protein, 13g Fiber.

SCAN QR CODE  
to view YouTube  
cooking video



**25** Minutes to the Table

**25** Minutes Hands On

**2 Whisk** Easy

INGREDIENTS: Brussels Sprouts, Corn Tortillas, Apple, Mayonnaise, Fontina Cheese, Pecans, Cranberries

*meez* meals

### 1. Get Organized

Preheat your oven to 425

### 2. Roast the Brussels Sprouts

Put the **Brussels Sprouts** onto a rimmed baking sheet and drizzle with olive oil, salt, and pepper. Cook until crispy on the edges, about 12 to 20 minutes.

### 3. Sauté the Apple

While the sprouts are cooking, slice each **Apple** into quarters, then dice each quarter.

Heat 1 Tbsp olive oil in a large skillet over high heat. Add the apples and cook until they are just tender, about 3 minutes. Set aside until the brussels sprouts are done cooking, then add the apples to the brussels and mix together, then set aside.

### 4. Make the Unda

While the apples are cooking, break 1 egg into a bowl and add a pinch of salt. Give it a good whisk, then pour it into a second skillet. Let it set for 10 to 15 seconds, then put a **Corn Tortilla** on top of the egg. Cook the pair for 30 more seconds, until the egg seems like it has set completely.

Flip the egg & tortilla combination and cook until the tortilla is golden. Set aside and repeat until you've cooked all of your tortillas.

### 5. Put It All Together

Fill each unda with the roasted sprouts and apples and top with the **Pecan and Fontina Mix** and the **Cranberry Aioli**. Enjoy!

*To dice our apples, we cut each quarter into 3 slices, and then cut each of those slices into 4 pieces. But don't worry too much about the match!*

*The tortilla will stick to the egg because the egg is soft and runny, which is what we want.*

Instructions for two servings.

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

# Truffle Butter Steak Frites

Classic French flavors in a single recipe: oven-roasted potatoes coated in truffle-butter and Parmesan cheese, roasted broccoli and a juicy, truffle-buttery steak. It's bistro food cooked in your own kitchen.

**35** *Minutes to the Table*

**25** *Minutes Hands On*

**2 Whisks** *Easy*

## Getting Organized

### EQUIPMENT

- 2 Baking Sheets
- Large Skillet
- Large Mixing Bowl

### FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper

### 5 MEEZ CONTAINERS

- Fingerling Potatoes
- Truffle Butter
- Parmesan Cheese
- Broccoli
- Steak

## Make The Meal Your Own

If you ordered the **Carb Conscious version**, we sent you cauliflower instead of the potatoes reducing the **carbs per serving to 15g**. Use the cauliflower in place of the potatoes and in step 2 and reduce the cooking time to 15 minutes.

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

**Be sure to generously season your steaks** with salt and pepper before cooking; the salt adds flavor while also keeping the meat tender.

## Good To Know

**Health snapshot per serving** – 520 Calories, 38g Protein, 27g Fat, 32g Carbs, 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: Steak, Fingerling Potatoes, Broccoli, Parmesan, Parsley, Chives, Truffle Pate, Butter.

*meez* meals

### 1. Getting Organized

Preheat your oven to 450 degrees.

### 2. Make the Frites

Slice each **Fingerling Potato** in half the long way, then slice each half again so you have four long skinny frites (French fries) per potato. Transfer the frites to a large mixing bowl, drizzle with olive oil, salt and pepper and toss. Arrange the coated frites on a baking sheet in a single layer. Roast until the outside of the potato is golden and slightly crispy, about 25 minutes.

Remove from the oven and immediately transfer to the now-empty mixing bowl and add half the **Truffle Butter** and half of the **Parmesan Cheese**. Stir until the butter melts completely and the frites are coated in Parmesan. Transfer directly to serving plates.

### 3. Roast the Broccoli

While the frites are cooking, transfer the **Broccoli** to the now-empty large mixing bowl and drizzle with olive oil, salt and pepper. Toss well and arrange in a single layer on a second baking sheet. After the frites have been cooking for about 10 minutes, place the broccoli in the oven. Roast until it starts to brown and is fork tender, about 15 minutes.

Remove the broccoli from the oven, sprinkle with the remaining parmesan cheese and transfer directly to serving plates.

### 4. Cook the Steak

While the frites and broccoli are cooking, heat 1 Tbsp oil in large skillet over high heat. When the oil is very hot, add the **Steaks** to the pan. Cook until the bottoms brown and the sides start to color, about 3 minutes. Flip and continue cooking for 3 minutes if you prefer your steak **medium-rare**. (Cook for 4 minutes for **medium**, and 5 to 6 for **well done**). Remove the steaks from the skillet to rest for 5 minutes, then transfer to serving plates. Do not wipe out the skillet.

### 5. Put It All Together

Once the now-empty pan has cooled slightly, add the remaining Truffle Butter and stir until it is melted. Spoon the melted Truffle Butter on top of the steak. Enjoy!

*You'll be multi-tasking in this recipe. The potatoes, broccoli and steak will all be cooking at the same time, so be sure to read the recipe all the way through before you begin.*

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

*Letting the pan cool slightly will avoid burning the Truffle Butter.*

Instructions for two servings.

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

# Farmers Market Soup

Imagine all the best fresh produce from your local Farmers Market combined in a delicious soup. Seared green beans, sautéed summer squash, carrots, onions, tomatoes, plenty of tarragon, and a toasted roll on the side will make this soup your new favorite.

**25** Minutes to the Table

**25** Minutes Hands On

**1 Whisk** Super-Easy

## Getting Organized

### EQUIPMENT

Large Saucepan

### FROM YOUR PANTRY

Olive Oil

Salt and Pepper

### 6 MEEZ CONTAINERS

Fresh Roll

Green Beans

Mire Poix

Grape Tomatoes

Tomato Broth

Starter

Zucchini & Squash

## Add Protein Instructions

**Integrate into recipe:** Prior to step 2, cook the protein (per instructions below) and then slice into strips (*flake the salmon, leave shrimp whole*) and stir into the soup 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 ordered the **Carb Conscious version** we sent you Tri-Color Chips instead of the Fresh Roll, reducing the **carbs per serving to 37g**.

**Health snapshot per serving** – 430 Calories, 18g Protein, 4g Fat, 86g Carbs.

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

INGREDIENTS: Green beans, Zucchini, Yellow Squash, Fresh Roll, Tomato, Carrot, Onion, Celery, Vegetable Stock, Apple, Tarragon, White Pepper,

meez meals

### 1. Toast the Bread

Heat a large saucepan over medium-high heat. Slice the **Fresh Roll** in half and brush with olive oil or butter. Place the roll in the saucepan cut-side-down and cook until the cut-side turns golden brown, about 1 to 2 minutes. Remove from the pan and set aside until step 4.

### 2. Cook the Veggies

Return the now-empty saucepan to the stove over medium-high heat and add 1 Tbsp olive oil. Add the **Green Beans** with a sprinkle of salt and pepper and cook, undisturbed, until they have a slight char, about 3 minutes. Remove from the pan and set aside until step 4.

Add an additional ½ Tbsp olive oil, the **Mire Poix** (carrots, onions, and celery) and a sprinkle of salt and pepper to the saucepan. Cook until the onions soften, about 2 to 3 minutes.

Transfer the **Grape Tomatoes** to a zip lock bag and squish each one. Pour the contents of the zip lock bag into the saucepan and cook until softened, about 3 minutes.

### 3. Finish the Soup Broth

Turn the heat to high and add the **Tomato Broth Starter** (the reddish liquid) and 1 cup of water. Bring to a boil, then lower the heat to medium low. Cover and continue simmering for 8 minutes. Turn the heat to medium and add the **Zucchini & Squash** and cook until they are fork tender, about 2 to 3 minutes. Remove from the heat.

### 4. Put It All Together

Add the seared green beans to the soup and serve alongside the toasted rolls. Enjoy!

Instructions for two servings.

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