

*Athenian Salmon with
Roasted Fingerlings*

20 Min to Table	30 Min Hands On	1 Whisk Super Easy
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Getting Started Preheat your oven to 400.

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

Deconstructed Grilled Chicken Kabobs

20 Min to Table	10 Min Hands On	1 Whisk Super Easy
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Getting Started Heat a large skillet with 2 Tbsp of olive oil.

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

Quick Tips



*Honey BBQ Chicken
& Andouille Sandwich*

20 Min to Table	35 Min Hands On	2 Whisk Super Easy
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Getting Started Bring 4 cups of water to a boil.

Meal Tip Add a bit of cayenne pepper to the BBQ sauce for a kick.

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

Salsa Fresca Fish Tacos

20 Min to Table	20 Min Hands On	1 Whisk Super Easy
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Getting Started Make the Taco Slaw and refrigerate.

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

Marry Meez Chicken

25 Min to Table	25 Min Hands On	1 Whisk Super Easy
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Getting Started Bring a saucepan of water to a boil.

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

Farro with Sautéed Asparagus & Roasted Pear

15 Min to Table	45 Min Hands On	1 Whisk Super Easy
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Getting Started Preheat your oven to 400, & put a pot of water on to boil.

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

Vegetarian Bi Bim Bap

40 Min to Table	30 Min Hands On	2 Whisks Easy
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Meal Tip Add the Gochujang to get your spicy just right.

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

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

Grilled Halloumi Gyros

10 Min to Table	10 Min Hands On	1 Whisk Super Easy
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Getting Started Prepare the Broccoli & Zucchini Slaw.

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

Orange Zest Beef

25 Min to Table	25 Min Hands On	1 Whisk Super Easy
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Getting Started Bring a large saucepan of water on to boil.

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

Cooking Tip Use about twice as much water as rice.

Shells with Basil Pesto

15 Min to Table	15 Min Hands On	1 Whisk Super Easy
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Getting Started Bring a saucepan of water to a boil.

From Your Pantry You'll need some 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.

Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmndd daily)	
Marry Meez Chicken	870	58	48	56 CC 37	17	620	23	26	50 Vitamin A%	50% Vitamin K
(use 1/3 of the orzo, cheese & cream)	670		32					17		
Vegetarian Bi Bim Bop	410	23	14	51	8	636		12	221% Vitamin A	61% Vitamin C
Deconstructed Grilled Chicken Kabobs	669	71	20	55 CC 14	7	915		12	328% Vitamin A	185% Vitamin C
(use 1/2 the naan)	519		15					17		
Crispy Bangkok Shrimp	625	34	29	63	7	746		19	28% Vitamin C	25% Calcium
Athenian Salmon with Roasted Fingerlings	520	41	23	40 CC 33	5	870	6	11	90% Vitamin C	80% Vitamin D
Grilled Halloumi Gyros	610	35	37	35 CC 22	4	1410	10	20	50% Vitamin C	35% Vitamin A
Orange Zest Beef	630	40	13	89	8	1190	29	17	60% Calcium	100% Vitamin C

Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmndd daily)	
Molten Chocolate Cake	520	7	31	54	3	360		28	30% Iron	4% Vitamin A
Flourless Chocolate Cake	370	5	16	32	2	130	18	18	20% Iron	10% Vitamin A
THE Carrot Cake	540	6	34	49	2	440	36	13	6% Vitamin C	6% Calcium
Chocolate Chunk Cookies	180	2	9	22	1	170	10	9	2% Calcium	4% Vitamin A
Kitchen Sink Cookies	380	5	19	49	2	400	10	17	20% Iron	8% 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.

Marry Meez Chicken

Rich and delicious, this is Meez's take on Delish's viral sensation, "Marry Me Chicken." The secret is a creamy sun-dried tomato, parmesan and lemon sauce. Paired with parmesan green beans and orzo, it's comfort food at its best.

25 Minutes to the Table

25 Minutes Hands On

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet
Medium Saucepan
Mixing Bowl

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Orzo Pasta
Chicken
Green Beans
Seasoned Parmesan
Sun-Dried Tomato,
Celery & Onion
Lemon Cream Sauce

Good to Know

If you ordered the **Carb Conscious version**, we sent you cauliflower "rice" instead of orzo pasta, reducing the **carbs per serving to 37g**. Skip steps 1 and 2. After step 3, heat 1 Tbsp olive oil in the now-empty skillet over medium-high heat. When the oil is hot, cook the cauliflower until it starts to brown. Set aside until step 5 and use in place of the orzo.

If you are cooking the **gluten-free version**, we sent you gluten-free penne instead of orzo pasta. Follow the instructions for step 2 and use in place of the orzo.

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 – 870 Calories, 48g Fat, 56g Carbs, 58g Protein, and 26 Freestyle Points.

Lightened-up health snapshot per serving – 670 Calories, 32g Fat, 45g Carbs, and 17g Freestyle Points, by using one-third of the orzo, seasoned parmesan, and Lemon Cream Sauce.

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

INGREDIENTS: Chicken Breast, Cream, Green Beans, Orzo Pasta, Celery, Sun-Dried Tomatoes, Parmesan, Yellow Onion, Lemon, Chicken Stock, Garlic, Black Pepper, Paprika, Basil, Oregano,



1. Get Organized

Bring a medium saucepan of water to boil.

2. Cook the Orzo Pasta

Add the **Orzo Pasta** to the boiling water with a pinch of salt. Cook until al dente, about 10 to 12 minutes. Remove from the heat, drain and return the cooked orzo to the saucepan. Cover and set aside.

3. Cook the Chicken

While the orzo is cooking, heat 1½ Tbsp of olive oil in a large skillet over medium-high heat. Pat dry and generously salt and pepper the **Chicken** on both sides. When the oil is hot, add the chicken and cook until crisp and brown, 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. Wipe out the skillet. Once the chicken has rested, slice into ½" strips.

4. Cook the Vegetables and Make the Sauce

While the chicken is resting, heat 1 Tbsp olive oil in the now-empty skillet over medium-high heat. Add the **Green Beans** and cook until they start to char, about 4 to 5 minutes. Remove from the skillet, transfer to a mixing bowl and toss with one-third of the **Seasoned Parmesan**. Set aside until step 5.

Return the now-empty skillet to the stove over medium-high heat and add the **Sun-Dried Tomato Celery & Onion**. Sauté until the onions start to char, about 2 to 3 minutes. Add the **Lemon Cream Sauce** and bring to a boil, reduce the heat to low and simmer until sauce thickens, about 2 to 3 minutes. Remove from the heat, add the remaining seasoned parmesan and sliced chicken and stir.

5. Put It All Together

Serve the cooked orzo topped with the chicken, veggies and sauce alongside the parmesan green beans. Enjoy!

Instructions for two servings.

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

Vegetarian Bi Bim Bap

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

40 Minutes to the Table

30 Minutes Hands On

2 Whisk Easy

Getting Organized

EQUIPMENT

Large Skillet
Small Skillet
(optional)
Baking Sheet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper
Egg (1 per serving)

7 MEEZ CONTAINERS

Jasmine Rice
Tofu
Spinach
Mushrooms
Beets & Parsnips
Bibimbap Sauce
Gochujang

Make The Meal Your Own

Integrate into recipe: Prior to step 4, cook the protein (per instructions below) and then slice into strips (*flake the salmon, leave shrimp whole*) and serve on top the Bi Bim Bop with the vegetables.

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

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

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

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

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

Good To Know

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

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

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

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



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

meez meals

1. **Get Organized**

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

2. **Cook the Rice**

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

3. **Cook Veggies and Mushrooms**

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

4. **Cook the Tofu and Spinach**

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

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

5. **Arrange the Bibimbap Bowl**

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

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

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

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

Use enough water to cover rice completely.

Keep the mushrooms and veggies separate from each other.

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

Instructions for two servings.

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

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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to view YouTube
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

Athenian Salmon with Roasted Fingerlings

We're putting our favorite Greek ingredients together for a recipe that will transport you to the Attican Peninsula. We're pairing feta, yogurt, cucumbers, capers and olives with salmon and potatoes for a dinner that is both easy and delicious.

30 *Minutes to the Table*

20 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet
Baking Sheet
Mixing Bowl

FROM YOUR PANTRY

Flour (1/4 cup per svg.)
Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Greek Veggie Mix
Feta Crumbles
Yogurt Dill Crema
Fingerling Potatoes
Salmon
Lemon

Make The Meal Your Own

If you ordered the **Carb Conscious** version, we sent you broccoli instead of the potatoes, reducing the **carbs per serving to 33g**. Substitute the broccoli for the potatoes in step 2 and toss with olive oil, salt and pepper. Bake until the broccoli starts to brown, about 16 to 18 minutes.

Health snapshot per serving – 570 Calories, 23g Fat, 42g Protein, 50g Carbs, 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: Salmon, Fingerling Potatoes, Lemon, Feta, Cucumber, Yogurt, Cream, Sour Cream, Tomato, Red Bell Pepper, Black Olive, Kalamata Olive, Red Onion, Capers, Dill, Oregano

meez meals

1. Get Organized

Preheat the oven to 400. Toss the **Greek Veggie Mix**, **Feta Crumbles**, and **Yogurt Dill Crema** in a mixing bowl and place in the fridge.

2. Make the Salsa

Toss the **Greek Veggie Mix**, **Feta Crumbles**, and **Yogurt Dill Crema** in a mixing bowl and refrigerate until step 5.

3. Roast the Potatoes

Slice the **Fingerling Potatoes** into ½" wide rounds. Put on a baking sheet and drizzle with olive oil, salt, and pepper. Toss and arrange in a single layer. Bake until they brown and begin to crisp, about 20 to 25 minutes. Transfer directly to serving plates.

4. Cook the Salmon

While the potatoes are cooking, put ½ cup flour on a large plate with a generous pinch of salt and pepper. Pat dry the **Salmon** with a paper towel and coat with the flour, making sure each fillet is coated on both sides.

Heat 2 Tbsp of olive oil in a large skillet over medium-high heat. When the oil is hot, add the salmon and cook until it colors about halfway up the sides, about 3 minutes. Flip and cook an additional 3 minutes. Remove from the heat to rest for 5 minutes.

5. Put It All Together

Serve the salmon over the potatoes with a generous squeeze of **Lemon**. Spoon the salsa on top with additional lemon juice to taste. Enjoy!

*Any kind of flour
will work here:
all-purpose, rice
flour, even
tapioca flour.
Use your favorite.*

Instructions for two servings.

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

Grilled Halloumi Gyros

Our spin on Greek street food. It all starts with grilled halloumi, the classic Greek cheese that gets charred and crispy when it's cooked. We're pairing it with an eggplant tapenade and fresh slaw, then wrapping everything up in warm naan. It might not be traditional, but it's so delicious it should be.

10 Minutes to the Table

10 Minutes Hands On

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet
Cutting Board

FROM YOUR

PANTRY

Olive Oil
Salt & Pepper

5 MEEZ

CONTAINERS

Tzatziki Sauce
Broccoli &
Zucchini Slaw
Halloumi Cheese
Naan
Eggplant
Tapenade

Add Protein Cooking Instructions

Integrate into recipe: Prior to step 2, cook the protein (per instructions below). Slice into strips (flake the salmon and leave the shrimp whole) and combine with the Halloumi to add to the gyro 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 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 romaine lettuce instead of the naan bread to make a grilled halloumi salad, reducing the **carbs per serving to 22g**. Skip step 3 and cut the romaine into one-inch strips.

Health snapshot per serving – 610 Calories, 35g Protein, 37g Fat, 35g Carbs, and 20 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: Halloumi Cheese, Broccoli, Zucchini, Eggplant, Tomato, Red Onion, Cucumber, Greek Yogurt, Cream, Lemon, Garlic, Kosher Salt, Dill.

meez *meals*

1. Create the Tzatziki Slaw

Combine two-thirds of the **Tzatziki Sauce** with the **Broccoli & Zucchini Slaw** in a bowl and place in the fridge until step 4.

2. Cook the Halloumi Cheese

Place the **Halloumi Cheese** on a cutting board and cut in half lengthwise, then slice into rectangles about ¼" thick. You should have about 10 to 12 pieces per serving after slicing.

We're sending the halloumi uncut to maintain maximum taste and freshness.

Heat 1 Tbsp of olive oil in a large skillet over medium heat. When the oil is hot, add the Halloumi and lightly season with pepper. Cook until one side is golden brown, about 2 minutes, then flip and cook the other side until golden brown, an additional 2 minutes. Remove from the skillet and set aside. Wipe out the pan.

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, about a minute on each side.

4. Put It All Together

Spread a little of the remaining tzatziki sauce in the center of the Naan, then top with the grilled Halloumi, broccoli & zucchini slaw, and **Eggplant Tapenade**. Drizzle with additional tzatziki Sauce to taste. Enjoy!

Instructions for two servings.

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

Orange Zest Beef

We are marinating our bistro chateau cut of steak with a thick and tangy orange sauce and then serving it over sautéed sugar snap peas, cabbage and veggie rice. Finished with mandarin oranges on top, it's even quicker, easier, and more delicious than the classic version.

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

6 MEEZ CONTAINERS

Jasmine Rice
Celery & Onion
Cabbage & Sugar Snap Peas
Steak
Orange Zest Sauce
Crushed Mandarin Oranges

Good To Know

Health snapshot per serving – 630 Calories, 40g Protein, 89g Carbs, 13g fat, 17 freestyle points.

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

INGREDIENTS: Steak, Green Cabbage, Sugar Snap Peas, Jasmine Rice, Mandarin Oranges, Celery, Yellow Onion, Orange Juice, Tamari, Orange Zest, Brown Sugar, Mae Ploy, Lime Juice, Garlic, Rice Wine Vinegar, Black Pepper

meez meals

1. Get Organized

Bring a medium saucepan of water to a boil.

2. Make the Veggie Rice

Add the **Jasmine Rice** to the boiling water and cook until tender, about 15 minutes. Drain well and set aside in the colander.

Once you are finished cooking the steaks in step 4, heat 1 Tbsp olive oil in the now-empty saucepan used for the rice over medium-high heat. Add the **Celery & Onion** and sauté until the celery just starts to soften, about 3 to 4 minutes. Add the cooked rice, cover, and set aside until you are ready to serve.

3. Cook the Cabbage & Sugar Snap Peas

While the rice is cooking, heat 1 Tbsp olive oil in a large skillet over medium-high heat. Add the **Cabbage & Sugar Snap Peas** with a sprinkle of salt and pepper. Sauté, until the snap peas start to char and the cabbage starts to soften, about 5 to 6 minutes. Remove from the skillet and set aside. Wipe out the skillet.

4. Cook the Steak

Return the now-empty skillet to the stove over high heat. Add 1 Tbsp olive oil. While the oil is heating, pat the **Steak** dry with a towel. When the oil is hot, add the steaks. Cook until the bottoms brown & sides start to color, about 3 minutes. Flip and continue cooking for 3 minutes if you like your steak **medium rare**. (Cook for 4 minutes for **medium**, and 5 to 6 for **well done**.) Transfer to a cutting board to rest for 5 minutes, then slice into ½" strips. Do not wipe out the skillet.

5. Make the Sauce

Add the **Orange Zest Sauce** to the now-empty steak skillet and bring to a boil over high heat. Reduce the heat to medium-low and simmer until the sauce thickens, about 2 to 3 minutes. Turn off the heat and add the steak strips to the sauce. Stir until the steak is well coated.

6. Put It All Together

Serve the veggie rice topped with the sautéed cabbage & sugar snap peas and then the orange zest-coated steak. Drain the **Crushed Mandarin Oranges** and place on top of the entire dish. Enjoy!

*Use about
twice as
much water
as rice.*

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.

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



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

Farro with Sauteed Asparagus and Roasted Pear

Mention pears as part of a meal, and we get pretty excited. Pair them with farro, asparagus, kale and mixed greens and we're in heaven. Then top it with strawberry vinaigrette, fontina and pecans and it was a dinner we couldn't wait to dig into. The result? Even better than it sounds.

40 Minutes to the Table

15 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Rimmed Baking Sheet
Large Skillet
Saucepan
Large Mixing Bowl

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Pear
Farro
Asparagus
Kale & Mixed Greens
Strawberry
Vinaigrette
Fontina & Pecans

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 stir into the farro and veggies 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

If you ordered the **Carb Conscious version**, we sent you cauliflower "rice" instead of farro, reducing the **carbs per serving to 40g**. In step 3. Heat a large skillet with 1 Tbsp olive oil over high heat. When the oil is hot cook the cauliflower until it starts to brown, about for 2 to 3 minutes. Use cooked cauliflower "rice" instead of farro in step 5. **Gluten-free version**-we're sending brown rice instead of farro. Cook the brown rice in boiling water for about 20 minutes, drain and let sit, covered, for 5 minutes.

Health snapshot per serving – 475 Calories, 14g Protein, 27g Fat, 55g Carbs, 12 Freestyle Points.

INGREDIENTS: Farro, Asparagus, Kale, Mixed Greens, Pear, Fontina, Pecans, Strawberry, White Vinegar, Lime, Garlic, Cayenne Pepper, Thyme, Olive Oil.

meez *meals*

1. **Getting Organized**

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

2. **Roast the Pear**

Cut the **Pear** in half, then half again. Cut the core out and discard. Now cut the pears in ½" pieces. Put the pieces onto a rimmed baking sheet and drizzle with olive oil, then toss to get them covered.

Bake until the skin begins to wrinkle, and the ends are golden brown, about 25 to 30 minutes.

3. **Cook the Farro**

While the pear is roasting, add a generous pinch of salt to the boiling water and add the **Farro**. Cook until the kernels pop, about 20 minutes. Drain, then return to the pan and cover for 5 minutes. Fluff with a fork and set aside.

4. **Sauté the Vegetables**

Heat 2 Tbsp olive oil in a large skillet over high heat. Add the **Asparagus** and cook until bright green and slightly charred, about 3 minutes. Transfer to a large mixing bowl. Do not wipe out the pan.

Add the **Kale & Mixed Greens** to the now-empty skillet and sauté until the kale turns bright green, about 3 minutes. Remove from the heat and add to the large mixing bowl.

5. **Put It All Together**

Combine the farro, asparagus, kale & mixed greens, roasted pear, with half of the **Strawberry Vinaigrette** and toss well.

Serve topped with the **Fontina & Pecans** and drizzle more strawberry vinaigrette to taste. Enjoy!

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois * Prepare by April 26

Honey BBQ Chicken & Andouille Sandwich

Sometimes we love a big, messy, delicious sandwich, and this gem is just what we're craving. With pulled chicken and Andouille sausage simmered in a honey-BBQ sauce, pickled slaw and a cucumber and tomato salad, it's homestyle Southern cooking with a Meez twist.

35 *Minutes to the Table*

20 *Minutes Hands On*

2 Whisks *Easy*

Getting Organized

EQUIPMENT

- 2 Mixing Bowls
- Large Skillet
- Large Saucepan

FROM YOUR PANTRY

- Oliver Oil
- Salt & Pepper

6 MEEZ CONTAINERS

- Chicken Breast
- Pickled Slaw
- Yellow Peppers
- Cucumbers & Tomatoes
- Andouille
- Honey BBQ Sauce
- Bun

Make the Meal Your Own

Love spicy? Our BBQ sauce is tangy but not spicy, add cayenne pepper for an extra kick

This **sandwich is messy**, and we think scooping up the extra bits that fall out onto your plate is part of the fun but feel free to use a fork and knife if you prefer...we won't tell.

Good To Know

Health snapshot per serving – 840 Calories, 26g Fat, 80g Carbs, 74g Protein and 21 Freestyle Points

Lightened-Up Health snapshot per serving – 675 Calories, 24g Fat, 46g Carbs, and 14 Freestyle Points served open faced (only use half the bread) and half the BBQ sauce

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

**SCAN QR CODE
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cooking video**



INGREDIENTS: Chicken Breast, Andouille Sausage, Bun, BBQ Sauce, Honey, Broccoli, Carrot, Red Onion, Bell Pepper, Cucumber, Celery, Tomato, Parsley, Garlic, Rice Wine Vinegar, Sugar, Kosher Salt.

meez meals

1. Getting Organized

Bring 4 cups of water and a generous sprinkle of salt to boil in a large saucepan over high heat.

2. Create the Salad

While the water is coming to a boil, drain all the liquid from the **Pickled Slaw** into a mixing bowl and reserve the veggies for Step 6. Add 1 Tbsp olive oil to the pickling liquid and the **Yellow Peppers, Cucumbers & Tomatoes**. Toss well, salt and pepper to taste and place the salad in the fridge until step 6.

3. Cook the Chicken

Pat the **Chicken Breast** dry and sprinkle salt and pepper on both sides. When the water is boiling, add the chicken, cover, and reduce heat to medium-high.

Cook on a low boil for 20 minutes, then remove the chicken and place on a cutting board. Hold the chicken in place with one fork and with a second fork, shred the chicken. Repeat for each breast.

4. Cook the Sandwich Filling

Place the **Andouille** on a cutting board and cut in half the long way so you have two long, skinny halves. Lay the flat sides on the cutting board and slice into ½" wide half-moons.

Heat a large skillet over high heat. When the pan is hot, add the sliced andouille and cook until it starts to brown, about 2 minutes. Reduce the heat to medium and add the **Honey BBQ Sauce**. Cook until the sauce is warm throughout, about a minute.

Stir in the pulled chicken until it is thoroughly coated and the entire mixture is warm, another 1 to 2 minutes. Transfer the contents to a serving bowl and set aside for step 6. Wipe out the pan.

5. Toast the Buns

Return the now empty skillet to the stove over medium heat. Lightly brush the inside of both halves of the **Bun** with olive oil and toast in the skillet until golden brown, about 2 to 3 minutes per side. Repeat for each bun.

6. Put It All Together!

Load the sandwich with the pickled slaw on top of the pulled chicken and andouille. Serve with the Yellow Pepper, Cucumber & Tomato Salad on the side and enjoy!

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

Shells with Basil Pesto

Crazy simple, crazy delicious. This recipe is a test kitchen favorite. We're tossing sautéed asparagus and green beans with a tasty basil pesto and serving it over shells. The dinner is on the table in 15 minutes and surprisingly low in calories. That's the magic of Meez.

15 Minutes to the Table

15 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Medium
Saucepan
Large Skillet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

4 MEEZ CONTAINERS

Shells
Basil Pesto
Veggies
Parmesan

Good to Know

Integrate into recipe: Prior to step 2, cook the protein (per instructions below) and then slice into strips (flake the salmon, leave shrimp whole) and stir into the pasta in step 3.

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

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

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

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

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

Good to Know

If you ordered the **Carb Conscious version**, we sent you zucchini "noodles" instead of the shells, reducing the **carbs per serving to 21g**. Skip step 1. Include the zucchini "noodles" as part of the veggies to be cooked in step 2.

Health snapshot per serving – 500 Calories, 19g Protein, 26g Fat, 17 Freestyle Point.

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



INGREDIENTS: Pasta Shells, Asparagus, Green Beans, Parmesan Cheese, Cream, Basil, Chive, Balsamic Vinegar, Vegetable Stock, Garlic, Black Pepper.

meez meals

1. Cook the Shells

Bring a pot of water to boil over high heat with a pinch of salt. When the water is boiling add the **Shells** and cook until al dente, about 7 to 9 minutes. Drain and set aside until step 3.

2. Sauté the Veggies

While the shells are cooking, heat 1 Tbsp olive oil in a large skillet over high heat. When the oil is very hot, add the **Veggies** and cook until everything turns bright green and starts to blister, about 2 to 3 minutes. Lower the heat to medium.

3. Put It All Together

Add the **Basil Pesto** and half the **Parmesan** to the veggies and mix until the sauce is warm, about 2 minutes. Remove from the heat and stir in the cooked pasta shells.

Top with **Parmesan**. Enjoy!

Instructions for two servings.

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