

Lemon Chicken Milanese

25 Min to Table	25 Min Hands On	2 Whisk Super Easy
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Getting Started

Put a saucepan of water on to boil.

From Your Pantry

You'll need olive oil, salt and pepper

Queso Fiesta Casserole

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

Preheat your oven to 425.

From your Pantry

You'll need olive oil, salt and pepper.

Quick Tips



Creamy Tomato Soup with Grilled Cheese Croutons

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

Cook the filling up to a day ahead.

Meal Tip

You'll need olive oil, salt and pepper

Steak Au Poivre

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

Preheat your oven to 425.

From Your Pantry

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

Creamy Parmesan and Artichoke Shrimp

30 Min to Table	20 Min Hands On	2 Whisks Easy
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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

Smashed Italian Meatball Sliders

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

Heat olive oil in a saucepan.

From Your Pantry

You'll need olive oil.

Sweet Potato Kale and Rice Bowl with Peanut Sauce

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

Preheat your oven to 450 & put a saucepan on to boil.

Omnivore Option

We like this dish as is.

Chile-Lime Salmon with Street Corn Elote

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

Preheat your oven to 375.

From Your Pantry

You'll need olive oil, salt and pepper.

Caribbean Chicken Burrito

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

Bring a medium saucepan of water to boil.

From Your Pantry

You'll need olive oil, salt and pepper.

Shrimp and Andouille Jambalaya

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

Cut the Andouille Sausage in 1/4" wide slices.

From Your Pantry

You'll need butter, salt and pepper.

Meal Tip

Add additional cayenne pepper for an extra kick.

Chana Masala Flatbread

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

Preheat your oven to 400.

From Your Pantry

You'll need 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)	
Lemon Chicken Milanese	585	61	17	47	4	743		14	32% Vitamin	13% Folate
Steak Au Poivre	840	40	51	57 CC 28	8	569	12	31	83% Vitamin A	74% Vitamin B-12
(½ sauce, roast the potatoes)	640		31					21		
Sweet Potato, Kale & Rice Bowl with Peanut Sauce	570	28	16	85	11	235	x	16	753% Vitamin A	127% Vitamin C
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		
Chana Masala Flatbread	640	27	30	68 CC 39	8	830	13	16	130% Vitamin C	45% Calcium
Chile-Lime Salmon with Street Corn Elote	650	41	35	47	5	1070	15	16	140% Vitamin C	20% Calcium
Caribbean Chicken Burrito	940	51	40	93	5	1180	26	24	70% Vitamin C	20% Iron
(use 1/2 the rice and mango sauce)	690		22					15		

Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmndd daily)	
Smashed Italian Meatball Sliders	960	52	51	81 CC 34	8	2410	21	34	50% Vitamin C	45% Calcium
Open face and 2/3 of the salad)	750		44					25		
Queso Fiesta Casserole	440	16	17	57	9	830	10	12	147% Vitamin C	73% Calcium
Shrimp and Andouille Jambalaya	440	38	10	50	4	1600		11	90% Vitamin C	23% Vitamin A
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 Pretein Bistro Chateau Steak	220	30	10	0	0	75	0	5	10% Iron	10% Potassium
Add a Protein Norwegian Salmon	220	35	0	0	0	130	0	4	60% Vitamin B6	15% Potassium
Add a Protein Premium Shrimp	120	28	0.5	0	0	170	0	1	8% Potassium	4% iron

Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmndd daily)	
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
Oreo Mousse Pie	760	8	49	78	3	390	52		6% Calcium	6% Iron
Chocolate Chunk Cookies	180	2	9	22	1	170	10	9	2% Calcium	4% Vitamin A
Peanut Butter Cookies	400	8	22	45	2	330		18	4% Iron	6% Vitamin A

Below some of the recipes you will see Lighten Up Options. Those meals can easily be prepared without all of the calorie-dense ingredients and still keep their magic.

These are our best estimates for a single serving based on the recipes as written. The actual nutritional information may vary a bit.

And, of course, if you have leftovers, the actual numbers will be lower.

Lemon Chicken Milanese

You know that crispy breadcrumb coating that makes chicken so delicious? We're cooking it up at home this week and serving it over rotini. With capers, lemon and pecorino romano, it's classic Italian at its best. Served with a simple Arcadian Lettuce salad. Heaven.

25 Minutes to the Table

25 Minutes Hands On

2 Whisks *Easy*

Getting Organized

EQUIPMENT

Large Skillet
Saucepan
Large Mixing Bowl
Meat mallet (or small pot)

FROM YOUR PANTRY

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

6 MEEZ CONTAINERS

Chicken Breast
Panko Breading
Tri-Color Rotini
Garlic & Herbs
Arcadian Lettuce
Lemon

Make The Meal Your Own

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

Good To Know

Be sure to generously season your chicken with salt and pepper before cooking. We recommend using ¼ tsp of each.

Health snapshot per serving – 585 Calories, 17g Fat, 61g Protein, 47g Carbs, 14 Smart Points

Have questions? The dinner hotline is standing

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



INGREDIENTS: Cage-Free Chicken, Tri-Color Rotini, Arcadian Lettuce, Panko Breadcrumbs, Capers, Lemon, Garlic, Pecorino, Romano, Basil, Parsley, Black Pepper, Kosher Salt, Oregano, Onion, Paprika

meez meals

1. Getting Organized

Put a saucepan of water on to boil.

2. Prep the Chicken

Very loosely wrap each **Chicken Breast** in saran 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 about ¼" thick and has doubled in size. 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).

Spread the **Panko Breading** evenly on a large plate and put each piece of chicken onto the breading. Press down to make sure the breading adheres then repeat on the other side.

3. Cook the Pasta

When the water is boiling, generously salt and add **Tri-Color Rotini**. Cook till al dente, 8 to 10 minutes. Drain well and set aside. Don't clean the pot – you'll use it in step 5.

4. Cook the Chicken

While the pasta is cooking, heat 1 Tbsp olive oil in a large skillet over medium-high heat. When the oil is hot, add the chicken to the pan and cook, without moving, until the sides brown, about two minutes. Flip and continue cooking until other side is brown as well, about two more minutes. Remove from heat and set aside to rest for 5 minutes.

5. Finish the Pasta and Sauce

Melt 2 Tbsp butter in the same pot you cooked the pasta, over low heat. Turn the heat off and add 2 Tbsp olive oil and HALF the **Garlic & Herbs**. Mix well. Spread about 2 Tbsp of the mixture on top of the cooked chicken breasts. Add the remaining garlic & herbs to the pot along with the cooked pasta and mix everything together thoroughly.

6. Prepare Salad and Serve

Put the **Arcadian Lettuce** in a large mixing bowl and cut the lemon in half. Add a little olive oil, salt, pepper, and a squeeze of **Lemon** and toss.

Serve the chicken over the pasta, accompanied by the salad. Squeeze lemon over the entire dish.

*Just use enough
water to cover
the pasta*

*Don't be afraid
to get your
aggression out
on the chicken!*

Instructions for two servings.

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

Steak Au Poivre

One of France's most classic steak dishes. We're cooking our Steak Au Poivre with a magical butter sauce spiked with pepper, wine and cream that makes this dinner of seared steak, roasted broccoli and mashed potatoes sing. It's a restaurant worthy dinner you can whip up in just over a half-hour. Viva la France!

35 *Minutes to the Table*

35 *Minutes Hands On*

2 Whisks *Easy*

Getting Organized

EQUIPMENT

Baking Sheet(s)
Large Skillet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper
½ Tbsp Flour per serving
¼ Tbsp Butter per serving

6 MEEZ CONTAINERS

Red Skin Potatoes
Steak
Broccoli
Onions & Garlic
Au Poivre Sauce
Parsley

Good To Know

If you ordered the **Carb Conscious version**, we sent you cauliflower instead of potatoes to make "mashed cauliflower." This reduces the **carbs per serving to 28g**. Replace Step 2: set a large pot of water to boil over high heat. Once the water is boiling add the cauliflower and cook until soft, about 10 minutes. Drain and use the cooked cauliflower in place of the potatoes in Step 6.

Health snapshot per serving – 840 Calories, 40g Protein, 51g Fat, 57g Carbs, 31 Smart Points

Lighten Up snapshot per serving – 640 Calories, 31g Fat, and 21 Smart Points by using half of the Au Poivre sauce and eliminating the mashing of the potatoes (simply roast them per the instructions and then drizzle a small amount of the Au Poivre sauce on top).

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 Skin Potato, Broccoli, Red Onion, Garlic, Parsley, Wine, Cream, Chicken Broth, Dijon Mustard, Brown Sugar, Black Pepper,

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1. **Get Organized**

Preheat oven to 425.

2. **Prepare the Potatoes**

Cut **Red Skin Potatoes** in half and place on baking sheet with the skin side up. Drizzle with olive oil and cook for 10 minutes (will move on to Step 4 and cook for another 10-12 minutes or 20-22 minutes total).

3. **Cook the Steak**

While the potatoes are cooking, heat 1 Tbsp of oil in a skillet over high heat. While the skillet is heating, pat the **Steak** dry with a towel and season generously with salt and pepper (we recommend ½ tsp of each). When the skillet is very 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 prefer your steak **medium-rare**. (Cook for 4 minutes for **medium**, and 5 to 6 for **well done**). Set aside to rest for 5 min.

4. **Cook the Broccoli**

Take the baking sheet out of the oven and place the **Broccoli** next to the potatoes. Drizzle broccoli with olive oil and salt and pepper and cook for 10 to 12 minutes until potatoes are soft and broccoli is just beginning to brown.

5. **Make the Au Poivre Sauce**

While broccoli is cooking, wipe clean the skillet used for steak and heat 1 Tbsp of oil over medium-high heat. Add the **Onions & Garlic** and cook until the onions are translucent, about 4 to 6 minutes. Add 1½ Tbsp butter and when the butter is melted add 1 Tbsp flour and cook until the flour is beginning to brown, about 2 minutes. Add the **Au Poivre Sauce** and stir, scrapping the browned bits of flour off the bottom of the pan. Cook until sauce is consistency of gravy and has turned a golden brown, about 2 to 3 minutes. Remove from heat.

6. **Create the Mashed Potatoes and Serve**

Place the cooked potatoes in a mixing bowl, add salt and pepper, and 1/3 cup of the finished Au Poivre Sauce. With a fork, break-up and stir the potatoes until they are the consistency of mashed potatoes (some chunks are perfectly OK), mixing in the Au Poivre sauce thoroughly.

Plate the broccoli, steak & mashed potatoes, Drizzle steak and broccoli with Au Poivre sauce and top all with parsley. Enjoy!

Red Potatoes don't do well when they are cut in advance, so we're sending them to you whole.

The Au Poivre sauce should be bubbling as it thickens during this step.

Include the onions in your mashed potatoes. They add great flavor!

Instructions for two servings.

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

Sweet Potato, Kale & Rice Bowl with Peanut Sauce

This gem is humble and oh-so delicious. It's all about the Asian peanut butter sauce, which we could eat with a spoon. But since we're supposed to be grown ups, we're restraining ourselves. (Mostly.) Instead, we're tossing it with roasted sweet potatoes, toasted organic tofu, wilted kale and brown rice. The result is crazy good.

Getting Organized

EQUIPMENT

Saucepan
Large Skillet
Rimmed Baking Sheet
Mixing Bowl

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Baked Tofu
Brown Rice
Kale
Peanut Sauce
Sweet Potatoes

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 on top of the rice bowl in step 5.

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

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

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

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

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

Good To Know

Chef's Note -- You'll see our method for cooking brown rice is a little unusual. It's faster than the traditional method, and we think the rice ends up fluffier.

Health snapshot per serving – 570 Calories, 28g Protein 11g Fiber, 16 Smart Points

40 Minutes to the Table

20 Minutes Hands On

1 Whisk Super Easy

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to view YouTube
cooking video



INGREDIENTS: Sweet Potatoes, Kale, Baked Tofu, Brown Rice, Peanut Butter, Rice Vinegar, Soy Sauce, Brown Sugar, Garlic, Ginger, Spices

meez *meals*

1. Getting Organized

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

2. Cook the Rice

Add the **Brown Rice** to the saucepan of boiling water and simmer uncovered over medium heat for 30 minutes. Drain, then return it to the pot. Cover and let sit 5 minutes.

We cook our brown rice like pasta. Make sure the water is boiling and you're good to go. Remember: brown rice has a firmer texture than white rice.

3. Roast the Sweet Potatoes

While the rice is cooking, put the **Sweet Potatoes** 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 tender, about 20 to 25 minutes.

4. Cook the Kale & Tofu

Heat 2 Tbsp olive oil in a large skillet over medium-high heat. Add the **Kale** and cook, stirring, until it's bright green and lightly wilted, about 3 to 5 minutes. Season with salt and pepper and transfer to a bowl.

If you prefer softer kale, cook it for a few extra minutes.

Heat another 2 Tbsp olive oil in the now-empty skillet over medium-high heat. Add the **Baked Tofu** to the pan and cook until it crisps in places, about 3 to 5 minutes on each side.

5. Put It All Together

Put the **Peanut Sauce** into a mixing bowl and thin with a little water. Serve the rice topped with kale, tofu and sweet potatoes. Drizzle with the peanut sauce and enjoy!

We found 2 to 4 Tbsp water is just right.

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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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

Chana Masala Flatbread

Indian chana masala meets Italian pizza in this fun recipe. We're topping individual naan breads with flavorful tomato chickpea curry, mozzarella and provolone cheeses, and fresh arugula. With a mango yogurt drizzle on top, it's an East-meets-West fusion that is a wow!

25 Minutes to the Table

20 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Large Skillet
Baking Sheet

FROM YOUR PANTRY

Olive Oil

6 MEEZ CONTAINERS

Chickpeas & Peppers
Garam Masala
Sauce
Naan Bread
Mozzarella &
Provolone
Arugula
Mango Raita

Add Protein Cooking Instructions

Integrate into recipe: While the flatbread is baking in step 3, cook the protein (per instructions below). Slice into strips (*flake the salmon, leave the shrimp whole*) and place immediately on top of the flatbread when removed from the oven.

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 "rice" instead of bread, reducing the **carbs per serving to 29g**. Prior to step 3, mix the cauliflower with half of the cheese. Arrange in two 5" circles on parchment paper on the baking sheet to create a "crust." Bake the crust by itself for 5 minutes until the cheese starts to melt. Remove from the oven and use in place of the naan bread in step 3.

Health snapshot per serving – 640 Calories, 30g Fat, 68g Carbs, 27g Protein, and 16 Freestyle Points.

INGREDIENTS: Naan Bread, Tomatoes, Garbanzo Beans, Mozzarella, Provolone, Red Bell Pepper, Arugula, Red Onion, Mayonnaise, Cucumber, Yellow Bell Pepper, Mango, Yogurt, Garlic, Ginger, Lime, Buttermilk, Tomato Paste, White Vinegar, Chive, Cilantro, Coriander, Crushed Red Pepper, Fenugreek, Garam Masala, Miso, Black Pepper, Turmeric, Cumin, Parsley

meezmeals

1. Get Organized

Preheat your oven to 400.

2. Cook the Spiced Chickpeas

Heat 1 Tbsp olive oil in a large skillet over medium-high heat. When the oil is hot, add the **Chickpeas & Peppers** and cook until chickpeas begin to brown and the peppers start to char, about 4 to 5 minutes. Add the **Garam Masala Sauce** and cook until the sauce is hot and thickens slightly, about 3 to 4 minutes.

3. Assemble the Flatbread and Bake

Spread the spiced chickpeas evenly on each **Naan Bread**, then top with the shredded **Mozzarella & Provolone**, from edge to edge. Bake until the cheese melts, about 7 to 8 minutes then remove from the oven and top with the **Arugula**. Bake until the arugula is wilted and the cheese is starting to brown, about 5 additional minutes.

4. Put It All Together

Allow to cool for 5 minutes, then drizzle with the **Mango Raita** and enjoy!

Instructions for two servings.

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

Chili Lime Salmon with Street Corn Elote

We love the creamy, zingy taste of Mexican street corn. We're putting it front and center as the base for salmon crusted with crunchy panko and cotija cheese. With chili and lime, this dinner is fresh and flavorful and practically hands-free.

25 *Minutes to the Table*

10 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Oven-Safe Skillet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

4 MEEZ CONTAINERS

Salmon
Corn & Peppers
Chili Lime Aioli
Seasoned Panko & Cotija
Cheese

Make The Meal Your Own

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

Good To Know

Health snapshot per serving – 650 Calories, 35g Fat, 41g Protein, 47g Carbs, 16 Smart Points

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

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



INGREDIENTS: Salmon, Corn, Mayonnaise, Poblano Pepper, Red Bell Pepper, Cotija Cheese, Sour Cream, Panko Breadcrumbs, Lime, Cilantro, Paprika, Chili Powder

meez meals

1. Get Started

Preheat the oven to 375 degrees.

2. Sear the Salmon

Pat dry the **Salmon** and season with salt and pepper. Heat 1 Tbsp olive oil in a large skillet over high heat. When the oil is very hot, sear the salmon on one side for one minute, flip and repeat. Set the salmon aside for step 3. Do not wipe out the skillet.

3. Make the Elote

Add the **Corn & Peppers** to the now-empty skillet and cook until the peppers start to char and soften slightly, about 4 to 5 minutes. Turn off the heat, add the **Chili Lime Aioli** and stir well.

4. Bake and Serve

Layer the seared salmon on top of the elote and sprinkle the **Seasoned Panko & Cotija Cheese** over the entire dish in a single layer. Bake until the top starts to brown, about 15 minutes. Remove from the oven and let rest for 5 minutes.

Enjoy!

If you don't have an oven-safe skillet, you can transfer to an oiled 8x8 or similar sized casserole dish.

Instructions for two servings.

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

Caribbean Chicken Burrito

Caribbean and Mexican flavors are a match made in heaven--especially in a burrito. We're pairing a pineapple salsa with shredded chicken, mango coconut rice and pickled veggies, then rolling it up into a burrito. The result is a flavorful twist on a dinnertime classic.

25 *Minutes to the Table*

20 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet
Medium Saucepan

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Jasmine Rice
Pickled Broccoli &
Cabbage Shred
Chicken Breast
Tortillas
Pineapple Salsa
Mango Coconut Sauce

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 or through intramuscular injection...ever.

Health snapshot per Serving 940 Calories, 51g Protein, 40g Fat, 93g Carbs, and 24 Freestyle Points

Lightened up health snapshot per serving 690 Calories, 22g Fat, 72g Carbs, and 15 Freestyle Points, using half of the rice, half of the mango coconut sauce, and one third of the pineapple salsa.

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

INGREDIENTS Chicken Breast, Flour Tortillas, Pineapple, Red Onion, Mayonnaise, Green Cabbage, Broccoli, Carrots, Apple Cider Vinegar, Jasmine Rice, Tamari, Coconut Milk, Cilantro, Brown Sugar, Mango, Lime, Kosher Salt, Sugar, Garlic, Ginger.

meezmeals

1. Get Organized

Bring a medium saucepan of water to a boil. Drain the liquid from the **Pickled Broccoli & Cabbage Shred** and set aside until step 4.

2. Cook the Rice

Add the **Jasmine Rice** to the boiling water and cook until tender, 12 to 15 minutes. Drain well. Return to the saucepan, cover, and set aside until step 4.

3. Cook the Chicken

While the rice is cooking, pat dry the **Chicken Breast** and generously season with salt and pepper. 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 4 to 5 minutes. Flip the chicken and cook for another 4 to 5 minutes, until the other side is brown as well. Transfer the chicken to a cutting board and let rest for 5 minutes. Wipe out the skillet.

Once the chicken has rested, hold it in place with one fork and use a second fork to shred (into pieces typical of the size used in chicken soup).

4. Roll the Burritos

Spread half of the jasmine rice in a layer in the center of the **Tortilla**, then add half the **Pineapple Salsa**, shredded chicken, **Mango Coconut Sauce** and drained pickled broccoli & cabbage shred. 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 burrito.

Heat the now-empty skillet over medium-high heat. Place the burritos seam side down and cook until tortilla turns brown and slightly crispy, about 2 minutes. Repeat for the other side.

Serve and enjoy!

Instructions for two servings.

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

Smashed Italian Meatball Sliders

Fluffy, mini burger buns stuffed with smashed Italian spiced meatballs, caramelized onions, and melted provolone cheese. Served up with a classic Italian antipasto salad, it's a delicious dinner that comes to the table in a snap.

20 Minutes to the Table

20 Minutes Hands On

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet with
Cover
Saucepan

FROM YOUR PANTRY

Olive Oil

5 MEEZ CONTAINERS

Onions
Slider Buns
Provolone Cheese
Slider Sauce
Italian Meatballs
Antipasto Salad

Good to Know

If you ordered the **Carb Conscious version**, we sent you red peppers instead of the Slider Buns, reducing the **carbs per serving to 34g**. In Step 1, include both the red peppers and onions in the skillet with 1½ Tbsp olive oil and cook until seared, about 5 to 6 minutes. Transfer the peppers and onions to serving dishes and continue starting with step 3.

Health Snapshot per Serving- 1240 Calories, 57g Protein, 81g Carbs, 80g Fat, 44 Freestyle Points

Lightened-up Health Snapshot per Serving- 860 Calories, 41g Protein, 52g Carbs, 56g Fat, 30 Freestyle Points, by eating the sliders open face and using half of the cheese and sauce.

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

INGREDIENTS: Beef Meatballs, Slider Buns, Yellow Onion, Provolone, Tomato, Zucchini, Red Onion, Banana Peppers, White Wine Vinegar, Green Onion, Parmesan, Mayonnaise, Black Olives, Kalamata Olives, Worcestershire Sauce, Dijon Mustard, White Balsamic Vinegar, Basil, Parsley, Garlic, Black Pepper, Oregano, Thyme, Sugar

meezmeals

1. Caramelize the Onions

Heat 1 Tbsp olive oil in a saucepan over medium heat. Add the **Onions** and cook, stirring occasionally, until they are brown and caramelized, about 10 minutes.

Make sure the heat isn't too high when caramelizing the onions, otherwise they will immediately sear.

2. Toast the Buns

While the onions are caramelizing, heat 1 Tbsp olive oil in a large skillet over medium-high heat. When the oil is hot, add the bottom **Slider Buns**, cut sides down, and toast until golden brown, about 2 minutes. Remove from the pan and add just enough of the **Provolone Cheese** to just barely cover each bun (about ¼ of the cheese). Toast the top buns and remove from the skillet. Spread all with an even layer of the **Slider Sauce** and set aside.

3. Cook the Meatballs and Cheese

Return the now-empty skillet to the stove over medium-high heat and add the **Italian Meatballs**. Heat until they start to brown, about 4 to 5 minutes. Arrange the meatballs in six groups of 3 meatballs each with their edges touching, then flatten them with a fork or spatula to form one "meatball patty." Add the remaining cheese on top of each patty (group of 3 meatballs) and cover the skillet. Heat until the cheese is completely melted, about 3 minutes.

The Italian Meatballs are fully cooked when they arrive to you.

4. Put It All Together

Use a large spatula to transfer (one at a time) each of the six meatball and melted cheese patties to their own slider bun bottom. Top each with the caramelized onions and the bun tops.

Add the provolone from edge-to-edge on the flattened meatballs to hold them together as one "meatball patty."

Serve the sliders with the **Antipasto Salad** on the side. Enjoy!

Instructions for two servings.

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

= Queso Fiesta Casserole

Love nachos? Get ready for a new favorite. We're making a nacho casserole with tortilla chips, two types of cheese, a lime crema, and a healthy dose of veggies to make a fun casserole that's naturally low in calories. Did we mention it's just one pan and ten minutes hands-on cooking?

45 Minutes to the Table

10 Minutes Hands On

1 Whisk Super-Easy

Getting Organized

EQUIPMENT

Large Casserole
Dish

FROM YOUR PANTRY

Olive Oil
Salt and Pepper

6 MEEZ CONTAINERS

Sweet Potatoes
Peppers, Corn &
Beans
Enchilada Sauce
Mexican Cheese
Tortilla Chips
Cilantro Lime
Crema

Add Protein Cooking Instructions

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

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 – 440 Calories, 16g Protein,
18g Fat, 57g Carbs, 12 Freestyle Points.

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



INGREDIENTS: Sweet Potato, Bell Peppers, Corn, Onion, Black Beans, Tortilla Chips, Monterey Jack, Provolone, Sour Cream, Enchilada Sauce, Cilantro, Lime, Garlic, Cumin, Coriander, Oregano.

meez meals

1. Getting Organized

Preheat oven to 425 degrees.

2. Roast the Sweet Potatoes

Place the **Sweet Potatoes** in a casserole dish and drizzle with olive, oil salt and pepper. Toss then arrange in a single layer and bake until the edges are golden brown and the sweet potatoes are almost fork tender, about 20 minutes, stirring once halfway through.

3. Create the Casserole and Bake

Transfer half of the cooked sweet potatoes to a plate or bowl and arrange the remaining potatoes in a single layer. Top with half the **Peppers, Corn & Beans**, followed by half the **Enchilada Sauce** and one-third of the **Mexican Cheese**. Spread each layer edge-to-edge as best you can. Create additional layers as follows:

- Remaining cooked sweet potatoes
- Remaining peppers, corn & beans
- Remaining enchilada sauce
- Half of the remaining cheese (one-third of the total cheese provided)

Bake until the cheese is fully melted, about 10 minutes.

4. Top with Chips and Cheese and Finish Baking

Top the casserole with the **Tortilla Chips** and remaining cheese. Bake until the cheese is brown and bubbly, about 10 additional minutes. Remove from oven and let cool for at least 5 minutes. Serve topped with the **Cilantro Lime Crema**. Enjoy!

Instructions for two servings.

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

Shrimp and Andouille Jambalaya

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

40 Minutes to the Table

15 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Large Saucepan with
Lid

FROM YOUR PANTRY

Butter
Salt & Pepper

5 MEEZ CONTAINERS

Rice
Andouille Sausage
Shrimp
Cajun Spices
Veggies

Make the Meal Your Own

Love spicy? Add additional cayenne pepper for an extra kick

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

Good To Know

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

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

Health snapshot per serving – 440 Calories, 10g Fat
4g Fiber, 50g Carbs, 38g Protein and 11 Smart Points

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

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



INGREDIENTS: Shrimp, Andouille Sausage, White Rice, Diced Tomato, Green Pepper, Green Onion, Celery,
Bay Leaf, herbs and spices.

meez *meals*

1. Cook the Andouille Sausage

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

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

2. Cook the Spices, Veggies, and Rice

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

Next add the Veggies and cook for 2 minutes.

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

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

3. Add the Shrimp

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

4. Serve and Enjoy!

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

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

Love this recipe? #meezmagic

Cream of Tomato Soup with Grilled Cheese Croutons

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

20 Minutes to the Table

20 Minutes Hands On

1 Whisks *Super Easy*

Getting Organized

EQUIPMENT

Large Saucepan
Baking Sheet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

French Roll
Gruyere &
Chives
Seasoned
Onions
Tomatoes &
Herbs
Cream

Add Protein Cooking Instructions

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