

Chipotle Chicken Tostada with Cheesy Refried Beans

30 Min
to Table

30 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Heat a large dry skillet to cook the tortillas.

From Your Pantry

You'll need olive oil, salt and pepper.

Salsa Fresca Fish Tacos

20 Min
to Table

20 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Make the Taco Slaw and refrigerate.

From your Pantry

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

Quick Tips



Truffle-Butter Steak Frites

25 Min
to Table

35 Min
Hands
On

2 Whisks
Easy

Getting Started

Preheat your oven to 450.

From Your Pantry

You'll need olive oil, salt & pepper

Nashville Hot Tofu Sliders

30 Min
to Table

20 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Preheat your oven to 450.

From your Pantry

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

Mango Teriyaki Chicken

25 Min
to Table

25 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Put a pot of water on to boil.

From your Pantry

You'll need olive oil, salt and pepper.

Kung Pao Edamame with Udon Noodles

15 Min to Table	15 Min Hands On	1 Whisk Super Easy
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Getting Started	Bring a large pot of water to a boil.
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Omnivore Option	Shrimp is great in this dish.
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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.
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From Your Pantry	You'll need butter, olive oil, salt and pepper.
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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.
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From your Pantry	You'll need olive oil, salt and pepper.
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Bacon & Ranch Quesadilla Chicken Stack

20 Min to Table	20 Min Hands On	1 Whisk Super Easy
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Getting Started	Heat olive oil in large skillet.
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From Your Pantry	You'll need olive oil, salt and pepper.
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Creamy Shrimp Bisque

35 Min to Table	35 Min Hands On	1 Whisk Super Easy
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Getting Started	Put a saucepan of water onto boil.
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From Your Pantry	You'll need olive oil, butter, flour, salt and pepper
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Coulbiao of Salmon with Roasted Kale & Beets

30 Min to Table	20 Min Hands On	1 Whisk Super Easy
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Getting Started	Preheat your oven to 425.
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From your Pantry	You'll need olive oil, and salt.
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Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmndd daily)	
Truffle-Butter Steak Frites	520	38	27	32 CC 15	6	310	3	15	145% Vitamin C	44% Vitamin A
Chipotle Chicken Tostada with Cheesy Refried Beans	640	62	19	53 CC 39	12	920	6	10	13% Vitamin A	38% Vitamin B12
Polenta Lasagna with Zucchini and Herby Ricotta	590	22	37	49	6	1910	13	20	90% Iron	45% Calcium
Creamy Shrimp Bisque	890	43	42	86	7	960	15	28	68% Vitamin C	44% Iron
(use 1/2 the bread)	630		40					15		
Salsa Fresca Fish Tacos	755	58	24	77 CC 42	13	420		16	22% Vitamin C	12% Calcium
(make two tacos instead of 3)	700		22					12		
Mango Teriyaki Chicken	680	52	10	96	7	1700	31	13	97% Vitamin A	84% Vitamin C
Queso Fiesta Casserole	440	16	17	57	9	830	10	12	147% Vitamin C	73% Calcium
Coulbiac of Salmon with Roasted Kale & Beets	660	43	35	43	7	400	14	14	90% Vitamin D	30% Iron
Bacon & Ranch Quesadilla Chicken Stack	910	66	47	56 CC 30	4	1480	10	23	50% Folate	45% Calcium
(use 1/2 the tortillas, cheese, & dressing)	670		34					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)	
Kung Pao Edamame with Udon Noodles	465	18	21	49	10	469		14	184% Vitamin C	170% Vitamin A
Nashville Hot Tofu Sliders	980	34	50	104	10	1420	18	27	164% Calcium	59% Iron
(open face sandwich and 1/2 the aioli)	670		33					17		
Flourless Chocolate Cake	370	5	16	32	2	130	18	18	20% Iron	10% Vitamin A
Belgian Chocolate Vegan Brownies	420	6	20	62	4	300			10% Iron	
Tiramisu for Two	290	5	15	35	1	40	29		6% Calcium	2% Iron
Molten Chocolate Cake	520	7	31	54	3	360		28	30% Iron	4% Vitamin A
Kitchen Sink Cookies	380	5	19	49	2	400	10	17	20% Iron	8% 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.

Truffle Butter Steak Frites

Classic French flavors in a single recipe: oven-roasted potatoes coated in truffle-butter and Parmesan cheese, roasted broccoli and a juicy, truffle-buttery steak. It's bistro food cooked in your own kitchen.

35 Minutes to the Table

25 Minutes Hands On

2 Whisks Easy

Getting Organized

EQUIPMENT

- 2 Baking Sheets
- Large Skillet
- Large Mixing Bowl

FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper

5 MEEZ CONTAINERS

- Fingerling Potatoes
- Truffle Butter
- Parmesan Cheese
- Broccoli
- Steak

Make The Meal Your Own

If you ordered the **Carb Conscious version**, we sent you cauliflower instead of the potatoes reducing the **carbs per serving to 15g**. Use the cauliflower in place of the potatoes and in step 2 and reduce the cooking time to 15 minutes.

It's important to let the steaks rest to keep them tender and juicy. Give them at least 5 minutes off the heat before you slice and serve.

Be sure to generously season your steaks with salt and pepper before cooking; the salt adds flavor while also keeping the meat tender.

Good To Know

Health snapshot per serving – 520 Calories, 38g Protein, 27g Fat, 32g Carbs, 15 Freestyle Points

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

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



INGREDIENTS: Steak, Fingerling Potatoes, Broccoli, Parmesan, Parsley, Chives, Truffle Pate, Butter.

meez meals

1. Getting Organized

Preheat your oven to 450 degrees.

2. Make the Frites

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

Remove from the oven and immediately transfer to the now-empty mixing bowl and add half the **Truffle Butter** and half of the **Parmesan Cheese**. Stir until the butter melts completely and the frites are coated in Parmesan. Transfer directly to serving plates.

3. Roast the Broccoli

While the frites are cooking, transfer the **Broccoli** to the now-empty large mixing bowl and drizzle with olive oil, salt and pepper. Toss well and arrange in a single layer on a second baking sheet. After the frites have been cooking for about 10 minutes, place the broccoli in the oven. Roast until it starts to brown and is fork tender, about 15 minutes.

Remove the broccoli from the oven, sprinkle with the remaining parmesan cheese and transfer directly to serving plates.

4. Cook the Steak

While the frites and broccoli are cooking, heat 1 Tbsp oil in large skillet over high heat. When the oil is very hot, add the **Steaks** to the pan. Cook until the bottoms brown and the sides start to color, about 3 minutes. Flip and continue cooking for 3 minutes if you prefer your steak **medium-rare**. (Cook for 4 minutes for **medium**, and 5 to 6 for **well done**). Remove the steaks from the skillet to rest for 5 minutes, then transfer to serving plates. Do not wipe out the skillet.

5. Put It All Together

Once the now-empty pan has cooled slightly, add the remaining Truffle Butter and stir until it is melted. Spoon the melted Truffle Butter on top of the steak. Enjoy!.

You'll be multi-tasking in this recipe. The potatoes, broccoli and steak will all be cooking at the same time, so be sure to read the recipe all the way through before you begin.

To test if the oil is hot enough for the beef, hold your hand about 6 inches above the skillet. If you can feel serious heat, it's ready.

Letting the pan cool slightly will avoid burning the Truffle Butter.

Instructions for two servings.

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

Chipotle Chicken Tostada with Cheesy Refried Beans

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

Getting Organized

EQUIPMENT

2 Large Skillets and 1 Lid (or Baking Sheet)

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

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

Make The Meal Your Own

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

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

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

Good To Know

Health snapshot per serving – 640 Calories, 62g Protein
19g Fat, 53g Carbs, and 10 Freestyle Points.

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

30 Minutes to the Table

30 Minutes Hands On

1 Whisk Super Easy

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YouTube cooking video**



INGREDIENTS: Chicken Breast, Black Beans, Corn Tortillas, Tomatoes Onions, Chihuahua Cheese, Monterey Jack Cheese, Queso Fresco Cheese, Cilantro, Chipotles in Adobo, Mayonnaise, Buttermilk, Crushed Red Pepper, Garlic, Coriander, Cumin, Lime.

meez meals

1. Cook the Tortillas

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

2. Cook the Spiced Beans

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

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

3. Cook the Chicken

Heat 1 ½ Tbsp olive oil the now-empty tortilla skillet over medium high heat. Pat dry and generously salt and pepper the **Chicken Breasts** on both sides. Cook until crisp and brown, on one side, about 4 to 5 minutes. Flip, then cook until brown on the second side, about 4 additional minutes. Transfer the chicken to a cutting board and let rest for 5 minutes. Turn off the heat but leave the skillet on the stove.

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

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

4. Put It All Together

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

Instructions for two servings.

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

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

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

Creamy Shrimp Bisque

Our spin on a lobster bisque. We cook ours with orzo and jasmine rice for added texture and serve topped with a ratatouille of French vegetables. With grilled French bread on the side, it's upscale comfort food that we love.

45 *Minutes to the Table*

45 *Minutes Hands On*

2 Whisks *Easy*

Getting Organized

EQUIPMENT

Medium Saucepan
Large Saucepan with
Cover
Large Skillet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper
Butter (1½ Tbsp)
Flour (1 ½ Tbsp)

6 MEEZ CONTAINERS

Orzo & Jasmine Rice
Mirepoix
Bisque Starter
Shrimp
French Bread
Ratatouille

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- 890 Calories, 43g Protein, 42g Fat, 86g Carbs, 28 Freestyle points

Lightened-up health snapshot per serving- 630 Calories, 40g Fat, 39g Carbs, by skipping the bread.

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

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INGREDIENTS: Shrimp, Tomatoes, Yellow Onion, Celery, Zucchini, Tomato, Yellow Pepper, Carrot, Red Onion, Orzo, Jasmine Rice, Roll, Cream, Garlic, Vegetable Stock, Basil, Old Bay, Thyme

meez meals

1. Cook the Orzo & Jasmine Rice

Set a medium saucepan of water to boil. Add the **Orzo & Jasmine Rice** to the boiling water and cook until tender, about 15 minutes. Drain well and set aside.

2. Create the Bisque

While the orzo & rice are cooking, heat 1 Tbsp olive oil in a large saucepan over medium high heat. When the oil is hot, add the **Mirepoix** (look for carrots, onions, and celery) and cook until the veggies start to brown, about 5 to 7 minutes. Add 1½ Tbsp of butter and once melted add in 1½ Tbsp of flour and stir well. Cook until the flour starts to brown, about 2 to 3 minutes.

Add the **Bisque Starter** (the bag with liquid) and 2 cups of water. Stir the mixture, making sure to scrape the tasty bits off the bottom. Bring to a boil, then reduce the heat to medium low, cover and simmer for 20 minutes. Remove the cover and simmer for an additional 10 minutes until the soup thickens. Remove from the heat and stir in the cooked orzo & rice. Let rest for 5 minutes.

3. Cook The Shrimp

Once the bisque is simmering, dry and lightly salt & pepper the **Shrimp**. Heat 1 Tbsp olive oil in a large skillet over medium-high heat. Cook for a minute on each side until they are opaque and no longer grey in color. Remove from the heat and transfer to a cutting board. Cut each shrimp piece into thirds and transfer directly to serving bowls. Do not wipe out the skillet.

4. Grill the Bread

Cut the **French Bread** in half lengthwise and drizzle with olive oil, salt and pepper. Heat the now-empty skillet over medium high heat. Add the sliced French bread halves, cut-side-down and cook until they turn golden brown, about 1 to 2 minutes. Set the grilled bread aside. Wipe out the skillet.

5. Cook the Ratatouille

Heat 1 Tbsp olive oil in the now-empty skillet over medium high heat. Add the **Ratatouille** (look for tomatoes & yellow peppers) and cook until charred slightly, about 2 to 3 minutes.

6. Put It All Together

Serve the bisque over the shrimp & top with the ratatouille. Enjoy alongside the grilled bread!

*Use
enough
water to
submerge
the orzo
and rice by
one inch.*

Instructions for two servings.

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

Salsa Fresca Fish Tacos

The Meez version of classic fish tacos is as delicious as you think. Lightly breaded, crispy tilapia. Cabbage and jicama slaw. Fresh pico de gallo salsa. Tasty pineapple crema. On the table in less than thirty minutes. That's the magic of Meez.

20 Minutes to the Table

20 Minutes Hands On

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Mixing Bowl
Large Skillet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper
Flour (1/8 cup per serving)
Egg (1 per serving)

6 MEEZ CONTAINERS

Taco Slaw
Pineapple Crema
Tilapia
Tortilla
Salsa Fresca (pico de gallo)
Queso Fresco (cheese)

Good to Know

If you ordered the **Carb Conscious version**, we sent you romaine lettuce instead of the tortillas. If you the romaine to make a fish taco salad, and leave out the eggs and flour, **carbs per serving are reduced to 36g**.

Tilapia is rich in minerals, proteins and vitamins which strengthen our bone health and reduce the risk of Osteoporosis. It boosts muscle growth in body and also helps in cellular repair and maintain proper metabolic activity.

Health snapshot per serving – 755 Calories, 58g Protein, 24g Fat, 77g Carbs, 16 Freestyle points

Lightened-Up Health snapshot per serving – 625 Calories 22g Fat, 54g Carbs, 12 Freestyle points by making two heavily loaded tacos per serving instead of three (not using 1/3 of the tortillas).

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

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INGREDIENTS: Tilapia, Tortilla, Cabbage, Jicama, Red Radish, Queso Fresco Cheese, Tomato, Onion, Cilantro, Pineapple, Lime, Sour Cream, Mayonnaise.

meez *meals*

1. **Mix the Taco Slaw**

Combine the **Taco Slaw** with half the **Pineapple Crema** in a large mixing bowl and mix well. Refrigerate until you're ready to serve.

2. **Prepare the Tilapia**

Mix 2 eggs in a small bowl. Pour ¼ cup flour on a plate, add a generous amount of salt and pepper and mix well. Pat the **Tilapia** dry with a paper towel. Dip the tilapia into the egg, covering both sides. Let the excess egg drip off, then press the tilapia into the flour, flip and repeat to coat both sides. Repeat for each piece of fish.

3. **Cook the Tilapia**

Heat 2 Tbsp olive oil in a large skillet over medium-high heat. When the oil is hot, shake any excess flour off the tilapia and cook until it is light brown on the bottom and the edges start to brown, about 3 to 4 minutes. Flip and cook until the other side browns, another 3 to 4 minutes. Remove the tilapia from the skillet and set aside to rest for 5 minutes. Wipe out the pan.

Once the tilapia has rested, cut each filet into 3 long strips.

4. **Warm the Tortillas**

While the tilapia is resting, return the now empty skillet to the stove over medium heat. When the pan is hot, heat the **Tortillas** until they are soft and warm, about 20 to 30 seconds per side.

5. **Put It All Together**

Fill each tortilla with a generous helping of the taco slaw and place the tilapia strips on top. Cover the fish with the **Salsa Fresca**, the rest of the Pineapple Crema, and sprinkle with the **Queso Fresco** (cheese). Enjoy!

Instructions for two servings.

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

Mango Teriyaki Chicken

We love the sweet and salty combination of a classic teriyaki, and we're giving it a tropical note this week with juicy Mango. Paired with seared veggies, jasmine rice and tender chicken, it's a dinner that's super simple and super delicious.

25 *Minutes to the Table*

25 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Saucepan
Large Skillet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Jasmine Rice
Chicken Breast
Asian Veggies
Mango Teriyaki
Sauce
Cilantro & Mango

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 – 680 Calories, 52 Protein, 10g Fat, 96g Carbs, and 13 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 Breast, Bok Choy, Green Beans, Carrots, Jasmine Rice, Mango, Cilantro, Tamari, Garlic, Ginger, Sesame Oil, Brown Sugar.

meez *meals*

1. Get Organized

Bring a pot of water to boil.

2. Cook the Rice

Add the **Jasmine Rice** to the boiling water with a pinch of salt and cook, uncovered, until just tender, about 12 to 15 minutes. Drain, then return the rice to the saucepan. Cover and set aside.

3. Cook the Chicken

While the rice is cooking, pat dry the **Chicken Breasts** 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 4 minutes. Turn the chicken and cook for another 4 minutes, until the other side is brown as well. Do not wipe out pan.

Transfer the chicken to a cutting board to rest for 5 minutes, then slice into ½" strips.

4. Sauté the Veggies

Return the now-empty skillet to the stove over high heat. Add the **Asian Veggies** and cook, stirring occasionally, until they start to char, about 4 to 5 minutes. Remove from the skillet and add to the rice in the saucepan. Stir well and set aside.

5. Heat the Sauce

Wipe out the now-empty skillet, then return to the stove over high heat. Add the **Mango Teriyaki Sauce** and bring to a boil. Cook until the sauce is thick enough to coat the back of a spoon, about 3 to 4 minutes.

Reduce the heat to medium and add the sliced chicken. Mix until it is well coated with sauce and cook for an additional minute.

6. Put It All Together

Serve the coated chicken over the rice and veggies and drizzle with a few spoonful's of sauce. Top with the **Cilantro & Mango** and 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

Good to Know

Planning ahead? Make the recipe in advance and bake the final ten minutes when you're ready to eat.

Health snapshot per serving – 440 Calories, 16g Protein, 18g Fat, 57g Carbs, 12 Freestyle Points.

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

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



INGREDIENTS: 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

Coulibiac Salmon with Roasted Kale & Beets

New to coulibiac? Think salmon Wellington. It's a Russian favorite and just right for this time of year. We're topping salmon with puff pastry, everything bagel seasoning and a dill crema that's a test kitchen favorite. Served with roasted kale and beets.

30 *Minutes to the Table*

20 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

2 Baking Sheets

FROM YOUR PANTRY

Olive Oil

Salt & Pepper

6 MEEZ CONTAINERS

Beets

Salmon

Puff Pastry

Seasoning

Kale

Dill Crema

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 –660 Calories, 35g Fat, 43g Protein, 43g Carbs, 14 Freestyle Points.

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

INGREDIENTS: Salmon, Beets, Puff Pastry, Kale, Sour Cream, Red Onion, White Vinegar, Cream, Parsley, Everything Seasoning, Sugar, Dill, Lemon, Garlic, Dijon Mustard, Kosher Salt, White Pepper

meez *meals*

1. Get Started

Preheat the oven to 425.

2. Bake the Beets and Salmon

Toss the **Beets** with a drizzle of olive oil and salt and pepper on a baking sheet, then arrange in a single layer on one half of the sheet.

Pat dry the **Salmon** and place on the other half of the baking sheet. Top each filet with one **Puff Pastry** on a diagonal (like a diamond), so that a triangle of crust hangs off both of the long sides of the salmon. Sprinkle the **Seasoning** on top of the entire pastry, pressing down so it sticks.

Place the baking sheet in the oven and cook until the beets are starting to brown and the puff pastry has turned golden brown, about 20 minutes. If the beets need more time than the salmon, it's fine to remove the salmon and let the vegetables continue to cook longer. Do not let the salmon cook for more than 25 minutes, otherwise it will dry out.

3. Roast the Kale

While the beets and salmon are cooking, arrange the **Kale** on a second baking sheet in a single layer and drizzle with olive oil, salt and pepper. After the beets and salmon have been cooking for 10 minutes, place the kale in the oven and cook until the kale starts to brown and is crispy, about 10 to 12 minutes

4. Put It All Together

Transfer the roasted beets to the baking sheet with the roasted kale and toss together. Serve the salmon coulibiac with the beets and kale and top the pastry with a generous drizzle of **Dill Crema**. Enjoy!

Instructions for two servings.

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Bacon & Ranch Quesadilla Chicken Stack

Our test kitchen found a fresh way to make the beloved chicken quesadilla extra special. By pairing it with a fresh cucumber ranch drizzle, flavorful corn salsa and stacking the quesadillas, it's a restaurant worthy dinner that we love.

20 Minutes to the Table

20 Minutes Hands On

1 Whisks Super Easy

Getting Organized

EQUIPMENT

Large Skillet

FROM YOUR PANTRY

Olive Oil

Salt/pepper

6 MEEZ CONTAINERS

Chicken Breast

Bacon

Flour Tortillas

Cheese & Cilantro

Cucumber Ranch

Corn Salsa

Good to Know

If you ordered the **carb conscious version**, we sent cauliflower "rice" instead of the tortillas, reducing the **carbs per serving to 30g**. After cooking the bacon in Step 2, 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. Create a section in the skillet for each serving and top with the cooked bacon and then the cheese. Cook until the cheese melts and transfer directly to your serving plates. Top with the cooked chicken and other components.

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

Health Snapshot per Serving 910 Calories, 66g Protein, 47g Fat, 56g Carbs, 23 Freestyle Points

Lightened Up Health Snapshot per Serving 670 Calories, 34g Fat, 32g Carbs, and 15 Freestyle Points, using half the tortillas, half the cheese, and half of the Cucumber Ranch.

INGREDIENTS Chicken Breast, Flour Tortillas, Cucumber, Tomato, Corn, Bacon, Green Onion, Monterrey Jack, Smoked Gouda, White Cheddar, Mayonnaise, Yellow Onion, Lemon, Cilantro, Sour Cream, Buttermilk, White Vinegar, Garlic, Chive, Miso, Black Pepper, Onion Powder, Parsley

meez*meals*

1. 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).

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 minutes, until the other side is brown as well.

Transfer the chicken to a cutting board and let rest for 5 minutes, then slice into ½" strips.

2. Create the Quesadillas

While the chicken is resting, wipe out the skillet. Add the **Bacon** and cook over medium-high heat, stirring occasionally, until browned and crispy, about 3 to 4 minutes. Remove from the skillet and place on a paper-towel-lined-plate. Wipe out the skillet.

Place two **Flour Tortillas** in the now-empty skillet over medium heat. Sprinkle one-quarter of the **Cheese & Cilantro** on each of the tortillas in the skillet, followed by half of the bacon and the rest of the cheese. Place the other two tortillas on top of the second layer of cheese. (you should now have two closed quesadillas each with layers: tortilla-cheese-bacon-cheese-tortilla).

Cook until the bottoms are brown and cheese starts to melt, about 2 minutes. Flip the quesadillas and cook until other tortilla is brown, an additional 2 minutes. Transfer the finished quesadillas directly to serving plates.

3. Put it All Together

Stack the sliced chicken on top of each quesadilla, followed by a healthy drizzle of the **Cucumber Ranch** and top with the **Corn Salsa**. Enjoy!

Instructions for two servings.

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Kung Pao Edamame with Udon Noodles

We're hooked on Kung Pao sauce. The spicy sweet flavor just makes stir-fry come to life. We're cooking our version with edamame, carrots and red peppers, then serving it over udon noodles with some peanuts to finish it all off. It's a speedy meal perfect for any night of the week.

15 Minutes to the Table

15 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Large Skillet
Saucepan

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

4 MEEZ CONTAINERS

Asian Vegetables
Sesame Soy Sauce
Udon Noodles
Peanuts

Make The Meal Your Own

If you're cooking the **Carb Conscious version**, we sent you zucchini "noodles" instead of udon reducing the **carbs to 34g per serving**. Skip Steps 1 and 2. Heat 1 Tbsp olive oil in a large skillet over high heat. Dry the zucchini noodles with a paper towel. When the oil is very hot, place them in the pan in a single layer. Cook, without stirring, until the zucchini noodles start to char, 2 to 3 minutes. Remove from the skillet and use in place of the noodles in Step 4.

If you're making the gluten-free version, we've given you rice noodles, instead. Cook until tender, about 5 minutes, drain and rinse under cold water.

Want a little extra kick? Add a pinch of crushed red pepper to the final dish.

Good To Know

Health snapshot per serving – 465 Calories,
18g Protein, 10g Fiber, 14 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: Edamame, Udon Noodles, Carrots, Red Peppers, White Wine, Peanuts, Tamari Sauce, Sambal, White Vinegar, Brown Sugar, Sesame Oil, Garlic

meez meals

1. **Getting Organized**

Bring a large pot of water to a boil.

2. **Cook the Udon Noodles**

Salt the boiling water and add the **Udon Noodles**. Cook until they are soft, about 5 to 7 minutes, then drain.

3. **Cook the Vegetables**

As soon as the noodles are cooking, heat 1 Tbsp olive oil in a large skillet over high heat. When the oil is hot, add the **Asian Vegetables** and cook until the edamame is tender, about 5 to 7 minutes. Add the **Sesame Soy Sauce** and cook, stirring, until hot, about 2 to 3 minutes. Season with salt and pepper to taste.

4. **Put It All Together**

Serve the udon noodles topped with veggies and sauce and finish with a sprinkling of **Peanuts**. Enjoy!

*A large pot of water
gives the noodles lots
of room to cook
properly.*

Love this recipe? #meezmagic

Instructions for two servings.

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Nashville Hot Tofu Sliders

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

30 *Minutes to the Table*

20 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet
Baking Sheet
Large Mixing Bowl

FROM YOUR PANTRY

Olive Oil
Salt & Pepper
Flour (1/4 cup)
Butter (3 Tbsp)
Eggs (2)

6 MEEZ CONTAINERS

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

Good To Know

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

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

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

meez*meals*

1. Get Started

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

2. Cook the Roast Fingerling Potato Fries

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

3. Cook The Tofu

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

4. Grill the Buns

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

5. Prepare the Nashville Hot Spices

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

6. Put It All Together

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

Instructions for two servings.

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