

### *Mae Ploy Chicken*

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<b>35 Min</b> to Table	<b>15 Min</b> Hands On	<b>2 Whisks</b> Easy
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**Getting Started** Preheat your oven to 425 and bring a water to a boil.

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

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### *Orleans Blackened Salmon Tacos*

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<b>20 Min</b> to Table	<b>20 Min</b> Hands On	<b>1 Whisk</b> Super Easy
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**Getting Started** Make the coleslaw.

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

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# Quick Tips



### *Creamy Tomato Soup with Grilled Cheese Croutons*

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<b>30</b> to Table	<b>20 Min</b> Hands On	<b>1 Whisk</b> Super Easy
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**Getting Started** Cook the filling up to a day ahead.

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**Meal Tip** You'll need olive oil, salt and pepper

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### *Red, White and Green Ravioli*

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<b>25 Min</b> to Table	<b>25 Min</b> Hands On	<b>2 Whisks</b> Easy
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**Getting Started** Preheat your oven to 425 and bring a pot of water to boil.

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

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### *Espresso-Rubbed Steak with Au Gratin Sweet Potatoes*

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<b>25 Min</b> to Table	<b>25 Min</b> Hands On	<b>1 Whisk</b> Easy
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**Getting Started** Preheat your oven to 425.

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

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*Chorizo & Chicken  
Fundido Casserole*

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<b>40 Min</b> to Table	<b>20 Min</b> Hands On	<b>1 Whisk</b> Super Easy
<b>Getting Started</b>	Put a saucepan of water onto boil and preheat oven to 375.	
<b>From Your Pantry</b>	You'll need olive oil, salt and pepper	

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*Za'atar Chicken*

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

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*Salmon with Dill Butter & Crispy Leeks*

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<b>30 Min</b> to Table	<b>30 Min</b> Hands On	<b>2 Whisks</b> Easy
<b>Getting Started</b>	Preheat oven to 425.	
<b>From Your Pantry</b>	You'll need olive oil, salt and pepper	

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*Black Bean Quesadilla*

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<b>20 Min</b> to Table	<b>5 Min</b> Hands On	<b>1 Whisk</b> Super Easy
<b>Getting Started</b>	Preheat your oven to 400.	
<b>From Your Pantry</b>	You'll need olive oil.	

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*Udon Noodle Salad with  
Sriracha Roasted Brussels Sprouts*

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<b>30 Min</b> to Table	<b>10 Min</b> Hands On	<b>1 Whisk</b> Super Easy
<b>Picky Eater Tip</b>	Keep the ingredients separate and let everyone create their own bowl.	
<b>Getting Started</b>	Preheat your oven to 450 and put a saucepan of water on to boil.	

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*Shrimp and Andouille  
Jambalaya*

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<b>40 Min</b> to Table	<b>15 Min</b> Hands On	<b>1 Whisk</b> Super Easy
<b>Getting Started</b>	Cut the Andouille Sausage in 1/4" wide slices.	
<b>From Your Pantry</b>	You'll need butter, salt and pepper.	
<b>Meal Tip</b>	Add additional cayenne pepper for an extra kick.	

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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)	
Chorizo & Chicken Fundido Casserole	810	49	36	73	10	1010	12	20	200% Vitamin C	50% Vitamin A
(use 1/2 the rice & 2/3 the cheese component)	660		31					16		
Salmon with Dill Butter & Crispy Leeks	610	39	37	32 CC 17	5	210		13	185% Vitamin A	98% Vitamin C
Udon Noodle Salad with Sriracha-Roasted Brussels Sprouts	565	39	19	65 CC 37	14	1265	9	15	30% Vitamin A	24% Vitamin B-12
Shrimp and Andouille Jambalaya	440	38	10	50	4	1600		11	90% Vitamin C	23% Vitamin A
Mae Ploy Chicken	760	67	17	88	8	1627	40	22	13% Vitamin A	37% Vitamin C
½ the rice and sauce	600		17					15		
Espresso-Rubbed Steak with Au Gratin Sweet Potatoes	978	45	59	70	7	2071		32	491% Vitamin A	79% Vitamin C
(2/3 of the finished potatoes)	694		35					20		
Red, White & Green Ravioli	810	26	54	57	6	1290	10	29	241% Vitamin A	70% Vitamin C
(½ the white sauce and ½ the green sauce)	550		29					18		

# Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmndd daily)	
Orleans Blackened Salmon Tacos (Use 2 of the tortillas, & 2/3 of the coleslaw dressing)	730	47	24	86	12	730	31	17	31% Calcium	77% Vitamin A
Za'atar Chicken (use 2/3 of the couscous)	970	45	51	97	13	590	27	26	106% Calcium	70% Vitamin A
Black Bean Quesadilla ½ the tortillas and two-thirds of the cheese	720	26	40	70	12	1224	10	18	46% Calcium	17% Vitamin C
Cream of Tomato Soup with Grilled Cheese Croutons	520	15	40	26	3	749	12	20	45% Vitamin A	25% Vitamin C
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.*

# Chicken & Chorizo Fundido Casserole

You know that super delicious, super indulgent queso fundido appetizer that you love to order at your favorite Mexican restaurant? We love it too, and we've reimagined it as an entrée, packed with protein, veggies, and all the bubbling cheesiness that you adore.

**40** *Minutes to the Table*

**30** *Minutes Hands On*

**1 Whisk** *Super Easy*

## Getting Organized

### EQUIPMENT

- Casserole Dish
- Large Saucepan
- Large Skillet
- Colander

### FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper

### 7 MEEZ CONTAINERS

- White Rice
- Chorizo
- Chicken Breast
- Spiced Beans and Veggies
- Mexican Cheese
- Pico de Gallo Grande
- Lime

## Good To Know

**Health snapshot per serving** – 810 Calories, 36g Fat, 49g Protein, 73g Carbs, 20 Freestyle Points

**Lightened up health snapshot per serving** – 660 Calories, 31g Fat, 56g Carbs, 49g Protein, 16 Freestyle Points, by using half of the rice and two-thirds of the cheese.

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

INGREDIENTS: Chicken Breast, Chorizo Sausage, Tomato, White Rice, Yellow Onion, Black Bean, White Cheddar, Chihuahua Cheese, Corn, Bell Peppers, Jicama, Jalapeño, Lime, Orange Juice, Green Onion, Cilantro, Tomato Paste, Vegetable Stock, Ancho Chili, Garlic, Coriander, Paprika, Oregano, Cumin

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## 1. Get Started

Bring a saucepan of water to a boil. Preheat your oven to 375. Spray a casserole dish with oil.

## 2. Cook the Rice

Add the **White Rice** to the boiling water with a sprinkle of salt and cook until tender, about 15 minutes. Drain and set aside in the colander.

## 3. Cook the Chorizo

While the rice is cooking, heat a large skillet over medium-high heat. When the skillet is hot, add the **Chorizo** and use a spatula or serving spoon to break it up until it is the texture of ground beef. Cook until the chorizo is completely brown and slightly crispy, about 4 minutes. Transfer the cooked chorizo to a paper-towel-lined plate. Do not wipe out the skillet.

## 4. Cook the Chicken

Add 1 Tbsp olive oil to the chorizo oil still remaining in the skillet and heat 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 4 to 5 minutes. Flip, then cook until brown on the second side, about 4 additional minutes. Transfer to a cutting board and let rest for 5 minutes. Once the chicken has rested, hold it in place with one fork and with a second fork, shred the chicken into pieces typical of the size used in chicken soup.

## 5. Bake the Casserole

After draining the rice, heat 1 Tbsp olive oil in the now-empty rice saucepan over medium-high heat. When the oil is hot, add the **Spiced Beans & Veggies** along with 3 Tbsp water. Cook, stirring frequently, until the onions and peppers soften, about 4 minutes. Turn off the heat and add the drained rice, cooked chorizo and shredded chicken to the saucepan and stir well. Transfer the contents of the saucepan to the oiled casserole dish and top with the **Mexican Cheese**. Bake until the cheese is brown and bubbly, about 10 to 12 minutes.

## 6. Serve and Enjoy

Let cool for at least 5 minutes and then serve topped with the **Pico de Gallo Grande** and a squeeze of the **Lime**. Enjoy!

*We recommend  
an 8"x8" or  
similar sized  
casserole dish.*

*The chorizo  
oil left in the  
skillet adds  
great flavor to  
the chicken.*

Instructions for two servings.

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

# Salmon with Dill Butter & Crispy Leeks

This is one of those great dishes that tastes fancy but is super simple to make. With roasted red potatoes, fresh kale, crispy leeks and dill butter, this is the salmon dinner you've been craving.

**30** Minutes to the Table

**30** Minutes Hands On

**2 Whisk** Easy

## Getting Organized

### EQUIPMENT

- 2 Baking Sheets
- Large Skillet
- Mixing Bowl

### FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper

### 5 MEEZ CONTAINERS

- Red Potatoes
- Salmon
- Kale
- Dill Butter
- Leeks

## Make The Meal Your Own

If you ordered the **Carb Conscious version**, we sent you cauliflower instead of the red potatoes, reducing the **carbs per serving** to **17g**. In Step 3, toss the cauliflower as described for the kale, place on a baking sheet and cook until it starts to brown, about 8 to 10 minutes. Place next to kale on serving plates.

If your food preferences meant we didn't send you the butter, combine the dill packet with some olive oil and drizzle on top of the salmon.

## Good To Know

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

**Health snapshot per serving** – 610 Calories, 37g Fat, 32g Carbs, 39g Protein and 13 Freestyle Points

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

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



INGREDIENTS: Salmon, Potato, Kale, Leek, Butter, Garlic, Dill.

meezmeals



### 1. Getting Organized

Preheat the oven to 425.

### 2. Prepare the Potatoes

Slice the **Red Potatoes** in half the long way (so you have two long but skinny halves). Place the sliced potatoes in a bowl and toss with a light drizzle olive oil, salt, and pepper. Spread the potatoes face down on a baking sheet and cook for 15 minutes. Turn the baking sheet and cook until the potatoes are golden brown, and the bottoms are slightly crispy, about an additional 5 to 6 minutes, for a total cook time of around 20 minutes.

### 3. Roast the Kale

While the potatoes are cooking, put the **Kale** in the now-empty mixing bowl and drizzle with a bit more olive oil. Toss, and spread the kale on a second baking sheet. When you turn the potatoes (after 15 minutes of cooking) place the kale in the oven and cook until it softens and begins to get crispy, about 5 to 6 minutes.

When done, remove both the potatoes and kale from the oven and place them directly onto serving plates with the kale in the center and the potatoes on the side.

### 4. Cook the Salmon

While the kale is cooking, dry the **Salmon** and generously season with salt and pepper (we use ¼ tsp salt and ¼ tsp pepper, so use about half per side, or more if you like). Heat 2 Tbsp of oil in a skillet over medium-high heat. When the oil is hot, put the salmon in skillet and cook until it turns brown, about 3 minutes. Flip, and cook the other side until brown, 3 additional minutes. Remove the salmon from the heat and place it on top of the kale. Do not wipe out the pan.

Top the salmon with the **Dill Butter** to melt as the salmon rests.

### 5. Put It All Together

Heat the now-empty skillet over medium-high heat and add the **Leeks**. Sprinkle very lightly with pepper (not salt) and sauté until they start to brown, about 3 to 4 minutes. Place the leeks on top of the salmon. Enjoy!

Instructions for two servings  
**Meez Meals \* 1459 N. Elmwood Avenue \* Evanston \* Illinois**

# Udon Noodle Salad with Sambal Roasted Brussels Sprouts

Asian flavors bring out the best in Brussels sprouts. Especially when you roast them with our sweet and spicy Sambal sauce, which gives them a magical flavor we just can't resist. Paired with organic tofu, udon noodles and roasted peanuts, it's just as delicious hot as it is cold.

**30** Minutes to the Table

**10** Minutes Hands On

**1 Whisk** Super Easy

## Getting Organized

### EQUIPMENT

Saucepan  
Rimmed Baking Sheet  
Large Mixing Bowl

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### 6 MEEZ CONTAINERS

Brussels Sprouts  
Tofu  
Udon Noodles  
Soy Lime Sauce  
Sambal  
Peanuts

## Make The Meal Your Own

If you ordered the **carb conscious version**, you received zucchini "noodles" instead of udon noodles, reducing the **carbs per serving to 37g**. In step 2., heat 1 Tbsp olive oil in a large skillet over high heat. Dry the Zucchini Noodles with a paper towel. When the oil is very hot, place the zucchini noodles in the pan in a single layer spread evenly across the entire skillet. Lightly salt and pepper. Cook, without stirring, until the zucchini noodles are slightly charred, 2 to 3 minutes. Remove from the pan and put directly into bowl.

**We love to eat this as a cold noodle salad**, but if you want to eat right away, it's just as delicious served hot.

**Cooking with a picky eater?** Keep the ingredients separate and let everyone create their own bowl.

## Good To Know

**If you're making the gluten-free version**, we've sent you rice noodles instead. Cook until tender, about 7 minutes, then drain and rinse under cold water.

**Health snapshot per serving** – 565 Calories, 19g Fat, 39g Protein, 65g Carbs, 15 Smart Points

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

INGREDIENTS: Brussels Sprouts, Tofu, Udon Noodles, Lime, Tamari Sauce, Brown Sugar, Sambal, Peanuts

meez *meals*

### 1. Getting Organized

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

### 2. Roast the Brussels Sprouts & Bake the Tofu

Put the **Brussels Sprouts** on a rimmed baking sheet. Drizzle with olive oil, then arrange in a single layer. Bake for 15 minutes and then add the **Tofu** to the baking sheet. Cook until the Brussels sprouts are brown in places, about 10 additional minutes.

*The crispiness level is up to you. Jen likes her sprouts on the crispy side, while Chef Max prefers them a little soft.*

### 3. Cook the Udon

While the Brussels and tofu are cooking, add the **Udon Noodles** to the boiling water and cook until just soft, about 7 to 10 minutes. Drain.

### 4. Put It All Together

Put the **Soy Lime Sauce** into a large mixing bowl with 1 to 2 Tbsp olive oil. Stir to combine and then add **Sambal** to taste. Toss with the sprouts and tofu when they come out of the oven.

*If you don't like a lot of heat, start with just a touch of Sambal.*

Chill the udon noodle salad until ready to eat. Season with salt and pepper to taste and serve topped with **Peanuts**. Enjoy!

*If you want to eat right away, this dish is also delicious served hot.*

*Love this recipe? #meezmagic*

Instructions for two servings.

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

# Shrimp and Andouille Jambalaya

A New Orleans classic made fresh in your own kitchen. With shrimp, Andouille sausage and just the right spices, it's a one-pot, hands-free dinner you will love, guaranteed.

**40** Minutes to the Table

**15** Minutes Hands On

**1 Whisk** Super Easy

## Getting Organized

### EQUIPMENT

Large Saucepan with  
Lid

### FROM YOUR PANTRY

Butter  
Salt & Pepper

### 5 MEEZ CONTAINERS

Rice  
Andouille Sausage  
Shrimp  
Cajun Spices  
Veggies

## Make the Meal Your Own

**Love spicy?** Add additional cayenne pepper for an extra kick

If you ordered the **Carb Conscious version**, we sent you cauliflower "rice" instead of the white rice, reducing the **carbs per serving to 24g**. In step 2, add the cauliflower "rice" in place of the rice and add ONLY 1 cup of water. Check on water level periodically and add more if mixture is becoming too dry.

## Good To Know

**Jambalaya was created in the French Quarter of New Orleans.** The Spanish were attempting to make paella in the New World. We think the result is even more delicious. (Don't tell our friends in Madrid.)

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

**Health snapshot per serving** – 440 Calories, 10g Fat  
4g Fiber, 50g Carbs, 38g Protein and 11 Smart 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, Andouille Sausage, White Rice, Diced Tomato, Green Pepper, Green Onion, Celery,  
Bay Leaf, herbs and spices.

meez *meals*

**1. Cook the Andouille Sausage**

Cut the Andouille Sausage in 1/4" wide slices and combine with 2 tablespoons of butter in a large stockpot over a medium-low heat and cook until browned and slightly crispy, about 5 minutes.

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

**2. Cook the Spices, Veggies, and Rice**

Stir in the **Cajun Spices** and heat for 1 minute.

Next add the Veggies and cook for 2 minutes.

Then stir in the **Rice** and 2 cups of water. Turn heat to high and bring to a low-boil.

Cover, turn heat to low, and simmer for 20-25 minutes.

**3. Add the Shrimp**

Mix in the **Shrimp**, replace lid and cook for an additional 5 minutes.

**4. Serve and Enjoy!**

Add salt and pepper as desired and place in a serving bowl.

*The Jambalaya keeps well. Just be sure to remove it from the heat so the shrimp doesn't get overcooked.*

Love this recipe? #meezmagic

# Mae Ploy Chicken

Mae Ploy is the secret sauce behind some of our favorite Thai recipes. This week we're glazing chicken in the classic sweet chili sauce, then serving it over a bed of brown rice and fresh green beans. Topped with peanuts and fresh herbs, it's the Thai dinner you've been craving.

**35** *Minutes to the Table*

**15** *Minutes Hands On*

**2 Whisk** *Easy*

## Getting Organized

### EQUIPMENT

Sauce Pan  
Sauté Pan  
Baking Sheet

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### 5 MEEZ CONTAINERS

Brown Rice  
Green Beans  
Chicken Breasts  
Mae Ploy Sauce  
Peanuts and Herbs

## Make The Meal Your Own

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

## Good To Know

**Be sure to generously season your chicken** with salt, about ½ tsp for each breast.

**Health snapshot per serving** – 700 Calories, 8g Fat, 95g Carbs, 67g Protein and 17 Freestyle Points.

**Lighten Up snapshot per serving** – 520 Calories, 7g Fat, 53g Carbs, 65g Protein and 9 Freestyle Points using half the sauce and half the rice.

**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, Green Beans, Brown Rice, Mae Ploy Sauce, Peanuts, Cilantro, Lime Juice, Tamari, Garlic, Sriracha Sauce and Ginger

**meez** *meals*

### 1. Getting Organized

Preheat oven to 425 and bring water to a boil.

Add the **Brown Rice** to the boiling water with a pinch of salt. Cook until al dente, about 20 to 30 minutes. Drain the rice, fluff with fork and cover.

*We cook our rice like pasta so just make sure you cover the rice with plenty of water*

### 2. Cooking the Green Beans

Place the **Green Beans** on a baking sheet, drizzle with olive oil, salt and pepper. Bake in oven for 8-10 minutes. The green beans should look a bit charred, be fork tender and will continue to cook a bit when you take them out of the oven.

### 3. Cooking the Chicken

Generously sprinkle the **Chicken Breasts** with salt and pepper (we use ¼ tsp salt and ¼ tsp pepper, so use about half per side, or more if you like).

Heat 1 tsp oil in a skillet over high heat. When the oil is hot, add the chicken to the pan. Cook, without moving or flipping, until the bottom is browned and each piece begins to color up the side, about 4 minutes. Flip and continue cooking until the other side is well browned, about 3 more minutes.

*Your sauce will be the perfect consistency when it's thick enough to coat the back of a spoon without falling off*

When chicken is done cooking, reduce the heat to medium high, and add the **Mae Ploy Sauce** to the chicken, and cook for another 4-5 minutes. This will help make the sauce nice and thick.

*Spoon sauce over the chicken while it cooks to add a delicious glaze.*

### 4. Putting It All Together

Put the rice on a plate, top with the green beans and chicken. Add the **Peanuts and Herbs**. Enjoy!

*Love this recipe? #meezmagic*

# Espresso-Rubbed Steak with Au Gratin Sweet Potatoes

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

**25** *Minutes to the Table*

**25** *Minutes Hands On*

**1 Whisk** *Super Easy*

## Getting Organized

### EQUIPMENT

Large Oven Safe Skillet  
Loaf Pan or Casserole  
Dish

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### 6 MEEZ CONTAINERS

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

## Good To Know

**It's important to let the steaks rest** to keep them tender and juicy. Give them at least 3 to 5 minutes off the heat before you slice and serve.

**Health snapshot per serving** – 980 Calories, 59g Fat, 45g Protein, 70g Carbs, 32 Freestyle Points

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

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

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



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

*meez* meals



## 1. Getting Organized

Preheat your oven to 425 degrees.

## 2. Make the Au Gratin Sweet Potatoes

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

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

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

## 3. Cook the Steak

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

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

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

## 4. Sauté the Green Beans

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

## 5. Put It All Together

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

*Test if the skillet is hot enough by holding your hand about 6 inches above the skillet. If you can feel serious heat, it's ready to go.*

Instructions for two servings.

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

# Red, White & Green Ravioli

Rich, creamy and oh-so-delicious. This dinner is Italian comfort food made fresh in your own kitchen. We're serving four cheese ravioli with a trio of classic Italian sauces: tomato-basil marinara, spinach cream and a ricotta and pecorino white sauce. Served over roasted kale, it's flat out delicious.

**25** Minutes to the Table

**25** Minutes Hands On

**2 Whisks** Easy

## Getting Organized

### EQUIPMENT

Large Saucepan  
Baking Sheet  
Small Skillet

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### 5 MEEZ CONTAINERS

Kale  
Pecorino & Ricotta  
Sauce  
Four Cheese  
Ravioli  
Marinara Sauce  
Spinach Cream  
Sauce

## Add Protein Cooking Instructions

**Integrate into recipe:** Prior to step 4, cook the protein (per instructions below). Serve alongside the ravioli and drizzle with the sauce of your choice.

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

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

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

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

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

## Good to Know

**Health snapshot per serving** – 870 Calories, 29g Protein, 66g Carbs, 55g Fat, 31 Freestyle Points.

**Lightened Up Health snapshot per serving** – 610 Calories, 30g Fat, 20 Freestyle Points using half the white sauce and half the green sauce.

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



INGREDIENTS: Four Cheese Ravioli, Kale, Spinach, Tomatoes, Cream, Ricotta, Pecorino Romano, Parmesan, Olive Oil, Garlic, Basil, Oregano, Black Pepper, Lemon.

*meez* meals

### 1. Getting Organized

Preheat oven to 425 degrees. Bring a pot of water to boil over high heat.

### 2. Roast the Kale

Arrange the **Kale** in a single layer on a baking sheet. Drizzle with olive oil, toss, and lightly salt and pepper. Bake until the edges of the kale are brown but still tender in places, about 7 to 8 minutes. (Watch closely near the end so it doesn't burn.)

Turn off the heat and mix  $\frac{3}{4}$  of the white **Pecorino & Ricotta Sauce** with the kale right on the baking sheet. Return the kale and sauce mixture to the still-warm oven until step 5

### 3. Cook the Ravioli

While the kale is cooking, add the **Four Cheese Ravioli** to the boiling water and cook until they float, about 4 minutes. Drain and set aside until step 5.

### 4. Heat the Sauces

While the Ravioli is cooking, bring the red **Marinara Sauce** to a boil in a small skillet over medium-high heat. Once it boils, stir well for about 15 seconds, remove from the heat and pour directly onto serving plates. Wipe out the skillet.

Bring the green **Spinach Cream Sauce** to a boil in the now empty skillet over medium-high heat. Once the sauce is boiling, stir well for about 15 seconds, remove from the heat and set aside.

### 5. Put It All Together

Serve the kale on top of the marinara sauce, followed by the cooked ravioli. Drizzle with the remaining white and green sauces and enjoy!

Instructions for two servings.

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

# Orleans Blackened Salmon Tacos

Omega-3 rich salmon is coated with our Cajun seasonings then paired with creamy pineapple coleslaw, corn and cheese, and wrapped in warm tortilla. Fast, fantastic and full of flavor.

**20** *Minutes to the Table*

**20** *Minutes Hands On*

**1 Whisk** *Super Easy*

## Getting Organized

### EQUIPMENT

Mixing Bowl  
Large Skillet

### FROM YOUR PANTRY

1 Tbsp Flour  
Olive Oil  
Salt & Pepper

### 6 MEEZ CONTAINERS

Cabbage & Carrots  
Coleslaw Dressing  
Cajun Seasoning  
Salmon  
Tortillas  
Cheese & Corn

## Good To Know

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

**Health snapshot per serving** – 730 Calories, 24g Fat, 47g Protein, 86g Carbs, 17 Freestyle Points.

**Lightened-up health snapshot per serving** – 620 Calories, 21g Fat, 67g Carbs, 13 Freestyle points by using 2 tortillas per serving and two-thirds of the coleslaw dressing.

**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:** Salmon, Corn Tortillas, Carrots, Green Cabbage, Red Cabbage, Corn, Mayonnaise, Brown Sugar, Cajun Seasoning, Cotija, White Wine Vinegar, Pineapple, Lemon Juice, Cilantro, Garlic, Black Pepper

*meez* meals

### 1. Make the Coleslaw

Combine the **Cabbage & Carrots** and **Coleslaw Dressing** in a large mixing bowl and toss. Place in the refrigerator until ready to eat.

### 2. Season and Cook the Salmon

Combine **Cajun Seasoning** with 1 Tbsp of flour on a plate. Coat the **Salmon** on all sides with the seasoning and then let it sit in the flour/seasoning mix for 2 minutes. Give the salmon a second coat.

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 the seasoning is blackened and slightly crispy, about 4 minutes. Flip, and the other side until it is also blackened, about 4 additional minutes. Remove from the heat and let rest for 5 minutes. Wipe out the skillet.

### 3. Heat the Tortillas and Serve

While the salmon is resting, heat the **Tortillas** in the now-empty skillet over medium-high heat, about 30 seconds per side.

Use a fork to flake the salmon into bite-sized pieces. Fill the warm tortillas with the flaked salmon and top with the coleslaw and **Cheese & Corn**. Enjoy!

*The fish absorbs the seasoning as it sits, which adds tons of flavor.*

*The seasoning gets very dark as it cooks, so don't worry if it starts to blacken, it's supposed to be that way.*

Instructions for two servings.

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

# Za'atar Chicken

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

**25** *Minutes to the Table*

**15** *Minutes Hands On*

**1 Whisk** *Super Easy*

## Getting Organized

### EQUIPMENT

Large Skillet  
Saucepan

### FROM YOUR PANTRY

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

### 4 MEEZ CONTAINERS

Rice Pilaf  
Chicken  
Garlic Yogurt  
Za'atar Seasoned  
Veggies

## Good To Know

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

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

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

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

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



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

**meez** *meals*

### 1. Cook the Rice Pilaf

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

### 2. Cook the Chicken

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

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

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

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

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

### 3. Sauté the Veggies

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

### 4. Put It All Together

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

Instructions for two servings.

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

# Black Bean Quesadilla

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

**20** Minutes to the Table

**5** Minutes Hands On

**1** Whisks *Super Easy*

## Getting Organized

### EQUIPMENT

Baking Sheet

### FROM YOUR PANTRY

Olive Oil

### 4 MEEZ CONTAINERS

Tortillas

Spiced Corn &

Beans

Chihuahua

Cheese

Jicama Salsa

## Add Protein Cooking Instructions

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

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

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

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

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

## Good to Know

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

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

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

*meez* meals



### 1. Getting Organized

Preheat your oven to 400.

### 2. Prep the Tortillas

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

### 3. Build the Quesadilla

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

### 4. Put It All Together

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

Instructions for two servings.

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

# Cream of Tomato Soup with Grilled Cheese Croutons

We're turning classic grilled cheese and tomato soup upside down by serving toasted gruyere croutons right in the creamy soup. The combination can't be beat.

**20** Minutes to the Table

**20** Minutes Hands On

**1 Whisks** Super Easy

## Getting Organized

### EQUIPMENT

Large Saucepan  
Baking Sheet

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### 5 MEEZ CONTAINERS

French Roll  
Gruyere &  
Chives  
Seasoned  
Onions  
Tomatoes &  
Herbs  
Cream

## Add Protein Cooking Instructions

**CHICKEN** - While the soup is cooking, 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 stir into the soup.

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 ordered the **Carb Conscious version**, we sent you cauliflower instead of the French roll to make cauliflower "croutons" (**reducing the carbs per serving to 21g**). In step 1 preheat the oven to 425 and place the Cauliflower in a single layer on a baking sheet. Drizzle with olive oil. Bake until the cauliflower starts to turn brown, about 15 to 17 minutes. While still on the baking sheet, form the cauliflower, using a spoon, into two rectangles about 4" by 5". Top each rectangle with half the **Gruyere & Chives** and return to the oven until the cheese is bubbly and starts to brown, about 8 to 10 minutes. Turn off the heat but leave the cauliflower and cheese in the oven until step 4.

**Health snapshot per serving** – 740 Calories, 19g Protein, 62g Fat, 29g Carb, 30 Freestyle Points.

**Lightened-Up Health snapshot per serving** – 610 Calories, 12g Protein, 55g Fat, 22g Carb, 26 Freestyle Points with ½ the bread and ½ the cheese.



INGREDIENTS: Tomatoes, French Roll, Gruyere, Cream, Basil, Chive, Onion, Vegetable Broth, Black Pepper.

*meez* meals

### 1. Getting Organized

Preheat oven to 350 degrees.

### 2. Prepare the Croutons

Cut the **French Rolls** into ½" cubes and place on a baking sheet. Drizzle with olive oil, and lightly salt and pepper. Bake until the croutons brown, about 10 minutes. Cover the croutons with the **Gruyere & Chives** and return to the oven to bake until the cheese is melted and bubbly, about 3 to 5 additional minutes. Turn off oven but leave croutons inside to stay warm until the soup is done.

### 3. Cook the Soup

While the croutons are baking, heat 1 Tbsp olive oil in a large saucepan over medium-high heat. When the oil is hot, add the **Seasoned Onions** and cook until they are brown and slightly translucent, about 4 minutes.

Turn the heat to high, stir in the **Tomatoes & Herbs** and **Cream** and bring to a boil.

Lower the heat to low, cover, and simmer for 5 minutes.

### 4. Finish and Serve

Ladle the soup into serving bowls, top with the croutons, and enjoy!

Instructions for two servings.

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

# All-Natural Chicken Breast

Add an all-natural, cage-free, hormone-free chicken breast to your entree.  
Quantity of 1 = one chicken breast.

**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

### 1 MEEZ CONTAINERS

Chicken Beasts

## Add Protein Cooking Instructions

**Cook protein:** 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.

## Good to Know

**Health snapshot per chicken breast** – 220 Calories, 41g Protein, 0g Carbs, 5g Fat, 3 Freestyle Points.

INGREDIENTS: All-Natural Chicken Breast

meezmeats

## Bistro Chateau Steak

Our proprietary steak cut, bistro chateau, is tender like a filet mignon and flavorful like a sirloin. Quantity of 1 = one steak filet.

**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

#### 1 MEEZ CONTAINERS

Bistro Chateau

Steak

### Add Protein Cooking Instructions

**Cook protein:** Heat 1 Tbsp olive oil in a large skillet over high heat. Salt and Pepper the steaks and when the skillet is very hot, add the steaks to the pan. Cook until the bottoms brown and the sides start to color, about 4 minutes each side for medium (3 min med-rare and 5-6 min for well done). Let rest for 5 minutes..

### Good to Know

**Health snapshot per chicken breast** – 180 Calories, 28g Protein, 0g Carbs, 7g Fat, 3 Freestyle Points.

INGREDIENTS: Bistro Chateau Steak

meezmeals

# Norwegian Salmon

Norway's coastline, with its cold, clear Arctic waters, provide the perfect conditions for our sustainably harvested, delicate, flaky, melt-in-your-mouth premium Norwegian salmon. Quantity of 1 = one salmon filet.

**7** Minutes to the Table

**7** Minutes Hands On

**1 Whisks** *Super Easy*

## Getting Organized

### EQUIPMENT

Large Skillet

### FROM YOUR PANTRY

Olive Oil

Salt & Pepper

### 1 MEEZ CONTAINERS

Norwegian Salmon

## Add Protein Cooking Instructions

**Cook protein:** Heat 1 Tbsp of olive oil in a large skillet on medium-high heat. Salt and pepper the salmon and, when the oil is hot, cook until crisp and brown, about 4 minutes on each side. Let rest for 5 minutes..

## Good to Know

**Health snapshot per chicken breast** – 220 Calories, 35g Protein, 0g Carbs, 7g Fat, 4 Freestyle Points.

INGREDIENTS: Norwegian Salmon

meezmeals

## Premium Shrimp

Fine-dining-restaurant quality, premium shrimp are a great addition to recommended entrees. Quantity of 1 = an individual serving (about 10 shrimp)

**3** Minutes to the Table

**3** Minutes Hands On

**1 Whisks** *Super Easy*

### Getting Organized

#### EQUIPMENT

Large Skillet

#### FROM YOUR PANTRY

Olive Oil

Salt & Pepper

#### 1 MEEZ CONTAINERS

Shrimp

### Add Protein Cooking Instructions

**Cook protein:** 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.

### Good to Know

**Health snapshot per chicken breast** – 120 Calories, 28g Protein, 0g Carbs, 1g Fat, 1 Freestyle Points.

INGREDIENTS: Shrimp

meezmeals