

### 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

### Ginger-Soy Aioli Rice Bowl

**45 Min**  
to Table

**15 Min**  
Hands  
On

**1 Whisk**  
Super  
Easy

#### Getting Started

Put a saucepan of  
water on to boil.

#### Omnivore Option

Seared tuna would  
be delicious with this  
meal.

## Quick Tips



### Creamy Tomato Soup with Grilled Cheese Croutons

**30 Min**  
to Table

**20 Min**  
Hands  
On

**1 Whisk**  
Super  
Easy

#### Getting Started

Cook the filling up to  
a day ahead.

#### Meal Tip

You'll need olive oil,  
salt and pepper

### Nashville Hot Tofu Sliders

**30 Min**  
to Table

**20 Min**  
Hands  
On

**1 Whisk**  
Super  
Easy

#### Getting Started

Preheat your oven to 450.

#### From your Pantry

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

### Creamy Parmesan and Artichoke Shrimp

**30 Min**  
to Table

**20 Min**  
Hands  
On

**2 Whisks**  
Easy

#### Getting Started

Put a saucepan of  
water onto boil and  
preheat oven to 425.

#### From Your Pantry

You'll need olive oil,  
salt and 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.

### *Honey-Glazed Chicken with Almonds and Cranberries*

**30 Min**  
to Table

**30 Min**  
Hands  
On

**1 Whisk**  
Super  
Easy

#### **Getting Started**

Preheat your oven to  
400.

#### **From Your Pantry**

You'll need olive oil,  
salt and pepper

#### **Meal Tip**

The glaze will come  
to a boil right away,  
so lower the heat.

### *Sweet Asian BBQ Salmon*

**15 Min**  
to Table

**15 Min**  
Hands  
On

**1 Whisk**  
Super  
Easy

#### **Getting Started**

Heat 1 Tbsp olive oil in  
a large skillet.

#### **From Your Pantry**

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

### *Tex-Mex Gnocchi Bake*

**40 Min**  
to Table

**20 Min**  
Hands  
On

**1 Whisk**  
Super  
Easy

#### **Getting Started**

Preheat your oven to  
400.

#### **From Your Pantry**

You'll need olive oil,  
salt and pepper.

#### **Meal Tip**

If you prefer softer  
gnocchi, just boil  
them for 6 to 8  
minutes.

### *Rotini Di Modena with Chicken and Spinach*

**20 Min**  
to Table

**10 Min**  
Hands  
On

**1 Whisk**  
Super  
Easy

#### **Getting Started**

Put a saucepan of  
water on to boil.

#### **From Your Pantry**

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

### *Shrimp and Chorizo Paella*

**45 Min**  
to Table

**20 Min**  
Hands  
On

**1 Whisk**  
Super  
Easy

#### **Getting Started**

Preheat your oven to  
375.

#### **From Your Pantry**

You'll need olive oil,  
salt and pepper

# Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmndd daily)	
Honey-Glazed Chicken with Almonds & Cranberries	550	48	24	39	5	430	28	14	110% Vitamin C	100% Vitamin K
Creamy Parmesan and Artichoke Shrimp	635	41	16	69	7	571	x	18	57% Vitamin A	24% Vitamin B-12
(without the garlic bread)	490		13					13		
Nashville Hot Tofu Sliders	980	34	50	104	10	1420	18	27	164% Calcium	59% Iron
(open face sandwich and 1/2 the aioli)	670		33					17		
Truffle-Butter Steak Frites	520	38	27	32 CC 15	6	310	3	15	145% Vitamin C	44% Vitamin A
Lemon Chicken Souvlaki	560	50	18	51 CC 40	4	1010	25	11	190% Vitamin C	40% Vitamin A
Sweet Asian BBQ Salmon	550	40	14	70	4	1100	59	12	110% Vitamin A	80% Vitamin C
Tex-Mex Gnocchi Bake	870	31	26	133	12	3008	15	29	123% Vitamin C	84% Vitamin A
(½ the cheese, sauce and salsa)	656		14					21		

# Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmndd daily)	
Rotini di Modena with Chicken & Spinach	680	64	27	49	7	231	x	19	87% Vitamin C	135% Vitamin A
(1/2 balsamic cream sauce)	500		9					11		
Ginger-Soy Aioli Rice Bowl	405	14	12	60	10	310		12	223% Vitamin A	33% Vitamin C
Shrimp and Chorizo Paella										
Cream of Tomato Soup with Grilled Cheese Croutons	740	19	62	29	4	1084	12	30	62% Calcium	69% Vitamin A
½ the bread and ½ the cheese	610		55					26		
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 (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmndd daily)	
Tiramisu for Two	290	5	15	35	1	40	29		6% Calcium	2% Iron
Rockslide Brownie	550	5	35	56	2	230		31	25% Vitamin A	8% Calcium
THE Carrot Cake	540	6	34	49	2	440	36	13	6% Vitamin C	6% Calcium
Peanut Butter Cookies	400	8	22	45	2	330		18	4% Iron	6% 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.*

# Honey-Glazed Chicken with Almonds & Cranberries

This is one of those dinners where every bite is a delicious surprise. All-natural chicken breast coated in a fragrant honey glaze, served over roasted parmesan broccoli and cauliflower, and topped with toasted almonds and tart cranberries. It's crunchy, sweet, savory, and so satisfying.

**30** *Minutes to the Table*

**30** *Minutes Hands On*

**1 Whisk** *Super Easy*

## Getting Organized

### EQUIPMENT

Large Skillet  
Baking Sheet

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### 5 MEEZ CONTAINERS

Broccoli & Cauliflower  
Parmesan Cheese  
Chicken Breasts  
Honey Glaze  
Toasted Almonds &  
Cranberries

## 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.

**Health snapshot per serving** – 550 Calories, 24g Fat, 39g Carbs, 48g Protein, and 14 Freestyle Points.

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

INGREDIENTS: Chicken Breast, Broccoli, Cauliflower, Honey, Vegetable Oil, Parmesan, Almonds, Cranberries, White Balsamic Vinegar, Dijon Mustard, Parsley, Thyme, Sage, Rosemary.

  
**meez** *meals*

### 1. Get Organized

Preheat the oven to 400.

### 2. Roast the Veggies

Add the **Broccoli & Cauliflower** to a baking sheet with a drizzle of olive oil, salt and pepper. Toss and then arrange in a single layer. Bake until the veggies start to brown and are fork tender, about 20 minutes. Remove from the oven and immediately toss with the **Parmesan Cheese** right on the baking sheet. Transfer directly to serving plates.

### 3. Cook the Chicken

While the veggies are roasting, pat dry and generously salt and pepper the **Chicken Breasts** on both sides. Heat 1 Tbsp olive oil in a large skillet over medium-high heat. 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, then slice into ½ inch strips. Wipe out the skillet.

### 4. Create the Glaze

Return the now-empty skillet to the stove over medium-high heat. Add the **Honey Glaze** and bring to a boil, then reduce the heat to low and simmer, stirring continuously, until the glaze has thickened enough to coat the back of a spoon, about 1 minute. Turn off the heat, add back the sliced chicken and stir until it is well coated.

### 5. Put It All Together

Place the honey-glazed chicken on top of the parmesan broccoli & cauliflower and sprinkle with the **Toasted Almonds & Cranberries**. Enjoy!

*The glaze will likely come to a boil immediately in the hot skillet. Make sure to turn the heat to low right away.*

Instructions for two servings.

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

## Creamy Parmesan and Artichoke Shrimp

Get ready for Italian comfort food. It starts with a creamy and downright addictive artichoke sauce (think of your favorite hot artichoke dip). Then we're mixing it up with sautéed shrimp and roasted broccoli – served on a bed of orzo. With fresh garlic bread on the side, it's a dinner the whole family will go crazy for.

**30** *Minutes to the Table*

**20** *Minutes Hands On*

**2 Whisks** *Easy*

### Getting Organized

#### EQUIPMENT

Saucepan  
Baking Sheet  
Large Skillet

#### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

#### 6 MEEZ CONTAINERS

Orzo  
Shrimp  
Broccoli  
Creamy Artichoke Sauce  
Roll  
Fresh Garlic

### Make the Meal Your Own

**You can use the garlic bread** to get those last bits of orzo and sauce left in your bowl, they are really tasty together.

If you ordered the gluten-free version, you received **gluten-free penne pasta**. Cook pasta in boiling water for 10-12 minutes until al dente or desired texture. Also, we did send you the bread but it is **not** gluten free so any gluten-free eaters should leave it out.

**Health snapshot per serving** – 650 Calories, 46g Protein, 27g Fat, 67g Carbs, 15 Freestyle Points

**Have questions?** The dinner hotline is standing

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to view YouTube  
cooking video



INGREDIENTS: Shrimp, French Rolls, Broccoli, Orzo, Artichoke, Celery, Mayonnaise, Sour Cream, Mozzarella, Garlic, Chive, Lemon, Black Pepper.

*meez* meals



### 1. Get Organized

Bring a saucepan of water to boil. Preheat the oven to 425

### 2. Cook the Orzo

Salt the boiling water and add the **Orzo**. Cook until al dente, about 8 to 10 minutes. Drain and set aside.

### 3. Roast the Broccoli and Garlic Bread

While the orzo is cooking, spread the **Broccoli** on a baking sheet, drizzle with olive oil, and lightly salt and pepper.

Place the **Broccoli** in the oven and cook for 12 to 15 minutes until the broccoli starts to brown at the edges. Remove from oven & set aside.

Once the broccoli is out of the oven, slice the **Roll** lengthwise, generously brush with olive oil and evenly spread the **Fresh Garlic** on top of the bread. Cook for 7-10 minutes until the it is toasted on top and golden brown.

### 4. Cook the Shrimp and Finish the Sauce

Right after placing the garlic bread in the oven, heat 1 Tbsp olive oil in a large skillet over medium-high heat.

Dry and lightly salt & pepper the **Shrimp**. Cook for a minute on each side until they are opaque and no longer grey in color and set aside.

In the now empty skillet, add the **Creamy Artichoke Sauce** and cook for one minute and turn the heat off.

### 5. Put It All Together

Add the cooked orzo and shrimp to the skillet. Stir well and serve on top of the broccoli and alongside the garlic bread. Enjoy!

*Just use enough water to ensure the orzo will be completely covered.*

*Check in on the garlic bread frequently as it can burn easily.*

Instructions for two servings.

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

# Nashville Hot Tofu Sliders

Nashville hot chicken is everywhere, so we created a vegetarian-friendly version. With extra-firm tofu in place of chicken and our own mix of spices, we came up with a taste that we love even more than the original. We're making sliders with chive aioli, a soft, tender bun and roasted fingerling potato fries. Even non-vegetarians will love this dish!

**30** *Minutes to the Table*

**20** *Minutes Hands On*

**1 Whisk** *Super Easy*

## Getting Organized

### EQUIPMENT

Large Skillet  
Baking Sheet  
Large Mixing Bowl

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper  
Flour (1/2 cup)  
Butter (4½ Tbsp)  
Eggs (3)

### 6 MEEZ CONTAINERS

Pickled Veggies  
Fingerling Potatoes  
Tofu  
Slider Buns  
Nashville Hot Spices  
Chive Aioli

## Add Protein Cooking Instructions

**Health Snapshot Per Serving-** 980 Calories, 34g Protein, 104g Carbs, 50g Fat, 27 Freestyle Points

**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-** 980 Calories, 34g Protein, 104g Carbs, 50g Fat, 27 Freestyle Points.

**Lightened-up Health Snapshot Per Serving-** 670 Calories, 27g Protein, 72g Carbs, 33g Fat, 17 Freestyle Points, by using half of the Chive Aioli and serving the sliders open-faced.

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cooking video**



INGREDIENTS: Baked Yellow Tofu, Fingerling Potatoes, Slider Buns, Mayonnaise, Zucchini, Yellow Squash, Rice Wine Vinegar, Red Onion, Sugar, Lemon, Chives, Garlic Brown Sugar, Annatto Powder, Onion Powder, Smoked Paprika, Kosher Salt, Dill, Cayenne Pepper, White Pepper

meez *meals*

### 1. Get Started

Preheat your oven to 450 degrees. Drain the liquid from the **Pickled Veggies** and line a plate with paper towels.

### 2. Cook the Roast Fingerling Potato Fries

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

### 3. Cook The Tofu

While the potatoes are roasting, whisk 2 eggs in a small bowl and spread ¼ cup of flour on a plate. Pat dry the **Tofu** and lightly sprinkle with salt and pepper. Place the tofu into the egg, shake off any excess, and then place into the flour and coat well on both sides. Heat 2 Tbsp olive oil in a large skillet over medium high heat. Cook the tofu until the coating browns, about a minute on each side. Place the cooked tofu on the paper-towel-lined plate. Wipe out the skillet.

### 4. Grill the Buns

Add 1 Tbsp of oil to the now empty skillet over medium-high heat. Cook the **Slider Buns**, cut-side down, until they start to brown, about 2 minutes. Remove and set aside. Do not wipe out the skillet.

### 5. Prepare the Nashville Hot Spices

Return the now-empty skillet to the stove over medium low heat and add 3 Tbsp of butter. When the butter melts, add the **Nashville Hot Spices** and stir until they are coated in butter and turn into a paste-like consistency. Turn off the heat and add the cooked tofu to the skillet. Stir until the tofu is well coated.

### 6. Put It All Together

Spread a generous helping of the **Chive Aioli** on the bottom bun and place the Nashville Hot tofu on top followed by the pickled veggies and top bun. Serve with the roasted fingerling potato fries. Enjoy!

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.

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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 \***

## 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.

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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 \***

## Sweet Asian BBQ Salmon

We adore the dark, tangy-sweet flavor of Asian BBQ sauce. We're pairing it with seared salmon, sautéed carrots and green cabbage for a dinner that's fresh, tasty, and on the table in just 15 minutes.

**15** *Minutes to the Table*

**15** *Minutes Hands On*

**1 Whisk** *Super Easy*

### Getting Organized

#### EQUIPMENT

Large Skillet  
Mixing Bowl

#### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

#### 5 MEEZ CONTAINERS

Cabbage & Carrots  
Salmon  
Sweet BBQ Sauce  
Ginger Dressing  
Sesame Seeds

### Good To Know

**Want to spice it up?** Add sriracha or gochujang to the sauce. Both are great ways to dial up the heat.

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

**Health snapshot per serving** – 550 Calories, 14g Fat, 70g Carbs, 40g Protein and 12 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, Cabbage, Carrots, Yellow Onion, Mae Ploy Sauce, Celery, Honey, Tamari, Garlic, Ginger, Crushed Red Pepper, Brown Sugar, Sesame Oil, Rice Wine Vinegar, Ketchup, Sugar, Lemon, Sesame Seeds

**meez***meals*



### 1. Sauté the Veggies

Heat 1 Tbsp olive oil in a large skillet over high heat. When the oil is hot, add the **Cabbage & Carrots** and cook until they start to soften, 1 to 2 minutes. Remove from the pan, place in a mixing bowl, and toss with two-thirds of the **Ginger Dressing** (the lighter colored orange sauce). Add additional dressing to taste.

### 2. Cook the Salmon

Wipe out the skillet and heat 2 Tbsp of oil in over medium-high heat. Dry the **Salmon** with a paper towel and when the oil is hot, cook until it turns brown, about 3 minutes. Flip and add the **Sweet BBQ Sauce** (the darker brown sauce) and cook the other side for 3 additional minutes, while spooning the sauce on top of the salmon. The sauce should thicken enough to be able to coat the back of a spoon.

### 3. Put It All Together

Serve the salmon over the veggies and drizzle a bit of the sauce from the pan on top. Sprinkle with the **Sesame Seeds**, serve and enjoy!

# Tex-Mex Gnocchi Bake

Yep, you read the name right. We're putting two flavors together in one crazy cross-cultural gem that's sure to please everyone in your family. Toasted gnocchi is a perfect partner for black beans, sweet corn and poblano peppers. Topped with Chihuahua & Monterey Jack cheese and cooked until melty and delicious. Heaven.

**40** *Minutes to the Table*

**20** *Minutes Hands On*

**1 Whisk** *Super Easy*

## Getting Organized

### EQUIPMENT

Large Oven-Safe  
Skillet or Dutch  
Oven  
Baking Sheet

### FROM YOUR

### PANTRY

Olive Oil  
Salt & Pepper

### 5 MEEZ CONTAINERS

Corn, Bean &  
Tomato Salsa  
Tex-Mex Sauce  
Mexican Cheese  
Gnocchi  
Poblano Peppers

## Add Protein Cooking Instructions

**Integrate into recipe:** Prior to step 4, cook the protein (per instructions below) and then slice into strips (*flake the salmon, leave shrimp whole*) and serve alongside the gnocchi when it is finished.

**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, 31g Protein, 26g Fat, 29 Smart Points.

**Lighten Up snapshot per serving** – 655 Calories, 20g Protein, 14g Fat, 21 Smart Points using ½ the cheese, sauce, and salsa.

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



INGREDIENTS: Gnocchi, Tomatoes, Poblano Peppers, Corn, Black Beans, Chihuahua Cheese, Monterey Jack Cheese, Cilantro, Cumin Coriander, Oregano, Chipotles in Adobo.

*meez* meals

### 1. Getting Organized

Preheat your oven to 400 degrees.

### 2. Toast the Gnocchi

Place the **Gnocchi** on a baking sheet and toss with olive oil, salt and pepper. Bake until golden brown, about 16 to 18 minutes, stirring once after 10 minutes of cooking. Remove from the oven and set aside until step 4.

### 3. Cook the Vegetables

While the gnocchi is cooking, heat 2 Tbsp olive oil in a large oven-safe skillet (or Dutch Oven) over medium-high heat. Once the oil is hot, add the **Poblano Peppers** and cook until the edges are brown, about 6 to 8 minutes. Add the **Corn, Bean & Tomato Salsa** and the **Tex-Mex Sauce** and cook until the sauce starts to bubble, and salsa is warm, about one minute, then turn off the heat.

### 4. Finish the Bake

Stir in half the **Mexican Cheese** and add the toasted gnocchi when it comes out of the oven. (It is OK to let the dish sit if the gnocchi isn't ready yet.)

Mix well, then top with the remaining cheese. Bake until the cheese is melted and starts to brown, about 7 to 9 minutes.

Serve and enjoy!

Instructions for two servings.

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

## Rotini di Modena with Chicken & Spinach

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

**20** Minutes to the Table

**10** Minutes Hands On

**1 Whisk** Super Easy

### Getting Organized

#### EQUIPMENT

Saucepan  
Large Skillet

#### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

#### 6 MEEZ CONTAINERS

Rotini Pasta  
Chicken Breast  
Spinach  
Grape Tomatoes  
Balsamic Cream  
Goat Cheese

### Good To Know

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

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

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

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

**Lightened up snapshot** - 500 Calories, 9g Fat, 11 Smart Points with half the balsamic cream sauce.

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

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



**INGREDIENTS:** Free-Range Chicken Breast, Grape Tomatoes, Rotini Pasta, Spinach, Heavy Cream, Goat Cheese, Balsamic Vinegar, Brown Sugar, Concentrated Vegetable Stock, Garlic, Herbs

*meez* meals

### 1. Getting Organized

Put a saucepan of water on to boil.

### 2. Cook the Pasta

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

### 3. Prep the Chicken

While the pasta is cooking, pat the **Chicken Breast** dry with a towel. Place the chicken on a cutting board. Using a sharp knife, cut the chicken breast lengthwise into long strips, about 1/4" wide. Rotate the chicken breast 90 degrees and then cut across to create small, even cubes of chicken.

Once the chicken is cut, generously sprinkle with salt and pepper (we use 1/4 tsp salt and 1/4 tsp pepper, so use about half per side, or more if you like).

### 4. Cook the Chicken and Tomatoes

Heat 1 1/2 Tbsp olive oil in a large skillet over high heat. When the oil is hot, add the **Chicken Breast** and **Tomatoes**. Cook until the chicken is browned on one side, about 4 minutes, and then stir. Continue sautéing until chicken is fully cooked, about 3 to 4 more minutes. Add the **Balsamic Cream** and bring to a boil. Turn off the heat.

### 5. Put It All Together

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

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

Instructions for two servings.

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

# Ginger-Soy Aioli Rice Bowl

We're cooking up edamame, carrots and snow peas, and then tossing them with Himalayan red rice and our famous Ginger-Soy Aioli. It's a Japanese-style rice bowl your family will love.

**45** 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

### 5 MEEZ

### CONTAINERS

Himalayan  
Red Rice  
Edamame  
Mixed Sesame  
Seeds  
Vegetable Mix  
Ginger-Soy  
Aioli

## Add Protein Cooking 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 vegetables and rice 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 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 zucchini instead of the rice, reducing the **carbs per serving to 29g**. Skip steps 1 & 2. Prior to step 3, heat 1 Tbsp olive oil in a skillet over medium-high heat. When the oil is hot, add the zucchini and yellow squash and cook until the edges are brown, about 2 to 3 minutes. Remove from the skillet and set aside. Do not wipe out pan. In step 3, add the cooked veggies instead of rice.

**Health snapshot per serving** – 740 Calories, 41g Fat, 77g Carbs, 17g Protein, 20 Smart Points

**Lightened up health snapshot per serving** – 600 Calories, 33g Fat, 62g Carbs, and 15 Smart Points by using two-thirds of the rice AND the aioli.

SCAN QR CODE  
to view  
YouTube  
cooking video



INGREDIENTS: Edamame, Himalayan Red Rice, Carrots, Snow Peas, Mayonnaise, Bok Choy, Green Onions, Tamari, Sesame Seeds, Brown Sugar, Ginger, Garlic

*meez* meals

**1. Getting Organized**

Put a saucepan of water on to boil.

**2. Cook the Rice**

Add a generous pinch of salt to the boiling water and add the **Himalayan Red Rice**. Cook until the rice is fluffy, about 20 to 25 minutes, then drain and return to the pot. Cover and set aside for 5 minutes.

*We set the rice aside  
for 5 minutes after  
draining so the rice  
will steam.*

**3. Stir Fry the Vegetables**

While the rice is cooking, heat 1 Tbsp of olive oil in a large skillet over high heat. Add the **Edamame** and cook for 5 minutes, then add the **Vegetable Mix** and cook until the snow peas are bright green, 5 to 7 minutes.

Add the cooked rice to the pan and mix well, then remove from the heat. Add the of the **Ginger-Soy Aioli** and mix well. Serve topped with **Mixed Sesame Seeds** and enjoy!

*Love this recipe? #meezmagic*

Instructions for two servings.

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

# Shrimp and Chorizo Paella

A classic Spanish paella. Rice cooked in a flavorful broth of coriander, oregano and paprika, mixed up with sautéed broccoli, cauliflower, shrimp, and chorizo. It's a taste of Spain that's perfect on a chilly night.

**45** Minutes to the Table

**20** Minutes Hands On

**1 Whisk** Super Easy

## Getting Organized

### EQUIPMENT

Large Oven-Safe Skillet

### FROM YOUR PANTRY

Olive Oil

Salt & Pepper

### 6 MEEZ CONTAINERS

Chorizo

Shrimp

Broccoli & Cauliflower

Carrots, Onions &

Spices

Rice

Lime

## Make The Meal Your Own

If you ordered the **Carb Conscious version**, we sent you diced zucchini & squash instead of the white rice, reducing the **carbs per serving to 23g**. Prior to step 3., heat 1 Tbsp olive oil in a large skillet over high heat. Sauté the zucchini & squash until it starts to brown, about 2 to 3 minutes. Remove from the heat and set aside. Use in place of the rice in step 4 and DO NOT add the water and only cook in the oven for 10 to 15 minutes (checking on the level of the liquid periodically).

## Good To Know

**The trick to this dish** is to use a large skillet or frying pan that will be safe in the oven. The rice should fit in a thin layer so it can develop crusty bits on the bottom, which is our favorite part of paella.

**Don't have an oven-safe skillet?** Transfer the paella to a large casserole dish, instead.

**Health snapshot per serving** – 590 Calories, 41g Protein, 73g Carbs, 16g Fat, 16 Freestyle Points

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

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



INGREDIENTS: Shrimp, Chorizo Sausage, Broccoli, Cauliflower, White Rice, Carrot, Onion, Tomato, Parsley, Garlic, Chili Powder, Coriander, Oregano, Fennel, Black Pepper, Turmeric, Paprika, Chicken Stock, Lime.

*meez* meals



## 1. Getting Organized

Preheat your oven to 375.

## 2. Cook the Chorizo and Shrimp

Heat a large, oven-safe skillet over medium high heat. When the pan is hot, add the **Chorizo** and break it up with a wooden spoon or spatula. Cook until it starts to brown, continuing to break the pieces apart, about 4 to 5 minutes. Use a slotted spoon to remove the chorizo, but not the juices, from the skillet and set aside. Do not wipe out the skillet.

Dry and lightly salt & pepper the **Shrimp**. Add them to the now-empty skillet over medium high heat. Cook for a minute on each side until they are opaque and no longer grey in color. Transfer the shrimp to a cutting board, and allow to rest for five minutes, then cut each in half. Do not wipe out pan.

## 3. Sear the Broccoli & Cauliflower

Return the now-empty skillet to the stove over medium high heat and add the **Broccoli and Cauliflower**. Sauté until the vegetables are slightly soft and start to brown, about 4 to 5 minutes. (They will continue to cook in the oven) Remove from the skillet and set aside. Do not wipe out pan.

## 4. Prepare and Bake the Paella

Add the **Carrots, Onions & Spices** to the now-empty skillet over medium high heat and stir frequently until fragrant, about 2 minutes. Add the **Rice** and 2 cups of water, then bring to a boil. Add the seared broccoli & cauliflower and remove from the heat.

Cover and transfer the skillet to the oven and bake until the rice is tender and the water has been absorbed, about 30 minutes. Check the water level at 20 and 25 minutes. If it's been absorbed but the rice isn't fully cooked, add a little more water and continue cooking, uncovered, until the rice is tender. If the rice is tender but there is still liquid cook, uncovered, until it is absorbed.

## 5. Put It All Together

Remove from the oven, stir in the cooked chorizo and shrimp, cover, and let rest for 5 minutes. Transfer to serving bowls and squeeze the **Lime** over top. Be sure to include the crusty bits from the bottom of the pan. They are the key to a traditional paella. Enjoy!

*If you don't have an oven safe skillet with a lid you can use a baking sheet or foil to cover the pan.*

*Resist the urge to stir the paella. Let it cook undisturbed.*

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 Whisk** 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

**Integrate into recipe:** Prior to step 4, cook the protein (per instructions below) and serve alongside the soup when it is finished.

**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 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.

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



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**