

*Mexican Shrimp with
Zucchini and Orzo*

70 Min to Table	10 Min Hands On	1 Whisk Super Easy
---------------------------	------------------------------	---------------------------------

Getting Started Pat the shrimp dry and heat olive oil in a large saucepan.

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

*Chicken Bacon
Focaccia Club*

20 Min to Table	20 Min Hands On	1 Whisk Super Easy
---------------------------	------------------------------	---------------------------------

Getting Started Crisp the Bacon.

From Your Pantry You'll need a little oil, salt and pepper.

Quick Tips



Honey-Glazed Salmon

30 Min to Table	20 Min Hands On	1 Whisk Super Easy
---------------------------	------------------------------	---------------------------------

Getting Started Preheat your oven to 425.

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

*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!

*Smoky Creole Bean
Jambalaya & Cornbread*

40 Min to Table	15 Min Hands On	1 Whisk Super Easy
---------------------------	------------------------------	---------------------------------

Getting Started Preheat your oven to 425.

From Your Pantry You'll need olive oil, butter, salt & pepper

Banana Pepper Tilapia with Jamaican Rice

30 Min to Table	30 Min Hands On	1 Whisk Super Easy
---------------------------	------------------------------	---------------------------------

Getting Started Put a saucepan of water onto boil.

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

Vietnamese Shaky Beef with Crispy Rice

20 Min to Table	20 Min Hands On	2 Whisks Super Easy
---------------------------	------------------------------	----------------------------------

Getting Started Bring a saucepan of water to a boil.

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

Meatball Döner Kebab

30 Min to Table	20 Min Hands On	1 Whisk Super Easy
---------------------------	------------------------------	---------------------------------

Getting Started Mix the veggies with the garlic crema.

From Your Pantry You'll need olive oil, salt & pepper

French Onion Soup

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 flour, olive oil, salt and pepper.

Caramelized Butternut Squash Rotini

30 Min to Table	20 Min Hands On	1 Whisk Super Easy
---------------------------	------------------------------	---------------------------------

Getting Started Bring a large pot of water onto boil and preheat oven to 400.

From Your Pantry You'll need butter, olive oil, salt & pepper

Quatre Fromages Brussels Sprouts Gratin

35 Min to Table	25 Min Hands On	1 Whisk Super Easy
---------------------------	------------------------------	---------------------------------

Getting Started Preheat your oven to 425.

From Your Pantry You'll need some olive oil.

Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmndd daily)	
Banana Pepper Tilapia with Jamaican Rice	600	49	9	83	11	270	10	10	150% Vitamin C	80% Vitamin A
Chicken Bacon Focaccia Club	730	68	34	41 CC 31	4	1030	16	16	40% Vitamin C	20% Iron
(use 1/2 the focaccia & 1/2 the dressing)	590		27					11		
Honey-Glazed Salmon	560	39	23	50 CC 40	8	121		12	52% Vitamin C	14% Vitamin A
Smoky Creole Bean Jambalaya & Cornbread	770	24	19	128	11	1360	8	19	60% Vitmain C	40% Iron
(use 1/2 the cornbread & 1/2 sour cream topper)	610		10					14		
Meatball Döner Kebab	890	29	41	105	9	1820	30	30	38% Vitamin C	50% Vitamin B12
(use 1/2 the tortilla & potatoes, and 3/4 of the dressing)	680		35					23		
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		
Mexican Shrimp with Zucchini and Orzo	410	37	6	54 CC 31	7	2391		6	49% Vitamin A	43% Vitamin C

Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmndd daily)	
Caramelized Butternut Squash Rotini	590	25	21	80 CC 31	8	520	9	16	40% Calcium	120% Vitamin A
Quatre Fromages Brussels Sprouts Gratin	910	27	74	45	10	1370	26	34	45% Calcium	130% Vitamin C
(use 2/3 sauce & cheese)	720		57					26		
Vietnamese Shaky Beef with Crispy Rice	650	41	11	97	6	2500	15	20	36% Iron	63% Vitamin B12
French Onion Soup	280	19	13	24	6	369	12	6	112% Vitamin C	54% Calcium
Add a Protein									90% Vitamin B6	4% Iron
All-Natural Chicken Breast	220	41	5	0	0	85	0	3		
Add a Pretein									10% Iron	10% Potassium
Bistro Chateau Steak	220	30	10	0	0	75	0	5		
Add a Protein									60% Vitamin B6	15% Potassium
Norwegian Salmon	220	35	0	0	0	130	0	4		
Add a Protein									8% Potassium	4% iron
Premium Shrimp	120	28	0.5	0	0	170	0	1		

Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmndd daily)	
Oreo Mousse Pie	760	8	49	78	3	390	52		6% Calcium	6% Iron
Belgian Chocolate Vegan Brownies	420	6	20	62	4	300			10% Iron	
THE Carrot Cake	540	6	34	49	2	440	36	13	6% Vitamin C	6% Calcium
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.

Banana Pepper Tilapia with Jamaican Rice

This recipe is infused with island flavors, starting with classic rice and beans and a mildly spicy, tropical Banana Pepper Salsa, and then finished with a mango crema. Paired with seared tilapia, it's a fun and delicious dinner.

30 *Minutes to the Table*

30 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Medium Saucepan
Large Skillet
Colander

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Red & Brown Rice
Sweet Potatoes
Jamaican Spiced Beans
Tilapia
Banana Pepper Salsa
Coconut Mango Crema

Good to Know

Health snapshot per serving – 600 Calories, 9g Fat, 49g Protein, 83g Carbs, and 10 Freestyle Points.

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

INGREDIENTS: Tilapia, Sweet Potatoes, Black Beans, Roasted Red Peppers, Tomatoes, Banana Peppers, Red Rice, Brown Rice, Zucchini, Yellow Bell Peppers, Coconut Milk, Red Onion, Sour Cream, Mango, Cajun Spice, Cilantro, Lime

meez *meals*

1. **Get Organized**

Bring a medium saucepan of water to a boil.

2. **Make the Jamaican Rice & Beans**

Add the **Red & Brown Rice** to the boiling water and cook until tender, about 20 to 25 minutes. Drain the rice and set aside in the colander. Wipe out the saucepan.

Heat 1 Tbsp olive oil in the now-empty rice saucepan over medium-high heat. When the oil is hot, add the **Sweet Potatoes** and cook until they start to brown and are fork tender, about 6 to 7 minutes. Stir in the **Jamaican Spiced Beans** and cook until the beans hot, about 1 to 2 additional minutes. Remove from the heat. Add back the cooked and drained rice and stir well. Cover and set aside until step 4.

3. **Cook the Tilapia**

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 **Tilapia** and cook until the bottom is brown and crispy, about 3 to 4 minutes. Flip, and cook until the other side until it is also browned, about 3 additional minutes. Remove from the heat and let rest for 5 minutes.

4. **Heat the Tortillas and Serve**

Serve the tilapia over the Jamaican rice & beans. Spread the **Banana Pepper Salsa** on top of the tilapia from edge-to-edge and drizzle with the **Coconut Mango Crema**. Enjoy!

Instructions for two servings.

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

Chicken Bacon Focaccia Club

This breezy sandwich pairs our famous Zesty Catalina dressing with all-natural chicken breast, sautéed kale, crispy bacon, arugula, crunchy veggies, and a toasted tomato focaccia roll. It's a dinner that's fast, fun and filling.

20 Minutes to the Table

20 Minutes Hands On

1 Whisks *Super Easy*

Getting Organized

EQUIPMENT

Meat Mallet/Tenderizer
(or Small Pot)
Mixing Bowl
Large Skillet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Bacon
Chicken Breasts
Arugula, Kale & Greens
Tomato Focaccia Roll
Zesty Catalina Dressing
Tomato, Cucumber &
Red Onion

Good To Know

If you ordered the **Carb Conscious version**, we sent you romaine lettuce instead of the Tomato Focaccia Rolls reducing the **carbs per serving to 31g**. Instead of making a sandwich in Step 5, chop the romaine into bite-size pieces and place directly in your serving dishes. Top with the Arugula, Kale & Greens, Bacon, and Tomato Cucumber & Red Onion. Cut the chicken into strips and layer on top of the salad, followed by the dressing.

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 –730 Calories, 34g Fat, 68g Protein, 41g Carbs, 16 Freestyle Points.

Lightened-up health snapshot per serving – 590 Calories, 27g Fat, 24g Carbs, 11 Freestyle Points by using half of the focaccia (open face) and half of the Zesty Catalina Dressing.

Have quest ions? 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 Breast, Tomato Focaccia Rolls, Bacon, Ketchup, Red Onion, Cucumber, Tomato, broccoli, brussels sprouts, green cabbage, kale, radicchio, Arugula, Yellow Onion, Vegetable Oil, Sugar, Mayonnaise, Apple Cider Vinegar, Worcestershire Sauce, Lemon, Garlic, Celery Salt, Paprika

meez meals

1. **Crisp the Bacon**

Heat a large skillet over medium-high heat. Add the **Bacon** and cook, stirring occasionally, until crispy, about 3 minutes. Transfer to a paper-towel-lined plate. Do not wipe out the skillet.

2. **Cook the Chicken**

Very loosely wrap each **Chicken Breast** in plastic wrap and place on a cutting board. Pound it until it starts to spread, using a meat tenderizer (mallet) or bottom of a small pot. Flip the chicken over and continue to pound until it is less than 1/4" thick and has doubled in size.

Unwrap the chicken and lightly season with salt and pepper. Heat 1 Tbsp olive oil in the now-empty skillet over medium-high heat. When the oil is hot, add the chicken and cook until it starts to brown, about 3 minutes. Flip and repeat for the other side. Remove from the skillet and allow to rest for 5 minutes. Wipe out the skillet.

3. **Sear the Arugula, Kale & Greens**

While the chicken is resting, heat 1 Tbsp olive oil in the now-empty skillet over medium-high heat. When the oil is hot, add the **Arugula, Kale & Greens** and cook until slightly wilted, about 2 minutes. Transfer the vegetables to a mixing bowl and stir-in the cooked bacon. Wipe out the skillet.

4. **Toast the Bread**

Slice each of the **Tomato Focaccia Rolls** and brush the insides with olive oil. Heat the now-empty skillet over medium-heat and place the rolls cut side down in the skillet. Work in batches if you have to. Toast until they are golden brown, about 1 to 2 minutes. Remove from the heat.

5. **Put it All Together**

Spread the **Zesty Catalina Dressing** on both cut (toasted) sides of each of the rolls. Layer the bottom with the cooked veggies and bacon followed by the chicken breast, and **Tomato, Cucumber & Red Onion**. Top with the dressed roll and enjoy!

Instructions for two servings.

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

Honey-Glazed Salmon

Simple, fresh and delicious, this recipe has it all. Honey gives salmon a sweet, caramelized flavor that we love. It's just right with hands-free roasted root vegetables and a refreshing cucumber salad.

30 *Minutes to the Table*

20 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet
Baking Sheet
Mixing Bowl

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Beets & Parsnips
Cucumber Salad
Sour Cream Dressing
Salmon
Honey Glaze

Good to Know

If you ordered the **Carb Conscious version**, we sent you cauliflower instead of the Beets & Parsnips reducing the **carbs per serving to 34g**. In step 2, cook the cauliflower according to those directions, except reduce the cooking time to 8 to 10 minutes.

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

Health snapshot per serving –540 Calories, 24g Fat, 38g Protein, 46g Carbs, 10 Freestyle Points.

Cooking dairy free? *We've left the sour cream out of your dressing. Toss it with 3 Tbsp olive oil instead.*

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, Beets, Parsnips, Cucumbers, Radish, Red Onion, Honey, Sour Cream, Mustard, Olive Oil, Horseradish, Dill, Balsamic Vinegar.

meez *meals*

1. Getting Started

Preheat oven to 425.

2. Roast the Vegetables

Toss the **Beets & Parsnips** with a drizzle of olive oil, salt and pepper and arrange in a single layer on a baking sheet. Cook until the vegetables are tender and start to brown, about 16 to 18 minutes. Remove from the oven and set aside.

3. Make the Cucumber Salad

While the Beets & Parsnips are roasting, combine the **Cucumber Salad** with the **Sour Cream Dressing** in a mixing bowl, toss and place in the refrigerator until ready to serve.

4. Cook the Salmon

Dry the **Salmon** and place in a Ziplock bag or small bowl. Pour half of the **Honey Glaze** into the ziplock bag and let marinate for at least 5 minutes.

When the salmon is ready to cook, heat 1½ Tbsp olive oil in a large skillet over high heat. When the oil is very hot place the salmon – not the marinade - in the skillet. Discard the marinade inside the ziplock bag.

Cook the salmon until the bottom has a golden sear, about 3 minutes. Flip and cook until the other side also turns golden brown, another 3 minutes. Reduce the heat to medium and add the remaining glaze and cook for 1 to 2 additional minutes, frequently spooning the glaze over the top of the salmon as boils and thickens.

Turn off the heat and remove the salmon from the skillet – leaving the glaze - and set aside.

5. Put It All Together

Serve the salmon on top of the Beets & Parsnips and top with the glaze left in the skillet. Serve the cucumber salad on the side and enjoy!

Save the remaining 1/2 of the honey glaze not used to marinate the salmon for the final section of step 4

Soak the skillet in water right away so the glaze doesn't get stuck on.

Instructions for two servings.

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

Smoky Creole Bean Jambalaya & Cornbread

With just fifteen minutes of hands-on cooking, this is New Orleans cuisine at its best. A smoky tomato base, two types of beans and toasted cornbread on the side, it's filling and fun.

40 Minutes to the Table

15 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Large Saucepan w/Lid
Baking Sheet

FROM YOUR PANTRY

Olive Oil
Butter (1/2 Tbsp per serving)
Salt & Pepper

6 MEEZ CONTAINERS

Peppers, Tomatoes & Celery
Rice
Creole Sauce
Cajun-Seasoned Beans
Cornbread
Cilantro & Sour Cream

Add Protein Cooking Instructions

Integrate into recipe: When there is about 15 minutes left on the jambalaya, cook the protein (per instructions below) and then slice into strips (*flake the salmon, leave shrimp whole*) and stir in before serving.

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 – 770 Calories, 19g Fat, 128g Carbs, 24g Protein and 19 Freestyle Points

Lightened up health snapshot per serving – 610 Calories, 10g Fat, 109g Carbs, by using half of the Cornbread and half of the Cilantro & Sour Cream.

INGREDIENTS: White Rice, Tomato, Green Bell Pepper, Kidney Beans, Black Eyed Peas, Corn Bread, Sour Cream, Celery, Cream, Yellow Onion, White Vinegar, Vegetable Stock, Tamari, Cilantro, Garlic, Chipotle in Adobo, Black Pepper, Bay Leaf, Fennel, Paprika, Cumin, Thyme, Oregano, Cayenne

meezmeals

1. Get Ready

Preheat the oven to 425.

2. Make the Jambalaya

Heat 1 Tbsp of olive oil in a large saucepan over medium-high heat. When the oil is hot, add the **Peppers, Tomatoes & Celery** and cook until fragrant, about 2 to 3 minutes.

Add the **Rice, Creole Sauce, Cajun-Seasoned Beans** and 1½ cups water to the saucepan. Stir and bring to a low boil. Reduce the heat to low, cover, and simmer until the rice is cooked and most of the liquid has been absorbed, 25 to 30 minutes. Remove from the heat and stir in 1 Tbsp of butter. Salt and pepper to taste.

3. Toast the Cornbread

Once the jambalaya has been simmering for about 15 minutes, slice the **Cornbread** into 1" cubes and arrange on a baking sheet. Bake until golden brown, about 7 to 8 minutes. Remove from the oven and set aside.

4. Serve and Enjoy!

Drizzle the **Cilantro & Sour Cream** over the jambalaya and top with the cornbread. Enjoy!

*The bites that
include cornbread on
your fork are our
favorites!*

Meatball Döner Kebab

A delightful fusion of flavors. Turkish glazed meatballs, roasted potatoes, crisp veggies, and Garlic Crema wrapped in a spinach tortilla. This culinary creation is a symphony of taste that will leave you craving for more.

30 *Minutes to the Table*

30 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

- Large Skillet
- Mixing Bow
- Small Bowl

FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper

6 MEEZ CONTAINERS

- Garlic Crema
- Potatoes
- Spinach Tortillas
- Veggie Mix
- Meatballs
- Turkish Glaze

Good to Know

Health snapshot per serving – 890 Calories, 41g Fat, 29g Protein, 105g Carbs, 30 Freestyle Points

Lightened-Up Health snapshot per serving –680 Calories, 35g Fat, 73g Carbs, and 23 Freestyle Points using half of the tortilla, half of the potatoes, and $\frac{3}{4}$ of the dressing.

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

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



INGREDIENTS: Meatball, Spinach Tortilla, Red Potato, Ketchup, Sour Cream, Red Cabbage, Tomato, Cucumber, Red Onion, Mayonnaise, Worcestershire, Brown Sugar, Cilantro, Lemon, Garlic, Curry Powder, Paprika, Coriander, Allspice, Cinnamon

meez *meals*

1. Mix the Veggies and Garlic Crema

Remove 3 Tbsp of the **Garlic Crema** (white sauce) and set aside in a small bowl until step 3. Combine the rest of the garlic crema with the **Veggie Mix** in a mixing bowl and set aside.

2. Roast the Potatoes

Slice the **Potatoes** in half lengthwise and then cut each half into ½' wedges, about 8 to 10 per potato. Heat 1½ Tbsp of olive oil in a large skillet over medium heat. When the oil is hot, add the sliced potatoes with a sprinkle of salt and pepper. Cook the potatoes, stirring frequently, until they are golden brown on all sides and fork tender, about 12 to 14 minutes.

Layer the **Spinach Tortillas** out on a flat surface. Arrange the potatoes in the center of each tortilla, leaving a couple inches on all sides. Do not wipe out the skillet.

3. Cook the Meatballs

Return the now-empty skillet to the stove over medium heat. Add the **Meatballs** and the garlic crema set aside in step 1. Cook, stirring occasionally, until the crema forms a charred coating on the meatballs, about 3 to 4 minutes. Add the **Turkish Glaze** and cook until the meatballs are well coated and the sauce is hot, about 1 to 2 minutes. Layer the coated meatballs on top of the potatoes in the center of each tortilla. Wipe out the skillet.

4. Assemble the Wraps

Add the garlic crema veggies from step 1 on top of the meatballs. Join the front and bottom flaps and lift the tortilla in the air, open-faced. Pull the left and right flaps toward the center so they fold over about 1 to 2 inches and hold them in place with your fingers. Using your thumbs roll the wrap away from your body, keeping the left and right flaps underneath using the weight of the wrap to keep it closed. Press down gently on the top to hold everything in place. Repeat for each tortilla.

5. Finish the Kebabs

Place each wrapped kebab, seam side down, in the empty skillet over high heat. Cook until the tortilla starts to char, about 1 to 2 minutes per side. Cut each kebab in half and enjoy!

Stirring frequently and cooking over a lower heat allows the potatoes to cook through without burning.

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 - 5 00 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 ¼" 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 ¼ tsp salt and ¼ tsp pepper, so use about half per side, or more if you like).

4. Cook the Chicken and Tomatoes

Heat 1½ 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

Mexican Shrimp with Orzo and Zucchini

We're serving sautéed shrimp with our favorite smoky adobo and tomato sauce with tender zucchini, black beans and just the right blend of Mexican spices over orzo. It's fresh Mexican pasta dish you'll want to cook again and again.

25 Minutes to the Table

25 Minutes Hands On

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Saucepan

FROM YOUR PANTRY

Olive Oil

Salt & Pepper

6 MEEZ CONTAINERS

Shrimp

Onions & Garlic

Orzo

Tomatoes & Beans

Zucchini

Queso Fresco & Cilantro

Good to Know

If you're cooking the **carb conscious version**, we sent you cauliflower rice instead of orzo, reducing the **carbs per serving to 31g**. Before step 2, add the cauliflower rice to the skillet over medium-high heat and cook until it starts to brown, about 2 to 3 minutes. Remove from skillet and set aside. Next, follow step 2 instructions but after adding the Tomatoes & Beans, don't add the water. Check the dish after about 12 minutes to see if it is getting dry and add some water if necessary. At this point add back the cooked cauliflower rice.

If you're cooking the **gluten-free version**, we sent you white rice instead of orzo. Follow the instructions for the orzo but cook about three minutes longer before adding the zucchini in step 3.

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

Health snapshot per serving – 410 Calories, 37g Protein, 6g Fat, 54g Carbs, 6 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: Zucchini, Shrimp, Orzo Pasta, Tomato, Red Onion, Queso Fresco, Black Beans, Garlic, Cilantro, Chipotles in Adobo, Chicken Stock, Lime, Coriander, Cumin.

meez meals

1. Cook the Shrimp

Pat the **Shrimp** dry with a paper towel and lightly salt and pepper. Heat 1 Tbsp olive oil in a large saucepan over medium-high heat. When the oil is hot, add the shrimp and cook for until they are opaque and no longer grey in color, about a minute on each side.

Transfer the shrimp to a cutting board but do not wipe out the pot. Once the shrimp have cooled enough to touch, cut each piece in half and set aside.

2. Cook the Veggies and Orzo

While the shrimp is cooling, return the saucepan to the stove over medium-high heat. When the pot is hot, add the **Onions & Garlic** and sauté for about 20 seconds, stirring constantly.

Add the **Orzo** and continue stirring until it is golden brown, and has a nutty aroma, about 2 minutes.

Stir-in the **Tomatoes & Beans** and 2 cups of water. Cook until the orzo is tender, about 16 to 18 minutes.

Add the **Zucchini** and cook until it is slightly soft, 2 to 3 minutes. Turn off the heat and stir-in the cooked shrimp.

3. Put It All Together

Serve in bowls topped with the **Queso Fresco & Cilantro**. Enjoy!

Instructions for two servings.

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

Caramelized Butternut Squash Rotini

We challenged the test kitchen for an evolution of winter comfort food, and they produced this gem. Cozy roasted and caramelized butternut squash and tricolor rotini make it cozy, and arugula and chives keep it light. Topped with Parmesan, it's flat out delicious.

30 *Minutes to the Table*

20 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Baking Sheet
Large Saucepan
Large Skillet

FROM YOUR PANTRY

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

6 MEEZ CONTAINERS

Butternut Squash
Tricolor Rotini
Zucchini, Carrots &
Onions
Arugula
Parmesan & Chives
Lemon

Add Protein Cooking Instructions

Integrate into recipe: While the pasta is cooking in step 3, cook the protein (per instructions below) and then slice into strips (*flake the salmon, leave shrimp whole*) and stir into the pasta and veggies 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 zucchini "noodles" instead of the rotini, reducing the **carbs per serving to 31g**. Skip the boiling water in step 1. Prior to step 4, heat 1 Tbsp olive oil in a large skillet over medium-high heat. When the oil is hot, cook the zucchini until it starts to char, about 4 to 5 minutes. Use in place of the rotini noodles at the end of step 4.

Health snapshot per serving – 590 Calories, 25g Protein, 21g Fat, 80g Carb, 16 Freestyle Points.

INGREDIENTS: Butternut Squash, Tricolor Rotini, Zucchini, Lemon, Arugula, Yellow Onion, Carrot, Parmesan, Garlic, Chive, Black Pepper, Savory

meez *meals*

1. **Get Organized**

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

2. **Roast the Squash**

Add the **Butternut Squash** to a baking sheet and drizzle with olive oil, salt and pepper. Toss and arrange single layer. Bake until the squash just starts to brown, about 12 to 14 minutes.

3. **Cook the Pasta**

While the squash is roasting, add the **Tricolor Rotini** to the boiling water and cook until al dente, 10 to 12 minutes. Drain and set aside.

4. **Make the Brown Butter Veggies**

When the squash is out of the oven, melt 2 tbsp butter in a large skillet over medium heat. Add the **Zucchini, Carrots & Onions** and the roasted squash, and sauté stirring occasionally, until the veggies start to caramelize about 8 to 10 minutes. Turn off the heat and immediately add 1 Tbsp of olive oil and the **Arugula**. Stir until the arugula wilts, then add the cooked pasta and two-thirds of the **Parmesan & Chives**. Mix all the ingredients together.

5. **Putting it All together**

Serve the pasta topped with the remaining cheese and finish with a squeeze of **Lemon**. Enjoy!

Instructions for two servings.

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

Quatre Fromages Brussels Sprouts Gratin

There are few dinners more delicious than a cozy gratin this time of the year. We're making this one with brussels sprouts, cauliflower and crushed tomatoes and a creamy four-cheese sauce that's perfect on a chilly night. It's topped with sweet-spiced nuts that add a zing the whole family loves.

35 Minutes to the Table

25 Minutes Hands On

1 Whisk Super-Easy

Getting Organized

EQUIPMENT

Small Baking Sheet
Large Oven-Safe
Skillet
Mixing Bowl

FROM YOUR PANTRY

Olive Oil

6 MEEZ CONTAINERS

Tomatoes
Cauliflower &
Brussels Sprouts
Cream Sauce
Four Cheese Blend
Walnuts
Nut Glaze

Add Protein Cooking Instructions

Integrate into recipe: While the gratin is cooking in step 2, 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

Health snapshot per serving – 910 Calories, 27g Protein, 74g Fat, 45g Carbs 34 Freestyle Points.

Lightened Up Health snapshot per serving – 720 Calories, 57g Fat, 39g Carbs, using two-thirds of the sauce and cheese.

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



INGREDIENTS: Tomatoes, Brussels Sprouts, Cauliflower, Walnuts, Red Onion, Cream, Apple Juice, White Cheddar, Monterrey Jack, Panko, Brown Sugar, Parmesan, Vegetable Stock, Dijon Mustard, Pecorino Romano, Onion Powder, Black Pepper, Cinnamon, Nutmeg, Allspice, Cayenne Pepper

meez meals

1. Get Organized

Preheat the oven to 425. Spray or lightly brush a small baking sheet with oil.

2. Make the Gratin

Place the **Tomatoes** in a ziplock bag and squish until all have burst. Heat 1 Tbsp of olive oil in a large skillet over medium-high heat. When the oil is hot, add the squished tomatoes and cook until some of the liquid has evaporated and they just start to char, about 4 minutes. Add the **Cauliflower & Brussels Sprouts** and cook until they just start to brown, about 2 to 3 additional minutes.

Add the **Cream Sauce** and cook on a low boil, stirring frequently, until the sauce is thick enough to coat the back of a spoon, about 2 minutes. Remove from the heat and stir in $\frac{3}{4}$ of the **Four Cheese Blend**. Sprinkle the remaining cheese on top and place the skillet in the oven. Bake until the cheese starts to brown, about 12 to 15 minutes. Remove from the oven and set aside to cool for at least 5 minutes.

3. Roast the Walnuts

While the gratin is baking, combine the **Walnuts** and **Nut Glaze** in a small mixing bowl and mix until the nuts are completely coated. Use a slotted spoon to transfer the coated walnuts to the small, oiled baking sheet, leaving any excess liquid in the bowl. Bake until the nuts are brown, about 8 to 10 minutes. (Keep an eye on them and remove before the glaze burns.) Remove from the oven and use a spatula to loosen the glazed nuts from the baking sheet or foil. Set aside to cool on the baking sheet until the gratin is finished baking.

4. Put It All Together

Top the gratin with the glazed nuts and enjoy!

To save clean-up time, you can line the baking sheet with foil and spray or brush the oil on the foil.

If you don't have an oven-safe skillet you can transfer everything to a casserole dish.

Instructions for two servings.

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

Vietnamese Shaky Beef with Crispy Rice

Vietnam's classic beef recipe has a savory-sweet flavor that we love. We're serving it with sautéed peppers and crispy jasmine rice. The result is a recipe straight out of your favorite Vietnamese restaurant, only fresher, faster and more delicious.

20 *Minutes to the Table*

20 *Minutes Hands On*

2 Whisks *Easy*

Getting Organized

EQUIPMENT

Saucepan
Large Skillet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper
Butter
Flour

5 MEEZ CONTAINERS

Jasmine Rice
Peppers & Onions
Steak
Bò Lúc Lắc Sauce
Pickled Cucumber Salad

Good To Know

Vietnam's shaky beef gets its name from the shaking and stirring required to achieve an even flavor across the steak pieces. Bò lúc lắc is a slightly sweet, thick Asian brown sauce.

Health snapshot per serving – 620 Calories, 40g protein, 90g Carbs, 11g fat, 17 freestyle points.

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

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



INGREDIENTS: Steak, Cucumber, Jasmine Rice, Red Bell Pepper, Yellow Bell Pepper, Red Onion, Rice Wine Vinegar, Green Onion, Tamari, Sugar, Carrot, Brown Sugar, Garlic, Lime, Fish Sauce, Cilantro, Kosher Salt, Black Pepper

meez meals

1. Get Organized

Bring a medium saucepan of water to a boil.

2. Cook the Rice

Add the **Jasmine Rice** to the boiling water with a pinch of salt and cook uncovered until the rice is tender, about 12 to 15 minutes. Remove from heat and drain well. Wipe out the saucepan.

*Use
about
twice as
much
water as
rice.*

3. Cook the Vegetables

While the rice is cooking, heat 1 Tbsp of olive oil in a large skillet over high heat. When the oil is hot, add the **Peppers & Onions**. Cook, undisturbed, until they start to char, about 2 to 3 minutes. Remove from the skillet and set aside until step 6. Wipe out the skillet.

Heat 1½ Tbsp olive oil in the now-empty skillet over high heat. When the oil is very hot, add the cooked rice. Spread the rice out to the edges of the skillet. (It is OK to go up the side as well.) Cook, undisturbed, until most of the rice is crispy and is lightly browned, about 5 to 6 minutes. Transfer the rice directly to serving plates. Wipe out the skillet.

4. Cook the Steak

Return the now-empty skillet to the stove over high heat. Add 1 Tbsp olive oil. While the oil is heating, pat the **Steak** dry with a towel. 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. Do not wipe out the skillet.

5. Make the Sauce

Return the skillet to the stove over high heat. Add the **Bò Lúc Lắc Sauce** and bring to a boil, then add 1 Tbsp of butter and 1 Tbsp of flour and stir until they are incorporated. Reduce the heat to medium low and cook until the sauce thickens, about 1 minute. Turn off the heat and add the cut steak to the sauce, mixing until all pieces of the steak are covered in sauce.

*This is
the
"shaky"
part!*

6. Put It All Together

Serve the peppers & onions on top of the crispy rice followed by the shaky beef. Drizzle the remaining sauce over top of the entire dish. Drain the **Pickled Cucumber Salad** and serve alongside. Enjoy!

Instructions for two servings.

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

French Onion Soup

Not your mother's French Onion Soup. Sure, it has the same rich flavor that comes from slow-cooked onions. And it has the same indulgent topping of melted cheese. But in place of the traditional bread, we're cooking this up with a carb-conscious roasted cauliflower "crouton" and topping it with roasted leeks. It's a sophisticated dinner that's low in calories and high on flavor.

30 *Minutes to the Table*

30 *Minutes Hands On*

1 Whisks *Super Easy*

Getting Organized

EQUIPMENT

Large Saucepan
Large Baking Sheet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper
Flour (1/2 Tbsp per serving)

5 MEEZ CONTAINERS

Leeks
Cauliflower
Triple Cheese Blend
Onions
Broth Starter

Add Protein Instructions

Integrate into recipe: Prior to step 5 cook the protein (per instructions below) and while it is resting move on to step 6. Serve the protein alongside the soup.

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 – 280 Calories, 19g Protein, 24g Carbs, 13g Fat, 6 Freestyle Points.

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

INGREDIENTS: Cauliflower, Onion, Swiss, Gruyere, Mozzarella, Bay Leaf, Thyme, Black Pepper, Vegetable Stock, Tamari.

meez *meals*

1. Getting Started

Preheat oven to 425 degrees.

2. Roast the Leeks and Cauliflower

Arrange the **Leeks** and **Cauliflower** in a single layer on a large baking sheet (or 2 if needed) keeping them separated. Lightly salt and pepper just the leeks and drizzle both with olive oil. Bake until the leeks are slightly brown, and the cauliflower starts to turn brown, about 15 to 17 minutes. Remove the leeks and set aside until step 5.

*After 12 minutes
watch the leeks
closely to make
sure they don't
burn.*

3. Make the Cauliflower "Crouton"

While still on the baking sheet, using a spoon form the cauliflower into two separate rectangles about 4" by 5". Top each rectangle with half the **Triple Cheese Blend** 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 "croutons" in the oven until step 5.

4. Cook The Onions

While the cauliflower and leeks are roasting, heat 2 Tbsp olive oil in a large saucepan over medium heat. Add the **Onions** and sauté, stirring every few minutes, until the onions become soft and decrease in volume, making sure to keep the heat low enough so they don't turn brown, about 15 minutes.

*After 7 minutes
keep an eye on
the cauliflower
and cheese, so
it doesn't burn.*

5. Make the Stock

Raise the heat to medium high and sprinkle the onions with 1 Tbsp flour. Cook until the flour starts to brown, about 2 minutes. Add the **Broth Starter** and combine, scraping the brown bits off the bottom of the pan.

Add 2 cups water and bring to a rapid boil. Lower the heat to medium and simmer until the soup thickens slightly, about 5 to 7 minutes.

6. Put It All Together

Ladle the soup into serving bowls. Use a spatula to remove the cauliflower and cheese from the baking sheet and place in the soup. Top with the crisp leeks and enjoy!

Instructions for two servings.

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