

### *Aztec Salad with Creamy Chipotle Dressing*

**5 Min**  
to Table

**5 Min**  
Hands  
On

**1 Whisk**  
Super  
Easy

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**Getting Started**

This is toss and serve!

---

**From your Pantry**

You'll need salt and  
pepper

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### *Tomato Basil Shrimp Scampi*

**15 Min**  
to Table

**15 Min**  
Hands  
On

**1 Whisk**  
Super  
Easy

---

**Getting Started**

Put a large saucepan  
of water on to boil.

---

**From Your Pantry**

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

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## Quick Tips



### *Chicken Shawarma*

**15 Min**  
to Table

**15 Min**  
Hands  
On

**1 Whisks**  
Super  
Easy

---

**Getting Started**

Mix olive oil and  
simmer sauce in a  
small bowl.

---

**From Your Pantry**

You'll need olive oil,  
salt and pepper

---

### *Pulled Pork Hash & Eggs*

**15 Min**  
to Table

**15 Min**  
Hands  
On

**1 Whisks**  
Super  
Easy

---

**Getting Started**

Heat olive oil in a  
large skillet.

---

**From your Pantry**

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

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### *Asparagus Rice Bowl with Miso Mustard Vinaigrette*

**35 Min**  
to Table

**20 Min**  
Hands  
On

**1 Whisk**  
Super  
Easy

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**Getting Started**

Put a saucepan of  
water onto boil and  
preheat oven to 400.

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**From your Pantry**

You'll need olive oil,  
salt and pepper.

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*Smoky Creole Bean  
Tambalaya & Cornbread*

|                           |                              |                                 |
|---------------------------|------------------------------|---------------------------------|
| <b>40 Min</b><br>to Table | <b>15 Min</b><br>Hands<br>On | <b>1 Whisk</b><br>Super<br>Easy |
|---------------------------|------------------------------|---------------------------------|

|                        |                           |
|------------------------|---------------------------|
| <b>Getting Started</b> | Preheat your oven to 425. |
|------------------------|---------------------------|

|                         |  |
|-------------------------|--|
| <b>From Your Pantry</b> | You'll need olive oil, butter, salt & pepper |
|-------------------------|--|

*Mushroom Rigatoni  
with Parmesan Goat Cheese*

|                           |                              |                        |
|---------------------------|------------------------------|------------------------|
| <b>15 Min</b><br>to Table | <b>15 Min</b><br>Hands<br>On | <b>1 Whisk</b><br>Easy |
|---------------------------|------------------------------|------------------------|

|                        |  |
|------------------------|--|
| <b>Getting Started</b> | Bring a large saucepan of water to boil. |
|------------------------|--|

|                 |  |
|-----------------|--|
| <b>Meal Tip</b> | Lighten it up by using 2/3 of the pasta and sauce. |
|-----------------|--|

|                         |                                  |
|-------------------------|----------------------------------|
| <b>From your Pantry</b> | You'll need olive oil, and salt. |
|-------------------------|----------------------------------|

*Salmon with Dill Butter  
& Crispy Leeks*

|                           |                              |                         |
|---------------------------|------------------------------|-------------------------|
| <b>30 Min</b><br>to Table | <b>30 Min</b><br>Hands<br>On | <b>2 Whisks</b><br>Easy |
|---------------------------|------------------------------|-------------------------|

|                        |                      |
|------------------------|----------------------|
| <b>Getting Started</b> | Preheat oven to 425. |
|------------------------|----------------------|

|                         |  |
|-------------------------|--|
| <b>From Your Pantry</b> | You'll need olive oil, salt and pepper |
|-------------------------|--|

*Steak & Black Bean Burrito*

|                           |                              |                                  |
|---------------------------|------------------------------|----------------------------------|
| <b>30 Min</b><br>to Table | <b>30 Min</b><br>Hands<br>On | <b>2 Whisks</b><br>Super<br>Easy |
|---------------------------|------------------------------|----------------------------------|

|                        |                                   |
|------------------------|-----------------------------------|
| <b>Getting Started</b> | Heat olive oil in a large skillet |
|------------------------|-----------------------------------|

|                         |  |
|-------------------------|--|
| <b>From Your Pantry</b> | You'll need olive oil, salt and pepper |
|-------------------------|--|

|                 |  |
|-----------------|--|
| <b>Meal Tip</b> | Add a little extra water to the beans if you like them creamier, |
|-----------------|--|

*Chicken Bahn Mi*

|                           |                              |                                 |
|---------------------------|------------------------------|---------------------------------|
| <b>15 Min</b><br>to Table | <b>15 Min</b><br>Hands<br>On | <b>1 Whisk</b><br>Super<br>Easy |
|---------------------------|------------------------------|---------------------------------|

|                        |  |
|------------------------|--|
| <b>Getting Started</b> | Heat 1 Tbsp of olive oil in a large skillet. |
|------------------------|--|

|                         |  |
|-------------------------|--|
| <b>From Your Pantry</b> | You'll need a little oil, salt and pepper. |
|-------------------------|--|

*Buttermilk Salad with  
Nut-Crusted Chicken*

|                           |                              |                                  |
|---------------------------|------------------------------|----------------------------------|
| <b>30 Min</b><br>to Table | <b>15 Min</b><br>Hands<br>On | <b>2 Whisks</b><br>Super<br>Easy |
|---------------------------|------------------------------|----------------------------------|

|                        |                           |
|------------------------|---------------------------|
| <b>Getting Started</b> | Preheat your oven to 400. |
|------------------------|---------------------------|

|                      |                              |
|----------------------|------------------------------|
| <b>Leftovers Tip</b> | This meal is delicious cold! |
|----------------------|------------------------------|

|                         |  |
|-------------------------|--|
| <b>From your Pantry</b> | You'll need an egg or two for this meal. |
|-------------------------|--|

# Health Snapshot

| Recipe   | Calories | Protein<br>(grams) | Fat<br>(grams) | Carbs<br>(grams) | Fiber<br>(grams) | Sodium<br>(milligrams) | Sugar<br>(grams) | Smart<br>Points | Key Vitamins/Minerals<br>(% of rcmnndd daily) |                    |
|--|----------|--------------------|----------------|------------------|------------------|------------------------|------------------|-----------------|---|--------------------|
| Pulled Pork Hash & Eggs  | 460      | 29                 | 17             | 46<br>CC 27      | 7                | 1450                   | 13               | 10              | 230%<br>Vitamin C                             | 150%<br>Vitamin A  |
| Salmon with Dill Butter & Crispy Leeks   | 610      | 39                 | 37             | 32<br>CC 17      | 5                | 210                    |                  | 13              | 185%<br>Vitamin A                             | 98%<br>Vitamin C   |
| Chicken Shawarma   | 560      | 18                 | 33             | 54               | 7                | 681                    |                  | 17              | 83%<br>Vitamin A                              | 331%<br>Vitamin C  |
| Asparagus Rice Bowl with Miso Mustard Vinaigrette                                    | 330      | 7                  | 11             | 55<br>CC38       | 7                | 151                    | 26               | 10              | 154%<br>Vitmain A                             | 41%<br>Vitamin C   |
| Buttermilk Salad with Nut-Crusted Chicken<br>(Half dressing, date mix and nut crust) | 720      | 68                 | 31             | 54               | 11               | 200                    |                  | 19              | 44%<br>Vitamin A                              | 222%<br>Vitamin C  |
|  | 500      |                    | 17             |                  |                  |                        |                  | 11              |   |                    |
| Tomato Basil Shrimp Scampi   | 500      | 37                 | 11             | 66<br>CC18       | 6                | 220                    | 8                | 11              | 46%<br>Vitamin C                              | 233%<br>Vitamin B6 |
| Chicken Bahn Mi  | 525      | 63                 | 10             | 48               | 5                | 614                    |                  | 11              | 102%<br>Vitamin C                             | 11%<br>Calcium     |

# Health Snapshot

| Recipe   | Calories   | Protein<br>(grams) | Fat<br>(grams) | Carbs<br>(grams) | Fiber<br>(grams) | Sodium<br>(milligrams) | Sugar<br>(grams) | Smart<br>Points | Key Vitamins/Minerals<br>(% of rcmndd daily) |                   |
|--|------------|--------------------|----------------|------------------|------------------|------------------------|------------------|-----------------|--|-------------------|
| Smoky Creole Bean<br>Jambalaya & Cornbread<br>(use 1/2 the cornbread &<br>1/2 sour cream topper) | 770<br>610 | 24                 | 19<br>10       | 128              | 11               | 1360                   | 8                | 19<br>14        | 60% Vitmain<br>C                             | 40% Iron          |
| Mushroom Rigatoni with<br>Parmesan Goat Cheese<br>Use 2/3 pasta and pesto<br>sauce               | 930<br>670 | 25                 | 64<br>45       | 67               | 4                | 370                    | 7                | 31<br>22        | 25%<br>Calcium                               | 23%<br>Potassium  |
| Steak & Black Bean Burrito   | 595        | 52                 | 26             | 48<br>CC 35      | 20               | 1181                   |                  | 14              | 76% Viramin<br>B12                           | 35% Vitamin<br>C  |
| Aztec Salad with Avocado<br>Chipotle Dressing  | 635        | 17                 | 38             | 44               | 18               | 687                    |                  | 20              | 36% Vitamin<br>B-6                           | 165%<br>Vitamin A |
| Add a Protein<br>All-Natural Chicken Breast  | 220        | 41                 | 5              | 0                | 0                | 85                     | 0                | 3               | 90% Vitamin<br>B6                            | 4% Iron           |
| Add a Pretein<br>Bistro Chateau Steak  | 220        | 30                 | 10             | 0                | 0                | 75                     | 0                | 5               | 10% Iron                                     | 10%<br>Potassium  |
| Add a Protein<br>Norwegian Salmon  | 220        | 35                 | 0              | 0                | 0                | 130                    | 0                | 4               | 60% Vitamin<br>B6                            | 15%<br>Potassium  |
| Add a Protein<br>Premium Shrimp  | 120        | 28                 | 0.5            | 0                | 0                | 170                    | 0                | 1               | 8%<br>Potassium                              | 4% iron           |

# Health Snapshot

| Recipe                           | Calories | Protein<br>(grams) | Fat<br>(grams) | Carbs<br>(grams) | Fiber<br>(grams) | Sodium<br>(milligrams) | Sugar<br>(grams) | Smart<br>Points | Key Vitamins/Minerals<br>(% of rcmndd daily) |              |
|----------------------------------|----------|--------------------|----------------|------------------|------------------|------------------------|------------------|-----------------|--|--------------|
| Belgian Chocolate Vegan Brownies | 420      | 6                  | 20             | 62               | 4                | 300                    |                  |                 | 10% Iron                                     |              |
| Molten Chocolate Cake            | 520      | 7                  | 31             | 54               | 3                | 360                    |                  | 28              | 30% Iron                                     | 4% Vitamin A |
| Oreo Mousse Pie                  | 760      | 8                  | 49             | 78               | 3                | 390                    | 52               |                 | 6% Calcium                                   | 6% Iron      |
| Chocolate Chunk Cookies          | 180      | 2                  | 9              | 22               | 1                | 170                    | 10               | 9               | 2% Calcium                                   | 4% Vitamin A |
| 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.*

# Pulled Pork Hash & Eggs

Breakfast-for-dinner has never been more fun. It all starts with a pulled pork hash cooked up with plenty of vitamin-rich sweet potatoes, a medley of colorful peppers, and delicious Green Chile Crema. Topped with a fried egg, it's comfort food you'll just love.

**15** *Minutes to the Table*

**15** *Minutes Hands On*

**1 Whisk** *Super Easy*

## Getting Organized

### EQUIPMENT

Large Skillet

### FROM YOUR PANTRY

Olive Oil

Salt & Pepper

Egg (1 per svg)

### 4 MEEZ CONTAINERS

Sweet Potatoes

Bell Peppers, Onions &

Garlic

Pulled Pork

Green Chile Crema

## Good to Know

If you ordered the **Carb Conscious version**, we sent you Zucchini instead of Sweet Potatoes, reducing the **carbs per serving to 27g**. Cook the zucchini with the peppers, onions & garlic until charred in step 2, all together for 4 to 6 minutes.

**Health snapshot per serving** – 460 Calories, 17g Fat, 46g Carbs, 29g Protein, and 10 Freestyle Points.

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

INGREDIENTS: Sweet Potatoes, Pulled Pork, Green Chile Sauce, Red Onion, Red Bell Pepper, Green Bell Pepper, Yellow Bell Pepper, Sour Cream, Cilantro, Lime, Garlic, Black Pepper.



### 1. Cook the Hash

Heat 1 Tbsp olive oil in a large skillet over medium-high heat. When the oil is hot, add the **Sweet Potatoes** and cook until they soften and start to brown, about 10 minutes.

Lower the heat to medium and add the **Bell Peppers, Onions & Garlic**. Continue cooking until the onions are translucent and peppers just start to blister, about 4 to 6 minutes. Remove from the skillet and transfer directly to serving plates. Wipe out the skillet.

### 2. Make the Eggs

Heat 1 Tbsp olive oil in the now-empty skillet over medium-high heat. When the oil is hot, crack the eggs into the skillet and cook until the whites are opaque and the yolk has set, about 1 to 2 minutes. Salt and pepper to taste. Remove from the skillet and set aside on a plate. Wipe out the skillet.

*We suggest a sunny-side-up egg, but you can prepare the egg any way you want!*

### 3. Cook the Pork

Heat the now-empty skillet over medium-high heat. Add the **Pulled Pork** and heat until it is hot throughout, about 2 to 3 minutes. Turn off the heat and stir in the **Green Chile Crema** until it has coated the pork.

*Feel free to break up any larger pieces of pulled pork in the bag before you heat it.*

### 4. Put It All Together

Serve the coated pork on top of the hash and top with the fried egg. Enjoy!

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.

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



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

*meez*meals



### 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!

## Chicken Shawarma

A Middle Eastern favorite cooked up in a heartbeat. A quick sear and just the right spices turns shredded chicken into this delicious sandwich. We're serving it up with a fresh tzatziki sauce, peppers and cucumbers in a warm pita. Dinner's never been so easy.

**15** *Minutes to the Table*

**15** *Minutes Hands On*

**1 Whisk** *Super Easy*

### Getting Organized

#### EQUIPMENT

Large Skillet

#### FROM YOUR PANTRY

Olive Oil

Salt & Pepper

#### 5 MEEZ CONTAINERS

Shawarma Chicken

Simmer Sauce

Pita

Tzatziki Sauce

Peppers & Cucumbers

### Make the Meal Your Own

If you ordered the **Carb Conscious version**, we sent you romaine lettuce instead of the pita, reducing the **carbs per serving to 22g**. In step 2, cut the romaine heads into 1" slices and combine with other ingredients in a large bowl to make a Chicken Shawarma Salad.

### Good to Know

**Health snapshot per serving** – 560 Calories, 18g Protein, 33g Fat, 17 Freestyle Points

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

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



INGREDIENTS: Shawarma Chicken, Cucumbers, Red Bell Peppers, Pita, Yogurt, Cream, Lemon, Parsley, Apple Cider Vinegar, Tahina, Dill, Garlic, Kosher Salt, Coriander, Sumac, Sumac, Turmeric, Cardamon, Clove, Allspice.

meez *meals*

### 1. Cook the Shawarma Chicken

Mix 2 Tbsp olive oil with the **Simmer Sauce** (the thin, smooth, brownish/orange sauce) in a small bowl.

Combine the simmer sauce and **Shawarma Chicken** in a large skillet over medium-high heat. Cook, stirring occasionally, until the edges are slightly crispy, and sauce has completely evaporated, about 4 to 5 minutes. Remove from heat and set aside.

### 2. Warm the Pita

Wipe out the skillet and return to stove over medium heat. Heat each **Pita** until warm and soft, about 15 to 25 seconds per side. Cut each pita in half.

### 3. Put It All Together

Fill each pita half with white **Tzatziki Sauce**, **Peppers & Cucumbers**, and shawarma chicken. Drizzle additional tzatziki sauce on top. Enjoy!

Instructions for two servings.

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

# Asparagus Rice Bowl with Miso Mustard Vinaigrette

A perfect Spring and Summer cozy bowl you'll just love. With Himalayan red and brown rice, seared asparagus, glazed carrots and hazelnuts, and an amazing miso mustard vinaigrette, it's crazy delicious.

**35** Minutes to the Table

**20** Minutes Hands On

**1 Whisk** Super Easy

## Getting Organized

### EQUIPMENT

Saucepan with  
cover  
Large Skillet

### FROM YOUR

### PANTRY

Olive Oil  
Salt & Pepper

### 6 MEEZ CONTAINERS

Himalayan Red &  
Brown Rice  
Asparagus  
Carrots  
Hazelnuts  
Miso Mustard  
Vinaigrette  
Maple Glaze

## Add Protein Cooking Instructions

**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 add to the rice bowl prior to adding the carrots and sauce in step 4.

**Cook protein:** Lightly sprinkle the protein with salt & pepper. Heat a large skillet with 1-2 Tbsp olive oil on medium-high heat (*high for steak.*) When the oil is hot, cook the protein until the: CHICKEN is crisp and brown, about 4 to 5 minutes per side. Let rest for 5 minutes. STEAK bottoms are brown and sides start to color, about 4 minutes per side for medium (3 min for med-rare and 5-6 min for well done.) Let rest for 5 minutes. SALMON is crisp and brown, about 4 minutes per side. Let rest for 5 minutes. SHRIMP are opaque and no longer grey in color, about 1 minute per side.

## Good to Know

If you ordered the **Carb Conscious version**, we sent you Zucchini & Summer Squash, reducing the **carbs per serving to 38g**. Skip step 1 and prior to step 2, pat dry the Zucchini & Summer Squash, salt & pepper and cook over medium-high heat with 1 Tbsp olive oil until they start to char, about 3 minutes.

**Health snapshot per serving** – 330 Calories,  
7g Protein, 55g Carbs, 11g Fat, 10 Freestyle Points.

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



INGREDIENTS: Asparagus, Himalayan Red Rice, Brown, Rice, Green Onions, Carrots, Hazelnuts, Olive Oil, Rice Wine Vinegar, Garlic, Dijon Mustard, Lemon, Tamari, Miso, Maple Syrup, Black Pepper, Thyme.

*meez* meals

*It doesn't matter  
how much water  
you use in the pot  
as long as there is  
enough to keep the  
rice entirely  
submerged during  
cooking.*

### 1. Cook the Rice

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

Add the **Himalayan Red & Brown Rice** to the boiling water with a pinch of salt. Cook, uncovered, until tender, about 25 to 30 minutes. Drain in a colander and return to the pot, fluff with a fork, cover and let steam for five minutes.

### 2. Cook the Asparagus

While rice is cooking, heat 1 Tbsp olive oil in a large skillet over medium high heat.

Add the **Asparagus** and sauté until it is bright green and just starts to brown, about 5 to 7 minutes. Remove from pan and set aside. Do not wipe out pan.

### 3. Create the Maple Glazed Carrots

Return the now empty skillet to the stove over medium heat. Add the **Carrots, Hazelnuts**, and 2 tbsp of the **Miso Mustard Vinaigrette**. Mix well and sauté until the carrots start to soften slightly, about 3 to 4 minutes. Add the **Maple Glaze** and continue to cook until the glaze thickens and the carrots and nuts are well coated, an additional 2 minutes.

### 4. Put It All Together

Add the cooked asparagus and half of the remaining Miso Mustard Vinaigrette to the pot with the cooked rice and stir well. Transfer to serving bowls and top with the carrots and nut glaze. Drizzle additional Miso Mustard Vinaigrette to taste and enjoy!

Instructions for two servings.

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

# Buttermilk Salad with Nut-Crusted Chicken

**30** *Minutes to the Table*

**15** *Minutes Hands On*

**2 Whisks** *Easy*

How to make a delicious salad into a hearty dinner? Toss together a buttermilk broccoli salad and serve it topped with nut-crusted chicken breast. With walnuts, almonds, pecorino and panko, this crunchy coating makes for a meal that's extra special.

## Getting Organized

### EQUIPMENT

Mixing Bowl  
2 Shallow Bowls  
or Pie Pans  
Baking Sheet

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper  
2 Eggs

### 5 MEEZ CONTAINERS

Chicken Breast  
Nut Crust  
Broccoli  
Dates & Walnuts  
Buttermilk Dressing

## Good To Know

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

**Be sure to generously season your chicken** with salt and pepper before cooking. Chef Max recommends using ¼ tsp of each.

**Health snapshot per serving** – 720 Calories, 31g Fat, 68g Protein, 54g Carbs, 19 Smart Points

**Lightened up snapshot** – 500 Calories, 17g Fat and 11 Smart Points with ½ of the nut crust, buttermilk dressing, and dates and walnuts mix.

**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: Cage-Free Chicken, Broccoli, Dates, Walnuts, Buttermilk, Mayonnaise, Almonds, Panko Breadcrumbs, Pecorino Cheese, Cider Vinegar, Sugar

*meez* meals

### 1. Getting Organized

Preheat your oven to 400.

### 2. Prep the Chicken and Dredge

Generously season **Chicken Breast** with salt and pepper (we use ¼ tsp salt and ¼ tsp pepper, so use about half per side, or more if you like).

Whisk 1 egg with 2 Tbsp water in a shallow bowl or pie pan. In a second bowl or pie pan, pour out the **Nut Crust**.

### 3. Dredge and Bake the Chicken

Put each piece of chicken into the nut crust, then into the egg mixture and then return to the bowl with the nut crust. Press down to make sure the crust adheres to each chicken breast.

Carefully transfer the chicken to a baking sheet. Drizzle the top of each piece with olive oil (or, if you prefer, you can put ½ Tbsp of butter on each piece). Bake until the crust is brown and the chicken is fully cooked, about 15 to 20 minutes.

### 4. Make the Broccoli Salad

While the chicken is baking, open the **Buttermilk Dressing** and reserve 2 Tbsp for finishing the chicken. Combine the **Broccoli, Dates & Walnuts** and remaining buttermilk dressing in a mixing bowl. Season with salt and pepper to taste.

### 5. Put It All Together

Serve the broccoli salad topped with the baked chicken. Drizzle the reserved buttermilk dressing over the top.

*Keep a baking sheet nearby,  
so you can quickly transfer  
the breaded chicken to it.*

*When you put the chicken  
into the nut crust the first  
time, much of it won't stick,  
but the flavors are getting in  
there.*

*We like the broccoli salad  
at room temp, but you can  
chill it if you prefer.*

*Love this recipe? #meezmagic*

Instructions for two servings.

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

# Tomato Basil Shrimp Scampi

Linguini and shrimp are a match made in Italian heaven, and we're serving them up this week with a buttery, garlicky basil sauce that's pure magic. Tossed with sautéed tomatoes, fresh arugula, and a lemon-oil drizzle, it's a speedy dinner that an Italian grandma would be proud to serve.

**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

Butter (3 Tbsp)

### 6 MEEZ CONTAINERS

Linguine

Shrimp

Grape Tomatoes

Garlic, Onion & Herbs

Arugula

Lemon

## Good To Know

If you ordered the **Carb Conscious version** we sent you zucchini noodles instead of the pasta, reducing the **carbs per serving to 18g**. Skip steps 1 and 2. Prior to step 3, heat 1 Tbsp olive oil in a large skillet over high heat. When the oil is hot, add the zucchini noodles and cook until they start to char, about 2 to 3 minutes. Set aside and wipe out the skillet. Use the zucchini noodles in place of the pasta in step 4.

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

**Health snapshot per serving** – 500 Calories, 11g Fat, 37g Protein, 66g Carbs, 11 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: Shrimp, Tomato, Arugula, Onion, Linguine, Garlic, Lemon, Basil, Tarragon.

*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 until step 4.

### 3. **Cook The Shrimp**

While the pasta is cooking, heat 1 Tbsp olive oil in a large skillet over medium high heat and pat dry the **Shrimp**. When the oil is hot, add the shrimp and cook for a minute on each side until they are opaque and no longer grey in color. Transfer the shrimp to a cutting board and cut each shrimp in half. Do not wipe out the skillet.

### 4. **Cook the Veggies and Sauce**

Return the now-empty skillet to the stove over high heat and add the **Grape Tomatoes**. Cook until they start to blister, about 5 to 6 minutes. Reduce the heat to medium and add the **Garlic, Onion & Herbs**, 3 Tbsp of butter, and a generous sprinkle of salt and pepper.

Sauté until the onions soften, about 4 to 5 minutes. Add the **Arugula**, cooked shrimp, and linguine to the skillet and stir until arugula has wilted, about a minute. Transfer directly to serving bowls.

### 5. **Prepare the Lemon-Oil Drizzle and Serve**

While the tomatoes are cooking, cut the **Lemon** in half and squeeze as much juice as possible into a small bowl. Eyeball how much juice you produced, then add about twice as much olive oil to the same bowl and whisk thoroughly.

Drizzle the lemon-oil over the entire dish and enjoy!

Instructions for two servings.

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

## Chicken Bahn Mi

Are you hooked on Bahn Mi yet? These Vietnamese sandwiches are the perfect marriage of French and Vietnamese flavors. With tender chicken breast, pickled vegetables and a sweet Sriracha aioli served sandwich style, it's comfort food with a twist. We're serving ours with a Vietnamese Broccoli Slaw that had the test kitchen asking for seconds.

**15** *Minutes to the Table*

**15** *Minutes Hands On*

**1 Whisk** *Super Easy*

### Getting Organized

#### EQUIPMENT

Large Skillet  
Mixing Bowl

#### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

#### 6 MEEZ CONTAINERS

Chicken Breast  
Broccoli Slaw  
Bahn Mi Sauce  
Pickled Vegetables  
French Roll  
Carrots and Cucumbers

### Make The Meal Your Own

**If you're cooking with kids**, cut a portion of the roll for them and let them have fun filling in the ingredients.

### Good To Know

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

**Health snapshot per serving** – 525 Calories, 10g Fat, 63g Protein, 48g 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: Chicken, French Roll, Broccoli, Carrots, Red Onion, Cucumber, Jalapeño, Radish, Cilantro, Mayonnaise, Sriracha, Lime, Rice Wine Vinegar, Sugar, Kosher Salt

*meez* meals

### 1. Cook the Chicken

Heat a large skillet with 1 Tbsp of olive oil on medium-high heat. Add the **Chicken** to the pan and cook for 3 to 4 minutes, until the chicken is crisp and brown. Turn the chicken over and cook for another 3 to 4 minutes, until this side is brown as well.

Remove from heat and place on a cutting board. Once the chicken has rested for 5 minutes, use a sharp knife to cut the chicken breast evenly into strips, about ¼" to ½" wide and set aside.

### 2. Make the Broccoli Slaw

While the chicken is resting, place the **Broccoli Slaw** in a mixing bowl. Add 3 Tbsps of the **Bahn Mi Sauce** and 1 Tbsp of the liquid only from **Pickled Vegetable**. Mix thoroughly and salt and pepper to taste.

*To make your coleslaw extra creamy, add more Bahn Mi sauce. To thin it out, add additional liquid from the pickled vegetables.*

### 3. Build Your Bahn Mi

Open up the **French Roll** and generously spread the Bahn Mi sauce on the top and bottom of the bread. Add sliced chicken, then top with **Cucumbers & Carrots** and the pickled vegetables. Drizzle a bit more Bahn Mi sauce on top.

### 4. Put it All Together

Serve the Bahn Mi, cut in half, alongside the broccoli slaw and enjoy!

Instructions for two servings.

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

INGREDIENTS: Chicken, French Roll, Broccoli, Carrots, Red Onion, Cucumber, Jalapeño, Radish, Cilantro, Mayonnaise, Sriracha, Lime, Rice Wine Vinegar, Sugar, Kosher Salt

meez*meals*

# Smoky Creole Bean Jambalaya & Cornbread

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

**40** Minutes to the Table

**15** Minutes Hands On

**1 Whisk** Super Easy

## Getting Organized

### EQUIPMENT

Large Saucepan w/Lid  
Baking Sheet

### FROM YOUR PANTRY

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

### 6 MEEZ CONTAINERS

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

## Add Protein Cooking Instructions

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

**Cook protein:** Lightly sprinkle the protein with salt & pepper. Heat a large skillet with 1-2 Tbsp olive oil on medium-high heat (*high for steak.*) When the oil is hot, cook the protein until the: CHICKEN is crisp and brown, about 4 to 5 minutes per side. Let rest for 5 minutes. STEAK bottoms are brown and sides start to color, about 4 minutes per side for medium (3 min for med-rare and 5-6 min for well done.) Let rest for 5 minutes. SALMON is crisp and brown, about 4 minutes per side. Let rest for 5 minutes. SHRIMP are opaque and no longer grey in color, about 1 minute per side.

## Good To Know

**Health snapshot per serving** – 770 Calories, 19g Fat, 128g Carbs, 24g Protein and 19 Freestyle Points

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

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

meez meals

### 1. Get Ready

Preheat the oven to 425.

### 2. Make the Jambalaya

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

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

### 3. Toast the Cornbread

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

### 4. Serve and Enjoy!

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

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

# Mushroom Rigatoni with Parmesan Goat Cheese

This speed meal is a mushroom-lovers dream. We're using a flavorful Parmesan and basil goat cheese, sautéed cremini mushrooms and splash of cream to add an indulgent richness that we just love. Tossed with arugula and rigatoni, it's simple and sophisticated and on the table in a flash.

## Getting Organized

### EQUIPMENT

Large Saucepan  
Large Skillet

### FROM YOUR

### PANTRY

Olive Oil  
Salt

### 5 MEEZ CONTAINERS

Rigatoni  
Cremini  
Mushrooms  
Arugula  
Mushroom  
Sauce  
Parmesan Goat  
Cheese

## Add Protein Cooking Instructions

**Integrate into recipe:** Prior to step 3, cook the protein (per instructions below) and then slice into strips (*flake the salmon, leave shrimp whole*) and stir into the pasta in step 4.

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

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

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

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

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

## Good to Know

**Health snapshot per serving** – 930 Calories,  
25g Protein, 64g Fat, 67g Carbs.

**Lightened Up Health snapshot per serving** – 670 Calories,  
45g Fat, 47g Carbs, using two-thirds of the pasta and sauce.

**15** Minutes to the Table

**15** Minutes Hands On

**1 Whisk** Super-Easy

SCAN QR CODE  
to view YouTube  
cooking video



INGREDIENTS: Mushrooms, Rigatoni, Arugula, Goat Cheese, Parmesan, Asiago, Cream, Olive Oil, Basil, Garlic, Black Pepper, Kosher Salt.

meez *meals*

### 1. Get Organized

Bring a large saucepan of water to boil.

### 2. Cook the Rigatoni

Add the **Rigatoni** to the boiling water with a pinch of salt and cook until al dente, about 8 to 12 minutes. Drain well and follow the instructions in Step 4.

### 3. Sauté the Mushrooms and Arugula

As soon as the pasta is cooking, heat 1 Tbsp olive oil in a large skillet over medium high heat. When the oil is hot, add the **Cremeni Mushrooms** and cook until they begin to soften, about 3 minutes. Add the **Arugula** and cook until it wilts, about 2 additional minutes. Turn off the heat.

### 4. Put It All Together

Add the cooked and drained rigatoni, **Mushroom Sauce** and  $\frac{3}{4}$  of the **Parmesan Goat Cheese** to skillet with the cooked mushrooms and arugula and turn the heat to low. Stir well until the goat cheese melts and everything is combined and warm, about a minute.

Transfer to serving bowls and top with dollops of the remaining cheese. Enjoy!

Instructions for two servings.

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# Steak & Black Bean Burrito

Classic and delicious, this steak burrito is just what you're craving. Tender sirloin steak, spiced black beans, chunks of fresh zucchini, fresh salsa and plenty of Mexican cheese - rolled up in a tomato tortilla. Your kitchen might just become your new favorite Mexican restaurant!

**30** *Minutes to the Table*

**30** *Minutes Hands On*

**2 Whisk** *Super Easy*

## Getting Organized

### EQUIPMENT

- 2 Large Skillet
- 2 Mixing Bowls

### FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper

### 7 MEEZ CONTAINERS

- Tomato & Onions
- Salsa Sauce
- Spiced Black Beans
- Steak
- Mexican Cheese
- Tomato Tortillas
- Zucchini & Red Onions

## Make The Meal Your Own

If you ordered the **Carb Conscious** version, we sent you veggie "rice" instead of the tortilla to make a burrito bowl, reducing the **carbs per serving to 35g**. Skip step 4. Prior to step 5, while the steaks are resting, do not wipe out pan and heat 1½ Tbsp olive oil in a large skillet over high heat. Sauté the veggie "rice" until it starts to brown, about 2 to 3 minutes. Pour directly into bowl, add the beans, veggies, steak and cheese, and salsa to make a Mexican steak burrito "rice" bowl.

## 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** – 595 Calories,  
26g Fat, 52g Protein, 48g Carbs, 14 Smart Points

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



INGREDIENTS: Steak, Tomato Tortilla, Black Beans, Zucchini, Red Onion, Yellow Onion, Garlic, Tomato, Enchilada Sauce, Chihuahua, Monterey Jack, Cilantro, Cumin, Crushed Red Pepper, Oregano, Sriracha, Coriander.

*meez* meals

### 1. Create the Salsa

Heat 1 Tbsp olive oil in a large skillet over medium heat. Add the **Tomato & Onions** and cook until the vegetables soften thoroughly, about 10 to 12 minutes. Transfer the cooked salsa veggies to a mixing bowl, combine with the red **Salsa Sauce** and set aside. Wipe out the skillet.

### 2. Cook the Spiced Beans

While the Tomato & Onions are cooking, add 2 Tbsp olive oil to a second large skillet and heat on medium. When the oil is hot, add the **Spiced Black Beans** and ¼ cup of water. Cook, mashing the beans with a slotted spoon or fork, until the beans resemble refried beans and the mixture thickens, about 8 to 10 minutes. Remove from the heat and set aside. Wipe out the pan.

*Add a little extra water to the beans if you like them a bit creamier.*

### 3. Cook the Steak

Return the now-empty skillet, used for the Tomato & Onions, to the stove with 2 Tbsp of olive oil over high heat. Pat the steaks dry and generously season with salt and pepper. When the skillet 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**). Set aside to rest for 5 minutes on a cutting board. After the steaks have rested, use a sharp knife, to cut the steaks into ½" cubes, then put in a mixing bowl with the **Mexican Cheese**. Mix, then set aside.

### 4. Warm the Tortillas

While the steaks are resting, wipe out the skillet used for the Spiced Beans and return to the stove over medium heat. Warm the **Tomato Tortillas** in the pan for 20 to 30 seconds per side.

### 5. Roll the Burritos and Serve

Place a tortilla flat on the counter and spread half of the spiced beans in the middle. Add half the steak and cheese mixture on top followed by half the **Zucchini & Red Onions** and half the salsa.

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

Instructions for two servings.

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## Aztec Salad with Avocado Chipotle Dressing

A ridiculously tasty salad with our signature avocado chipotle buttermilk dressing. With plenty of fresh greens, black beans, corn and tortilla chips, it's the perfect toss & serve lunch or light dinner.

### Getting Organized

#### EQUIPMENT

Large Mixing Bowl

#### FROM YOUR PANTRY

Salt & Pepper

#### 5 MEEZ CONTAINERS

Spinach

Arcadian Lettuce

Corn, Tomato, &  
Beans

Avocado

Chipotle

Dressing

Tricolor Chips

### Add Protein Cooking Instructions

**Integrate into recipe:** Before assembling the salad in step 1, cook the protein (per instructions below) and then slice into strips (*flake the salmon, leave shrimp whole*) and toss with the salad.

**Cook protein:** Lightly sprinkle the protein with salt & pepper. Heat a large skillet with 1-2 Tbsp olive oil on medium-high heat (*high for steak.*) When the oil is hot, cook the protein until the: CHICKEN is crisp and brown, about 4 to 5 minutes per side. Let rest for 5 minutes. STEAK bottoms are brown and sides start to color, about 4 minutes per side for medium (3 min for med-rare and 5-6 min for well done.) Let rest for 5 minutes. SALMON is crisp and brown, about 4 minutes per side. Let rest for 5 minutes. SHRIMP are opaque and no longer grey in color, about 1 minute per side.

### Good to Know

**Health snapshot per serving** – 580 Calories, 23g Protein, 62g Carbs, 29g Fat, 15 Freestyle Points.

**5** Minutes to the Table

**5** Minutes Hands On

**1 Whisk** Super Easy

INGREDIENTS: Spinach, Arcadian Lettuce Blend, Black Beans, Corn, Tomato, Queso Fresco, Red Onion, Cilantro, Mayonnaise, Avocado, Chipotles in Adobo, Garlic, Buttermilk, Coriander, Cumin.

meez meals

**1. Assemble the Salad**

Combine the **Spinach, Arcadian Lettuce**, and **Corn, Tomato, & Beans** in a mixing bowl with the **Avocado Chipotle Dressing**. Season with salt and pepper to taste.

**2. Serve and Enjoy!**

Top the mixed salad with the **Tricolor Chips** and enjoy!

Instructions for two servings.

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