

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.

Chicken Quesadillas with Green Enchilada Sauce

30 Min
to Table

20 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Preheat oven to 400.

From Your Pantry

You'll need olive oil, salt and pepper

Quick Tips



Shrimp and Gruyere Mac-n-Cheese

30 Min
to Table

20 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Put a saucepan of water on to boil and pre heat oven to 350.

From Your Pantry

You'll need olive oil, butter, milk, salt & pepper

Nut-Crusted Salmon with Roasted Zucchini

25 Min
to Table

15 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

Lemon-Chai Brussels Sprouts Over Pearl Couscous

20 Min
to Table

10 Min
Hands
On

1 Whisk
Super
Easy

Omnivore Option

Halibut tastes great with this recipe.

Getting Started

Preheat your oven to 400 and boil some water.

Polenta Lasagna with Zucchini and Herby Ricotta

35 Min to Table	25 Min Hands On	2 Whisks Super Easy
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Getting Started

Preheat your oven to 425.

From Your Pantry

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

Steak Vesuvio

25 Min to Table	35 Min Hands On	1 Whisk Easy
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Getting Started

Preheat your oven to 425.

From Your Pantry

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

Farmers Market Soup

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

Toast your Fresh Roll.

From Your Pantry

You'll need olive oil, salt and pepper

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

Vegetarian Bi Bim Bap

40 Min to Table	30 Min Hands On	2 Whisks Easy
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Meal Tip

Add the Gochujang to get your spicy just right.

Getting Started

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

From Your Pantry

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

Pulled Pork Birria Tacos

25 Min to Table	20 Min Hands On	2 Whisks Easy
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Meal Tip

You may need to cook the tacos in batches.

Getting Started

Bring the Birria Sauce to a boil

Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmndd daily)	
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		34					22		
Sweet Asian BBQ Chicken	660	51	7	103	4	950	69	19	107% Vitamin B6	20% Vitamin C
Nut-Crusted Salmon with Roasted Zucchini	430	38	26	12	4	74		4	49% Vitamin A	41% Vitamin C
Shrimp & Gruyere Mac-n-Cheese	660	55	28	45	3	802	3	19	212% Vitamin A	92% Calcium
(use 2/3's of the cheese)	550		19					15		
Vegetarian Bi Bim Bop	410	23	14	51	8	636		12	221% Vitamin A	61% Vitamin C
Chicken Quesadillas with Green Enchilada Sauce	980	71	35	93 CC 38	9	1530	10	30	42% Calcium	44% Iron
(use 1/2 the tortillas and cheese)	680		24					14		
Lemon-Chai Brussels Sprouts Over Pearl Couscous	865	19	7	44	10	518	7	29	34% Vitamin A	41% Folate
(½ cheese, nuts and vinaigrette)	515		37					17		

Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmndd daily)	
Pulled Pork Birria Tacos	970	64	53	63 CC 39	13	1000	13	29	80% Calcium	50% Vitamin A
(use 2 tortillas, 2/3 of the cheese & salsa)	730		37					21		
Polenta Lasagna with Zucchini and Herby Ricotta	590	22	37	49	6	1910	13	20	90% Iron	45% Calcium
Steak Vesuvio	720	46	43	41 CC 30	9	620		22	36% Calcium	162 % Vitamin A
(Use 1/2 the cheese and butter)	550		39					15		
Farmers Market Soup	430	18	4	86 CC 38	7	60	16	10	24% Potassium	14% Iron
Add a Protein All-Natural Chicken Breast	220	41	5	0	0	85	0	3	90% Vitamin B6	4% Iron
Add a 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)	
Tiramisu for Two	290	5	15	35	1	40	29		6% Calcium	2% Iron
Flourless Chocolate Cake	370	5	16	32	2	130	18	18	20% Iron	10% Vitamin A
Honduran Chocolate Brownies (Gluten-Free)	340	4	18	42	3	140	31	16	4% Vitamin C	15% 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.

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.

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

Sweet Asian BBQ Chicken

Our test kitchen couldn't get enough of this sweet Asian BBQ sauce. With mae ploy sauce, tamari, honey and ginger, it's addictive. We're serving it with all-natural chicken breast, fresh green beans, and served over Yaki Soba Noodles. Yum!

20 Minutes to the Table

20 Minutes Hands On

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet
Saucepan

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Yaki Soba Noodles
Green Beans
Chicken Breasts
Sweet Asian BBQ Sauce
Herbs & Sesame Seeds

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 – 660 Calories, 7g Fat, 103g Carbs, 51g Protein and 19 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: Chicken, Green Beans, Yaki Soba Noodles, Mae Ploy, Brown Sugar, Tamari, Honey, Green Cilantro, Onion, Ginger, Garlic, Sesame Seed, Basil, Crushed Red Pepper

meez meals

1. Cook the Noodles

Bring a large saucepan of water to boil. Add the **Yaki Soba Noodles** to the boiling water with a few pinches of salt and cook until al dente, about 3 minutes. Drain the noodles and set aside until step 4.

2. Char the Green Beans

Heat 1 Tbsp olive oil in a large skillet over high heat. When the oil is hot, add the **Green Beans** in a single layer with a sprinkle of salt and pepper. Cook, undisturbed until they start to char, about 2 to 3 minutes. Stir and cook for an additional 1 to 2 minutes. Remove from the skillet and transfer to serving plates. Wipe out the skillet.

3. Cook the Chicken

Return the now empty skillet to the stove over medium high heat and add 1½ Tbsp of olive oil. 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 to 5 minutes. Flip and add the **Sweet Asian BBQ Sauce**. Cook until the sauce thickens enough to coat the back of a spoon, about 5 additional minutes. While it cooks, spoon the sauce on top of the chicken consistently so it does not burn.

4. Put It All Together

Place the noodles next to the green beans on serving plates. Top the noodles with the chicken and drizzle a bit of sauce from the pan over top. Sprinkle the entire dish with the **Herbs & Sesame Seeds**. Enjoy!

Nut-Crusted Salmon with Roasted Zucchini

You won't believe how easy this sophisticated dinner is to prepare. We're putting a carb-conscious spin on baked salmon by topping it with a delicious nut and cauliflower crust and just the right amount of pecorino. Served on top of roasted zucchini and finished with lemon chive dressing. It's simple, sophisticated and naturally low in calories.

25 *Minutes to the Table*

15 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Baking Sheet

FROM YOUR PANTRY

Olive Oil

Salt & Pepper

5 MEEZ CONTAINERS

Cauliflower & Nuts

Salmon

Cream Sauce

Zucchini

Lemon Chive Dressing

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 – 430 Calories, 26g Fat, 12g Carbs, 38g Protein and 4 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, Zucchini, Cauliflower, Almond, Walnut, Pecorino Romano, Mayonnaise, Buttermilk, Garlic, Chive, Lemon, Onion, Black Pepper

meez meals

1. Getting Organized

Preheat oven to 400.

2. Prepare the Salmon

Spread the **Cauliflower & Nuts** evenly on a large plate.

Coat one side of the **Salmon** with a thick $\frac{1}{4}$ " to $\frac{1}{2}$ " layer of the white **Cream Sauce** (the slightly thicker one without the visible green chives).

Put the salmon onto the cauliflower & nuts, cream-side-down. Press down to make sure the crust adheres to the cream, then flip and press the non-cream side into the cauliflower & nuts to create the crust on both sides. Place onto a baking sheet with the cream side up, repeating with each salmon filet.

Leave room on the baking sheet for the zucchini which will get added in step 3, after the salmon is partially cooked.

3. Cook the Zucchini and Salmon

Bake the salmon for 8 minutes, then add the **Zucchini** to the baking sheet next to the salmon and drizzle it with olive oil, salt and pepper. Return the salmon and zucchini to the oven and bake until the cauliflower nut crust is golden brown, and the zucchini just starts to sear, about 4 to 5 additional minutes.

4. Putting It All Together

Serve the salmon on top of the zucchini and drizzle everything with the **Lemon Chive Dressing**. Enjoy!

It is important that you create a nice thick layer of cream sauce on the top of the salmon to get the full flavor of the dish.

Love this recipe? #meezmagic

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

Shrimp & Gruyere Mac-n-Cheese

Definitely not your mother's Mac & Cheese. We've cooked up a recipe that's healthier and more delicious than the American classic. It all starts with a creamy gruyere and white cheddar cheese sauce that's a perfect complement to sautéed shrimp, kale and tri-colored rotini. Topped with crunchy breadcrumbs, it's a speedy dinner that tastes out of this world.

30 Minutes to the Table

20 Minutes Hands On

1 Whisks *Super Easy*

Getting Organized

EQUIPMENT

Large Saucepan
Casserole Dish

FROM YOUR PANTRY

Olive Oil
Salt & Pepper
Butter (½ Tbsp per serving)
Milk (1/8 cup per serving)

5 MEEZ CONTAINERS

Tri-Colored Rotini
Kale
Shrimp
Cheese & Spices
Breadcrumbs

Good to Know

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

Health snapshot per serving – 660 Calories, 55g Protein, 28g Fat, 19 Smart Points

Lighten Up snap shot per serving – 550 Calories, 47g Protein, 19g Fat, 15 Smart Points using 2/3 of the cheese.

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

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to view YouTube
cooking video**



INGREDIENTS: Shrimp, Kale, Rotini, Gruyere, Cheddar, Parmesan, Panko Breadcrumbs, Garlic, Onion, Black Pepper, Paprika

meez meals

1. Getting Organized

Pre heat oven to 350 and put a saucepan of water, with a pinch of salt, to boil.

2. Cook the Pasta and Kale

Add the **Tri-Colored Rotini** to the boiling water. Cook for 5 minutes then add the **Kale** to the boiling water and continue cooking until the pasta is al dente, about 3 to 4 additional minutes. When done, drain both the rotini and kale well and set aside.

3. Sauté the Shrimp

Pat the **Shrimp** dry with a paper towel and cut each piece in half. Lightly salt and pepper.

Wipe out the saucepan used to cook the pasta and kale and heat 1 Tbsp olive oil and 1 Tbsp butter over high heat. When the butter has melted add the shrimp and cook for a minute on each side until they are opaque and no longer grey in color. Remove the shrimp from saucepan and set aside with rotini and kale. Don't wipe out the saucepan.

4. Create the Cheese Sauce and Combine

Turn the heat to low and add ¼ cup of milk and half of the **Cheese & Spices** and stir until the cheese melts. Add the cooked rotini, kale, and shrimp and mix well, then remove from the heat.

5. Bake & Serve

Transfer the contents of the saucepan to an oven-safe casserole dish. Top with the remaining cheese and then the **Breadcrumbs**. Bake until the breadcrumbs are just starting to brown, about 8 to 10 minutes, then turn the oven to broil and cook (watching them the entire time so they don't burn) until the top is golden brown, and the breadcrumbs appear crunchy, about 1 to 2 more minutes.

Remove from the oven and let rest for at least 5 minutes. Enjoy!

*After plating
the mac-n-
cheese, spoon
any extra
cheese sauce
at the bottom
of the
casserole dish
on top.*

Instructions for two servings.

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

Vegetarian Bi Bim Bap

Fresh from your own kitchen, “Bee-Bim-Bop”, which means “mix-mix rice” is a classic Korean dish. We have created a vegetarian version with tofu, jasmine rice, spinach, mushrooms, beets, and parsnips. Get ready for some fun!

40 Minutes to the Table

30 Minutes Hands On

2 Whisk Easy

Getting Organized

EQUIPMENT

Large Skillet
Small Skillet
(optional)
Baking Sheet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper
Egg (1 per serving)

7 MEEZ CONTAINERS

Jasmine Rice
Tofu
Spinach
Mushrooms
Beets & Parsnips
Bibimbap Sauce
Gochujang

Make The Meal Your Own

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 on top the Bi Bim Bop with the vegetables.

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

Traditional Bibimbap is finished with a sunny-side-up egg with a runny yolk. This is a delicious part of the dish, but women who are pregnant and others may want to cook their eggs until the yolk is cooked.

Health snapshot per serving – 410 Calories, 14g Fat, 23g Protein, 51g Carbs, 12 Smart Points

Gluten Free? You received Sriracha sauce because the Gochujang contains wheat.

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YouTube cooking video**



INGREDIENTS: Organic Tofu, Jasmine Rice, Mushroom, Spinach, Beets, Parsnips, Tamari, Mirin, Garlic, Ginger, Gochujang, Sesame Seed, Sesame Oil

meez meals

1. **Get Organized**

Bring water to a boil in a large saucepan. Preheat oven to 425.

2. **Cook the Rice**

Add the **Jasmine Rice** to the boiling water with a pinch of salt and boil uncovered until desired texture, about 12 to 15 minutes. Remove from heat, drain, return rice to pot and set aside.

3. **Cook Veggies and Mushrooms**

While the rice is cooking, arrange the **Beets and Parsnips** in a flat layer on a baking sheet. Also place the **Mushrooms** on the same baking sheet, keeping the mushrooms separate from the beets and parsnips. Drizzle all very lightly with olive oil & lightly salt. Bake for 5-6 minutes, stirring the veggies and the mushrooms half-way through (but not mixing them together). Cook for another 5- minutes until veggies are slightly brown and crispy.

4. **Cook the Tofu and Spinach**

After the veggies and mushrooms are done cooking, heat 1 Tbsp of oil in a skillet over medium high heat. When the skillet is very hot, add the **Tofu**. Cook for 2-3 minutes, remove the tofu from the pan, and set aside.

In the now empty skillet, add the **Spinach**, sauté for 1-2 minutes until wilted, and set aside.

5. **Arrange the Bibimbap Bowl**

In a medium sized bowl, place half the rice at the bottom and arrange half the beets and parsnips, mushrooms, spinach, and tofu clockwise around the bowl (leaving a space in the middle for the egg). Drizzle all the components with **Bibimbap Sauce** (thinner brown sauce) and repeat for each serving.

6. **Make the Egg and Enjoy!**

Crack one egg in the skillet over medium-high heat and cook until the white is opaque and the yolk has set, about 1 to 2 minutes. Salt and pepper to taste and place in the center of the Bibimbap bowl. Repeat with one egg for each serving.

Serve the spicy **Gochujang** (thicker red sauce) on the side to use as desired.

Use enough water to cover rice completely.

Keep the mushrooms and veggies separate from each other.

Each family member can mix the delicious Gochujang in to their dish depending on how much they enjoy spicy food.

Instructions for two servings.

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

Chicken Quesadillas with Green Enchilada Sauce

Our chicken quesadillas are loaded with black beans, corn and Chihuahua cheese for filling meal that's magic with our mild, creamy, green enchilada sauce. It's a speedy dinner the whole family will love.

30 Minutes to the Table

20 Minutes Hands On

1 Whisks Super Easy

Getting Organized

EQUIPMENT

Baking Sheet
Large Skillet
Mixing Bowl

FROM YOUR PANTRY

Olive Oil
Salt/pepper

MEEZ CONTAINERS

Chicken Breast
Green Enchilada
Sauce
Flour Tortillas
Mexican Cheese
Bean, Corn &
Tomatoes

Good to Know

If you ordered the **carb conscious version**, we sent cauliflower "rice" instead of the tortillas, reducing the **carbs per serving to 38g**. Prior to step 3, heat 1 Tbsp olive oil in a large skillet over high heat. When the oil is hot, add the cauliflower "rice" and cook until it starts to brown, about 2 to 3 minutes. Transfer the cooked cauliflower directly serving bowls. Spray or brush an oven-safe casserole dish with oil and layer the coated chicken, bean, corn & tomatoes and Mexican cheese in the dish. Bake for 10 to 12 minutes until the cheese is melted and ingredients are hot. Transfer to the serving bowls with the cauliflower "rice" and top with the remaining green enchilada sauce. Enjoy your Mexican Chicken Cauliflower "Rice" Bowl!

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

Health Snapshot per Serving 980 Calories, 71g Protein, 35g Fat, 93g Carbs, 30 Freestyle Points

Lightened Up Health Snapshot per Serving 680 Calories, 24g Fat, 58g Carbs, and 14 Freestyle Points, using half the tortillas and half the cheese.

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INGREDIENTS Chicken Breast, Flour Tortillas, Yellow Onion, Red Onion, Tomatoes, Black Beans, Corn, Chihuahua Cheese, Monterey Jack, Green Enchilada Sauce, Garlic, Sour Cream, Cilantro, Parsley, Sugar, Lime, Cumin, Kosher Salt, Black Pepper, Coriander, Oregano.

meez meals

1. Get Organized

Preheat your oven to 400.

2. Cook the Chicken

Pat dry the **Chicken Breast** 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 1 Tbsp olive oil in a large skillet over medium-high heat. When the oil is hot, add the chicken and cook until the bottom is crisp and brown, about 3 to 4 minutes. Turn the chicken and cook for another 3 to 4 minutes, until the other side is brown as well.

Transfer the chicken to a cutting board and let rest for 5 minutes. Once the chicken has rested, hold the chicken in place with one fork and use a second fork to shred the chicken (into pieces typical of the size used in chicken soup). Combine the shredded chicken with half the **Green Enchilada Sauce** in a mixing bowl and stir until the chicken is well coated. Set aside.

3. Build and Bake the Quesadilla

Spray or brush a large baking sheet with olive oil. Take one **Flour 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. Drain any liquid from the **Bean, Corn & Tomatoes** package.

Sprinkle one-quarter of the **Mexican Cheese** on half of the first tortilla, then spread half of the Bean, Corn, & Tomatoes over the cheese, followed by half the shredded chicken and sauce. Sprinkle another one-quarter of the cheese on top, fold the tortilla over, and press down to keep it closed. Repeat for the second tortilla.

Bake until the quesadillas top is golden brown, about 6 to 8 minutes. Flip and cook until the other side is also brown, another 3 to 5 minutes. Remove from the oven.

4. Put It All Together

Top with the remaining enchilada sauce and enjoy!

Instructions for two servings.

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

Lemon Chai Brussels Sprouts Over Pearl Couscous

We crave the sunny flavors of the Mediterranean this time of year. One bite of this gem, and we were transported. The magic comes from lemon-chai vinaigrette, which has a depth of flavor that pairs perfectly with crispy Brussels sprouts. We're serving it over pearl couscous with feta and walnuts.

20 Minutes to the Table

10 Minutes Hands On

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Rimmed
Baking Sheet
Saucepan

FROM YOUR

PANTRY

Olive Oil
Salt & Pepper

5 MEEZ

CONTAINERS

Brussels Sprouts
Couscous
Lemon Chai
Vinaigrette
Feta Cheese
Walnuts

Make The Meal Your Own

Integrate into recipe: While the brussels sprouts are roasting in step 2, cook the protein (per instructions below) and then slice into strips (*shred the chicken, flake the salmon, leave shrimp whole*) and serve on top of the couscous before topping with the Feta and Walnuts.

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

This meal is low in carbs but to turn it into a fully **Carb Conscious version with only 24g of carbs per serving**, use half the couscous. **If you're making the vegan version**, we're skipping the feta. Add an extra pinch of salt. **If you're making the gluten-free version**, bring 2.5 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 blooms and most of the liquid is absorbed. Fluff it up and let it sit covered for 5 minutes more.

Health snapshot per serving – 865 Calories, 19g Protein, 10g Fiber, 44g Carbs, 29 Smart Points

Lightened up snapshot – 515 Calories, 37g Fat and 17 Smart Points with ½ the cheese, nuts and vinaigrette.

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cooking video



INGREDIENTS: Brussels Sprouts, Couscous, Feta Cheese, Vegetable Oil, Walnuts, Lemon, Green Onions, Brown Sugar, Garlic, Herbs & Spices

meez meals

1. **Get Organized**

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

2. **Roast the Brussels Sprouts**

Put the **Brussels Sprouts** on to a rimmed baking sheet and drizzle with olive oil, salt and pepper. Toss well, then arrange in a single layer and bake until brown and crispy, 12 to 15 minutes.

3. **Cook the Couscous**

While the sprouts are cooking, salt your boiling water generously and add the **Couscous**. Cook until al dente, 5 to 10 minutes. Drain, return to the saucepan and set aside until the sprouts are done cooking.

4. **Put It All Together**

When the sprouts are done, add them to the saucepan with the couscous and stir in the **Lemon-Chai Vinaigrette**. Heat over medium until warm throughout, about 2 minutes.

Top with the **Feta Cheese** and **Walnuts** and enjoy!

Love this recipe? #meezmagic

Instructions for two servings.

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

Pulled Pork Birria Tacos

Everywhere we go people are talking about Birria Tacos. Imagine tender, slightly sweet, savory, super delicious Mexican pulled pork served in a freshly marinated corn tortilla and lots of melty cheese. It's messy and totally addictive. We're serving our version with a jicama salsa for a 30-minute fan-favorite dinner.

25 *Minutes to the Table*

20 *Minutes Hands On*

2 Whisks *Easy*

Getting Organized

EQUIPMENT

Large Saucepan
Large Skillet
Tongs

6 MEEZ CONTAINERS

Birria Sauce
Pulled Pork
Corn Tortillas
Cheese & Cilantro
Lime
Jicama Salsa

Good To Know

If you ordered the **Carb Conscious version** we sent you Romaine Lettuce instead of tortillas, lowering the **carbs per serving to 38g**. Skip step 2 and top the chopped romaine lettuce with the pulled pork, cheese, and the jicama salad.

Health snapshot per serving – 900 calories, 58g Protein, 54g Fat, 62g Carbs, 28 Freestyle Points using half the cheese and half the sauce.

Lightened Up Health snapshot per serving –680 calories, 39g Fat, 49g Carbs, 20 Freestyle Points by using 2 tortillas per serving, two-thirds of the cheese & cilantro and two-thirds of the jicama salsa.

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

INGREDIENTS: Corn Tortilla, Pulled Pork, Red Peppers, Jicama, Tomato, Red Onion, Radish, Chihuahua, Monterey Jack, Queso Fresco, Sour Cream, Jicama, Ancho Chiles, Cilantro, Garlic, Apple Cider Vinegar, Chipotles in Adobo, Vegetable Oil, Beef Au Jus, Lime.

meez *meals*

1. Prepare the Sauce and Tortillas

Bring the **Birria Sauce** to a boil in a large saucepan over high heat. Once boiling, lower the heat to medium-low.

Using tongs, dip each of the **Corn Tortilla** into the sauce and coat both sides evenly. Set aside on a plate until step 2.

Add the **Pulled Pork** to the saucepan, cover and cook on a low boil until the pork begins to fall apart, about 7 to 8 minutes.

2. Make the Tacos

Heat a large skillet over medium-high heat. Lay the coated tortillas flat in the hot skillet (you may need to work in batches.)

Cook until one side begins to crisp, about one minute. Flip the tortillas and add a single layer of **Cheese & Cilantro**, edge-to-edge, to each. Cook until the cheese begins to melt.

Use the tongs to place the pulled pork (letting any excess sauce drip off) so that you cover half of the tortilla. Fold the tortilla over the meat forming a taco and cook until the bottom of shell is crispy, about 30 seconds. Flip the taco over to crisp the other side and completely melt the cheese, about 30 seconds longer. Transfer directly to serving plates. Repeat for each taco.

3. Put it All Together

Squeeze the **Lime** over the **Jicama Salsa** and serve alongside the tacos. Enjoy!

You may need to cook the tacos in batches. The key is not to crowd them.

If you have some birria sauce remaining in the saucepan, transfer it to a bowl and use it for dipping the tacos into.

Instructions for two servings.

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

Steak Vesuvio

Vesuvio is a Chicago classic. We're serving it up with a Meez twist using steak smothered in lemon-butter sauce with Italian spices, roasted carrots and cheesy smashed potatoes. It's a restaurant-worthy dinner that's on your table in a flash.

35 Minutes to the Table

25 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Baking Sheet
Large Skillet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper
Butter (1 Tbsp/svg.)

MEEZ CONTAINERS

Red Potatoes
Carrots
Cheesy Sour Cream
Steak
Lemon
Seasoned Onions &
Capers

Good To Know

If you ordered the **Carb Conscious version**, we sent cauliflower instead of the red potatoes, reducing the **carbs per serving to 30g**. In Step 2, Roast the Carrots for 10 minutes, then, while you are turning the baking sheet, add the cauliflower with oil and pepper. Roast until fork tender, an additional 15 minutes. Use the roasted cauliflower in place of the potatoes at the end of step 2.

Health snapshot per serving 720 Calories, 46g Protein, 41g Carbs, 43g Fat, 22 Freestyle Points

Lightened-up health snapshot per serving: 550 Calories, 39g Carbs, 27g Fat, 15 Freestyle Points by using half the cheese and half the butter

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, Red Potatoes, Carrots, Sour Cream, Gouda, White Cheddar, Butter, Yellow Onion, Garlic, Capers, Basil, Parsley, Chives, Savory, Oregano, Lemon, Black Pepper

meez meals

1. Get Organized

Preheat the oven to 425 degrees. Spray or brush a baking sheet with olive oil.

2. Roast the Carrots and Potatoes

Cut the **Red Potatoes** in half and place, cut-side-down on the oiled baking sheet. Group them on one half of the baking sheet, then arrange the **Carrots** on the other half. (If they don't fit in a single layer, use a second sheet). Lightly drizzle everything with a little olive oil, salt and pepper.

Roast the vegetables until the carrots are a deep, charred color and the potatoes are soft and brown, about 25 minutes, rotating the sheet halfway through cooking and stirring the carrots.

Remove from the oven and then immediately use the flat bottom of a measuring cup or pot to squash the potatoes to about ½" to ¾" thickness while they are still on the baking sheet. Top with the **Cheesy Sour Cream**, then set aside until step 5.

3. Cook the Steak

When the potatoes are about half-way through baking, heat 1 Tbsp olive oil a skillet over high heat. While the oil is heating, pat the **Steak** dry with a towel and season generously with salt and pepper (we recommend ½ tsp of each). When the oil is hot, add the steaks. Cook until the bottoms brown & sides start to color, about 3 minutes. Flip and continue cooking for 3 minutes if you like 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 ½" strips. Wipe out the skillet.

4. Make the Vesuvio Sauce

While the steaks are resting, return the now-empty skillet to the stove over low heat. Slice the **Lemon** in half and place in the skillet, cut side down and add 2 Tbsp of butter. Once the butter has melted, add the **Seasoned Onions & Capers** and cook, stirring continuously, until the onions become translucent, about 2 to 3 minutes.

5. Put It All Together

Top the sliced steak with the Vesuvio sauce and a squeeze of lemon. Serve alongside the smashed potatoes and Carrots. Enjoy!

*It is important
the potatoes
are right out
of the oven
when you
smash and top
them. You
need the heat
to melt the
cheese.*

*Cook on low
heat so the
garlic won't
burn and
become
bitter.*

Instructions for two servings.

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

Polenta Lasagna with Zucchini & Herby Ricotta

We're bringing two of Italy's favorites together in this cozy dinner. With creamy polenta in place of noodles, plenty of sautéed veggies, and a delicate marina, this dinner is a winner.

35 Minutes to the Table

25 Minutes Hands On

2 Whisk Easy

Getting Organized

EQUIPMENT

Large Skillet
Medium Saucepan
Casserole Dish

FROM YOUR PANTRY

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

5 MEEZ CONTAINERS

Zucchini, Tomato &
Onion
Polenta
Herby Ricotta Sauce
Shredded Italian
Cheeses
Marinara Sauce

Add Protein Cooking Instructions

Integrate into recipe: While the lasagna is in the oven in step 4, cook the protein (per instructions below) and serve alongside the lasagna.

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 – 590 Calories, 22g Protein, 37g Fat, 49g Carbs, 20 Freestyle Points

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

INGREDIENTS: Tomato, Zucchini, Polenta, Cream, Yellow Onion, Yellow Pepper, Ricotta, Mozzarella, Provolone, Red Onion, Pecorino Romano, Basil, Parmesan, Kosher Salt, Olive Oil, Sugar, Tomato Paste, Oregano, Black Pepper, Fennel

meez meals

1. Getting Started

Preheat your oven to 425 degrees. Spray or lightly brush a large casserole dish with oil.

2. Sauté the Veggies

Heat 1 Tbsp olive oil in a large skillet over medium-high heat. Add the **Zucchini, Tomato & Onion** and cook until the zucchini starts to char, about 5 to 6 minutes. Remove from the heat and set aside.

3. Cook the Polenta

Add 1¾ cups water to a saucepan and bring to a boil. Slowly whisk the **Polenta** into the boiling water and continue whisking the mixture until there are no clumps, about 1 minute. Reduce the heat to medium and add 2 Tbsp butter and a sprinkle of salt & pepper. Stir until the butter melts and remove from the heat.

4. Bake the Lasagna

Spread half of the cooked polenta in an even layer on the bottom of your casserole dish. Spread half of the **Herby Ricotta Sauce** (the liquid sauce that is white) over the polenta, then all of the sautéed veggies. Top with the remaining polenta, remaining herby ricotta sauce, and finally the **Shredded Italian Cheeses**. Bake until the cheese starts to brown, about 15 minutes. Remove from the oven and let rest for at least 5 minutes.

5. Put it all Together

While the lasagna is baking, wipe out the now-empty saucepan and return to the stove over medium heat. Add the **Marinara Sauce** and cook until it begins to bubble, then lower the heat to low and simmer until the lasagna is ready to serve. Top the lasagna with a generous helping of marinara and enjoy!

We recommend an 8x8 or similar sized casserole dish.

You may have heard polenta takes hours to cook. We're using a quick-cook version this week.

Instructions for two servings.

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

Farmers Market Soup

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

25 Minutes to the Table

25 Minutes Hands On

1 Whisk Super-Easy

Getting Organized

EQUIPMENT

Large Saucepan

FROM YOUR PANTRY

Olive Oil

Salt and Pepper

6 MEEZ CONTAINERS

Fresh Roll

Green Beans

Mire Poix

Grape Tomatoes

Vegetable Broth

Zucchini & Squash

Add Protein Instructions

Integrate into recipe: Prior to step 2, cook the protein (per instructions below) and then slice into strips (*flake the salmon, leave shrimp whole*) and stir into the soup in Step 4.

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

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

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

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

Good to Know

If you ordered the **Carb Conscious version** we sent you Tri-Color Chips instead of the Fresh Roll, reducing the **carbs per serving to 37g**.

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

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

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

meezmeals

1. Toast the Bread

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

2. Cook the Veggies

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

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

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

3. Finish the Soup Broth

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

4. Put It All Together

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

Instructions for two servings.

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