

*Citrus Chicken Salad  
with Cranberry Goat Cheese*

**15 Min**  
to Table

**15 Min**  
Hands  
On

**1 Whisk**  
Super  
Easy

**Getting Started**

Pat the chicken  
breasts dry, and salt  
& pepper.

**From Your Pantry**

You'll need olive oil,  
salt and pepper

*Tequila Chipotle Shrimp*

**10 Min**  
to Table

**10 Min**  
Hands  
On

**1 Whisks**  
Easy

**Getting Started**

Pat the shrimp down  
with a towel.

**From Your Pantry**

You'll need olive oil,  
salt and pepper

# Quick Tips



*Cacio e Pepe Pasta  
with Salami & Bacon*

**25 Min**  
to Table

**20 Min**  
Hands  
On

**1 Whisk**  
Super  
Easy

**Getting Started**

Bring a large  
saucepan of water to  
boil.

**From Your Pantry**

You'll need olive oil,  
salt and pepper.

*Kung Pao Edamame  
with Udon Noodles*

**15 Min**  
to Table

**15 Min**  
Hands  
On

**1 Whisk**  
Super  
Easy

**Getting Started**

Bring a large pot of  
water to a boil.

**Omnivore Option**

Shrimp is great in this  
dish.

*Lemon Chicken Souvlaki*

**25 Min**  
to Table

**25 Min**  
Hands  
On

**1 Whisk**  
Super  
Easy

**From Your Pantry**

You'll need olive oil,  
salt and pepper

**Getting Started**

Bring a large  
saucepan of water to  
boil.

### *Parmesan Panzanella Salad with Strawberry Poppy Seed Dressing*

**10 Min**  
to Table

**10 Min**  
Hands  
On

**1 Whisk**  
Super  
Easy

#### **Getting Started**

Heat 1 Tbsp of olive oil in a large skillet.

#### **From Your Pantry**

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

### *Southwestern Salmon with Fresh Corn Salsa*

**20 Min**  
to Table

**20 Min**  
Hands  
On

**1 Whisk**  
Super  
Easy

#### **Getting Started**

No pre-work needed.

#### **Meal Tip**

Add your favorite grain to bulk the meal up.

### *Vegetarian BLT Panini*

**20 Min**  
to Table

**20 Min**  
Hands  
On

**2 Whisks**  
Easy

#### **Getting Started**

Heat the Tomato Jam in a medium saucepan.

#### **From Your Pantry**

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

### *Za'atar Chicken*

**25 Min**  
to Table

**15 Min**  
Hands  
On

**1 Whisk**  
Super  
Easy

#### **Getting Started**

Bring a saucepan of water on to boil.

#### **From Your Pantry**

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

#### **Meal Tip**

Top your chicken with the remaining Garlic Yogurt Sauce

### *Upside-Down Asparagus Quiche*

**40 Min**  
to Table

**25 Min**  
Hands  
On

**1 Whisk**  
Super  
Easy

#### **Getting Started**

Preheat your oven to 400 and coat your pan.

#### **Omnivore Option**

Bacon or crumbled sausage would be a tasty addition.

#### **From Your Pantry**

You'll need olive oil, salt, pepper and 3/4 cup milk per serving.

### *Carne Asada Tacos*

**25 Min**  
to Table

**25 Min**  
Hands  
On

**1 Whisk**  
Super  
Easy

#### **From Your Pantry**

You'll need olive oil, salt and pepper

#### **Getting Started**

Marinate the steak, see recipe card for full instructions.

#### **Leftovers Tip**

Serve cold with lettuce for a hearty lunch!

# Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmndd daily)	
Vegetarian BLT Panini	760	13	39	90	7	1260	41	24	100% Vitamin A	20% Calcium
(use 2/3 of the aioli)	640		27					20		
Lemon Chicken Souvlaki	560	50	18	51 CC 40	4	1010	25	11	190% Vitamin C	40% Vitamin A
Carne Asada Tacos	611	43	21	68 CC 29	6	1225		18	71% Vitamin B-12	100% Vitamin A
Kung Pao Edamame with Udon Noodles	465	18	21	49	10	469		14	184% Vitamin C	170% Vitamin A
Citrus Chicken Salad with Cranberry Goat Cheese	571	71	16	42	6	321	32	10	160% Vitamin A	60% Vitamin C
Tequila Chipotle Shrimp	358	30	10	36	6	928	10	5	90% Vitamin C	36% Vitamin A
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		

# Health Snapshot

[illegible]

# Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmndd daily)	
Honduran Chocolate Brownies (Gluten-Free)	340	4	18	42	3	140	31	16	4% Vitamin C	15% Iron
Flourless Chocolate Cake	370	5	16	32	2	130	18	18	20% Iron	10% Vitamin A
Tiramisu for Two	290	5	15	35	1	40	29		6% Calcium	2% Iron
Chocolate Chunk Cookies	180	2	9	22	1	170	10	9	2% Calcium	4% Vitamin A
Peanut Butter Cookies	400	8	22	45	2	330		18	4% Iron	6% Vitamin A

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

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

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

# Vegetarian BLT Panini

This sandwich isn't a vegetarian version of a BLT sandwich. It's a superpowered panini dinner that delivers the essence of a hearty BLT without the pork, plus so much more. With tomato jam, fried egg, arugula, and a smoky sweet potato "bacon," it's a sandwich everyone will adore.

**20** *Minutes to the Table*

**20** *Minutes Hands On*

**2 Whisks** *Easy*

## Getting Organized

### EQUIPMENT

Large Skillet  
Medium Saucepan

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper  
Egg (1 per serving)

### 6 MEEZ CONTAINERS

Tomato Jam  
Panini Bread  
Aioli  
Sweet Potatoes  
Smoky Sauce  
Arugula

## Good to Know

**Health snapshot per serving** – 760 Calories, 39g Fat, 90g Carbs, 13g Protein, and 24 Freestyle Points.

**Lightened-up health snapshot per serving** – 640 Calories, 27g Fat, 90g Carbs, and 20 Freestyle Points by using two-thirds of the Aioli.

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

INGREDIENTS: Panini Bread, Sweet Potato, Tomato, Mayonnaise, Red Onion, Arugula, Maple Syrup, White Vinegar, Brown Sugar, Tamari, Cream Cheese, Mozzarella, Balsamic Vinegar, Liquid Smoke, Chipotles in Adobo, Basil, Paprika, Black Pepper, Lemon Zest, Oregano.

 meez meals

### 1. **Make the Tomato Jam**

Heat a medium saucepan over medium heat. Add the **Tomato Jam** and cook, stirring occasionally, until the mix has a jam-like consistency, about 10 to 12 minutes. Turn off the heat and set aside until step 5.

### 2. **Toast the Panini Bread**

While the jam is cooking, lightly brush both sides of the **Panini Bread** with olive oil. Heat a large skillet or griddle over medium-high heat and toast both sides of each slice, about 2 to 3 minutes per side. (You may need to work in batches depending on the size of your pan.) Spread a generous helping of **Aioli** on half the toasted bread and transfer these slices to the serving plates. They will be the sandwich bottoms. Set the other pieces (the tops) aside. Wipe out the skillet.

### 3. **Create the Smoky Sweet Potato "Bacon"**

Heat 1 Tbsp olive oil in the now-empty skillet over medium-high heat. When the oil is hot, add the **Sweet Potatoes** and cook until they soften and start to brown, about 6 to 7 minutes. Add the **Smoky Sauce** and cook, stirring continuously, until the sweet potatoes are well coated, 2 to 3 additional minutes. Remove from the heat and arrange the sweet potatoes in a single layer on the sandwich bottoms (the half with the aioli). Then layer the **Arugula** on top of the smoky sweet potato "bacon." Wipe out the skillet.

### 4. **Fry the Eggs**

Heat 1 Tbsp olive oil in the now-empty skillet over medium-high heat. When the oil is hot, crack 2 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 place on top of the arugula.

### 5. **Put It All Together**

Spread the tomato jam on the sandwich tops and then press them down firmly to close the sandwich. Use a knife to slice in half and enjoy!

Instructions for two servings.

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

## Lemon Chicken Souvlaki

We adore the flavors of a classic souvlaki, but on a busy weeknight, marinating the meat and loading up skewers is more work than we want. Ours is a streamlined version with lemony chicken served with a flavorful rice pilaf and cooling roasted red pepper tzatziki sauce. It is just as flavorful but without the fuss.

### Getting Organized

#### EQUIPMENT

Saucepan  
Large Skillet

#### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

#### 6 MEEZ CONTAINERS

Basmati Rice  
Garlic, Onions & Raisins  
Chicken Breast  
Peppers & Onions  
Lemon Marinade  
Roasted Red Pepper Tzatziki

### Good To Know

**Health snapshot per serving** – 560 Calories, 50g Protein, 18g Fat, 51g Carbs, 11 Freestyle Points

If you ordered the **Carb Conscious** version, we sent you cauliflower “rice” instead of the basmati rice, reducing the calories to 500 and the **Carbs to 40g** per serving. Skip step 1 and cook the cauliflower rice with the other veggies in step 2 for 4 to 5 minutes.

**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**



**25** Minutes to the Table

**25** Minutes Hands On

**1 Whisk** Super Easy

INGREDIENTS: Chicken Breast, Basmati Rice, Greek Yogurt, Red Pepper, Green Pepper, Red Onion, Yellow Onion, Golden Raisins, Mayonnaise, Cucumber, Roasted Red Pepper, Cream, Ginger, Chicken Stock, Lemon, Garlic, Dill, Lemon Pepper, Kosher Salt, Cinnamon, Clove, Turmeric

meez meals



### 1. Get Started

Bring a saucepan of water to a boil.

### 2. Cook the Rice

Add the **Basmati Rice** to the boiling water and reduce the heat to medium. Simmer, uncovered, until the rice is tender, about 15 to 20 minutes. Drain well and set aside in the colander.

Heat 1 Tbsp olive oil in the now-empty saucepan over medium high heat. When the oil is hot, add the **Garlic, Onions & Raisins** and sauté until the onions soften, about 2 to 3 minutes. Add the drained rice and mix well, then cover and set aside.

### 3. Cook the Chicken

While the rice 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 Breasts** on both sides. When the oil is hot, add the chicken and cook until the bottom is brown, about 4 minutes. Flip and cook for another 4 minutes on the other side. Transfer the chicken to a cutting board. Let rest for 5 minutes, then slice into ½" strips. Do not wipe out the skillet.

### 4. Cook the Peppers & Onions

Heat 1 Tbsp olive oil in the now-empty skillet over medium-high heat. When the oil is hot, add the **Peppers & Onions** and sprinkle with salt and pepper. Cook until the vegetables start to char, about 3 to 4 minutes. Remove the veggies from the skillet and add to the saucepan with the seasoned rice. Mix well.

Add the **Lemon Marinade** to the now-empty skillet over medium-high heat and cook until clear and starting to brown, about 3 to 4 minutes. Turn off the heat and return the sliced chicken to the skillet. Mix well.

### 5. Put it All Together

Serve the chicken over the rice and vegetables and finish with some generous dollops of the **Roasted Red Pepper Tzatziki**. Enjoy!

Instructions for two servings.

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

# Carne Asada Tacos

Carne asada is all about the marinade, and ours is downright delicious if we do say so ourselves. With just the right blend of lime juice and adobo, it makes these steak tacos sing. Served up with seared peppers, onions, cilantro and plenty of queso fresco.

**25** *Minutes to the Table*

**25** *Minutes Hands On*

**1 Whisk** *Super Easy*

## Getting Organized

### EQUIPMENT

Large Skillet  
Mixing Bowl  
Large Ziplock Bag (or  
Lidded Container)

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### 6 MEEZ CONTAINERS

Carne Asada  
Marinade  
Steak  
Green & Red Peppers  
Tortillas  
Onions & Cilantro  
Queso Fresco

## 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 **27g**. Use in place of the tortillas to create a Carne Asada lettuce wrap.

Have a little extra time? Marinate the steak up to a day ahead for maximum flavor.

**Health snapshot per serving** – 610 Calories, 22g Fat, 47g Protein, 55g Carbs, 15 Freestyle Points

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

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



INGREDIENTS: Steak, Flour Tortillas, Green Peppers, Red Peppers, Onions, Cilantro, Queso Fresco, Soy Sauce, Lime Juice, Cider Vinegar, Sugar, Black Pepper, Cumin, Chipotles in Adobo, Garlic, Olive Oil

*meez* meals

### 1. Marinate the Steak

Combine 1 Tbsp Olive Oil and the **Carne Asada Marinade** into a bowl and stir thoroughly.

Pour half the marinade/oil into a large ziplock bag (or container with a lid), seal, and shake well.

Using a fork, prick the **Steak** several times on both sides. Place it into the ziplock bag with the marinade and shake well, then set aside to marinate for at least 5 minutes.

*Save the remaining marinade to use as a light drizzle for your tacos.*

### 2. Cook the Peppers

While the steak is marinating, heat 1 Tbsp olive oil over high heat in a large skillet. When pan is very hot, add the **Green & Red Peppers** and cook until slightly charred, about 4 to 5 minutes. Remove from the skillet and set aside.

### 3. Cook the Steak

In the skillet used for the peppers, heat 1 Tbsp of oil over high heat. Remove the steaks from the ziplock bag and discard the excess marinade in the ziplock bag.

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 min. After 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).

*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.*

### 4. Heat the Tortillas

Wash out the skillet used for the steak and heat the **Tortillas** until soft and pliable, about 30 seconds per side.

### 5. Put It All Together

Serve the tortillas filled with sliced steak, peppers, **Onions & Cilantro**, **Queso Fresco** and lightly drizzle with remaining Carne Asada Marinade. Enjoy!

Instructions for two servings.

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

# Kung Pao Edamame with Udon Noodles

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

**15** Minutes to the Table

**15** Minutes Hands On

**1 Whisk** Super Easy

## Getting

## Organized

### EQUIPMENT

Large Skillet  
Saucepan

### FROM YOUR PANTRY

Olive Oil  
Salt &  
Pepper

### 4 MEEZ CONTAINERS

Asian  
Vegetables  
Sesame Soy  
Sauce  
Udon  
Noodles  
Peanuts

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

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

**Health snapshot per serving** – 465 Calories, 18g Protein, 10g Fiber, 14 Smart Points

SCAN QR CODE

to view

YouTube

cooking video



INGREDIENTS: Edamame, Udon Noodles, Carrots, Red Peppers, White Wine, Peanuts, Tamari Sauce, Sambal, White Vinegar, Brown Sugar, Sesame Oil, Garlic

*meez* meals

### 1. Getting Organized

Bring a large pot of water to a boil.

### 2. Cook the Udon Noodles

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

### 3. Cook the Vegetables

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

### 4. Put It All Together

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

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

*Love this recipe? #meezmagic*

Instructions for two servings.

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

## Citrus Chicken Salad with Cranberry Goat Cheese

Our mango and lime vinaigrette transforms the humble chicken salad into something really special. With fresh zucchini noodles, spinach, arugula and cranberry-pecan goat cheese, this dinner tastes like high-end dining but is on your table in just 15 minutes.

### Getting Organized

#### EQUIPMENT

Large Skillet  
Large Mixing Bowl  
Small Mixing Bowl

#### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

#### 6 MEEZ CONTAINERS

Chicken Breast  
Goat Cheese  
Cranberries & Toasted Pecans  
Summer Squash  
Spinach & Arugula  
Citrus Vinaigrette

### Make The Meal Your Own

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

### Good To Know

**Health snapshot per serving** – 660 Calories, 58g Protein, 29g Fat, 44g Carbs, and 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



**15** Minutes to the Table

**15** Minutes Hands On

**1 Whisk** Super Easy

INGREDIENTS: Chicken Breast, Summer Squash, Spinach, Arugula, Goat Cheese, Cranberries, Almonds, Lime, Mango, Maple Syrup.

*meez* meals

### 1. Cook the Chicken

Pat dry the **Chicken Breasts** with a paper towel and sprinkle with salt and pepper. Heat a large skillet with 1½ 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 to 5 minutes. Turn the chicken over and cook until the other side is brown as well, about 4 additional minutes. Remove from the heat and set aside to rest.

Once the chicken has rested for at least 5 minutes, cut into strips about ¼ to ½ inch wide.

### 2. Assemble the Salad

While the chicken is resting, combine the **Goat Cheese** with half the **Cranberries & Toasted Almonds** in a large mixing bowl and mix well, then use your hands to break up the mixture into marble sized pieces.

Pat dry the **Summer Squash** and add to the mixing bowl along with the **Spinach & Arugula** and the sliced chicken.

Combine the **Citrus Vinaigrette** with 1 Tbsp olive oil in a small bowl and mix well. Pour the dressing in the large mixing bowl and toss well.

### 3. Serve

Transfer to serving bowls and top with the goat cheese balls and remaining Cranberries and Toasted Pecans. Enjoy!

Instructions for two servings.

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

# Tequila Chipotle Shrimp

This Southwestern shrimp dish is on the table in a flash. We're cooking omega-rich shrimp in a tequila chipotle sauce that is mild and sophisticated, then serving it up with black beans, corn, and peppers in a pineapple lime crema. Get ready for a new summer favorite.

**25** *Minutes to the Table*

**15** *Minutes Hands On*

**1 Whisks** *Super Easy*

## Getting Organized

### EQUIPMENT

Large Skillet  
Mixing Bowl

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### 5 MEEZ CONTAINERS

Rice  
Shrimp  
Tequila Chipotle Sauce  
Corn & Beans  
Pineapple Lime Crema

## Good to Know

If you ordered the **Carb Conscious version**, we sent you cauliflower "rice" instead of white rice, reducing the **carbs per serving to 26g**. Skip steps 1. and 2. After step 3. do not wipe out the skillet. Heat 1 Tbsp olive oil over high heat. Sauté the cauliflower "rice" until it starts to brown, about 2 to 3 minutes. Set aside until step 5. Wipe out the skillet.

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

**Health snapshot per serving** – 415 Calories, 32g Protein, 64g carbs, 3g Fat, 7 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, Red Pepper, White Rice, Cubanelle Pepper, Black Bean, Corn, Queso Fresco, Chipotles in Adobo, Red Onion, Cilantro, Pineapple, Sour Cream, Tequila, Lime, Kosher Salt.

*meez* meals



### 1. Getting Organized

Put a saucepan of water on to boil.

### 2. Cook the Rice

Add the **Rice** to the boiling water. Reduce heat to medium and simmer uncovered for 15 to 20 minutes. Drain and return to the saucepan. Cover and set aside.

### 3. Sauté the Shrimp

When the rice has about 10 minutes remaining, pat the **Shrimp** dry with a paper towel and lightly salt and pepper.

Heat 1 Tbsp olive oil in a large skillet over medium-high heat. 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. Remove the shrimp from the skillet and place on a cutting board to cool, then cut into thirds and set aside. Wipe out the skillet.

### 4. Cook the Sauce

Add the **Tequila Chipotle Sauce** to the now-empty skillet and cook over medium-high heat until it's hot, about 2 minutes. Remove from the heat and stir in the cooked, cut shrimp.

### 5. Put It All Together

Combine the **Corn & Beans** and **Pineapple Lime Crema** in a mixing bowl.

Place the cooked rice on serving plates and top with the Corn & Bean and Pineapple Lime Crema mix in the center of each diner's plate. Spoon the shrimp and sauce around the outside. Enjoy!

*This "fancy"  
presentation gives  
the dish a wow  
factor we love  
and combines the  
flavors in just  
the right way.*

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.

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



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 \***

## Southwestern Salmon with Fresh Corn Salsa

Get ready for a flavor sensation! Salmon seasoned with zesty Southwestern spices, then topped with a fresh corn and tomato salsa. We're serving it up over cauliflower "rice", for a speedy low carb meal.

**20** *Minutes to the Table*

**20** *Minutes Hands On*

**1 Whisk** *Super Easy*

### Getting Organized

#### EQUIPMENT

Shallow Pie Pan or Plate  
Large Skillet

#### FROM YOUR PANTRY

Flour (1 Tbsp)  
Olive Oil  
Salt & Pepper

#### 4 MEEZ CONTAINERS

Cauliflower  
Southwest Seasoning  
Salmon  
Corn & Tomato Salsa

### Make The Meal Your Own

**We love using cauliflower as the "rice" in this dish**, but if you want to bulk it up, toss the cauliflower with your favorite grain (we like quinoa) and serve it with the salmon and salsa on top.

**Salmon has a reputation for being tricky** to cook. Chef Max says the key to perfect salmon is making sure you don't overcook it. Cook over high heat for a few minutes on each side and then let it rest. The salmon continues cooking as it rests, so let it sit 5 minutes, covered, off the heat before you cut into it and check for doneness.

**Not a fan of spice?** Use just half of the southwest seasoning to coat the salmon.

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

**Health snapshot per serving** – 390 Calories,  
15g Fat, 41g Protein, 25g Carbs,  
16 Freestyle Points

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



**INGREDIENTS:** Responsibly Fished Salmon, Cauliflower, Corn, Grape Tomatoes, Olive Oil, Cilantro, Lime Juice, Apple Cider Vinegar, Spices

**meez***meals*

### 1. Cook the Cauliflower

Heat 1 Tbsp oil in a large skillet over medium-high heat. Add the **Cauliflower** and cook until well browned, 7 to 10 minutes. Remove to a bowl or serving dish and return the skillet to the stove.

### 2. Season and Cook the Salmon

Combine the **Southwest Seasoning** with 1 Tbsp of flour on a plate or in a shallow pie pan. Pat the **Salmon** fillets dry with a paper towel and then coat each one with the seasoning mixture, making sure each fillet is completely covered.

Heat 2 Tbsp of oil in your now-empty skillet over high heat. When the oil is hot, add the salmon and cook 4 minutes. Flip, and cook 3 more minutes on the other side. Turn off the heat, cover and let sit for 5 minutes.

### 3. Put It All Together

Combine the **Corn & Tomato Salsa** with 1 Tbsp olive oil in a small bowl.

Serve the cauliflower topped with salmon and Corn & Tomato Salsa. Enjoy!

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

*Place the salmon in  
the pan gently to  
avoid any oil  
splashing.*

*Love this recipe? #meezmagic*

Instructions for two servings.

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

# Upside-Down Asparagus Quiche

Classic quiche, made better. The flaky, buttery pie crust is our favorite part of making a quiche. But the hassle of rolling it out, shaping it to the pan and then baking is too much work for a weeknight dinner, particularly when it has a tendency to go soggy. The solution? Baking the pie crust on top. Paired with asparagus, leeks and four cheeses, it's all the deliciousness and none of the hassle.

## Getting Organized

### EQUIPMENT

Loaf Pan or Oven-Safe Casserole Dish  
Large Mixing Bowl  
Large Skillet

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper  
Milk (1¼ cup)

### 4 MEEZ CONTAINERS

Asparagus & Leeks  
Cheese  
Egg & Cream  
Pie Crust

## Add Protein Cooking Instructions

**Integrate into recipe:** While the zucchini is roasting in step 3, cook the protein (per instructions below) and then slice into strips (*flake the salmon, leave shrimp whole*) and serve in the tortillas 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** – 720 Calories, 29g Protein, 46g Fat, 25 Smart Points.

**Lighten Up snap shot per serving** – 515 Calories, 26g Protein, 32g Fat, 17 Smart Points with half the pie crust.

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

**40** Minutes to the Table

**25** Minutes Hands On

**1 Whisk** Super Easy

INGREDIENTS: Egg, Asparagus, Leeks, Pie Crust, Swiss, Gruyere, Pecorino Romano, Cream, Black Pepper

meez *meals*

### 1. Getting Organized

Preheat your oven to 400 and coat your loaf pan (or casserole dish) with cooking spray or lightly brush inside with olive oil.

### 2. Sauté the Asparagus and Leeks

Toss the **Asparagus & Leeks** in a large mixing bowl with a drizzle of olive oil, salt and pepper. Place asparagus & leeks into a dry skillet over medium-high heat. Sauté for 2 to 3 minutes until bright green. Transfer to your loaf pan.

### 3. Make the Quiche

Add the **Egg & Cream** to the now empty mixing bowl along with  $\frac{3}{4}$  cup of milk and stir vigorously.

Stir in the **Cheese** until evenly dispersed.

Pour the entire mixture over the vegetables in the loaf pan and make sure the vegetables are spread out evenly before topping with the **Pie Crust**. Cover with the pie crust. It's OK to overlap the pieces so that you cover the entire top surface.

Bake for 20 to 25 minutes, until the pie crust is golden brown.

Remove from oven and let cool for at least 5 minutes before serving.

### 4. Serve and Enjoy

Portion the quiche onto plates and enjoy!

*Quiche is traditionally baked in a pie pan, but we like a loaf pan or rectangular baker for this recipe because it matches the shape of the pie crust.*

*After you pour the egg mix, make sure the veggies are not all clumped up in one spot in the pan.*

*Letting the quiche cool down for a bit allows it to finish cooking and hold together for serving.*

Instructions for two servings.

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

# Za'atar Chicken

We're serving garlic-yogurt-charred chicken breast with rice pilaf, Za'atar seasoned veggies, and golden raisins for a cozy Middle-Eastern dinner that's herby, savory, and just plain delicious.

**25** *Minutes to the Table*

**15** *Minutes Hands On*

**1 Whisk** *Super Easy*

## Getting Organized

### EQUIPMENT

Large Skillet  
Saucepan

### FROM YOUR PANTRY

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

### 4 MEEZ CONTAINERS

Rice Pilaf  
Chicken  
Garlic Yogurt  
Za'atar Seasoned  
Veggies

## Good To Know

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

If you ordered the **Carb Conscious** version we sent you cauliflower "rice" instead of rice, reducing the **carbs per serving to 36g**. Skip step 1, then after step 2, wipe out the skillet and heat 1 Tbsp olive oil, over high heat in the skillet that was used for the chicken. When the oil is hot, add the cauliflower "rice" and sauté until it starts to brown, about 2 to 3 minutes. Stir in 1 Tbsp of butter per serving and set the Cauliflower aside in a mixing bowl. Cook the Za'atar Seasoned Veggies in Step 3 and then, stir the cauliflower back into the skillet in place of the rice at the end of Step 3.

**Health snapshot per serving-** 700 Calories, 51g Protein, 21g Fat, 76g Carbs

**Lightened Up Health Snapshot per serving-** 580 Calories, 16g Fat, 62g Carbs by using two-thirds of the Rice Pilaf and two-thirds of the Garlic Yogurt

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



INGREDIENTS: Chicken Breast, Yogurt, Red Onion, Red Pepper, Celery, Cream, Jasmine Rice, Orzo, Golden Raisins, Cilantro, Lemon, Salt, Garlic, Cumin, Coriander, Sumac, Thyme

*meez* meals



### 1. Cook the Rice Pilaf

Bring a saucepan of water to boil over high heat. Add the **Rice Pilaf** to the boiling water with a pinch of salt. Cook at a rolling boil until the pilaf is the desired texture, 12 to 15 minutes. Remove from the heat and drain then return the rice pilaf to the saucepan and stir in 2 Tbsp butter. Cover and set aside until Step 4.

### 2. Cook the Chicken

While the rice pilaf is cooking, pat dry the **Chicken Breasts** and generously season with salt and pepper (we use ¼ tsp salt and ¼ tsp pepper, so use about half per side, or more if you like).

Heat a large skillet with 1 Tbsp of olive oil over medium-high heat. When the oil is hot, add the Chicken Breast to the skillet, and cook until crisp and brown, about 4 minutes, then turn. Cook until the second side starts to brown, about 3 additional minutes.

After the second side has seared, spoon 1 Tbsp of the **Garlic Yogurt** on top of each chicken breast, flip, and sear until the yogurt chars, about 30 seconds. Then spread 1 more Tbsp of the yogurt on top of each chicken breast, flip and sear until the yogurt chars on that side, another 30 seconds.

Transfer the chicken to a cutting board and wipe out the skillet. After the chicken has rested for 5 minutes, cut into ½" strips.

*Keep the  
remaining  
Garlic Yogurt  
Sauce to top  
the chicken  
in Step 4*

### 3. Sauté the Veggies

Return the now-empty skillet to the stove with 1 Tbsp olive oil over medium high heat. When the oil is hot, add the **Za'atar Seasoned Veggies** and cook, stirring occasionally, until the peppers start to char and the onions become translucent, about 3 to 4 minutes. Add the cooked rice to the skillet and mix well.

### 4. Put It All Together

Top the rice pilaf and veggies with the sliced chicken and add additional Garlic Yogurt sauce as desired. Enjoy!

Instructions for two servings.

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

# Parmesan Panzanella Salad with Strawberry Poppy Seed Dressing

Super fast, super summery, super delicious. This recipe has it all: savory parmesan-chive-butter sourdough crostini, toasted seasoned chickpeas, arugula, spinach, snap peas and cucumbers. It's a farm stand bounty tossed in our delicious signature Strawberry Poppy Seed Dressing.

**10** Minutes to the Table

**10** 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

Seasoned Chickpeas  
Sourdough Bread  
Parmesan-Chive-  
Butter  
Spinach & Arugula  
Cucumbers & Snap  
Peas  
Strawberry Poppy  
Seed Dressing

## Add Protein

**Integrate into recipe:** Prior to step 1, cook the protein (per instructions below) and then slice into strips (*flake the salmon, leave shrimp whole*) and serve on top of the tossed salad 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 instead of the bread, reducing the **carbs to 35g per serving**. Instead of toasting the bread in Step 2, melt the Parmesan-Chive-Butter in the skillet and add the zucchini. Cook until it browns and starts to soften and serve in place of the sourdough crostini.

**Health Snapshot per serving** - 620 Calories, 44g Fat, 49g Carbs, 14g Protein, and 22 Freestyle Points.

INGREDIENTS: Sourdough Bread, Cucumbers, Garbanzo Beans, Snap Peas, Spinach, Arugula, Red Onion, Carrot, Vegetable Oil, Butter, White Wine Vinegar, Strawberry, Parmesan, Lemon, Garlic, Chive, Miso, Mustard, Poppy Seeds, Black Pepper, Lemon Pepper, Sugar, Kosher Salt, Cayenne Pepper

*meez* meals

**1. Toast the Seasoned Chickpeas**

Heat 1 Tbsp olive oil in a large skillet over high heat. When the oil is hot, add the **Seasoned Chickpeas** and cook, stirring occasionally, until browned and crispy, about 3 to 4 minutes. Remove from the skillet and set aside. Wipe out the skillet.

**2. Make the Parmesan-Chive-Butter Sourdough Crostini**

Cut the **Sourdough Bread** into 1/2" to 3/4" cubes. Melt the **Parmesan-Chive-Butter** in the now-empty skillet over medium-low heat. Add 1 Tbsp olive oil and the cubed bread and stir until the bread has soaked up the butter and oil. Continue cooking the bread cubes on medium-low heat, stirring occasionally, until golden brown and crispy, about 4 to 5 minutes.

**3. Assemble and Serve**

Combine the toasted chickpeas, **Spinach & Arugula**, and the **Cucumbers & Snap Peas** in a large mixing bowl. Toss with the **Strawberry Poppy Seed Dressing**.

Serve the tossed salad in bowls and top with the parmesan-chive-butter sourdough crostini.

Enjoy!

Instructions for two servings.

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