

Rotini with Basil Oil and Pecorino

25 Min to Table	25 Min Hands On	1 Whisk Super Easy
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Getting Started

Put a saucepan of water on to boil.

Omnivore Option

Baked Chicken breast would be delicious!

Tarragon Butter Steak with Orzo Pilaf

25 Min to Table	15 Min Hands On	1 Whisk Super Easy
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Getting Started

Bring a large pot of water to boil.

From Your Pantry

You'll need olive oil, salt and pepper

Quick Tips



Maui Salmon Rice Bowl

20 Min to Table	15 Min Hands On	1 Whisk Super Easy
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Getting Started

Put a saucepan of water on to boil.

From Your Pantry

You'll need olive oil.

Chipotle Chicken Tostada with Cheesy Refried Beans

30 Min to Table	30 Min Hands On	1 Whisk Super Easy
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Getting Started

Heat a large dry skillet to cook the tortillas.

From Your Pantry

You'll need olive oil, salt and pepper.

Shrimp Pad Thai

20 Min to Table	20 Min Hands On	1 Whisk Super Easy
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Getting Started

Put a saucepan of water on to boil.

From Your Pantry

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

Honey Butter Chicken and Waffles

30 Min to Table	30 Min Hands On	2 Whisks Easy
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Getting Started

Preheat your oven to 425.

From Your Pantry

You'll need one egg, olive oil, salt and pepper

Squash with Slow Roasted Tomatoes and Goat Cheese

30 Min to Table	10 Min Hands On	1 Whisk Super Easy
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Getting Started

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

Omnivore Option

Chicken is a great addition,

Udon Noodle Salad with Sriracha Roasted Brussels Sprouts

30 Min to Table	10 Min Hands On	1 Whisk Super Easy
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Picky Eater Tip

Keep the ingredients separate and let everyone create their own bowl.

Getting Started

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

Mango Cilantro Tilapia

30 Min to Table	30 Min Hands On	1 Whisk Super Easy
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Getting Started

Put a saucepan of water on to boil.

From Your Pantry

You'll need olive oil, salt and pepper

Shepherd's Pie

60 Min to Table	30 Min Hands On	2 Whisks Easy
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Getting Started

Preheat your oven to 425 and put a pot of water on to boil

Speed Tip

Use an extra pan to speed up the cooking time.

From Your Pantry

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

Barbequed Sweet Potato Couscous Gratin

40 Min to Table	10 Min Hands On	1 Whisk Super Easy
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Getting Started

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

Speed Tip

You can cook the couscous ahead, to save time.

Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmndd daily)	
Mango Cilantro Tilapia	760	46	29	81 CC 33	7	650	17	22	230% Vitamin C	50% Vitamin A
(use 2/3 mango chunks & coconut sauce)	660		20					18		
Tarragon Butter Steak with Orzo Pilaf	740	38	40	56 CC 36	13	390	22	27	45% Vitamin A	15% Calcium
(use 1/2 the orzo and no butter, & 2/3 butter in sauce)	630		84					22		
Chipotle Chicken Tostada with Cheesy Refried Beans	640	62	19	53 CC 39	12	920	6	10	13% Vitamin A	38% Vitamin B12
Maui Salmon Rice Bowl	530	40	16	57	6	1540	25	10	80% Vitamin D	70% Iron
Udon Noodle Salad with Sriracha-Roasted Brussels Sprouts	565	39	19	65 CC 37	14	1265		15	30% Vitamin A	24% Vitamin B-12
Shepherd's Pie	915	30	50	93	10	852		22	202% Vitamin A	33% Vitamin C
(half the portion size)	460		25					11		
Honey Butter Chicken & Waffles	740	69	29	56	3	570	x	16	44% Vitamin A	24% Vitamin B-6
(1/2 the dressing, 1/2 the butter and 1 waffle)	595		17					11		

Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmndd daily)	
Barbequed Sweet Potato Couscous Gratin	505	20	11	81	8	777	x	17	909% Vitamin A	130% Vitamin C
Shrimp Pad Thai	710	45	20	91	7	360	36	18	27% Iron	22% Potassium
(use 1/2 the eggs, and peanuts)	550		8					15		
Rotini with Basil Oil & Pecorino	400	19	6	72	16	218		11	190% Vitamin C	14% Calcium
Squash with Slow-Roasted Tomatoes and Goat Cheese	540	8	36	48	6	165	14	22	94% Vitamin C	235% Vitamin A
Add a Protein All-Natural Chicken Breast	220	41	5	0	0	85	0	3	90% Vitamin B6	4% Iron
Add a Pretein Bistro Chateau Steak	220	30	10	0	0	75	0	5	10% Iron	10% Potassium
Add a Protein Norwegian Salmon	220	35	0	0	0	130	0	4	60% Vitamin B6	15% Potassium
Add a Protein Premium Shrimp	120	28	0.5	0	0	170	0	1	8% Potassium	4% iron

Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmndd daily)	
THE Carrot Cake	540	6	34	49	2	440	36	13	6% Vitamin C	6% Calcium
Honduran Chocolate Brownies (Gluten-Free)	340	4	18	42	3	140	31	16	4% Vitamin C	15% Iron
Flourless Chocolate Cake	370	5	16	32	2	130	18	18	20% Iron	10% Vitamin A
Chocolate Chunk Cookies	180	2	9	22	1	170	10	9	2% Calcium	4% Vitamin A
Peanut Butter Cookies	400	8	22	45	2	330		18	4% Iron	6% 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.

Mango Cilantro Tilapia

This dinner is all about fresh, tropical flavor. Tender, flaky tilapia is simmered in a fragrant coconut-cilantro sauce with lime, then topped with sweet mango. Served with red and brown rice and charred peppers and green beans, it's creamy, bright, and full of sunny vibes.

30 *Minutes to the Table*

30 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet
Medium Saucepan

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Red & Brown Rice
Peppers & Green Beans
Tilapia
Coconut Cilantro
Sauce
Mango

Good to Know

If you ordered the **Carb Conscious version**, we sent you cauliflower "rice" instead of Red & Brown Rice, reducing the **carbs per serving to 33g**.

Skip steps 1 and 2. Prior to cooking the Tilapia in step 4, heat 1 Tbsp olive oil in a large skillet over medium-high heat. Sauté the cauliflower rice until tender, about 4 to 5 minutes. Place directly on serving plates and continue with step 4.

Health snapshot per serving – 760 Calories, 29g Fat, 81g Carbs, 46g Protein, and 22 Freestyle Points.

Lightened-up health snapshot per serving – 660 Calories, 20g Fat, 75g Carbs, and 18g Freestyle Points, by using two-thirds of the Coconut-Cilantro Sauce and two-thirds of the Mango Chunks.

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

INGREDIENTS: Tilapia, Coconut Milk, Green Beans, Red Bell Pepper, Mango, Himalayan Red Rice, Brown Rice, Lime, Cilantro, Fish Sauce, Garlic, Ginger, Miso, Mirin, White Pepper.

meez meals

1. Get Organized

Bring a medium saucepan of water to a boil.

2. Cook the Rice

Add the **Red & Brown Rice** to the boiling water and cook until tender, about 20 minutes. Drain well and return to the saucepan. Fluff with a fork, cover and set aside until Step 5.

3. Cook the Peppers & Green Beans

While the rice is cooking, heat 1 Tbsp olive oil in a large skillet over medium-high heat. When the oil is hot, add the **Peppers & Green Beans** with a sprinkle of salt and pepper. Cook until the veggies start to char, about 4 to 5 minutes. Remove from the skillet and set aside. Wipe out the skillet.

4. Cook the Fish and Sauce

Heat 1 Tbsp olive oil in the now-empty skillet over medium-high heat. Pat dry the **Tilapia** and sprinkle with salt and pepper. When the oil is hot, add the tilapia and cook until the first side starts to brown, about 3 to 4 minutes. Flip and cook until the other side starts to brown, an additional 3 to 4 minutes. Add the **Coconut Cilantro Sauce** and bring to a boil. Lower the heat to medium-low and simmer until the sauce slightly thickens, about 4 to 5 minutes, basting the fish occasionally.

5. Put It All Together

Serve the tilapia and sauce on top of the rice alongside the peppers and green beans. Top the tilapia with the **Mango**. Enjoy!

Instructions for two servings.

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

Tarragon Butter Steak with Orzo Pilaf

The right sauce transforms an ordinary meal into an extraordinary one. This week, our tarragon butter brings a pop of flavor to the bistro chateau steak we just love. Paired with a creamy white sauce and orzo pilaf, it's a speed dinner that's upscale and approachable.

25 Minutes to the Table

15 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

- Large Skillet
- Large Saucepan

FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper

5 MEEZ CONTAINERS

- Orzo Pasta
- Pilaf Vegetables
- Tarragon Butter
- Steak
- Beurre Blanc Sauce

Good to Know

If you ordered the **Carb Conscious version** we sent you cauliflower “rice” instead of the orzo, reducing the **carbs per serving to 36g**. Add the cauliflower along with the vegetables and cook together in step 4.

If you're cooking the **gluten-free version**, we sent you white rice instead of orzo. Follow the instructions in step 2 but cook the rice for 15 to 20 minutes.

Health snapshot per serving – 740 Calories, 38g Protein, 40g Fat, 56g Carbs, and 27 Freestyle Points.

Lightened-up health snapshot per serving – 630 Calories, 34g Fat, 44g Carbs, 22 Freestyle Points, by using half of the butter called for in Beurre Blanc Sauce and eliminating the step to add any butter to the orzo in step 4.

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INGREDIENTS: Steak, Cream, Orzo, Onion, Celery, Butternut Squash, Butter, Golden Raisins, White Wine, Garlic, Cilantro, Green Onion, Brown Sugar, Lemon Zest, Vegetable Stock, Dijon Mustard, Tarragon, Cinnamon

meez meals

1. Get Organized

Bring a large saucepan of water to boil.

2. Cook the Orzo

Add the **Orzo Pasta** to the boiling water with a pinch of salt. Cook until al dente, about 10 to 12 minutes. Drain well and set aside.

3. Cook the Steak

While the orzo is cooking, heat 1 Tbsp olive oil in a large skillet over high heat. Pat the **Steak** dry with a paper towel and season generously with salt and pepper. When the oil is very hot, add the steaks. Cook until the bottoms brown and 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**). Set aside to rest for 5 minutes then slice into strips. Wipe out the skillet.

4. Cook the Vegetables

While the steaks are resting, heat 1 Tbsp olive oil in the now-empty orzo saucepan. When the oil is hot, add the **Pilaf Vegetables** and cook until the onions are browning and the butternut squash is tender, about 6 to 7 minutes. Add ¼ of the **Tarragon Butter** and the cooked orzo and stir until the butter is melted. Cover and set aside.

5. Create the Sauce

Heat the remaining tarragon butter in the now-empty steak skillet over medium-high heat until it melts. Add the **Beurre Blanc Sauce** and bring to a low boil. Reduce the heat to medium and simmer, stirring frequently, until the sauce has thickened enough to coat the back of a spoon, about 3 minutes.

6. Put It All Together

Serve the steak on top of the orzo and vegetables and drizzle the Beurre Blanc Sauce over top. Enjoy!

Instructions for two servings.

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

Chipotle Chicken Tostada with Cheesy Refried Beans

This dinner hits all the high points for a delicious Mexican-themed dinner. Tender shredded chicken, flavorful refried beans, plenty of cheese and a Chipotle Adobo Aioli that adds a rich, creamy note that we love. Simple and delicious, this dinner is a family favorite.

30 Minutes to the Table

30 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

2 Large Skillets and 1 Lid (or Baking Sheet)

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Corn Tortillas
Spiced Beans
Mexican Cheese
Chicken Breast
Chipotle Adobo Aioli
Tomatoes, Onions & Cilantro

Make The Meal Your Own

If you ordered the **Carb Conscious version**, we sent you romaine lettuce instead of tortillas, reducing the **carbs per serving to 39g**. Skip step 1 and fill the lettuce leaves instead of the tortillas.

Tostadas are simply crisped corn tortillas. If you **prefer yours as a soft taco**, that works great, too. Just skip the crisping and heat each dry tortilla for 30 seconds on each side.

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 – 640 Calories, 62g Protein
19g Fat, 53g Carbs, and 10 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, Black Beans, Corn Tortillas, Tomatoes Onions, Chihuahua Cheese, Monterey Jack Cheese, Queso Fresco Cheese, Cilantro, Chipotles in Adobo, Mayonnaise, Buttermilk, Crushed Red Pepper, Garlic, Coriander, Cumin, Lime.

meez meals

1. Cook the Tortillas

Heat a large, dry skillet over medium-high heat. Spray or brush the **Corn Tortillas** with olive oil on both sides, then put onto the skillet. Cook two (or more if they can lay flat in the skillet) at a time until crisp on one side, about 3 to 4 minutes, then flip and cook until fully crisped, about 3 to 4 additional minutes. Repeat for the other tortillas.

2. Cook the Spiced Beans

Heat 2 Tbsp olive oil in a second large skillet (one that can be covered) over medium high heat. When the oil is hot, add the **Spiced Beans** and 1/2 cup of water. Cook, mashing the beans as they soften with a slotted spoon or fork, until the beans resemble refried beans and the mixture thickens, about 8 to 10 minutes. Turn off heat and stir in half of the **Mexican Cheese**, cover and set aside until step 4.

If you don't have a skillet with a cover you can use a baking sheet.

3. Cook the Chicken

Heat 1 ½ Tbsp olive oil the now-empty tortilla skillet over medium high heat. Pat dry and generously salt and pepper the **Chicken Breasts** on both sides. Cook until crisp and brown, on one side, about 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. Turn off the heat but leave the skillet on the stove.

Once the chicken has rested, hold the chicken in place with one fork and with a second fork, shred the chicken (into pieces typical of the size used in chicken soup). Return the chicken to the still warm skillet and combine with the **Chipotle Adobo Aioli**, mixing until the chicken is completely coated and sauce is warm.

You just want to warm up the sauce but not cook it.

4. Put It All Together

Spread the cheesy refried beans on the crisp tortillas and top with the chipotle adobo chicken, pressing down slightly to keep it in place. Add the **Tomatoes, Onions & Cilantro** and sprinkle the remaining cheese on top. Enjoy!

Instructions for two servings.

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

Maui Salmon Rice Bowl

Meez's version of a poke bowl, it's fast, filling, and a flavor sensation. We're making ours with a teriyaki and pineapple sauce that's a perfect match for seared salmon, edamame and crunchy fresh veggies.

20 *Minutes to the Table*

15 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

- Large Skillet
- Saucepan

FROM YOUR PANTRY

- Olive Oil

6 MEEZ CONTAINERS

- Jasmine Rice
- Green Onions
- Salmon
- Pineapple Teriyaki
- Cucumber, Edamame &
Shredded Veggies
- Sesame Seeds

Good To Know

If you ordered the **Carb Conscious version** we sent you zucchini noodles instead of jasmine rice. Skip step 1. Heat 1 Tbsp olive oil in a large skillet. When the oil is hot, add the zucchini and sear for 2 minutes, then stir in half of the Green Onions & Sesame Seeds as in step 2.

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

Health snapshot per serving – 530 Calories, 16g Fat, 57g Carbs, 40g Protein and 10 Freestyle Points.

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

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INGREDIENTS: Salmon, Jasmine Rice, Cucumber, Edamame, Green Onion Carrot, Red Cabbage, Tamari, Pineapple, Ginger, Garlic, Cilantro, Sesame Oil, Black Sesame Seeds, Toasted Sesame Seeds, Lime

meez*meals*

1. **Get Ready**

Bring a saucepan of water to a boil.

2. **Cook the Rice**

Add the **Jasmine Rice** to the boiling water and cook until tender, about 12 to 15 minutes. Drain well and return to the saucepan. Stir in half the **Green Onions** then cover and set aside.

3. **Cook the Salmon**

While the rice is cooking, heat 1 Tbsp olive oil in a large skillet over medium-high heat. Dry the **Salmon** with a paper towel. When the oil is hot, add the salmon and cook until it turns brown, about 3 minutes. Flip the salmon and add the **Pineapple Teriyaki** sauce. Continue cooking, spooning the sauce on top of the salmon frequently, until the sauce is thick enough to coat the back of a spoon, about 4 additional minutes.

4. **Put It All Together**

Serve the salmon and **Cucumber, Edamame & Shredded Veggies** alongside each other and on top of the rice (poke bowl style). Drizzle the entire dish with the Pineapple Teriyaki sauce still left in the skillet, and sprinkle with the remaining green onions and the **Sesame Seeds**. Enjoy!

Udon Noodle Salad with Sriracha Roasted Brussels Sprouts

Asian flavors bring out the best in Brussels sprouts. Especially when you roast them with our sweet and spicy sriracha 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
Sriracha
Peanuts

Add Protein Cooking Instructions

Integrate into recipe: While the udon noodles are cooking in step 3, cook the protein (per the instructions below). Slice the protein into strips (flake the salmon, leave the shrimp whole). Stir into the salad 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 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.

Make the Meal Your Own

If you ordered the **carb conscious version**, you received zucchini "noodles" reducing the **carbs per serving to 37g**. In step 2., heat 1 Tbsp oil in a large skillet over high heat. Cook the zucchini with a little salt & pepper, without stirring, until the charred, about 3 minutes. Transfer directly to serving bowls.

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.

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

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

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INGREDIENTS: Brussels Sprouts, Tofu, Udon Noodles, Lime, Tamari Sauce, Brown Sugar, Sriracha, 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 **Sriracha** 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 Sriracha.

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

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

meez*meals*

Shepherd's Pie

Is there anything more classic than Shepherd's Pie? With fresh mashed potatoes, perfectly seasoned beef and just the right amount of peas, corn, carrots and cheddar, it's a recipe the whole family will love.

60 *Minutes to the Table*

30 *Minutes Hands On*

2 Whisks *Easy*

Getting Organized

EQUIPMENT

- Skillet
- Large Saucepan
- Oven-Safe Casserole Dish

FROM YOUR PANTRY

- Olive Oil
- Salt
- Butter (3/4 Tbsp per svg.)
- Flour (1/2 Tbsp per svg.)
- 6 MEEZ CONTAINERS
- Red-Skin Potatoes
- Beef Meatballs
- Onions & Garlic
- Cream Sauce
- Veggies
- Cheese & Parsley

Good to Know

Speed Tip: We're cooking and mashing the potatoes in a single pot to simplify clean up. If you don't mind cleaning an extra pan, complete step #3 in a separate pan while you're waiting for the potatoes to cook. You'll save about 15 minutes. It also cooks ahead wonderfully, so assemble it in advance and cook whenever you're ready to eat.

Health snapshot per serving – 915 Calories, 30g Protein, 50g Fat, 22 Freestyle Points

Lighten Up per serving – 460 Calories, 15g Protein, 25g Fat, 11 Freestyle Points with half the portion. This dish is probably our most filling and largest portion (you will see when it comes out of the oven). You will be able to still fill-up from half the serving and save those calories!

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

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INGREDIENTS: Beef Meatballs, Red-Skin Potatoes, Peas, Carrots, Corn, Onion, Garlic, Cheddar, Parsley, Black Pepper, Cream, Wine, Dijon, Brown Sugar, Chicken Broth

meez meals

1. Getting Organized

Preheat the oven to 425 degrees and set a pot of salted water to boil in a large saucepan over high heat.

2. Cook The Potatoes

Cut each **Red-Skin Potato** in half and then in thirds for six pieces per potato. Add them to the boiling water and cook uncovered until they are fork-tender, about 15 minutes. Drain the potatoes and set aside. Wipe-out and dry the saucepan.

3. Sear The Meatballs

While the potatoes are cooking, heat the **Beef Meatballs** in a skillet over high heat. Sauté until the meatballs start to brown, about 2 minutes. Remove from heat and set aside.

4. Make The Mashed Potatoes

Return the saucepan used for the potatoes to the stove with 1 Tbsp olive oil over medium-high heat. When the oil is hot, add the **Onions & Garlic** and sauté until the onions are translucent, about 4 to 6 minutes. Add 1 Tbsp flour and 1½ Tbsp butter to the saucepan and cook until the butter is melted, and flour begins to brown, about 2 minutes. Add the **Cream Sauce** and stir, scraping the browned bits of flour off the bottom of the pan. Continue cooking until the sauce is the consistency of gravy and has turned golden brown, stirring continuously for another 2 to 3 minutes. Turn off the heat.

Add the cooked potatoes to the saucepan with the finished cream sauce and mash. Lumps are OK, you're shooting for your favorite mashed potatoes consistency.

5. Bake The Pie

Use cooking spray or lightly brush an oven-safe casserole dish lightly with oil. Cover the bottom with half the mashed potatoes. Place the meatballs on top of the potatoes, forming one even layer. Spread the **Veggies** on top of the meatballs and cover with the remaining mashed potatoes. Sprinkle the **Cheese & Parsley** on top and bake, uncovered, until the edges brown and the cheese is melted, about 25 to 35 minutes.

Remove from the oven and let rest for 7 to 10 minutes. Serve and enjoy!

Instructions for two servings.

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

You will need enough water to completely submerge the potatoes.

We love to send you vegetables cut and ready to eat, but cut potatoes don't hold up as well as we'd like.

Honey Butter Chicken & Waffles

Chicken & Waffles taken up a notch. Or two or three. With roasted leeks, crispy buttermilk-breaded chicken, and sweet honey-butter served over a Belgian waffle, you've got a sophisticated spin on a down-home classic that's on the table in just 30 minutes.

30 Minutes to the Table

30 Minutes Hands On

2 Whisks Easy

Getting Organized

EQUIPMENT

Large Skillet
Baking Sheet

FROM YOUR PANTRY

One Egg
Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Leeks
Chicken
Buttermilk Dressing
Breading
Honey Butter
Belgian Waffles

Good to Know

We're sending you the waffles already cooked, so no waffle iron required ☺

Family favorite!

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

Health snapshot per serving – 740 Calories, 69g Protein, 29g Fat, 16 Freestyle Points

Lighten-Up Health snapshot per serving – 595 Calories, 67g Protein, 17g Fat, 11 Freestyle Points with half the dressing, half the butter and ½ waffle per serving.

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

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INGREDIENTS: Chicken, Belgian Waffle, Leeks, Buttermilk, Panko, Mayonnaise, Butter, Honey, Chive, Black Pepper, Kosher Salt, Thyme, Basil, Oregano, Celery Salt, Dry Mustard, Paprika, Garlic, Ginger, White Pepper.

meez meals

1. Roast the Leeks

Preheat oven to 425. Arrange the **Leeks** in a single layer on a rimmed baking sheet and drizzle lightly with olive, oil, salt and pepper. Cook until they begin to crisp, about 10 minutes. Set aside for step 5.

2. Prepare the Chicken

While the leeks are roasting, pat dry and very loosely wrap each **Chicken** breast in saran wrap and place on a cutting board. Using a meat tenderizer (mallet) or bottom of a small pot, pound the thicker sections of the breast until each has reached uniform thickness. 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).

In a mixing bowl, mix half the **Buttermilk Dressing** with one egg. Spread the **Breading** evenly on a large plate. Now dip the chicken breast completely into the buttermilk dressing and let any excess drip off. Then put each piece of chicken onto the breading. Press down to make sure the breading adheres then repeat on the other side. Discard any unused buttermilk dressing and breading.

3. Cook the Chicken

Heat 2 Tbsp olive oil in a large skillet over medium heat. When the oil is hot add the breaded chicken and cook until the breading is golden brown, about 4 to 5 minutes. Flip and cook the other side until it is also brown, an additional 4 to 5 minutes. Remove from the heat.

While the chicken is resting, place the **Honey Butter** on top of the chicken breasts to melt.

4. Heat the Waffle

Wipe out the skillet and return to the stove over medium heat. Cook the **Belgian Waffles** until the first side is lightly brown. Flip and cook the other side until it is also brown, and the waffle is warmed thoroughly. Remove from heat and place directly on serving plates.

5. Put It All Together

Drizzle the remaining buttermilk dressing on the waffles, cover with the roasted leeks and top with the chicken and melted honey butter. Enjoy!

Save the other half of the buttermilk dressing to drizzle on the chicken in step 5.

We use one hand to take the chicken through these steps and keep the other hand clean to hold the bowl or plate. It makes the process neater and easier.

We like the way the pan caramelizes the waffle but feel free to use your toaster oven if you prefer

Instructions for two servings.

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

Barbequed Sweet Potato Couscous Gratin

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

40 Minutes to the Table

10 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Oven-Safe
Saucepan
Rimmed Baking
Sheet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Sweet Potatoes
Pearl Couscous
Barbeque Sauce
Mozzarella &
Cherries
Kale

Add Protein Cooking Instructions

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

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

Good To Know

If you're making the gluten-free version, we've given you quinoa. Bring 3¾ cups of water to a boil, add the quinoa and a dash of salt. Cover and lower the heat to a simmer. Cook for 12 to 15 minutes, until the grain looks spiraled. Fluff it and let it sit covered for 5 minutes.

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

SCAN QR CODE
to view YouTube
cooking video



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

meez *meals*

1. Getting Organized

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

2. Roast the Sweet Potatoes

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

3. Cook the Couscous

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

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

4. Assemble the Casserole

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

5. Bake the Kale

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

Love this recipe? #meezmagic

Instructions for two servings.

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

Shrimp Pad Thai

We love Pad Thai, but we're often left wondering where all the vegetables are. Enter the Meez test kitchen. This dish has veggies galore plus the classic flavors of a traditional Pad Thai. Sautéed shrimp and crushed peanuts are the perfect finish.

20 *Minutes to the Table*

20 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet
Large Saucepan

FROM YOUR PANTRY

Olive Oil
Salt & Pepper
Eggs (1 per serving)

7 MEEZ CONTAINERS

Shrimp
Rice Noodles
Peanuts
Broccoli & Snow Peas
Daikon & Green Onion
Pad Thai Sauce
Lime

Make The Meal Your Own

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

Good To Know

Health snapshot per serving – 710 Calories, 20g Fat, 45g Protein, 91g Carbs.

Lightened- Up Health snapshot per serving – 550 Calories, 8g Fat, 35g Protein, 86g Carbs without using the eggs and only using half the peanuts.

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, Rice Noodles, Broccoli, Snow Peas, Peanuts, Daikon Radish, Green Onion, Garlic, Fish Sauce, Tamarind, Garlic, Sugar.

meez meals

1. Get Started

Set a pot of water to boil in a large saucepan.

2. Cook Rice Noodles

Add the **Rice Noodles** to the boiling water. As they cook, use a fork to separate the strands. Continue boiling until the noodles are almost soft, about 4 to 6 minutes. Transfer to a colander and rinse under cold water. Drain very well until step 5.

The noodles will soften further in step 5 so be sure not to overcook them.

3. Cook The Shrimp

While the noodles are cooking, heat 1 Tbsp olive oil in a large skillet over medium high heat and pat dry the **Shrimp**. When the oil is hot, add shrimp and cook for a minute on each side until they are opaque and no longer grey in color. Transfer the shrimp to a cutting board. Do not wipe out the skillet. When they are cool enough to touch, cut the shrimp into thirds and set aside until step 5.

4. Cook The Veggies and Eggs

Return the now-empty skillet to the stove over medium high heat. Add all of the **Broccoli & Snow Peas** (the produce bag that you can clearly see the snow peas inside) and half **Daikon & Green Onions**. Cook, undisturbed until the green onions start to char, about 2 minutes. Stir and then push all the veggies to one side of the skillet and crack 2 eggs into the other side. Cook until the eggs begin to set and then use a spatula to mix the eggs in place until fully cooked, about 2 minutes. Stir together the scrambled eggs and veggies.

5. Put It All Together

Add the cooked rice noodles and **Pad Thai Sauce** to the skillet over medium high heat and gently stir everything together. Heat until the noodles are warm and most of the liquid has been absorbed, about 3 minutes. Place the **Peanuts** in a ziplock bag and crush using a mallet or small pot.

Turn off the heat and gently stir in the cooked shrimp.

Transfer to serving bowls and top with the remaining daikon & green onions and crushed peanuts. Squeeze the **Lime** on top and enjoy!

Instructions for two servings.

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

Rotini with Basil Oil & Pecorino

25 Minutes to the Table

25 Minutes Hands On

1 Whisk *Super Easy*

So simple, so delicious. We're sautéing broccoli and cauliflower together with fresh grape tomatoes, then tossing it together with a fresh basil oil and pecorino cheese. Topped with marinated butter beans, it's a tribute to the Mediterranean the whole family will love.

Getting Organized

EQUIPMENT

Large Skillet
Saucepan
Bowl

FROM YOUR

PANTRY

Olive Oil
Salt & Pepper

5 MEEZ

CONTAINERS

Rotini
Pecorino
Cheese
Grape
Tomatoes
Broccoli &
Cauliflower
Cannellini Bean
Marinade

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 combine with everything in step 5.

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

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

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

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

Good To Know

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

If you're making the vegan version, we've left out the cheese.
Add an extra pinch of salt and pepper for extra seasoning.

Health snapshot per serving –400 Calories, 19g Protein, 6g Fat, 72g Carbs, 16 g Fiber, 11 Smart Points.

SCAN QR CODE
to view YouTube
cooking video



INGREDIENTS: Cannellini Beans, Cauliflower, Broccoli, Rotini, Pecorino Cheese, Grape Tomatoes, Basil, Garlic

meez *meals*

1. Get Organized

Put a saucepan of water on to boil.

2. Marinate the Beans

Put the **Cannellini Bean Marinade** into a bowl and cover with olive oil. You could use as little as a ¼ cup as much as ¾ cup. Let sit on the counter for at least 20 minutes.

The amount of oil is up to you. The marinade has great flavor, so you could use extra oil and save for another meal.

3. Cook the Veggies

Heat 3 Tbsp olive oil in a large skillet over medium high heat. Add the **Broccoli & Cauliflower**, and cook until lightly golden brown at the edges, about 7 to 10 minutes, stirring frequently.

Add the **Grape Tomatoes** and cook until the skin bursts and the edges turn golden brown, about 5 to 7 minutes.

4. Cook the Rotini

Once the veggies are cooking, get the pasta going. Salt the boiling water, then add the **Rotini**. Cook until al dente, about 10 to 12 minutes, then drain.

Salt your water generously!

5. Put It All Together

Add the cooked rotini to the veggies and mix well. Add the marinated beans – but reserve the oil. Toss again, then add salt and pepper to taste. Serve topped with the **Pecorino Cheese** and as much of the marinade oil as you'd like. Enjoy!

Instructions for two servings.

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

Squash with Slow-Roasted Tomatoes and Goat Cheese

We're always looking forward to warm, rustic meals that are comforting, but still a breeze to make. And this one certainly fits the bill. We're roasting butternut squash, fresh grape tomatoes and goat cheese all together, then tossing them with nutty farro and a delectable balsamic cream sauce. The result? A delicious dinner where the oven does all the work.

35 Minutes to the Table

10 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Saucepan
Baking Sheet
Mixing Bowl

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Farro
Butternut Squash
Grape Tomatoes
Goat Cheese
Balsamic Cream

Add Protein Cooking Instructions

Integrate into recipe: While the squash is roasting in step 3, cook the protein (per instructions below) and then slice into strips (*flake the salmon, leave shrimp whole*) and combine with everything 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, 20g Protein, 34g Fat, 85g Carbs, 26 Freestyle Points

Lightened-up health snapshot per serving – 560 Calories, 27g Fat, 70g Carbs, 20 Freestyle Points by using three-quarters of the Farro and Balsamic Cream.

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



INGREDIENTS: Butternut Squash, Farro, Heavy Cream, Goat Cheese, Balsamic Vinegar, Grape Tomatoes, Brown Sugar, Vegetable Base, Garlic, Herbs

meez meals

1. Getting Organized

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

2. Cook the Farro

Salt the boiling water and add the **Farro**. Cook until al dente, about 25 to 30 minutes. Drain and transfer to a mixing bowl. Keep the empty saucepan nearby.

We love farro when it's puffed up, but still firm in the center.

3. Roast the Squash

Mix the **Butternut Squash** with 2 Tbsp olive oil and spread evenly on a baking sheet. Roast until lightly caramelized, about 15 minutes. Add the **Grape Tomatoes** to your baking sheet, mix and cook until the tomatoes start to burst, about 5 minutes. Add the **Goat Cheese** and bake for 3 more minutes.

The balsamic cream will thicken slightly while it cooks, but it's meant to be pourable. Don't expect a gravy-like consistency.

While the tomatoes are roasting, put your now-empty saucepan back on the stove and pour in the **Balsamic Cream**. Heat on medium until the mixture boils and then reduce to a simmer and cook for 5 minutes.

4. Put It All Together

Pour half of the balsamic cream over the roasted squash, tomatoes and goat cheese and then mix everything together with the farro. Serve with additional balsamic cream and season with salt and pepper to taste. Enjoy!

Love this recipe? #meezmagic

Instructions for two servings.

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