

Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmnded daily)	
Peach Basil Tofu Tacos	630	36	25	74 CC 40	11	830	20	14	90% Vitamin C	90% Calcium
Deconstructed Grilled Chicken Kabobs	669	71	20	55 CC 14	7	915	9	12	328% Vitamin A	185% Vitamin C
(use 1/2 the naan)	519		15					17		
Crispy Bangkok Shrimp	625	34	29	63	7	746	25	19	28% Vitamin C	25% Calcium
Salmon with Dill Butter & Crispy Leeks	610	39	37	32 CC 17	5	210		13	185% Vitamin A	98% Vitamin C
Honey Mustard Grilled Chicken Salad	620	48	28	50 CC 35	6	780	18	17	36% Vitamin A	30% Vitamin C
Korean Beef Bulgogi	570	40	25	45 CC 34	8	716	16	17	287% Vitamin C	18% Calcium
Cacio e Pepe Pasta with Salami & Bacon	890	39	46	81	4	1940	33	32	55% Calcium	30% Vitamin C
(use 2/3 pasta, cream sauce, & cheese)	660		32					24		
Vegetable Primavera Rotini	800	35	44	73	10	1010	12	28	143% Vitamin C	48% Vitamin A
(Use 2/3rd of the sauce & 2/3rd of cheese)	660		33					21		
Tilapia with Adobo Spices	541	48	23	41 CC 27	7	571	8	12	94% Vitmain A	285% Vitmain 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)	
Asparagus & Fontina Fritters with Whipped Ricotta	505	25	35	24	3	723	7	17	126% Vitamin A	61% Calcium
Brown Butter Gnocchi	600	15	19	88	10	350	8	18	68% Vitamin A	73% Vitamin C
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
Tiramisu for Two	290	5	15	35	1	40	29		6% Calcium	2% Iron
Big Oatmeal Raisin Cookies	180	2	9	22	1	170		9	2% Calcium	4% 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.

Tilapia with Adobo Spices

20 Min
to Table

20 Min
Hands
On

1 Whisk
Easy

Getting Started

Toast the Flatbread

From Your Pantry

You'll need olive oil.

Peach Basil Tofu Tacos

20 Min
to Table

20 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Heat a large skillet
over medium heat.

From your Pantry

You'll need olive oil,
salt and pepper.

Quick Tips



Deconstructed Grilled Chicken Kabobs

20 Min
to Table

10 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Heat a large skillet with
2 Tbsp of olive oil.

From Your Pantry

You'll need olive oil,
salt and pepper.

Vegetable Primavera Rotini

15 Min
to Table

15 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.

Asparagus & Fontina Fritters with Whipped Ricotta

15 Min
to Table

15 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Mix the Asparagus
Fritter Batter.

From your Pantry

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

Cacio e Pepe Pasta with Salami & Bacon

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

Bring a large saucepan of water to boil.

From Your Pantry

You'll need olive oil, salt and pepper.

Brown Butter Gnocchi

30 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, butter, salt and pepper.

Meal Tip

This dish makes a great cold pasta salad.

Salmon with Dill Butter & Crispy Leeks

30 Min to Table	30 Min Hands On	2 Whisks Easy
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Getting Started

Preheat oven to 425.

From Your Pantry

You'll need olive oil, salt and pepper

Crispy Bangkok Shrimp

30 Min to Table	15 Min Hands On	3 Whisks Moderate
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Getting Started

Bring a pot of water to boil.

From Your Pantry

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

Meal Tip

To keep your shrimp crispy, toss them in the sauce right before you're ready to eat.

Honey Mustard Grilled Chicken Salad

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

Pat the chicken breasts dry, and salt & pepper.

From Your Pantry

You'll need olive oil, salt and pepper

Korean Beef Bulgogi

30 Min to Table	30 Min Hands On	2 Whisks Easy
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Getting Started

Bring 2 cups of water to boil in large saucepan.

From Your Pantry

You'll need olive oil, salt and pepper.

Meal Tip

Combine the ingredients in a bowl for a delicious stir-fry.

Peach Basil Tofu Tacos

Easy preparation and flavors that are out of this world make this 10-minute dinner a new classic. With famous Phoenix Bean organic, non-GMO tofu, a fresh jicama slaw, and a peach and basil sauce that's flat out delicious, these tacos have it all.

10 Minutes to the Table

10 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Large Skillet

FROM YOUR PANTRY

Olive Oil

Salt & Pepper

6 MEEZ CONTAINERS

Flour Tortillas

Tofu

Dill Sauce

Broccoli & Cabbage

Slaw

Peach Basil Dressing

Cucumber, Green

Onion & Cilantro

Add Protein Cooking Instructions

CHICKEN - Prior to Step 2, heat 1 Tbsp of olive oil in a large skillet on medium-high heat. Salt and pepper the Chicken Breasts and, when the oil is hot, cook until crisp and brown, about 4 to 5 minutes on each side. Let rest for 5 minutes. Wipe out the skillet. Slice into strips. Stir into the sauce at the end of Step 2.

SHRIMP - Prior to Step 2, heat 1 Tbsp of olive oil in a large skillet on medium-high heat. Salt and pepper the Shrimp and, when the oil is hot, cook until they are opaque and no longer grey in color, about 1 minute on each side. Wipe out the skillet. Stir into the sauce at the end of Step 2.

If you added steak, we recommend serving it separately with salt & pepper. Cook in a skillet with 1 Tbsp oil over high heat to internal temperature of 145 (for medium doneness).

Good To Know

If you ordered the **Carb Conscious version**, we sent you romaine lettuce instead of the tortillas, reducing the **Carbs per serving to 40g**. Skip Step 1. Chop the romaine into bite size pieces and toss with the Broccoli Slaw and Peach Basil Sauce, then combine with the other ingredients to make a salad.

Health snapshot per serving – 630 Calories, 25g Fat, 36g Protein, 74g Carbs, 14 Freestyle Points.

INGREDIENTS: Tofu, Flour Tortillas, White Peach, Tomato, Cucumber, Broccoli Slaw, Jicama, Green Cabbage, Yellow Onion, Mayonnaise, Cream, Yogurt, Green Onion, Carrots, Cilantro, Dill, Basil, Lemon, White Pepper

meezmeals

1. Warm the Tortillas

Heat a large skillet over medium heat. Working in batches, warm the **Flour Tortillas** by cooking about 1 minute on each side. Wrap the warm tortillas in aluminum foil or paper towels and set aside until step 3.

2. Cook the Tofu

Heat 1 Tbsp olive oil in the now-empty skillet over medium-high heat. When the oil is hot, add the **Tofu** and cook until the bottom starts to brown, about 1 to 2 minutes. Flip the tofu and add the **Dill Sauce** (creamy and white with tomato chunks). Cook, stirring occasionally until the tofu is brown on both sides and the tomatoes are soft, about an additional 5 to 6 minutes. Remove from the heat.

3. Put It All Together

Fill each tortilla with the seasoned tofu, **Broccoli & Cabbage Slaw**, and the **Peach Basil Dressing**. Top with the **Cucumber, Green Onion & Cilantro** and enjoy!

Instructions for two servings.

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

Deconstructed Grilled Chicken Kabobs

Juicy grilled chicken, summer squash, and seared bell peppers paired with an arugula pesto that's just right for summer...it is just plain delicious. We're serving it over warm naan for a dinner the whole family will love.

20 Minutes to the Table

20 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Large Skillet
Cutting Board

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Chicken Breast
Naan
Zucchini & Summer
Squash
Bell Peppers
Arugula Pesto

Make The Meal Your Own

If you ordered the **Carb Conscious version**, we sent you Veggie "Rice" instead of the naan, reducing the **carbs per serving to 15g**. After step 2, do not wipe out the pan and add the veggie rice to the skillet and cook until it starts to brown, about 3 to 4 minutes. Use in place of naan in step 4.

Good To Know

If you want to **grill the chicken**, cook to an internal temperature of 160 degrees and let sit for 5 minutes (it will continue to cook to finish at 165 degrees).

Health snapshot per serving – 665 Calories, 71g Protein, 19g Fat, 55g Carbs, and 12 Freestyle Points.

Lightened-Up Health snapshot per serving – 520 Calories, 15g Fat, 32g Carbs, and 7 Freestyle Points by using half the naan.

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, Naan, Zucchini, Summer Squash, Bell Peppers, Artichoke, Arugula, Chive, Parmesan, Olive Oil, Lemon, Garlic.

meezmeals

1. Cook the Chicken

Pat dry the **Chicken Breasts** with a paper towel and sprinkle with salt and pepper. Heat a large skillet with 2 Tbsp of olive oil over medium-high heat. When the oil is hot, add the chicken and cook until it is crisp and brown, about 4 minutes. Turn the chicken over and cook until the other side is brown as well, about 3 to 4 additional minutes. Transfer the chicken to a cutting board. Do not wipe out the pan.

Once the chicken has rested for 5 minutes, use a sharp knife to cut the chicken breast evenly into 1" cubes and set aside.

If you want to use your grill instead, cook the chicken to an internal temperature of 160 degrees and let sit for 5 minutes (it will continue to cook to finish at 165 degrees).

2. Cook the Veggies

While the chicken is resting, return the skillet to the stove over high heat and add the **Zucchini & Summer Squash** and **Bell Peppers** with a generous pinch of salt. Sauté until the edges of the squash start to char, about 5 minutes. Remove from the pan and set aside. Wipe out the skillet.

If your grilling, heat the naan on the grill.

3. Warm the Naan

Very lightly brush both sides of the **Naan** with olive oil and sprinkle with salt and pepper. Return the now empty skillet to the stove over medium-high heat. Warm both sides of the naan until it is warm, about a minute on each side.

4. Put It All Together

Serve the chicken on the warm naan and drizzle with the **Arugula Pesto**. Top with the cooked veggies and enjoy!

Instructions for two servings.

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

Crispy Bangkok Shrimp

Get ready to amaze yourself. This gem is a restaurant-worthy dinner made right in your own kitchen. Crispy, pan-fried shrimp gets served up over stir-fried snow peas and bamboo shoots in an outrageously delicious creamy Thai sauce. It's a little bit spicy, a little bit Asian and totally delicious.

30 *Minutes to the Table*

15 *Minutes Hands On*

3 Whisk *A little more involved*

Getting Organized

EQUIPMENT

- Medium Sauce Pan
- Skillet
- 2 Mixing Bowls

FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper
- Eggs (1 per serving)

6 MEEZ CONTAINERS

- Brown Rice
- Shrimp
- Snow Peas and
Bamboo Shoots
- Thai Sauce
- Cornstarch
- Toasted Walnuts

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 – 625 Calories, 29g Fat, 746mg Sodium, 7g Fiber, 63g Carbs, 34g Protein and 19 Smart Points

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

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cooking video**



INGREDIENTS: Brown Rice, Shrimp, Snow Peas, Bamboo Shoots, Mayonnaise, Mae Ploy, Sriracha, Peanut Butter, Garlic Powder, Walnuts

*meez*meals

1. Getting Organized

Bring a pot of water to a boil.

Add the **Brown Rice** to the boiling water with a pinch of salt. Cook until tender, about 25 to 30 minutes. Drain the rice, fluff with fork and cover and let it steam for a few minutes, then transfer to a serving platter or individual bowls just before cooking the vegetables in step 3.

2. Prepare the Shrimp

While the rice is cooking, whisk 2 eggs in a small bowl and place the **Cornstarch** in a large zip-lock bag. Heat 2 tablespoons of oil in a skillet over medium-high heat. Dry and place all **Shrimp** into the zip-lock bag with the Cornstarch and shake until **Shrimp** are coated. Dip each **Shrimp** into the egg and place on a plate. When all shrimp have been coated carefully place into the hot oil. Cook for a minute on each side and remove to a paper-towel-lined-plate.

3. Cook the Veggies

Place **Snow Peas and Bamboo Shoots** in the still hot skillet pan and cook until the snow peas are bright green and tender, 3-5 minutes. Remove veggies from the pan and place on top of the **Brown Rice**. Turn off heat but leave the pan on the stove.

4. Combine Sauce, Shrimp, and Walnuts

Add the **Thai Sauce** to the hot skillet until it's warm, then add the cooked shrimp and **Walnuts**. Toss it to coat, then serve them over the rice and vegetables. Enjoy!

The oil for the shrimp should be hot, but not too hot. Use a shrimp as your test. If it turns golden after 60 seconds, your temperature is right on. If it gets dark too fast or takes longer to cook, adjust and try another

Salt and pepper the shrimp right as it comes out of the pan. The hot coating will ensure the seasoning sticks to the shrimp.

Wait to toss the shrimp and walnuts in the sauce until right before you are going to eat so the shrimp stays crispy.

Love this recipe? #meezmagic

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

Salmon with Dill Butter & Crispy Leeks

This is one of those great dishes that tastes fancy but is super simple to make. With roasted red potatoes, fresh kale, crispy leeks and dill butter, this is the salmon dinner you've been craving.

30 Minutes to the Table

30 Minutes Hands On

2 Whisk Easy

Getting Organized

EQUIPMENT

- 2 Baking Sheets
- Large Skillet
- Mixing Bowl

FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper

5 MEEZ CONTAINERS

- Red Potatoes
- Salmon
- Kale
- Dill Butter
- Leeks

Make The Meal Your Own

If you ordered the **Carb Conscious version**, we sent you cauliflower instead of the red potatoes, reducing the **carbs per serving** to **17g**. In Step 3, toss the cauliflower as described for the kale, place on a baking sheet and cook until it starts to brown, about 8 to 10 minutes. Place next to kale on serving plates.

If your food preferences meant we didn't send you the butter, combine the dill packet with some olive oil and drizzle on top of the salmon.

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 – 610 Calories, 37g Fat, 32g Carbs, 39g Protein and 13 Freestyle Points

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

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INGREDIENTS: Salmon, Potato, Kale, Leek, Butter, Garlic, Dill.

meezmeals

1. Getting Organized

Preheat the oven to 425.

2. Prepare the Potatoes

Slice the **Red Potatoes** in half the long way (so you have two long but skinny halves). Place the sliced potatoes in a bowl and toss with a light drizzle olive oil, salt, and pepper. Spread the potatoes face down on a baking sheet and cook for 15 minutes. Turn the baking sheet and cook until the potatoes are golden brown, and the bottoms are slightly crispy, about an additional 5 to 6 minutes, for a total cook time of around 20 minutes.

3. Roast the Kale

While the potatoes are cooking, put the **Kale** in the now-empty mixing bowl and drizzle with a bit more olive oil. Toss, and spread the kale on a second baking sheet. When you turn the potatoes (after 15 minutes of cooking) place the kale in the oven and cook until it softens and begins to get crispy, about 5 to 6 minutes.

When done, remove both the potatoes and kale from the oven and place them directly onto serving plates with the kale in the center and the potatoes on the side.

4. Cook the Salmon

While the kale is cooking, dry the **Salmon** 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 2 Tbsp of oil in a skillet over medium-high heat. When the oil is hot, put the salmon in skillet and cook until it turns brown, about 3 minutes. Flip, and cook the other side until brown, 3 additional minutes. Remove the salmon from the heat and place it on top of the kale. Do not wipe out the pan.

Top the salmon with the **Dill Butter** to melt as the salmon rests.

5. Put It All Together

Heat the now-empty skillet over medium-high heat and add the **Leeks**. Sprinkle very lightly with pepper (not salt) and sauté until they start to brown, about 3 to 4 minutes. Place the leeks on top of the salmon. Enjoy!

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

Honey Mustard Grilled Chicken Salad

This is the summer salad you've been waiting for. With tender, juicy chicken breast, grapes, cranberries, spinach, arugula, and a slightly sweet honey mustard dressing, it's the perfect dinner for a hot summer night.

20 Minutes to the Table

15 Minutes Hands On

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet
Large Mixing Bowl

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Chicken Breast
Salad Greens
Honey Mustard Dressing
Grapes
Almonds
Celery, Radish &
Cranberries

Good To Know

If you ordered the **Carb Conscious version**, we sent you red peppers instead of the grapes. With this change and using half the dressing, it reduces the **carbs per serving to 35g**. Use the red peppers in place of the grapes in step 3.

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 – 620 Calories, 48g Protein, 28g Fat, 50g Carbs, and 17 Freestyle Points.

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

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cooking video**



INGREDIENTS: Chicken Breast, Spinach, Arugula, Grapes, Almonds, Celery, Red Radish, Cranberries, Dijon Mustard, Whole Grain Mustard, Honey, Apple Cider Vinegar, Kosher Salt, Vegetable Oil.

meez *meals*

1. Cook the Chicken

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 a large skillet with 1 Tbsp of olive oil over medium-high heat. Add the Chicken Breast to the skillet, and cook until crisp and brown, about 4 minutes, then turn. Cook until brown on the second side, about 4 additional minutes. Transfer the chicken to a cutting board and let rest for 5 minutes. Once the chicken has rested, cut into ½" slices.

2. Toss the Chicken and Greens with the Dressing

Toss the sliced chicken, **Salad Greens**, and **Honey Mustard Dressing** in a large mixing bowl.

3. Put It All Together

Transfer the honey mustard coated chicken and salad greens to serving bowls and top with the **Grapes, Almonds**, and **Celery, Radish & Cranberries**. Enjoy!

Love this recipe? #meezmagic

Instructions for two servings.

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

Korean Beef Bulgogi

Super fresh, super fast, super delicious. This dinner has it all. Grilled steak served up on fresh lettuce rolls with rice, stir fried carrots and cabbage is delicious on its own. But when topped with peanuts, basil, green onions and our delicious Bulgogi sauce, it's Meez magic.

30 *Minutes to the Table*

30 *Minutes Hands On*

2 Whisk *Easy*

Getting Organized

EQUIPMENT

Saucepan
Large Skillet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

7 MEEZ CONTAINERS

Jasmine Rice
Steak
Red Cabbage & Carrots
Romaine Lettuce
Bulgogi Sauce
Gochujang
Peanuts, Basil & Green
Onions

Make The Meal Your Own

If you ordered the **Carb Conscious version**, we sent you cauliflower "rice" instead of the Jasmine rice, reducing the **carbs per serving to 34g**. Skip step 1. Prior to step 3., heat 1 Tbsp olive oil in a large skillet over high heat. Sauté the cauliflower "rice" until it starts to brown, about 2 to 3 minutes. Set aside and use in place of rice in step 5.

As an alternative to lettuce wraps, you can combine the ingredients in a bowl for a delicious stir-fry.

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

Good To Know

Be sure to generously season your steak with salt and pepper before cooking; the salt adds flavor while also keeping the meat tender. We recommend using ½ tsp of each.

Health snapshot per serving – 570 Calories,
40g Protein, 25g Fat, 45g Carbs, 17 Smart Points

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YouTube cooking video**



INGREDIENTS: Steak, Jasmine Rice, Romaine Lettuce, Red Cabbage, Carrots, Tamari, Mirin, Peanuts, Gochujang, Sesame Oil, Garlic, Ginger, Sesame Seeds, Basil, Green Onions

meez meals

1. **Get Organized**

Bring water to a boil in a large saucepan.

2. **Cook the Rice**

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

3. **Cook the Steak**

While the rice is 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.

Once the steaks have rested, place them horizontally on a cutting board. Using a sharp knife, cut the steaks into even strips (we aim for ½" x 1" pieces).

4. **Cook the Red Cabbage & Carrots**

While the steaks are resting, heat 1 Tbsp oil in the now-empty skillet over medium-high heat. When the oil is hot, add the **Red Cabbage & Carrots** and cook, stirring constantly, until the vegetables start to brown on the edges, about 7 minutes.

5. **Put it All Together**

Arrange the **Romaine Lettuce** on a plate and spread the thick, spicy, red **Gochujang** sauce across each leaf (will be your shell) as desired to taste. Top with a thin layer of rice, a little of the **Bulgogi Sauce** (the thinner brown sauce), red cabbage & carrots, sliced steak and add some additional Bulgogi Sauce on top of the steak.

Finish it off with the **Peanuts, Basil, & Green Onions** and enjoy!

You just need enough water to completely cover the rice.

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

Beef continues to cook as it rests, so remove it from the heat when it's a little less done than you like to prevent it from overcooking.

Each family member can add the delicious Gochujang to their romaine lettuce leaf depending on how much they enjoy spicy food.

Instructions for two servings.

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

Cacio e Pepe with Salami & Bacon

Cacio e Pepe is one of Italy's most iconic recipes. The classic version is minimalist, but we challenged the test kitchen to add some protein and vegetables. Their version with bacon, salami, arugula, and balsamic glazed tomatoes is a knockout the family will love.

25 *Minutes to the Table*

20 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

- Large Skillet
- Large Saucepan (with cover)

FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper

7 MEEZ CONTAINERS

- Tomatoes
- Linguine
- Balsamic Glaze
- Salami & Bacon
- Seasoned Cheese
- Cream
- Arugula

Good To Know

Health snapshot per serving – 890 Calories, 46g Fat, 39g Protein, 81g Carbs, 32 Freestyle Points.

Lightened-Up Health snapshot per serving – 660 Calories, 32g Fat, 65g Carbs, 24 Freestyle Points by using two-thirds of the pasta, cream and seasoned cheese.

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

INGREDIENTS: Tomatoes, Cream, Linguine, Parmesan, Arugula, Salami, Pecorino Romano, Balsamic Vinegar, Brown Sugar, Bacon, Lemon, Black Pepper

meez *meals*

1. **Get Organized**

Bring a large saucepan of water to boil over high heat.

2. **Cook the Pasta**

Add the **Linguine** to the boiling water with a pinch of salt and cook until al dente, about 7 to 9 minutes. Drain and set aside in the colander until step 4.

3. **Create the Balsamic Glazed Tomatoes**

After the pasta is cooked, heat 1 Tbsp of olive oil in the now-empty saucepan over medium high heat. Put the **Tomatoes** in a ziplock bag and squish. Once the oil is hot, add the tomatoes to the skillet with a sprinkle of salt and pepper. Cook until the liquid is mostly evaporated and tomatoes start to char, about 5 minutes. Add the **Balsamic Glaze** and cook until it thickens, about 1 to 2 minutes. Remove the saucepan from the heat, cover and set aside until step 5.

4. **Make the Sauce**

Heat a large skillet over medium high heat. Once the skillet is hot, add the **Salami & Bacon** and sear until the edges start to brown and crisp, about 2 to 3 minutes. Then add the **Seasoned Cheese** and **Cream** and cook, stirring continuously for about a minute. Remove from the heat and add the **Arugula** and cooked linguine. Mix well.

5. **Put it all Together**

Serve the pasta topped with balsamic glazed tomatoes. Enjoy!

Instructions for two servings.

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

Vegetable Primavera Rotini

Think red peppers and summer squash infused with a light basil cream sauce and you've got an idea of the magic of this dinner. With seared zucchini, toasted capers and crunchy pepitas, it's a restaurant-worthy dinner that's on the table in just 15 minutes.

15 *Minutes to the Table*

15 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet
Large
Saucepan

FROM YOUR

PANTRY

Olive Oil
Salt & Pepper

5 MEEZ

CONTAINERS

Rotini
Zucchini
Capers &
Pepitas
Primavera
Sauce
Parmesan

Add Protein Cooking Instructions

CHICKEN - Prior to Step 2, heat 1 Tbsp of olive oil in a large skillet on medium-high heat. Salt and pepper the Chicken Breasts and, when the oil is hot, cook until crisp and brown, about 4 to 5 minutes on each side. Let rest for 5 min. Wipe out the skillet. Slice into strips and combine with the ingredients in Step 4.

STEAK - Prior to Step 2, heat 1 Tbsp olive oil in a large skillet over high heat. Salt and Pepper the steaks and when the skillet is very hot, add the Steaks to the pan. Cook until the bottoms brown and the sides start to color, about 4 minutes each side for medium (3 min med-rare and 5-6 min for well done). Let rest for 5 minutes. Wipe out the skillet. Slice into strips and combine with the ingredients in Step 4.

SHRIMP -Prior to Step 2, heat 1 Tbsp of olive oil in a large skillet over medium-high heat. Salt and pepper the Shrimp and, when the oil is hot, cook until they are opaque and no longer grey in color, about 1 minute on each side. Wipe out the skillet. Set aside, cut in half. Combine with the ingredients in Step 4.

Good to Know

Health snapshot per serving – 800 Calories, 35g Protein, 44g Fat, 73 Carbs, 27 Freestyle Points.

Lightened-Up Health snapshot per serving – 660 Calories, 33g Fat, 69 Carbs, 21 Freestyle Points using two-thirds of the sauce and two-thirds of the cheese.

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



INGREDIENTS: Rotini, Zucchini, Summer Squash, Red Onions, Bell Peppers, Basil, Parmesan, Cream, Pepitas, Capers, Garlic, White Pepper, Oregano, Vegetable Stock, Lemon Juice, Lemon Peel.

meez meals

1. Cook the Rotini

Bring a large saucepan of water to boil. Add the **Rotini** to the boiling water and cook until al dente about 8 to 10 minutes. Drain the water using a colander and combine with sauce and vegetables as described in step 4.

2. Sear the Zucchini

While the rotini is cooking, heat 1 Tbsp olive oil in a large skillet over high heat. When the oil is hot, add the **Zucchini** and sauté until it starts to char, about 2 minutes. Remove the zucchini and set aside. Do not wipe out the skillet.

3. Cook the Capers & Pepitas

Return the now-empty skillet to the stove over medium high heat. Add the **Capers & Pepitas** and cook, stirring very frequently, until the pepitas brown and capers begin to pop, about 3 to 5 minutes. Remove from the skillet and set aside. Do not wipe out the skillet.

4. Warm the Sauce and Combine the Ingredients

Return the now-empty skillet to the stove over medium high heat. Add the **Primavera Sauce** and bring to a boil. Cook until the sauce thickens enough to coat the back of a spoon, about 3 minutes.

Reduce the heat to low and add the seared zucchini and cooked rotini (as soon as it is finished.)

5. Put It All Together

Transfer the contents of the skillet to serving bowls and top with the **Parmesan** and capers & pepitas. Enjoy!

Instructions for two servings.

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

Tilapia with Adobo Spices

Simple, sophisticated and delicious, this is a restaurant-worthy dinner that's on the table in twenty minutes. With smoky adobo-seared tilapia, sautéed veggies and toasted flatbread, it's dinner you'll love, guaranteed.

20 Minutes to the Table

20 Minutes Hands On

1 Whisks *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet

FROM YOUR PANTRY

Olive Oil

5 MEEZ CONTAINERS

Flatbread

Adobo Seasoning

Cucumber & Spinach

Sauce

Peppers & Zucchini

Tilapia

Good to Know

If you ordered the **Carb Conscious version**, we sent you yellow squash instead of the flatbread, reducing the **carbs per serving to 27g**. In place of step 1., heat 2 Tbsp olive oil in a large skillet over medium high heat. When the oil is hot, add the squash in a single layer. Sauté until the pieces are golden, about 5 minutes, then flip and cook until other side is golden as well. Transfer to a paper towel lined plate and season with a light sprinkle of the Adobo Seasoning.

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 – 540 Calories, 47g Protein, 23g Fat, 41g 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: Tilapia, Flatbread, Bel Peppers, Zucchini, Spinach, Red Onion, Cucumber, Cream, Yogurt, Turmeric, Oregano, Chive, Garlic, Black Pepper, Kosher Salt, Lime.

meez meals

1. Toast The Flatbread

Heat a large skillet over medium high heat. Lightly brush both sides of the **Flatbread** with olive oil. Heat the Flatbread until warm, about 1 minute. Remove from the heat and season with a light sprinkle of the **Adobo Seasoning**. (Use just a small amount. You'll use the rest in step 3.)

Divide the **Cucumber & Spinach Sauce** between each diner's plate. Tear the seasoned flatbread up into small bite-sized pieces and place directly on top of the sauce.

2. Sauté the Veggies

Wipe out the now empty skillet and return to the stove over medium high heat with 1 Tbsp olive oil. When the oil is hot, add the **Peppers & Zucchini** and cook until the veggies start to char, about 3 minutes. Place the cooked veggies directly on top of the toasted flatbread pieces. Wipe out the pan.

3. Sear the Tilapia and Serve

Spread the remaining adobo seasoning on a plate. Pat the **Tilapia** dry and press into the adobo seasoning, so it is fully coated, then repeat for the other side.

Return the now-empty skillet to the stove over medium high heat with 2 Tbsp olive oil. When the oil is hot, add the tilapia and cook until the coating on the sides turn brown, about 3 to 4 minutes. Flip and cook until the other side is brown, an additional 3 to 4 minutes.

Place the tilapia on top of the peppers and zucchini and enjoy!

Instructions for two servings.

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

Asparagus & Fontina Fritters with Whipped Ricotta

There's something about fritters we just love. And with their crispy, crunchy texture, they're a meal the whole family loves. We're cooking them up this week with asparagus and fontina, served over a bed of spinach and arugula. Topped with whipped ricotta and chives and a delicious cider glaze, it's a sophisticated, delicious dinner that's on the table in less than 15 minutes

15 *Minutes to the Table*

15 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

- Large Skillet
- Large Mixing Bowl

FROM YOUR PANTRY

- Salt & Pepper
- Egg (2)
- Butter (4½ Tbsp)
- Milk (1/2 cup)

6 MEEZ CONTAINERS

- Asparagus
- Fontina & Flour
- Onions, Leeks & Garlic
- Spinach & Arugula
- Cider Glaze
- Ricotta & Chives

Add Protein Cooking Instructions

CHICKEN - Prior to Step 2, heat 1 Tbsp of olive oil in a large skillet on medium-high heat. Salt and pepper the Chicken Breasts and, when the oil is hot, cook until crisp and brown, about 4 to 5 minutes on each side. Let rest for 5 minutes. Wipe out the skillet. Serve alongside the fritters in Step 5.

If you added steak, we recommend serving it separately with salt & pepper. Cook in a skillet with 1 Tbsp oil over high heat to internal temperature of 145 (for medium doneness).

If you added shrimp, we recommend serving it separately with salt & pepper. Cook in a skillet with 1 Tbsp oil over medium-high heat to an internal temperature of 145 degrees.

Good To Know

Health snapshot per serving – 505 Calories, 25g Protein, 35g Fat, 24g Carbs, and 17 Freestyle Points.

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



INGREDIENTS: Asparagus, Spinach, Arugula, Flour, Baking Powder, Fontina, Ricotta, Onion, Leek, Garlic, Chive, Apple, Lemon, Sugar, Apple Cider Vinegar.

meez meals

1. **Make the Asparagus Fritter Batter**

Crack 1 egg into a large mixing bowl and mix well. Melt 1 Tbsp butter in the microwave or stove and add to the large mixing bowl along with 1/3 cup milk, 1 teaspoon salt, the **Asparagus, Fontina & Flour**, and **Onions, Leeks & Garlic**.

Gently stir until all ingredients are just mixed in. (Avoid overworking the batter.)

2. **Cook the Fritters**

Melt 2 Tbsp butter in a large skillet over medium high heat. When the butter is melted, ladle the batter on to the skillet, using a measuring cup, forming a fritter about 3" in diameter and about ½' thick. You should have approximately four fritters. Cook the fritters until golden brown, about 3 to 4 minutes per side.

3. **Put It All Together**

Arrange the **Spinach & Arugula** on serving plates and drizzle with half the **Cider Glaze**. Top with the Asparagus Fritters and drizzle with the remaining Cider Glaze. Top each fritter with a dollop of **Ricotta & Chives** and enjoy!

Instructions for two servings.

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

Brown Butter Gnocchi

Hello, Summer! We're tossing sautéed zucchini and squash with toasted gnocchi and fresh tomatoes. With a super-easy brown butter sauce, this dinner is simple and delicious!

30 *Minutes to the Table*

20 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Baking Sheet
Large Skillet

FROM YOUR PANTRY

Butter (1½ Tbsp
per serving)
Olive Oil
Salt & Pepper

4 MEEZ CONTAINERS

Gnocchi
Grape Tomatoes
Garlic & Onions
Zucchini & Squash

Add Protein Cooking Instructions

CHICKEN - Prior to Step 4, heat 1 Tbsp of olive oil in a large skillet on medium-high heat. Salt and pepper the Chicken Breasts and, when the oil is hot, cook until crisp and brown, about 4 to 5 minutes on each side. Let rest for 5 minutes. Wipe out the skillet. Serve alongside the gnocchi.

STEAK - Prior to Step 4, heat 1 Tbsp olive oil in a large skillet over high heat. Salt and Pepper the steaks and when the skillet is very hot, add the Steaks to the pan. Cook until the bottoms brown and the sides start to color, about 4 minutes each side for medium (3 min med-rare and 5-6 min for well done). Let rest for 5 minutes. Wipe out the skillet. Serve alongside the gnocchi.

SHRIMP - Prior to Step 4, heat 1 Tbsp of olive oil in a large skillet on medium-high heat. Salt and pepper the Shrimp and, when the oil is hot, cook until they are opaque and no longer grey in color, about 1 minute on each side. Wipe out the skillet. Serve alongside the gnocchi.

Good to Know

Hot & Cold: This dish makes a great pasta salad. Cook everything in advance and chill. Just wait to add the tomatoes in the final step until you're ready to serve.

Health snapshot per serving – 600 Calories, 16g Protein, 19g Fat, 18 Freestyle Points.

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



INGREDIENTS: Gnocchi, Zucchini, Squash, Tomato, Garlic, Onion, Butter.

meez meals

1. Getting Organized

Preheat oven to 400 degrees.

2. Toast the Gnocchi

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

3. Cook the Tomatoes

While the gnocchi is cooking, heat 1 Tbsp olive oil in a large skillet over medium-high heat. Place the **Grape Tomatoes** into a ziplock bag and seal tightly. Using your hands, squish the tomatoes until they burst. Carefully pour the entire contents of the ziplock bag into the skillet. Add the **Garlic & Onions** and cook, stirring occasionally, until most of the liquid has evaporated and the tomatoes have softened, about 7 to 9 minutes. Remove the tomatoes, garlic & onions from the heat and set aside.

4. Cook the Veggies & Make the Butter Sauce

Wipe out the skillet and return to the stove over medium-high heat with 1 Tbsp olive oil. When the oil is hot, add the **Zucchini & Squash** and cook until the edges are brown, about 2 to 3 minutes.

Reduce heat to medium and add 3 Tbsp butter. Cook until the butter turns brown and then immediately remove from the heat.

5. Put It All Together

Add the gnocchi to the skillet and stir until they are well coated with butter. Stir-in the tomatoes, garlic & onions and enjoy!

Instructions for two servings.

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