

Sweet Asian BBQ Chicken

15 Min
to Table

15 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Heat 1 Tbsp olive oil in a large skillet.

From Your Pantry

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

Mozambican Yellow Curry Rice Bowl

35 Min
to Table

20 Min
Hands
On

1 Whisk
Super
Easy

From Your Pantry

You'll need olive oil, salt and pepper.

Getting Started

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

Quick Tips



Buffalo Shrimp Tacos

25 Min
to Table

25 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Heat oil in skillet.

From Your Pantry

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

Lemon Chicken with Red Potatoes & Asparagus

30 Min
to Table

30 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Preheat oven to 425.

From your Pantry

You'll need olive oil, salt and pepper

Pasta with Spinach Pesto

35 Min
to Table

5 Min
Hands
On

1 Whisk
Super
Easy

Omnivore Option

Pancetta or bacon is delicious in this.

Getting Started

Preheat oven to 450 & put a pot on to boil.

Tofu Fajitas

20 Min
to Table

20 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Heat the tortillas in a large skillet.

From Your Pantry

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

Balsamic Glazed Chicken Caprese Pasta

20 Min
to Table

10 Min
Hands
On

1 Whisk
Easy

Getting Started

Put a saucepan of water on to boil.

Meal Tip

This dish is delicious served cold.

Feta & Tomato Mediterranean Steak Salad

20 Min
to Table

20 Min
Hands
On

1 Whisks
Super
Easy

Getting Started

Heat the olive oil in a large skillet.

From Your Pantry

You'll need olive oil, salt and pepper

BBQ Salmon with Loaded Mashed Potatoes

25 Min
to Table

25 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Preheat your oven to 400.

From Your Pantry

You'll need olive oil, salt & pepper.

Upside-Down Asparagus & Gruyere Tart

30 Min
to Table

20 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Preheat oven to 425.

From Your Pantry

You'll need olive oil, salt and pepper

Creole Pulled Pork and Cheesy Grits

15 Min
to Table

35 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Squish the grape tomatoes in a ziplock bag.

From Your Pantry

You'll need olive oil and 1/2 Tbsp. of butter per serving.

Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmndd daily)	
Lemon Chicken with Red Potatoes & Asparagus	530	50	19	38	7	560	10	11	25% Iron	45% Vitamin C
Buffalo Shrimp Tacos	820	47	30	92	8	1720	17	18	140% Vitmain A	80% Vitamin C
(use 1/2 tortillas & 2/3 of the crema)	630		21					12		
Mozambican Yellow Curry Rice Bowl	660	15	23	103	11	570	26	22	131% Vitamin C	52% Vitamin B6
Sweet Asian BBQ Chicken	660	51	7	103	4	950	69	19	107% Vitamin B6	20% Vitamin C
Creole Pulled Pork and Cheesy Grits	650	27	31	67 CC 40	6	1000	15	19	50% Vitamin C	40% Vitamin A
Pasta with Spinach Pesto	620	23	40	51	12	554		19	160% Vitamin C	44% Folate
Balsamic Glazed Stuffed Chicken Breasts	900	60	42	81	6	1220	39	26	110% Vitamin B6	100% Vitamin A
(use 2/3 of the panko, cheese, cranberries, pecans, and glaze)	690		30					18		

Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmndd daily)	
BBQ Salmon with Loaded Mashed Potatoes	580	46	22	50 CC 39	5	890	25	13	90% Vitamin D	110% Vitamin C
Upside-Down Asparagus & Gruyere Tart	850	23	67	43	6	710	10	33	90% Vitamin K	50% Calcium
(use 2/3 cheese & dressing)	690		53					26		
Tofu Fajitas	740	37	38	68 CC 40	14	710	15	19	240% Vitamin C	90% Vitamin A
(use 1/2 the butter, and citrusy crema, only 2 tortillas per svg.)	570		27					12		
Feta & Tomato Mediterranean Steak Salad	590	42	34	29	4	980	14	18	45% Vitamin A	30% Calcium
Add a Protein										
All-Natural Chicken Breast	220	41	5	0	0	85	0	3	90% Vitamin B6	4% Iron
Add a Protein										
Bistro Chateau Steak	220	30	10	0	0	75	0	5	10% Iron	10% Potassium
Add a Protein										
Norwegian Salmon	220	35	0	0	0	130	0	4	60% Vitamin B6	15% Potassium
Add a Protein										
Premium Shrimp	120	28	0.5	0	0	170	0	1	8% Potassium	4% iron

Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmndd daily)	
Tiramisu for Two	290	5	15	35	1	40	29		6% Calcium	2% Iron
THE Carrot Cake	540	6	34	49	2	440	36	13	6% Vitamin C	6% Calcium
Rockslide Brownie	550	5	35	56	2	230		31	25% Vitamin A	8% Calcium
Kitchen Sink Cookies	380	5	19	49	2	400	10	17	20% Iron	8% Vitamin A
Chocolate Chunk Cookies	180	2	9	22	1	170	10	9	2% Calcium	4% Vitamin A

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

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

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

Lemon Chicken with Red Potatoes & Asparagus

30 *Minutes to the Table*

30 *Minutes Hands On*

1 Whisk *Super Easy*

Simple, sophisticated and delicious. We are hooked on this gem. We're smothering all-natural chicken breasts with a light lemon cream sauce and serving it up with roasted red potatoes and asparagus. It's summer cooking at its best and on the table in just thirty minutes.

Getting Organized

EQUIPMENT

Large Skillet
Baking Sheet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Red Potatoes
Chicken
Asparagus
Lemon
Creamy Lemon Sauce

Good to Know

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

Health snapshot per serving – 530 Calories, 19g Fat, 38g Carbs, 50g Protein, and 11 Freestyle Points.

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

INGREDIENTS: Chicken, Red Potatoes, Asparagus, Lemon, Cream, White Wine, Chicken Stock, Garlic, White Pepper, Savory


meez *meals*

1. Get Organized

Preheat the oven to 425.

2. Roast the Potatoes

Cut the **Red Potatoes** in half and place, cut side down, on a baking sheet. Lightly drizzle with olive oil and sprinkle with salt and pepper. Bake until the potatoes are brown on the outside and tender inside, about 25 minutes. Remove from the oven.

3. Cook the Chicken

While the potatoes are roasting, heat 1½ Tbsp olive oil in a large skillet over medium-high heat. Pat dry the **Chicken Breasts** and season with salt and pepper. When the oil is very hot, add the chicken and cook until crisp and brown, about 5 minutes. Flip and cook until the other side is crisp and brown, about an additional 4 minutes. Remove from the skillet and allow to rest for 5 minutes, then place directly on your serving plates. Wipe out the skillet.

4. Cook the Asparagus

Heat 1 Tbsp olive oil in the now-empty skillet over medium-high heat. When the oil is hot, add the **Asparagus** and sprinkle lightly with salt and pepper. Slice the **Lemon** in half crosswise and sear alongside the asparagus. Cook, the asparagus, stirring occasionally, until it starts to brown, about 5 to 6 minutes. Transfer the asparagus and lemon directly to serving plates. Wipe out the skillet.

5. Make the Cream Sauce

Return the now-empty skillet to the stove over medium-high heat. Add the **Creamy Lemon Sauce** and bring to a boil, then lower the heat to medium-low and cook until it thickens enough to coat the back of a spoon, about 3 minutes, stirring frequently to keep it from burning. Pour over the chicken from edge-to-edge.

6. Put It All Together

Serve the potatoes alongside the chicken and the asparagus. Squeeze the grilled lemon over the entire dish. Enjoy!

Instructions for two servings.

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

Buffalo Shrimp Tacos

We love the spicy tang of a great buffalo sauce, and we're putting it front and center in this week's tacos. With crispy breaded shrimp, salty pickled veggies, and a generous slather of chive crema on a warm flour tortilla, it might be your new favorite taco.

25 *Minutes to the Table*

25 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet
Bowl

FROM YOUR PANTRY

Olive Oil
Salt & Pepper
Flour (1/4 cup)
Egg (1)

6 MEEZ CONTAINERS

Sweet Potatoes
Flour Tortillas
Shrimp
Buffalo Sauce
Chive Crema
Pickled Veggies

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 – 820 Calories, 30g Fat, 47g Protein, 92g Carbs, 18 Freestyle Points.

Lightened up health snapshot per serving – 630 Calories, 21g Fat, 70g Carbs, 12 Freestyle Points, by using half of the tortillas and two-thirds of the crema.

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

INGREDIENTS: Shrimp, Sweet Potatoes, Flour Tortillas, Zucchini, Broccoli, Sour Cream, Hot Sauce, White Cheddar, Apple Cider Vinegar, Mayonnaise, Red Onion, Carrots, Cream, Brown Sugar, Chives, Garlic, Dill, Kosher Salt, Sugar, Black Pepper

meez *meals*

1. Cook the Sweet Potatoes

Heat 1 Tbsp olive oil in a large skillet over medium heat. When the oil is hot, add the **Sweet Potatoes** with a sprinkle of salt and pepper. Sauté, stirring frequently, until they are fork tender and slightly crispy, about 8 to 10 minutes. Remove from the skillet and set aside until step 4. Wipe out the skillet.

Stirring the sweet potatoes frequently will keep them from burning.

2. Warm the Tortillas

Warm the **Flour Tortillas** in the now-empty skillet over medium heat, about 30 seconds per side and working in batches, as necessary. Remove from the skillet and set aside until step 4. Do not wipe out the skillet.

3. Cook the Shrimp

Whisk 1 egg in a small bowl and spread ¼ cup of flour on a plate. Pat dry the **Shrimp** and lightly sprinkle with salt and pepper. Working in batches of around seven at a time, place the shrimp into the egg, shake off any excess, and then place into the flour and coat well on both sides. Place the breaded shrimp on a plate and repeat until all are coated.

Heat 2 Tbsp olive oil in the now-empty skillet over medium-high heat. When the oil is hot, cook the shrimp until the breading turns golden brown, about 1 to 2 minutes on each side. Place the cooked shrimp on a paper-towel-lined plate. Do not wipe out the skillet.

Add the orange **Buffalo Sauce** to the now-empty skillet and warm over medium heat until it just starts to thicken, about 1 minute. Turn off the heat and very gently stir in the cooked, breaded shrimp.

It's important to bread all the shrimp first so they can all cook for the same amount of time

4. Put It All Together

Place the cooked sweet potatoes in the center of the tortillas and spoon all the **Chive Crema** evenly on top and then add the coated shrimp. Drain the **Pickled Veggies** and place on top of the shrimp. Enjoy!

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue Evanston * Illinois

Mozambican Yellow Curry Rice Bowl

A simple curry that's packed with flavor. We're mixing roasted broccoli and toasted chickpeas with a mellow southern African yellow curry that's perfect with hearty Himalayan red and brown rice.

35 *Minutes to the Table*

20 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Saucepan
Baking Sheet
Large Mixing Bowl

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Himalayan Red &
Brown Rice
African Curry Sauce
Broccoli
Seasoned
Chickpeas
Radish, Tomato &
Cucumber

Add Protein Cooking Instructions

Integrate into recipe: While the vegetables are roasting in step 4, cook the protein (per instructions below) and then slice into strips (*flake the salmon, leave shrimp whole*) and serve with the broccoli and chickpeas over the rice.

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 – 660 Calories, 15g Protein, 23g Fat, 103g Carbs, 22 Freestyle Points.

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



INGREDIENTS: Broccoli, Himalayan Red Rice, Brown Rice, Chickpeas, Daikon Radish, Red Radish, Tomato, Persian Cucumber, Coconut Milk, Mae Ploy, Golden Raisins, Vegetable Stock, Yellow Curry Powder, Garlic, Ginger, Cilantro, Cumin, Garam Masala.

meez meals

1. Get Organized

Bring a large saucepan of water to boil over high heat and preheat your oven to 400.

2. Cook the Rice and Sauce

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 the rice.

3. Warm the Sauce

While the rice is still in the colander, put the **African Curry Sauce** in the now-empty saucepan and bring to a boil. Turn off the heat and stir the drained rice into the sauce, then cover and set aside.

4. Roast the Chickpeas and Broccoli

While the rice is cooking, combine the **Broccoli** and **Seasoned Chickpeas** in a large mixing bowl. Toss with olive oil, salt, and pepper, then arrange in a single layer on a baking sheet. Cook until the broccoli is fork tender and chickpeas are golden brown, about 15 minutes.

5. Put It All Together

Serve the roasted chickpeas and broccoli over the curry rice. Top with the **Radish, Tomato & Cucumber** and enjoy!

*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.*

Instructions for two servings.

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

Sweet Asian BBQ Chicken

Our test kitchen couldn't get enough of this sweet Asian BBQ sauce. With mae ploy sauce, tamari, honey and ginger, it's addictive. We're serving it with all-natural chicken breast, fresh green beans, and served over Yaki Soba Noodles. Yum!

20 *Minutes to the Table*

20 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet
Saucepan

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Yaki Soba Noodles
Green Beans
Chicken Breasts
Sweet Asian BBQ Sauce
Herbs & Sesame Seeds

Good To Know

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

Health snapshot per serving – 660 Calories, 7g Fat, 103g Carbs, 51g Protein and 19 Freestyle Points

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

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



INGREDIENTS: Chicken, Green Beans, Yaki Soba Noodles, Mae Ploy, Brown Sugar, Tamari, Honey, Green Cilantro, Onion, Ginger, Garlic, Sesame Seed, Basil, Crushed Red Pepper

meez meals

1. Cook the Noodles

Bring a large saucepan of water to boil. Add the **Yaki Soba Noodles** to the boiling water with a few pinches of salt and cook until al dente, about 3 minutes. Drain the noodles and set aside until step 4.

2. Char the Green Beans

Heat 1 Tbsp olive oil in a large skillet over high heat. When the oil is hot, add the **Green Beans** in a single layer with a sprinkle of salt and pepper. Cook, undisturbed until they start to char, about 2 to 3 minutes. Stir and cook for an additional 1 to 2 minutes. Remove from the skillet and transfer to serving plates. Wipe out the skillet.

3. Cook the Chicken

Return the now empty skillet to the stove over medium high heat and add 1½ Tbsp of olive oil. 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 to 5 minutes. Flip and add the **Sweet Asian BBQ Sauce**. Cook until the sauce thickens enough to coat the back of a spoon, about 5 additional minutes. While it cooks, spoon the sauce on top of the chicken consistently so it does not burn.

4. Put It All Together

Place the noodles next to the green beans on serving plates. Top the noodles with the chicken and drizzle a bit of sauce from the pan over top. Sprinkle the entire dish with the **Herbs & Sesame Seeds**. Enjoy!

Creole Pulled Pork and Cheesy Grits

Nothing says Southern cooking like cheesy grits and pulled pork. This version gets a boost from our smoky creole sauce and speed-style cooking of the grits. It's slow-cooked flavor in just over half an hour.

35 *Minutes to the Table*

15 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet with Lid
Medium Saucepan

FROM YOUR PANTRY

Olive Oil
Butter (1/2 Tbsp per serving)

5 MEEZ CONTAINERS

Grape Tomatoes
Mirepoix
Creole Sauce
Pulled Pork
Cheesy Grits

Good to Know

If you ordered the **Carb Conscious** version, we sent you cauliflower "rice" instead of the cheesy grits, reducing the **carbs per serving to 40g**. Skip step 2. Prior to step 3, heat 1 Tbsp olive oil in a second skillet over high heat and sauté the cauliflower until brown, about 3 to 4 minutes. Serve the pork and sauce on top of the cauliflower in step 4.

Health snapshot per serving – 650 Calories, 27g Protein, 31g Fat, 67g Carbs, 19 Freestyle Points.

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

INGREDIENTS: Pork, Tomatoes, Polenta, Celery, Yellow Onion, Carrot, Green Bell Pepper, Red Wine Vinegar, Parmesan, Parsley, Garlic, Worcestershire Sauce, Paprika, Thyme, Oregano, Basil, Cayenne, Old Bay, Rosemary, BBQ Sauce, Chicken Stock, Kosher Salt, Bay Leaf.

meez *meals*

1. Cook the Tomatoes and Mirepoix

Squish the **Grape Tomatoes** in a ziplock bag.

Heat 1 Tbsp olive oil in a large skillet over medium-high heat. When the oil is hot, add the **Mirepoix** and the contents of the ziplock bag. Sauté until the onions start to become translucent and tomatoes begin to char, about 3 to 4 minutes.

2. Cook the Pulled Pork and Creole Sauce

Add the **Creole Sauce, Pulled Pork**, and 1 cup of water to the tomatoes and mirepoix in the skillet. Bring the mixture to a boil, then reduce the heat to medium-low. Make sure that the pork is submerged in the liquid, then cover and simmer undisturbed for 20 minutes.

After 20 minutes, remove the cover and stir the sauce. Simmer uncovered until it thickens nearly to the consistency of pasta sauce, an additional 5 to 7 minutes. Remove from the heat and set aside until step 4.

The pulled pork arrives fully cooked so you are just heating it in this step.

3. Cook the Cheesy Grits

Bring 2 cups of water to a boil in a medium saucepan. Slowly add the **Cheesy Grits** to the boiling water, whisking constantly until there are no lumps, about 1 minute. Reduce the heat to medium and cook, whisking frequently, until the grits thicken, about 1 to 2 minutes. Remove from the heat and add 1 Tbsp of butter. Stir until the butter melts.

4. Put It All Together

Serve the cheesy grits topped with the creole pulled pork and sauce. Enjoy!

Instructions for two servings.

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

Pasta with Spinach Pesto

Haven't had spinach pesto before? Neither had we, but once we tried it we were hooked. It gives a layer of flavor to the classic basil pesto that we love, to say nothing of the extra vitamin boost. We're making our version with plenty of lemon to keep things bright & mixing it up with roasted cauliflower, toasted pecans and penne pasta. Yum!

35 *Minutes to the Table*

5 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Saucepan
Rimmed Baking
Sheet

FROM YOUR

PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Cauliflower
Penne Pasta
Spinach Pesto
Pecans
Parmesan
Cheese

Add Protein Cooking Instructions

Integrate into recipe: While the pasta is cooking in step 3, cook the protein (per instructions below) and then slice into strips (*flake the salmon, leave shrimp whole*) and stir into the cooked pasta 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

Health snapshot per serving – 620 Calories, 23g Protein,
12g Fiber, 19 Smart Points

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



INGREDIENTS: Cauliflower, Penne Pasta, Spinach, Pecans, Parmesan Cheese, Vegetable Oil, Lemon, Basil,
Garlic, Spices

meez meals

1. Getting Organized

Preheat your oven to 450 and put a saucepan of water on to boil.

2. Roast the Cauliflower

Put the **Cauliflower** on to a rimmed baking sheet, drizzle with olive oil and sprinkle with salt and pepper. Toss well and arrange in a single layer. Bake until the cauliflower is golden brown in places, about 15 to 25 minutes; stir once or twice while it's cooking.

We line our baking sheets with parchment paper to make clean up a breeze.

3. Cook the Pasta

While the cauliflower is roasting, salt the pasta water generously, add the **Penne Pasta** and cook until al dente, 12 to 14 minutes. Reserve 1 cup of pasta water. Drain the pasta and then return to the pan.

When we say "salt generously," we mean it. Chef Max says it should taste like salt water.

4. Put It All Together

Add the **Spinach Pesto** along with 1 Tbsp of olive oil to the cooked pasta. Mix well, then add some of the reserved pasta water if you'd like the sauce looser.

Mix in the roasted cauliflower, **Pecans** and salt and pepper to taste. Top with **Parmesan Cheese**.

Don't skip the olive oil! It brings out the flavors of the pasta.

Love this recipe? #meezmagic

Instructions for two servings.

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

Balsamic-Glazed Stuffed Chicken Breasts

What's better than chicken breasts stuffed with goat cheese, cranberries and pecans? Balsamic-glazed, lightly-breaded chicken breasts stuffed with goat cheese, cranberries and pecans. With a crazy-good panko-crusted butternut squash, this dinner is truly restaurant worthy.

40 *Minutes to the Table*

20 *Minutes Hands On*

2 Whisks *Easy*

Getting Organized

EQUIPMENT

- 2 Baking Sheets
- Meat Mallet (or Small Pot)
- 2 Mixing Bowls

FROM YOUR PANTRY

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

7 MEEZ CONTAINERS

- Seasoned Panko
- Butternut Squash
- Goat Cheese & Chives
- Cranberries & Pecans
- Chicken Breast
- Toothpicks
- Balsamic Glaze

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 –900 Calories, 42g Fat, 60g Protein, 81g Carbs, 26 Freestyle Points.

Lightened-up Health snapshot per serving – 690 Calories, 30g Fat, 58g Carbs, 18 Freestyle Points by using two-thirds of the Seasoned Panko, Cranberries & Pecans, Goat Cheese, and Balsamic Glaze.

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

INGREDIENTS: Chicken Breast, Butternut Squash, Goat Cheese, Panko Breadcrumbs, Pecorino Romano, Balsamic Vinegar, Brown Sugar, Heavy Whipping Cream, Sour Cream, Cream Cheese, Pecans, Cranberries, Chive, Paprika, Kosher Salt, Parsley, White Pepper, Oregano

meez *meals*

1. Get Organized

Preheat the oven to 400. Line a baking sheet with parchment paper or lightly brush with oil.

2. Roast the Butternut Squash

Melt 2 Tbsp of butter and combine with 3 Tbsp of **Seasoned Panko** in a large mixing bowl. Toss with the **Butternut Squash** and spread in a single layer on the baking sheet. Bake until the squash is tender and golden brown, about 20 to 25 minutes.

3. Stuff the Chicken

While the squash is roasting, mix the **Goat Cheese & Chives** and the **Cranberries & Pecans** in a second mixing bowl.

Very loosely wrap each **Chicken Breast** in plastic wrap and place on a cutting board. Pound it until it starts to spread, using a meat tenderizer (mallet) or bottom of a small pot. Flip the chicken over and continue to pound until it is less than 1/4" thick and has doubled in size.

Unwrap the chicken and place half the goat cheese mix down the middle of one of the chicken breasts lengthwise. Position the breast with the wide end facing you (imagine a piece of paper in landscape mode) on the cutting board and tightly roll away from your body. Secure the stuffed breast with three of the **Toothpicks**. Repeat for each breast.

4. Bread and Cook the Chicken

Spread the remaining panko breading on a large plate. Whisk 2 eggs in a small bowl. Dip each stuffed breast into the eggs and then the panko. Press additional panko into the chicken, especially on top, to make sure it is well coated. Place the breaded chicken breasts on a second baking sheet and bake until the breading is golden brown and the chicken is fully cooked, about 20 to 25 minutes. Remove from the oven and let rest for at least 5 minutes, then remove the toothpicks.

5. Put It All Together

Serve the butternut squash alongside the stuffed breasts. Drizzle the chicken with a small amount of the **Balsamic Glaze** and add more to taste. Enjoy!

You can melt the butter in a microwave safe dish or a small pan over low heat.

Don't be afraid to get your aggression out on the chicken! The flatter the better.

Use a meat thermometer to ensure the inside of the chicken is at least 155 degrees before removing from the oven. It will continue to cook while resting.

Instructions for two servings.

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

BBQ Salmon with Loaded Mashed Potatoes

Down-home cooking goes up a notch in this restaurant-worthy dinner. With bacon & broccoli mashed potatoes, a citrus slaw, and salmon smothered in BBQ sauce, it's sure to become a new classic.

25 *Minutes to the Table*

25 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet
Baking Sheet
Large Mixing Bowl

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Red Potatoes
Bacon & Broccoli
Cheesy Sour Cream &
Green Onion
Salmon
BBQ Sauce
Citrus Slaw

Good to Know

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

If you ordered the Carb Conscious version, we sent you cauliflower florets instead of red potatoes, reducing the carbs to 39g. Skip the cutting into quarters, then treat the cauliflower as the potatoes throughout.

Health snapshot per serving – 580 Calories, 22g Fat, 50g Carbs, 46g 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, Red Potatoes, Broccoli, BBQ Sauce, Cabbage, Red Onion, Sour Cream, Orange Juice, Lime Juice, Bacon, White Cheddar, Green Onion, Parmesan, Cilantro, Honey, Dijon Mustard, Kosher Salt.

meez *meals*

1. Get Organized

Preheat the oven to 400.

2. Roast the Potatoes

Slice the **Red Potatoes** into quarters and place on a baking sheet. Toss with olive oil, salt and pepper and arrange in a single layer. Bake until golden brown and fork tender, about 20 minutes.

Remove from the oven and while still on the baking sheet, mash with a fork or potato masher. Transfer the potatoes to the large mixing bowl with the cooked bacon and broccoli in step 3.

3. Create the Loaded Mashed Potatoes

While the potatoes are roasting, put the **Bacon & Broccoli** in a large skillet and cook over medium-high heat until the bacon is crispy about 5 minutes. Transfer to a large mixing bowl and set aside.

When the potatoes are done roasting, combine them with the cooked bacon and broccoli and **Cheesy Sour Cream & Green Onion**. Mix well until it has the consistency of lumpy mashed potatoes.

4. Cook the Salmon

After you've cooked the bacon and broccoli, heat 1 Tbsp of olive oil in the now-empty bacon skillet over medium-high heat. Pat dry the **Salmon** and season both sides with salt and pepper. When the oil is hot, add the salmon and cook until it turns brown, about 3 minutes. Flip and cook the other side for 3 additional minutes. Add the **BBQ Sauce** on top of each salmon filet. Cook for 1 minute while spooning any sauce that falls back on top of the salmon. Turn off the heat and let rest in the skillet for 5 minutes.

5. Put It All Together

Drain the liquid from the **Citrus Slaw** and serve alongside the BBQ salmon and the loaded mashed potatoes. Enjoy!

Upside-Down Asparagus & Gruyere Tart

This flaky tart tastes like summer. With a puff pastry crust, fresh asparagus, and green beans, and just the right amount of gruyere cheese, it's perfect with our strawberry vinaigrette.

Getting Organized

EQUIPMENT

Baking Sheet
Large Mixing Bowl

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Puff Pastry
Herbs & Sesame Seeds
Asparagus & Green Beans
Gruyere & Mozzarella Cheese
Arugula
Strawberry Vinaigrette

Add Protein Cooking Instructions

Integrate into recipe: When there is about 15 minutes left on the jambalaya, cook the protein and serve alongside the tart.

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 –850 Calories, 67g Fat, 23g Protein, 43g Carbs, 33 Freestyle Points.

Lightened up health snapshot per serving – 690 Calories, 53g Fat, 41g Carbs, 26 Freestyle Points by using two-thirds of the cheese and dressing.

30 Minutes to the Table

20 Minutes Hands On

1 Whisk Super Easy

INGREDIENTS: Asparagus, Green Beans, Puff Pastry, Vegetable Oil, Arugula, Gruyere, Mozzarella, White Wine Vinegar, Lemon Juice, Strawberry, Miso, Dijon Mustard, Sugar, Garlic, Black and White Sesame Seeds, Savory, Black Pepper.

meez meals

1. Get Started

Preheat the oven to 425.

2. Prep the Puff Pastry

Spray or brush a baking sheet with oil. Place the **Puff Pastry** on one side of the baking sheet, leaving the other half for veggies, which will come in the next step. Brush the top with olive oil. Sprinkle the **Herbs & Sesame Seeds** on the top, edge-to-edge, pressing down so they stick. Place in the oven to bake for 5 minutes.

3. Cook the Veggies and Puff Pastry

While the puff pastry is baking, toss the **Asparagus & Green Beans** with olive oil, salt and pepper in a large mixing bowl. Once the pastry has been baking for 5 minutes, add the asparagus and green beans to the puff pastry baking sheet in a single layer.

Once the vegetables have been cooking for about 10 minutes (and the pastry has been cooking for 15 minutes), add the **Gruyere & Mozzarella Cheese**, **Arugula**, and half of the **Strawberry Vinaigrette** to the veggies and toss right on the baking sheet.

Form the veggie mixture into two squares, each about the size of the puff pastry pieces. Place one puff pastry on top of each of the squares and cook for an additional 5 minutes, then remove from the oven and let rest for 5 minutes before serving.

4. Put It All Together

Drizzle the remaining Strawberry Vinaigrette over top the puff pastry and enjoy!

Instructions for two servings.

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

Tofu Fajitas

We love the charred peppers and onions that make fajitas magic. We're pairing them with spiced tofu and a citrus crema for a speed dinner that's packed with much more flavor.

Getting Organized

EQUIPMENT

Large Skillet
Mixing Bowl

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Tortillas
Yellow & Red
Peppers and
Onions
Tofu
Mexican Seasoning
Citrusy Crema

20 Minutes to the Table

20 Minutes Hands On

1 Whisk Super Easy

Add Protein Cooking Instructions

Integrate into recipe: Prior to Step 2, cook the protein (per instructions below). Slice into strips (*flake the salmon, leave the shrimp whole*) and stir into the spices 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 romaine lettuce instead of the tortillas, lowering the **carbs per serving to 40g**. Skip step 1 and chop the romaine into bite size pieces to create a salad base. Serve with the tofu and peppers on top and finally Citrusy Crema as dressing for the fajita salad.

Health snapshot per serving- 650 Calories, 37g Protein, 69g Carbs, 28g Fat, and 15 Freestyle Points

INGREDIENTS: Baked Yellow Tofu, Flour Tortillas, Bell Peppers, Red Onion, Yellow Onion, Tomato, Sour Cream, Cream, Green Onion, Orange, Lime, Honey, Cilantro, Lemon, Garlic, Cumin, Paprika, Coriander, Brown Sugar, Chili Powder, Onion Powder, Salt.

meez meals

1. Warm the Tortillas

Heat the **Tortillas** in a large skillet over medium heat in a single layer. Work in batches as necessary and heat until just warmed through, about 1 minute on both sides. Remove and set aside until step 4.

2. Sear the Peppers and Onions

Heat 1 Tbsp olive oil in the now-empty skillet over medium-high heat. Add the **Yellow & Red Peppers and Onions**. Season with salt and pepper and cook, stirring occasionally, until they start to char, about 5 to 6 minutes. Remove from the skillet and set aside until step 4. Wipe out the skillet.

3. Cook the Tofu

Heat 1 Tbsp olive oil in the now-empty skillet over medium-high heat. Add the **Tofu** and cook until it starts to brown on one side, about 1 to 2 minutes before flipping and cooking for another 1 to 2 minutes. Sprinkle in 2 teaspoons of **Mexican Seasoning** and stir until all pieces are coated. Remove from the heat.

4. Put It All Together

Spread the tofu evenly across all the tortillas, placing it right in the middle. Then top with the peppers & onions, and finally the **Citrusy Crema**. Enjoy!

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston Illinois

Feta & Tomato Mediterranean Steak Salad

Feta adds a zing to dinner that we can't resist. We're cooking it up with grape tomatoes and Greek spices to create a steak that is something extraordinary. Served on a bed of arcadian lettuce with a Creamy Garlic Yogurt Dressing, it's a delicious salad perfect for a warm night.

20 *Minutes to the Table*

20 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet
Mixing Bowl

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Grape Tomatoes
Pita Chips
Steak
Arcadian Lettuce
Seasoned Feta
Creamy Garlic Yogurt Dressing

Good To Know

Health snapshot per serving 590 Calories, 42g Protein, 29g Carbs, 34g Fat, 18 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, Tomatoes, Arcadian Lettuce Blend, Yogurt, Cream, Feta, Pita Chips, Dill, Garlic, Lemon, Kosher Salt, Lemon Pepper, Oregano

meez*meals*

1. **Cook the Steak**

Heat 1 Tbsp olive oil in a large skillet over high heat. Pat the **Steak** dry with a towel and season generously with salt and pepper (we recommend ½ tsp of each). 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**). Set aside to rest for 5 minutes, then slice into ½" strips, then put in a large mixing bowl. Wipe out the skillet.

2. **Make the Feta-Tomato Coating**

While the steaks are resting, Crumble the **Pita Chips** in their bag until all the pieces are under one inch. Put the **Grape Tomatoes** in a ziplock bag and squish well.

Heat 1 Tbsp olive oil in the now-empty skillet over medium high heat. When the oil is hot, add the squished tomatoes and the **Seasoned Feta**. Cook until the tomatoes start to char and the feta is melted, about 5 minutes.

Add to the mixing bowl with the steak and toss.

3. **Put It All Together**

Serve the Feta-Tomato coated steak over the **Arcadian Lettuce** and top with several generous dollops of the **Creamy Garlic Yogurt Dressing**. Sprinkle with the crumbled pita chips and enjoy!

Instructions for two servings.

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