

Creamy Parmesan and Artichoke Shrimp

30 Min to Table	20 Min Hands On	2 Whisks Easy
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Getting Started	Put a saucepan of water onto boil and preheat oven to 425.
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From Your Pantry	You'll need olive oil, salt and pepper
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Kung Pao Steak Tacos

15 Min to Table	10 Min Hands On	1 Whisk Super Easy
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Getting Started	No pre-work needed.
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Leftovers Tip	Serve beef and slaw over rice and noodles.
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Quick Tips



Smoked Gouda, Asparagus & Pear Panini

15 Min to Table	15 Min Hands On	1 Whisk Super Easy
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Getting Started	Toast the bread.
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From Your Pantry	You'll need olive oil, salt and pepper
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Red, White and Green Ravioli

25 Min to Table	25 Min Hands On	2 Whisks Easy
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Getting Started	Preheat your oven to 425 and bring a pot of water to boil.
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From your Pantry	You'll need olive oil, salt and pepper
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Grilled Halloumi Souvlaki

15 Min to Table	15 Min Hands On	1 Whisk Super Easy
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Getting Started	Heat 1 Tbsp of olive oil in a large skillet.
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From your Pantry	You'll need olive oil, salt and pepper.
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Argentinean Black Beans and Rice Bowl

40 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.

Omnivore Option Steak is a traditional partner for this dish.

Chicken Flautas Ahogadas

35 Min to Table	35 Min Hands On	1 Whisk Super Easy
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Getting Started Put a saucepan of water onto boil and preheat oven to 425.

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

Salmon with Dill Butter & Crispy Leeks

30 Min to Table	30 Min Hands On	2 Whisks Easy
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Getting Started Preheat oven to 425.

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

Buffalo Chicken Pita

25 Min to Table	25 Min Hands On	1 Whisk Super Easy
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Getting Started Preheat your oven to 450.

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

Meal Tip Use a slotted spoon to transfer the chicken, it will keep the pita from getting soggy.

Tahitian Chicken Paella

40 Min to Table	20 Min Hands On	1 Whisk Super Easy
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Getting Started Preheat your oven to 375.

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

Beef Ryebein 2.0

15 Min to Table	15 Min Hands On	1 Whisk Super Easy
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Getting Started Drain your Saurkraut.

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

Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmndd daily)	
Chicken Flautas Ahogadas	940	64	32	101	11	820	12	23	45% Calcium	35% Iron
(use 1/2 the cheesy filling & 1/2 the tomatillo salsa)	790		20					16		
Creamy Parmesan and Artichoke Shrimp	635	41	16	69	7	571		18	57% Vitamin A	24% Vitamin B-12
(without the garlic bread)	490		13					13		
Grilled Halloumi Souvlaki	480	26	49	21	6	1854	8	17	433% Vitamin C	77% Vitamin A
Salmon with Dill Butter & Crispy Leeks	610	39	37	32 CC 17	5	210		13	185% Vitamin A	98% Vitamin C
Argentinean Black Beans & Rice Bowl	660	23	12	120	24	35		18	74% Folate	900% Vitamin A
(1/2 the salsa)	605		7					17		
Tahitian Chicken Paella	645	62	19	65	4	370	13	19	18% Vitamin B6	218% Vitamin C
Buffalo Chicken Pita	820	86	32	50	5	786	8	19	113% Vitamin C	67% Calcium
(use 1/2 the pita and 1/2 the cheeses)	620		12					12		
Beef Reuben 2.0	770	47	26	89	10	4410	44	25	80% Vitamin C	60% Iron
(Use 2/3 the sauce and open face)	630		23					14		

Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmndd daily)	
Kung Pao Steak Tacos	655	40	28	63	12	335	12	20	157% Vitamin C	61% Vitamin A
(½ tortillas, ½ kung pao sauce)	495		23					14		
Smoked Gouda, Asparagus & Pear Panini	720	33	43	56	11	1310		23	60% Calcium	48% Vitamin A
(use 1/2 the bread and 3/4 of the cheese)	570		36					17		
Red, White & Green Ravioli	810	26	54	57	6	1290	10	29	241% Vitamin A	70% Vitamin C
(½ the white sauce and ½ the green sauce)	550		29					18		
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
Flourless Chocolate Cake	370	5	16	32	2	130	18	18	20% Iron	10% Vitamin A
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.

Chicken Flautas Ahogadas

These “drowned” flautas are all about the tomatillo salsa, and ours is just plain delicious. Made from tomatillos, cilantro, and other Mexican spices, it's a test kitchen favorite. We're serving it with crispy chicken flautas and gently spiced rice and beans for a fresh Mexican dinner we just love.

35 *Minutes to the Table*

35 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet
Baking Sheet
Saucepan
Mixing Bowl

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Rice
Chicken Breasts
Seasoned Cheese &
Sour Cream
Corn Tortillas
Spiced Beans
Creamy Tomatillo Salsa

Good to Know

Health Snapshot Per Serving- 940Calories, 64g Protein, 32g Fat, 101g Carbs, 23Freestyle Points

Lightened-up Health Snapshot Per Serving- 790 Calories, 20g Fat, 95g Carbs, 16 Freestyle Points, by using half of the Cheesy Filling and half of the Tomatillo Salsa.

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

INGREDIENTS: Chicken Breasts, Corn Tortillas, Tomatillos, Tomatoes, Black Beans, Yellow Onion, White Rice, Sour Cream, Monterey Jack Cheese, Corn, Carrot, Cream, Orange Juice, Cilantro, Lime, Cotija, Tomato Paste, Ancho Chile, Vegetable Stock, Garlic, Sugar, Coriander, Cumin, White Pepper, Paprika, Oregano.

meez *meals*

1. Get Organized

Preheat your oven to 425 degrees and bring a saucepan of water to boil. Spray or brush a baking sheet with oil.

2. Cook the Rice

Add the **Rice** to the boiling water with a sprinkle of salt and cook until tender, about 15 minutes. Drain well and set aside in the colander. Wipe out the saucepan.

3. Cook the Chicken

While the rice is cooking, heat 1½ Tbsp olive oil in a large skillet over medium-high heat. Pat dry and generously salt and pepper the **Chicken Breasts** on both sides. Cook until crisp and brown, on one side, about 4 to 5 minutes. Flip, then cook until brown on the second side, about 4 additional minutes. Transfer the chicken to a cutting board and let rest for 5 minutes. Do not wipe out skillet.

Once the chicken has rested, hold the chicken in place with one fork and, with a second fork, shred the chicken into pieces typical of the size used in chicken soup and put into a mixing bowl. Stir in the **Seasoned Cheese & Sour Cream** (the thicker sauce without tomatoes).

4. Make the Flautas

Wrap the **Corn Tortillas** in paper towels and microwave until warm and pliable, about 20 to 30 seconds. Fill the tortillas with the chicken and cheese mix. Place the rolled flautas on the baking sheet, folded side down, and brush the top of the flautas with oil. Bake until the tortillas become crispy, about 15 minutes.

5. Make the Rice and Beans

While the flautas are baking, heat 1 Tbsp olive oil in the now-empty saucepan over medium heat. Add the **Spiced Beans** and cook, stirring occasionally, until the onions are tender, about 4 to 5 minutes. Turn off the heat and stir in the cooked rice.

6. Put it All Together

Serve the flautas on top of the rice and beans. Generously top with the **Creamy Tomatillo Salsa** and enjoy!

Instructions for two servings.

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

Creamy Parmesan and Artichoke Shrimp

Get ready for Italian comfort food. It starts with a creamy and downright addictive artichoke sauce (think of your favorite hot artichoke dip). Then we're mixing it up with sautéed shrimp and roasted broccoli – served on a bed of orzo. With fresh garlic bread on the side, it's a dinner the whole family will go crazy for.

30 *Minutes to the Table*

20 *Minutes Hands On*

2 Whisks *Easy*

Getting Organized

EQUIPMENT

Saucepan
Baking Sheet
Large Skillet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Orzo
Shrimp
Broccoli
Creamy Artichoke Sauce
Roll
Fresh Garlic

Make the Meal Your Own

You can use the garlic bread to get those last bits of orzo and sauce left in your bowl, they are really tasty together.

If you ordered the gluten-free version, you received **gluten-free penne pasta**. Cook pasta in boiling water for 10-12 minutes until al dente or desired texture. Also, we did send you the bread but it is **not** gluten free so they should not eat it.

Health snapshot per serving – 635 Calories, 41g Protein, 16g Fat, 18 Smart Points

Lighten Up snapshot per serving – 490 Calories, 13g Fat, and 13 Smart Points without the garlic bread.

Have questions? The dinner hotline is standing

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to view YouTube
cooking video**



INGREDIENTS: Broccoli, Roll, Shrimp, Artichoke, Celery, Orzo, Mayonnaise, Parmesan, Mozzarella, Sour Cream, Garlic, Lemon, Chive, Black Pepper

meez meals

1. Get Organized

Put a saucepan of water on to boil. Preheat the oven to 425.

2. Cook the Orzo

Salt the boiling water and add the **Orzo**. Cook until al dente, about 7 to 9 minutes. Drain and set aside.

3. Roast the Broccoli and Garlic Bread

While the orzo is cooking, spread the **Broccoli** on a baking sheet, drizzle with olive oil, and lightly salt and pepper.

Place the **Broccoli** in the oven and cook for 12-15 minutes until the broccoli starts to brown at the edges. Remove from oven & set aside.

Once the broccoli is out of the oven, slice the **Roll** lengthwise, generously brush with olive oil and evenly spread the **Fresh Garlic** on top of the bread. Cook for 7-10 minutes until the it is toasted on top and golden brown.

4. Cook the Shrimp and Finish the Sauce

Right after placing the garlic bread in the oven, heat 1 Tbsp olive oil in a large skillet over medium-high heat.

Dry and lightly salt & pepper the **Shrimp**. Cook for a minute on each side until they are opaque and no longer grey in color and set aside.

In the now empty skillet, add the **Creamy Artichoke Sauce** and cook for one minute and turn the heat off.

5. Put It All Together

Add the cooked orzo and shrimp to the skillet. Stir well and serve on top of the broccoli and alongside the garlic bread. Enjoy!

Just use enough water to ensure the orzo will be completely covered.

Check in on the garlic bread frequently as it can burn easily.

Instructions for two servings.

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

Grilled Halloumi Souvlaki

Something magical happens to halloumi cheese when it's grilled. It gets a crispy, crunchy, salty flavor that's flat out delicious. We're serving the Greek classic with sautéed squash, veggie "rice" and arugula pesto for a speedy dinner that's naturally low in calories and high in flavor.

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

Halloumi Cheese

Veggie "Rice"

Zucchini & Summer Squash

Red Pepper

Arugula Pesto

Good To Know

Health snapshot per serving – 480 Calories, 26g Protein, 49g Fat, 21g Carbs, and 17 Freestyle Points.

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

INGREDIENTS: Halloumi Cheese, Summer Squash, Zucchini, Red Pepper, Artichoke, Arugula, Cauliflower, Broccoli, Onion, Lemon Pepper, Chive, Lemon, Garlic.

meez *meals*

1. **Cook the Halloumi Cheese:**

Slice the **Halloumi Cheese** into ½" cubes (they don't need to be perfect cubes).

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

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

2. **Cook the Veggie Rice**

Return the now-empty skillet to the stove with 1 Tbsp olive oil over high heat. When the oil is hot, add the **Veggie "Rice"** and cook until it starts to soften, about 2 to 3 minutes. Transfer directly to serving plates. Wipe out the pan.

3. **Cook the Veggies**

Return the empty skillet to the stove with 1 Tbsp olive oil over high heat. Pat dry **Zucchini & Summer Squash**. When the oil is hot, add the Zucchini & Summer Squash and **Red Peppers** to the skillet and cook until edges of the squash start to char, about 5 minutes. Transfer to the serving plates on top of the veggie rice.

4. **Put It All Together**

Place the Halloumi Cheese on top of the veggies and drizzle with the **Arugula Pesto**. 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.

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

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1. Getting Organized

Preheat the oven to 425.

2. Prepare the Potatoes

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

3. Roast the Kale

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

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

4. Cook the Salmon

While the kale is cooking, dry the **Salmon** and generously season with salt and pepper (we use ¼ tsp salt and ¼ tsp pepper, so use about half per side, or more if you like). Heat 2 Tbsp of oil in a skillet over medium-high heat. When the oil is hot, put the salmon in skillet and cook until it turns brown, about 3 minutes. Flip, and cook the other side until brown, 3 additional minutes. Remove the salmon from the heat and place it on top of the kale. Do not wipe out the pan.

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

5. Put It All Together

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

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

Argentinean Black Beans & Rice Bowl

We're updating the classic black beans and rice with a zippy exotic touch: chimichurri! This Argentinean parsley sauce is served with sweet potatoes, queso fresco and black beans over brown rice. It's a simple, hands-free dinner we just love. Yum!

40 *Minutes to the Table*

20 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Rimmed Baking Sheet
2 Saucepans
Mixing Bowl

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

4 MEEZ CONTAINERS

Brown Rice
Sweet Potatoes
Chimichurri Salsa
Black Beans & Onions

Make The Meal Your Own

Want to get dinner on the table in a flash? Cook the rice and sweet potatoes ahead of time. Dinner will be on the table in 15 minutes.

Kids and picky eaters love this recipe. If yours aren't a fan of chimichurri, serve theirs with avocado, tomatoes or their favorite salsa.

Good To Know

If you're making the vegan version, we've left the queso fresco out of your chimichurri salsa. If you like your salsa creamier, add 2 Tbsp of your favorite vegan mayo.

Health snapshot per serving – 660 Calories, 23g Protein, 24g Fiber, 35 mg Sodium, 18 Smart Points.

Lighten Up per serving - 605 Calories, 22g Protein, 34 mg Sodium, 17 Smart Points with half the salsa.

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YouTube cooking video**



1. Getting Organized

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

INGREDIENTS: Sweet Potatoes, Black Beans, Brown Rice, Onion, Queso Fresco, Red Wine Vinegar, Lime Juice, Parsley, Olive Oil, Garlic, Spices

*meez*meals

2. Cook the Rice

Add the **Brown Rice** to the saucepan of boiling water and simmer uncovered over medium heat for 30 minutes. Drain, and then return to the saucepan. Cover and let sit 5 minutes.

3. Roast the Sweet Potatoes

While the rice is cooking, put the **Sweet Potatoes** on a rimmed baking sheet and drizzle with olive oil, salt and pepper. Toss well, then arrange in a single layer and bake until tender and golden brown, about 20 to 25 minutes.

4. Make the Chimichurri Salsa

While the sweet potatoes are cooking, mix the **Chimichurri Salsa** in a bowl with 3 Tbsp of olive oil. Season with salt to taste and set aside.

5. Cook the Black Beans

Heat 1 Tbsp olive oil in a saucepan over medium-high heat. Add the **Black Beans & Onions** and cook for 2 to 3 minutes. Add ¼ cup water and turn the heat down to a simmer. Cook for 10 to 15 minutes, mashing the beans with a fork.

Serve the rice topped with the beans, sweet potatoes and chimichurri salsa. Enjoy!

Love this recipe? #meezmagic

We cook our brown rice like pasta. If the water is boiling, you're good to go.

The Queso Fresco cheese may look a bit pink since the Chimichurri Salsa contains red wine vinegar.

Instructions for two servings.

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

Tahitian Chicken Paella

Tropical flavors give the classic Spanish paella a twist we just love. With caramelized pineapple, sweet bell peppers, cage-free chicken breast and a coconut soy ginger sauce, this rice casserole is bursting with flavor.

40 Minutes to the Table

20 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Oven-Safe Large Skillet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Chicken Breast
Pineapple & Peppers
Rice
Coconut Soy Ginger Sauce
Cashews

Make The Meal Your Own

Leftovers from this dish make a delicious snack or next-day lunch. If you plan to save some for a later meal, reserve a bit of the coconut soy ginger sauce to moisten the paella when you reheat it.

If you ordered the **Carb Conscious version**, we sent you cauliflower "rice" instead of the white rice. This change and eliminating the extra drizzle of sauce at the end, reduces the **carbs per serving to 35g**. Prior to step 3., heat 1 Tbsp olive oil in a large skillet over high heat. Sauté the cauliflower "rice" until it starts to brown, about 2 to 3 minutes. Remove from the heat and set aside. Use in place of the rice in step 4 and **DO NOT** add the water and only cook in the oven for 10 to 15 minutes (checking on the level of the liquid periodically).

Good To Know

The trick to this dish is to use a large skillet or frying pan that will be safe in the oven. The rice should fit in a thin layer so it can develop crusty bits on the bottom, which is our favorite part of paella.

Health snapshot per serving – 810 Calories, 69g Protein, 93g Carbs, 19g Fat, 17 Freestyle Points

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

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INGREDIENTS: Chicken Breast, Coconut Milk, Pineapple, Bell Peppers, Rice, Pineapple Juice, Onion, Tamari Sauce, Cashews, Brown Sugar, Cilantro, Garlic, Herbs and Spices

meez meals

1. Getting Organized

Preheat your oven to 375.

2. Prep the Chicken

Place the **Chicken Breast** on a cutting board. Using a sharp knife, cut the chicken breast lengthwise into long strips, about 1/4" wide. Rotate the chicken breast 90 degrees and then cut across to create small, even cubes of chicken.

Once the chicken is cut, generously sprinkle with salt and pepper (we use 1/4 tsp salt and 1/4 tsp pepper, so use about half per side, or more if you like).

3. Cook the Chicken and Vegetables

Heat 1 Tbsp oil in a large, oven-safe skillet over high heat. Add the cubed chicken breast and cook, stirring occasionally, until no longer pink on the outside, about 3 to 5 minutes. Add the **Pineapple & Peppers** and continue cooking until the vegetables are soft and fragrant, 3 to 5 minutes.

4. Prepare and Bake the Paella

Stir the **Rice** into the pan along with 3/4 of the **Coconut Soy Ginger Sauce** and 1 cup of water. Bring to a boil and then cover (if your skillet doesn't have a lid, use aluminum foil).

Put the skillet into the oven and cook the paella until the rice is tender and the water has been absorbed, about 30 minutes. Check at 20 and 25 minutes for water level. If the rice isn't fully cooked once the water has been absorbed, you can add a little more water and continue cooking until the rice is tender. Once the rice is to your liking, turn the oven off, but leave the skillet in for an additional 5 minutes.

5. Put It All Together

Top the paella with **Cashews** and drizzle with the remaining sauce. Serve and enjoy!

Be sure to save 1/4 of the coconut soy ginger sauce.

You'll need it at the end to finish the dish.

Resist the urge to stir the paella, let it cook undisturbed.

Instructions for two servings.

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

Buffalo Chicken Pita

A Meez spin on Buffalo Wings. We're serving buffalo chicken strips on a toasted Swiss cheese pita topped with a buttermilk ranch salad and plenty of blue cheese crumbles. It's a fork-and-knife dinner that's guaranteed to be a crowd pleaser.

Getting Organized

EQUIPMENT

Large Skillet
Baking Sheet
Mixing Bowl

FROM YOUR PANTRY

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

7 MEEZ CONTAINERS

Buttermilk Ranch
Veggies
Chicken
Buffalo Sauce
Pita
Swiss Cheese
Blue Cheese Crumbles

INGREDIENTS: Chicken, Pita, Buffalo Sauce, Swiss, Blue Cheese, Broccoli, Cauliflower, Carrot, Cucumber, Celery, Mayo, Sour Cream, Buttermilk, Brown Sugar, Lemon, Vinegar, Garlic, Chive, Onion, Parsley, Miso, Black Pepper.

25 Minutes to the Table

25 Minutes Hands On

1 Whisk Super Easy

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 – 820 Calories, 86g Protein, 32g Fat, 50g Carbs, 19 Freestyle Points

Lighten-Up Health snapshot per serving – 620 Calories, 74g Protein, 12g Fat, 12 Freestyle Points with half the pita and half the cheese.

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

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to view YouTube
cooking video



meez meals

1. Getting Organized

Preheat oven or toaster oven to 400 degrees. Mix the **Veggies** and **Buttermilk Ranch Dressing** in a large bowl and refrigerate until step 5.

2. Cook the Chicken

Heat 1 Tbsp olive oil in a large skillet over medium-high heat. Generously salt and pepper the **Chicken** on both sides. When the oil is hot add to the pan and cook until crisp and brown on one side, about 4 minutes, and turn. Cook until brown on the second side, about 3 to 4 additional minutes. . Set aside to rest for 5 minutes, then , cut into strips, about ¼" to ½" thick.

3. Warm the Buffalo Sauce

While the chicken is resting, wipe out the skillet. Add the **Buffalo Sauce** and 2 Tbsp butter and cook over medium heat until the butter is melted, and the sauce is warm about 2 to 3 minutes. Remove from the heat.

When chicken has rested and been cut into strips, return it to the skillet with the buffalo sauce and toss until the chicken is well coated. Set aside for step 5.

4. Toast the Pita

Place the **Pita** on a baking sheet and top with the **Swiss Cheese** (the shredded cheese in a sealed bag) making sure to go all the way to the edges.

Toast in the oven until the cheese melts, about 5 to 6 minutes.

5. Put It All Together

Top the toasted pita with the buffalo chicken (leaving the excess sauce in the skillet) and then the ranch salad. Sprinkle the **Blue Cheese Crumbles** (the cheese in the container) over top. Serve and dig-in with a fork and knife!

Use a slotted spoon to transfer the coated chicken, leaving the extra sauce behind. Otherwise the pita may become soggy.

Instructions for two servings.

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

Beef Reuben 2.0

We've updated the classic Reuben to create a satisfying, well rounded dinner. We're using shaved, seasoned beef, broccoli and cabbage sauerkraut, melty cheese, and a dolled up 1000 Island dressing that really zings. Served on grilled marble rye, it's a dinner you'll love.

15 *Minutes to the Table*

15 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet & Lid

FROM YOUR PANTRY

Olive Oil

Salt & Pepper

6 MEEZ CONTAINERS

Broccoli & Cabbage Sauerkraut

Green Beans

Marble Rye Bread

Shaved Beef

Cheese Blend

1000 Island Dressing

Good To Know

Health snapshot per serving – 770 Calories, 47g Protein, 26g Fat, 89g Carbs, 25 Freestyle Points

Lightened-up Health snapshot per serving – 630 Calories, 23g Fat, 64g Carbs, 20 Freestyle Points by using half of the sauce and bread (serving the sandwich open-faced).

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

INGREDIENTS: Shaved Beef, Green Beans, Marble Rye Bread, Green Cabbage, Broccoli Slaw, Swiss, Provolone, Apple Cider Vinegar, Ketchup, Relish, Mayonnaise, Yellow Onion, Kosher Salt, Garlic, Black Pepper, Horseradish, Lemon, White Pepper, Nutmeg, Thyme, Sugar,

meezmeals

1. Get Started

Drain the liquid well from the **Broccoli & Cabbage Sauerkraut** and set aside until step 4.

2. Sear the Green Beans

Heat 1 Tbsp olive oil in a large skillet over medium-high heat. When the oil is hot, add the **Green Beans** with a sprinkle of salt and pepper. Cook until they start to char, about 5 to 7 minutes. Transfer to your serving plates. Do not wipe out the skillet.

3. Grill the Rye Bread

Heat 1 Tbsp olive oil in the now-empty skillet over medium-high heat. Grill the **Marble Rye Bread** on both sides until golden brown, about 1 to 2 minutes per side. Each piece needs its own space in the skillet, so work in batches if you have to. Set aside until step 5. Do not wipe out the skillet.

4. Heat the Beef & Melt the Cheese

Heat 1 Tbsp olive oil in the now-empty skillet over medium-high heat. When the oil is hot, add the **Shaved Beef** and 2 Tbsp water. Cook until the beef starts to brown on the edges, about 3 to 4 minutes. Use tongs or a spoon to arrange it into two piles still in the skillet. Cover each pile with the drained veggies, then the **Cheese Blend**. Cover the skillet with a lid or baking sheet and cook until the cheese melts, about 2 to 3 minutes. Remove from the heat.

5. Put It All Together

Spread the **1000 Island Dressing** about ¼ inch thick on all the grilled marble rye slices (you will have extra sauce left over.) Use a spatula to transfer the beef-sauerkraut-cheese to one of the prepared pieces of marble rye and top with the other. Serve the sandwiches cut in half with the green beans on the side. Use the remaining dressing for dipping the green bean "fries."

Enjoy!

Instructions for two servings.

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

Kung Pao Steak Tacos

Can't decide between Chinese or Mexican? You won't have to choose with our kung pao sauce drizzled sirloin strips, wrapped in warm tortillas and topped with basil cilantro sesame crunch. Who says you can't have everything?

15 Minutes to the Table

15 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

- Large Skillet
- Small Skillet (optional)

FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper

5 MEEZ CONTAINERS

- Steak
- Kung Pao Sauce
- Broccoli Slaw
- Tortillas
- Herbs & Sesame
- Seeds

Make The Meal Your Own

If you ordered the **Carb Conscious version**, we sent you romaine lettuce instead of the tortillas, reducing the **carbs per serving to 28g**. Skip step 2. and instead cut the romaine heads in 1" slices and use as a base to make a Kung Pao Steak Salad.

Leftovers tip – This makes a great leftover lunch. Serve the steak and slaw over your favorite rice or noodle.

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. Chef Max recommends using ½ tsp of each.

Health snapshot per serving – 655 Calories, 28g Fat, 40g Protein, 63g Carbs, 20 Smart Points

Lightened up snapshot – 495 Calories, 23g Fat, 14 Smart Points when you use ½ the tortillas and ½ the kung pao sauce.

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: Broccoli Slaw, Steak, Corn Tortillas, White Wine, Soy Sauce, Sesame Seeds, Sambal, White Vinegar, Brown Sugar, Sesame Oil, Carrots, Basil, Cilantro, Garlic, Cornstarch

meez meals

1. Cook the Steak

Heat 1 Tbsp of oil in a skillet over high heat. While the skillet is heating, pat the **Steaks** dry with a towel and season generously with salt and pepper (we recommend ½ tsp of each). When the skillet is very hot, add the steaks. Cook until the bottoms brown and the sides start to color, about 3 minutes.

- **If you prefer your steak medium-rare**, flip and continue cooking 3 minutes. Remove from the heat and let rest for 5 minutes.
- **If you prefer your steak medium**, flip and continue cooking for 4 minutes. Remove from the heat and let rest for 5 minutes.
- **If you prefer your steak medium-well or well done**, flip and continue cooking for 5 to 6 minutes. Remove from the heat and let rest for 5 minutes.

While the steaks are resting, return the skillet to the stove over medium heat. Add the **Kung Pao Sauce** and cook just until heated through, about 2 to 3 minutes. Remove from the heat and stir in **Broccoli Slaw**.

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). Toss the strips with the sauce and broccoli slaw.

2. Heat the Tortillas

Heat the **Tortillas** in a small, dry skillet on the stove or directly over a gas burner until soft and pliable, about 30 seconds per side.

3. Put It All Together

Serve the tortillas filled with sliced steak and slaw and top with **Herbs & Sesame Seeds** to taste. Enjoy! *Love this recipe? #meezmagic*

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

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

Instructions for two servings.

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

Smoked Gouda, Asparagus & Pear Panini

The rich flavors of smoked Gouda, tender asparagus, sweet roasted pear, and grilled whole grain panini bring perfect balance to our latest sandwich creation. Served with strawberry vinaigrette drizzled spinach and arugula, it's simple sophistication at its finest.

15 Minutes to the Table

15 Minutes Hands On

1 Whisks *Super Easy*

Getting Organized

EQUIPMENT

- Large Skillet
- Large Mixing Bowl

FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper

6 MEEZ CONTAINERS

- Whole Grain Panini Bread
- Pear
- Strawberry Vinaigrette
- Asparagus
- Smoked Gouda & Provolone
- Spinach & Arugula

Good To Know

Health snapshot per serving – 720 Calories, 43g Fat, 33g Protein, 56g Carbs, 23 Freestyle Points

Lightened up Health Snapshot per Serving- 570 calories, 36g Fat, 43g Carbs, 17 Free style points by using half the bread and having the sandwich open-faced and using $\frac{3}{4}$ of the cheese

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

INGREDIENTS: Whole Grain Panini Bread, Asparagus, Pear, Smoked Gouda, Provolone, Spinach, Strawberry, Arugula, Olive Oil, Green Onion, White Vinegar, Mustard, Lime, Sugar, Garlic, Thyme

meezmeals

1. Toast the Bread

Lightly brush both sides of the **Whole Grain Panini Bread** with olive oil. Heat a large skillet 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 skillet.) Transfer the toasted bread directly to serving plates. Do not wipe out the skillet.

2. Cook the Pears

Heat 1 Tbsp olive oil in the now-empty skillet over medium high heat. Cut the **Pear** (working around the core) into ¼" slices and add to the skillet with 2 Tbsp of the **Strawberry Vinaigrette**. Mix in the skillet until the pears are coated, then arrange in a single layer. Cook until they start to soften and the glaze has caramelized on the outside, about 3 to 4 minutes. Remove from the skillet and place on top of two of the toasted bread slices (these will be the bottom slices of bread for the panini.) Wipe out the skillet.

3. 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** with a sprinkle of salt and pepper and sauté, stirring occasionally, until the asparagus is bright green and starts to char, about 5 to 6 minutes. Turn off the heat and add the **Smoked Gouda & Provolone** and one-third of the **Spinach & Arugula**. Stir until the greens are wilted and the cheese is completely melted, 1 to 2 minutes.

4. Put It All Together

Top the pears with the contents of the skillet and press the top piece of bread down firmly with a spatula to hold everything together.

Toss the remaining spinach & arugula and remaining strawberry vinaigrette in a large mixing bowl and serve alongside the panini sandwiches. Enjoy!

Instructions for two servings.

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

Red, White & Green Ravioli

Rich, creamy and oh-so-delicious. This dinner is Italian comfort food made fresh in your own kitchen. We're serving four cheese ravioli with a trio of classic Italian sauces: tomato-basil marinara, spinach cream and a ricotta and pecorino white sauce. Served over roasted kale, it's flat out delicious.

25 *Minutes to the Table*

25 *Minutes Hands On*

2 Whisks *Easy*

Getting Organized

EQUIPMENT

Large Saucepan
Baking Sheet
Small Skillet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Kale
Pecorino & Ricotta
Sauce
Four Cheese
Ravioli
Marinara Sauce
Spinach Cream
Sauce

Add Protein Cooking Instructions

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

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

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

Good to Know

Health snapshot per serving – 870 Calories, 29g Protein, 66g Carbs, 55g Fat, 31 Freestyle Points.

Lightened Up Health snapshot per serving – 610 Calories, 30g Fat, 20 Freestyle Points using half the white sauce and half the green sauce.

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



INGREDIENTS: Four Cheese Ravioli, Kale, Spinach, Tomatoes, Cream, Ricotta, Pecorino Romano, Parmesan, Olive Oil, Garlic, Basil, Oregano, Black Pepper, Lemon.

meez meals

1. Getting Organized

Preheat oven to 425 degrees. Bring a pot of water to boil over high heat.

2. Roast the Kale

Arrange the **Kale** in a single layer on a baking sheet. Drizzle with olive oil, toss, and lightly salt and pepper. Bake until the edges of the kale are brown but still tender in places, about 7 to 8 minutes. (Watch closely near the end so it doesn't burn.)

Turn off the heat and mix $\frac{3}{4}$ of the white **Pecorino & Ricotta Sauce** with the kale right on the baking sheet. Return the kale and sauce mixture to the still-warm oven until step 5

3. Cook the Ravioli

While the kale is cooking, add the **Four Cheese Ravioli** to the boiling water and cook until they float, about 4 minutes. Drain and set aside until step 5.

4. Heat the Sauces

While the Ravioli is cooking, bring the red **Marinara Sauce** to a boil in a small skillet over medium-high heat. Once it boils, stir well for about 15 seconds, remove from the heat and pour directly onto serving plates. Wipe out the skillet.

Bring the green **Spinach Cream Sauce** to a boil in the now empty skillet over medium-high heat. Once the sauce is boiling, stir well for about 15 seconds, remove from the heat and set aside.

5. Put It All Together

Serve the kale on top of the marinara sauce, followed by the cooked ravioli. Drizzle with the remaining white and green sauces and enjoy!

Instructions for two servings.

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