

Quick Tips

Paneer Tikka Masala

20 Min to Table	20 Min Hands On	1 Whisk Super Easy
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Getting Started	Slice the Paneer into 1/2 inch cubes.
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From Your Pantry	You'll need salt and pepper.
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Orleans Blackened Salmon Tacos

20 Min to Table	20 Min Hands On	1 Whisk Super Easy
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Getting Started	Make the coleslaw.
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From Your Pantry	You'll need flour, olive oil, salt and pepper
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Italian Toasted Gnocchi

25 Min to Table	10 Min Hands On	1 Whisk Super Easy
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Getting Started	Preheat your oven to 400.
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From your Pantry	You'll need olive oil, salt and pepper.
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Tequila-Lime Chicken Fajitas

25 Min to Table	25 Min Hands On	1 Whisk Super Easy
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Getting Started	Heat olive oil in a large skillet.
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From Your Pantry	You'll need olive oil.
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Steak Vesuvio

25 Min to Table	35 Min Hands On	1 Whisk Easy
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Getting Started	Preheat your oven to 425.
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From Your Pantry	You'll need butter, olive oil, salt and pepper.
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Udon Noodles with Spicy Green Beans

20 Min to Table	20 Min Hands On	1 Whisk Super Easy
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Getting Started

Put a large pot of water on to boil.

Omnivore Option

Pork is a natural addition to this dish.

Mediterranean Lemon Chai Salmon with Pearl Couscous

20 Min to Table	20 Min Hands On	1 Whisk Super Easy
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Leftovers Tip

Serve leftovers over lettuce

Getting Started

Put a saucepan of water on to boil.

From Your Pantry

You'll need about 1/4 cup of flour per serving

Shrimp Ceviche

10 Min to Table	10 Min Hands On	1 Whisk Super Easy
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Getting Started

Combine the Ceviche Veggies, Black Beans and Citrus Marinade in a large bowl.

From Your Pantry

You'll need olive oil, salt and pepper

Chicken Bacon Focaccia Club

20 Min to Table	20 Min Hands On	1 Whisk Super Easy
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Getting Started

Crisp the Bacon.

From Your Pantry

You'll need a little oil, salt and pepper.

Chicken Bahn Mi

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.

From Your Pantry

You'll need a little oil, salt and pepper.

Upside-Down Asparagus Quiche

40 Min to Table	25 Min Hands On	1 Whisk Super Easy
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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.

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 Bacon Focaccia Club	730	68	34	41 CC 31	4	1030	16	16	40% Vitamin C	20% Iron
(use 1/2 the focaccia & 1/2 the dressing)	590		27					11		
Shrimp Ceviche	625	39	9	107	8	1288		13	195% Vitamin C	36% Iron
Italian Toasted Gnocchi	453	20	5	82	10	486		11	81% Vitamin C	201% Vitamin A
Tequila-Lime Chicken Fajitas	580	64	10	63	5	1123	8	9	267% Vitamin C	52% Vitamin A
Steak Vesuvio	720	46	43	41 CC 30	9	620		22	36% Calcium	162% Vitamin A
(Use 1/2 the cheese and butter)	550		39					15		
Paneer Tikka Masala	745	20	61	37	10	992		26	151% Vitmain A	88% Vitamin C
(Use 2/3 butter and tikka masala sauce)	560		42					18		
Orleans Blackened Salmon Tacos	730	47	24	86	12	730		17	31% Calcium	77% Vitamin A
(Use 2 of the tortillas, & 2/3 of the coleslaw dressing)	620		21					13		
Udon Noodles with Spicy Green Beans	580	29	18	84	17	445		17	64% Vitamin A	71% Vitamin C
Chicken Bahn Mi	525	63	10	48	5	614		11	102% Vitamin C	11% Calcium

Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmndd daily)	
Mediterranean Lemon Chai	790	47	50	45	6	291	6	15	262% Vitamin C	54% Vitamin A
Salmon with Pearl Couscous	840	30	57	47	4	420	8	26	58% Calcium	34% Vitamin A
Upside-Down Asparagus Quiche (half the pie crust)	620		42					19		
Flourless Chocolate Cake	370	5	16	32	2	130	18	18	20% Iron	10% Vitamin A
Molten Chocolate Cake	520	7	31	54	3	360		28	30% Iron	4% 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.

Chicken Bacon Focaccia Club

This breezy sandwich pairs our famous Zesty Catalina dressing with all-natural chicken breast, sautéed kale, crispy bacon, arugula, crunchy veggies, and a toasted tomato focaccia roll. It's a dinner that's fast, fun and filling.

20 *Minutes to the Table*

20 *Minutes Hands On*

1 Whisks *Super Easy*

Getting Organized

EQUIPMENT

Meat Mallet/Tenderizer (or
Small Pot)
Mixing Bowl
Large Skillet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Bacon
Chicken Breasts
Arugula, Kale & Greens
Tomato Focaccia Roll
Zesty Catalina Dressing
Tomato, Cucumber & Red
Onion

Good To Know

If you ordered the **Carb Conscious version**, we sent you romaine lettuce instead of the Tomato Focaccia Rolls reducing the **carbs per serving to 31g**. Instead of making a sandwich in Step 5, chop the romaine into bite-size pieces and place directly in your serving dishes. Top with the Arugula, Kale & Greens, Bacon, and Tomato Cucumber & Red Onion. Cut the chicken into strips and layer on top of the salad, followed by the dressing.

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 –730 Calories, 34g Fat, 68g Protein, 41g Carbs, 16 Freestyle Points.

Lightened-up health snapshot per serving – 590 Calories, 27g Fat, 24g Carbs, 11 Freestyle Points by using half of the focaccia (open face) and half of the Zesty Catalina Dressing.

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

INGREDIENTS: Chicken Breast, Tomato Focaccia Rolls, Bacon, Ketchup, Red Onion, Cucumber, Tomato, broccoli, brussels sprouts, green cabbage, kale, radicchio, Arugula, Yellow Onion, Vegetable Oil, Sugar, Mayonnaise, Apple Cider Vinegar, Worcestershire Sauce, Lemon, Garlic, Celery Salt, Paprika

meezmeals

1. **Crisp the Bacon**

Heat a large skillet over medium-high heat. Add the **Bacon** and cook, stirring occasionally, until crispy, about 3 minutes. Transfer to a paper-towel-lined plate. Do not wipe out the skillet.

2. **Cook the Chicken**

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 ¼" thick and has doubled in size.

Unwrap the chicken and lightly season with salt and pepper. Heat 1 Tbsp olive oil in the now-empty skillet over medium-high heat. When the oil is hot, add the chicken and cook until it starts to brown, about 3 minutes. Flip and repeat for the other side. Remove from the skillet and allow to rest for 5 minutes. Wipe out the skillet.

3. **Sear the Arugula, Kale & Greens**

While the chicken is resting, heat 1 Tbsp olive oil in the now-empty skillet over medium-high heat. When the oil is hot, add the **Arugula, Kale & Greens** and cook until slightly wilted, about 2 minutes. Transfer the vegetables to a mixing bowl and stir-in the cooked bacon. Wipe out the skillet.

4. **Toast the Bread**

Brush the insides of each **Tomato Focaccia Roll** with olive oil. Heat the now-empty skillet over medium-heat and place the rolls cut side down in the skillet. Work in batches if you have to. Toast until they are golden brown, about 1 to 2 minutes. Remove from the heat.

5. **Put it All Together**

Spread the **Zesty Catalina Dressing** on both cut (toasted) sides of each of the rolls. Layer the bottom with the cooked veggies and bacon followed by the chicken breast, and **Tomato, Cucumber & Red Onion**. Top with the dressed roll and enjoy!

Instructions for two servings.

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

Shrimp Ceviche

Quite possibly our speediest, and most fun, dinner. We're making a simple ceviche with shrimp, cucumbers, tomatoes, bell peppers, cilantro and lime, served up with fresh blue-corn tortilla chips and warm flour tortillas. It's fresh and delicious and just what we've been craving.

10 *Minutes to the Table*

10 *Minutes Hands On*

1 Whisks *Super Easy*

Getting Organized

EQUIPMENT

- Large Skillet
- Large Mixing Bowl

FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper

5 MEEZ CONTAINERS

- Ceviche Veggies
- Black Beans
- Citrus Marinade
- Shrimp
- Tortillas

Good to Know

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

Health snapshot per serving – 625 Calories, 39g Protein, 107g carbs, 9g Fat, 13 Freestyle Points

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

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to view YouTube
cooking video**



INGREDIENTS: Shrimp, Flour Tortilla, Cucumber, Tomato, Bell Pepper, Black Beans, Red Onion, Jalapeño, Cilantro, Ginger, Lime Juice, Organic Maple Syrup.

meez meals

1. Prepare the Ceviche

Combine the **Ceviche Veggies**, **Black Beans**, and **Citrus Marinade** in a large mixing bowl with a sprinkle of salt and pepper. Place in the fridge until step 5.

2. Make the Blue Corn Tortilla Chips

Heat a large skillet over medium-high heat and separate the blue corn **Tortillas** from the white flour tortillas. Spray or lightly brush the blue corn tortillas (save the white flour tortillas for step 4) with oil, sprinkle with salt and pepper, and cook one or two at a time until crisp on one side, about 3 minutes, then flip and cook until fully crisped, about 2 minutes more. Repeat for the other blue corn tortillas and set aside.

Set aside the white flour tortillas for step 4.

3. Cook the Shrimp

Pat dry the **Shrimp** with a paper towel and heat 1 Tbsp olive oil in the now-empty 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 to cool.

4. Warm the White Flour Tortillas Wraps

While the shrimp is cooling, wipe out the pan and return to the stove over medium-high heat. Warm tortillas one or two at a time for about 30 seconds per side. Flip and warm the other side.

5. Put It All Together

Stir the cut shrimp into the ceviche veggies and you're ready to eat. Fill the flour tortillas to create wraps and break up the blue corn tortillas as chips for scooping. Enjoy!

Instructions for two servings.

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

Italian Toasted Gnocchi

There's something magical about gnocchi when it's toasted. Crispy on the outside, tender on the inside, and totally delicious. We're tossing it with a rich tomato and herb sauce, sautéed spinach and shaved parmesan.

25 *Minutes to the Table*

10 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Baking Sheet
Sauté Pan with cover

FROM YOUR

PANTRY

Olive Oil
Salt & Pepper

4 MEEZ CONTAINERS

Gnocchi
Spinach
Tomato & Herb Sauce
Parmesan

Good to Know

CHICKEN - Prior to Step 3, 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. Slice into strips and stir into the gnocchi in Step 4.

STEAK - Prior to Step 3, 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. Slice into strips and stir into the gnocchi in Step 4.

SHRIMP -Prior to Step 3, 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. Stir into the gnocchi in Step 4.

Good to Know

Health snapshot per serving – 453 Calories, 20g Protein, 5g Fat, 11 Freestyle Points.0

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INGREDIENTS: Gnocchi, Spinach, Parmesan, Tomato, Ricotta, Oregano, Basil

meez meals

1. **Getting Organized**

Preheat oven to 400 degrees.

2. **Toast the Gnocchi**

Place the **Gnocchi** on a baking sheet, brush with Olive Oil, and lightly salt and pepper. Bake until gnocchi are slightly crispy on the outside, 16 to 18 minutes.

3. **Cook the Spinach and Sauce**

While the Gnocchi is toasting, heat 1½ Tbsp olive oil in a large skillet over medium heat. Add **Spinach** and sauté until spinach is wilted, 3 to 4 minutes.

Add **Tomato and Herb Sauce** and cook for another 2 minutes. Remove from heat, cover, and set aside.

4. **Finish and Serve**

Combine toasted gnocchi with spinach and tomato sauce over medium-high heat and warm until entire mixture is hot, about 1 minute.

Top with **Parmesan** cheese and enjoy!

Instructions for two servings.

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

Tequila-Lime Chicken Fajitas

Seared peppers, grilled onions and tender strips of chicken coated in a delicious Tequila-Lime Sauce. This is a Mexican dinner the whole family will love that's on the table in under 30 minutes.

25 Minutes to the Table

25 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

2 Large Skillets

FROM YOUR PANTRY

Olive Oil

6 MEEZ CONTAINERS

Chicken

Bell Peppers

Red Onions

Lime

Tequila-Lime BBQ

Sauce

Tortillas

Good To Know

If you ordered the **Carb Conscious version**, we have sent you Romaine Lettuce instead of the tortillas reducing the **carbs per serving to 35g**. Instead of warming the tortillas in Step 4, chop the romaine and create a salad with the fajita fillings.

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 – 720 Calories, 13g Fat, 66 Protein, 79g Carbs, 13 Freestyle Points

Lightened up Health Snapshot per serving – 580 Calories, 11g Fat, and 55g Carbs by using 2 tortillas and 2/3 of the sauce.

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

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INGREDIENTS: Chicken Breast, Flour Tortilla, Bell Peppers, Red Onion, BBQ Sauce, Tequila, Garlic, Lime, Cilantro, Chipotles in Adobo, Paprika, Oregano, Brown Sugar.

meezmeals

1. Cook the Chicken

Heat 1½ Tbsp olive oil in a large skillet over medium-high heat. Pat the **Chicken** dry with a paper towel. When the oil is hot, add the chicken and cook until the bottom is crisp and brown, about 4 minutes. Turn the chicken and cook for another 3 to 4 minutes, until the other side is brown as well.

Transfer the chicken to a cutting board. Once the chicken has rested for 5 minutes, use a sharp knife to cut the chicken breast evenly into ½" strips and set aside. Wipe out the pan.

2. Sauté the Veggies

Return the now-empty skillet to the stove over medium-high heat. Add the **Bell Pepper, Red Onions** and **Lime** (sliced in half with sliced sides down). Cook, undisturbed, until the lime chars, about 3 minutes. Remove the lime and continue cooking the peppers and onions until the peppers start to char, an additional 2 to 3 minutes. Remove the veggies from the skillet and set aside. Do not wipe out the pan.

3. Cook the Sauce

Add the **Tequila-Lime BBQ Sauce** to the now empty skillet and bring to a boil over medium-high heat, then reduce the heat to medium and simmer until the tequila aroma is gone, about 2 to 3 minutes. Turn off the heat and mix-in the sliced chicken until it is completely coated.

4. Warm the Tortillas

Warm a second skillet over medium heat and heat the **Tortillas** until they are warm and soft, about 15 to 25 seconds per side.

5. Put It All Together

Fill each tortilla with the coated chicken slices, and pepper and onions. Squeeze the lime over top and enjoy!

Instructions for two servings.

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

Steak Vesuvio

Vesuvio is a Chicago classic. We're serving it up with a Meez twist using steak smothered in lemon-butter sauce with Italian spices, roasted carrots and cheesy smashed potatoes. It's a restaurant-worthy dinner that's on your table in a flash.

35 Minutes to the Table

25 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Baking Sheet
Large Skillet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper
Butter (1 Tbsp/svg.)

MEEZ CONTAINERS

Red Potatoes
Rainbow Carrots
Cheesy Sour Cream
Steak
Lemon
Seasoned Onions &
Capers

Good To Know

If you ordered the **Carb Conscious version**, we sent cauliflower instead of the red potatoes, reducing the **carbs per serving to 30g**. In Step 2, Roast the Rainbow Carrots for 10 minutes, then, while you are turning the baking sheet, add the cauliflower with oil and pepper. Roast until fork tender, an additional 15 minutes. Use the roasted cauliflower in place of the potatoes at the end of step 2.

Health snapshot per serving 720 Calories, 46g Protein, 41g Carbs, 43g Fat, 22 Freestyle Points

Lightened-up health snapshot per serving: 550 Calories, 39g Carbs, 27g Fat, 15 Freestyle Points by using half the cheese and half the butter

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

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YouTube cooking video**



INGREDIENTS: Steak, Red Potatoes, Rainbow Carrots, Sour Cream, Gouda, White Cheddar, Butter, Yellow Onion, Garlic, Capers, Basil, Parsley, Chives, Savory, Oregano, Lemon, Black Pepper

meez meals

1. Get Organized

Preheat the oven to 425 degrees. Spray or brush a baking sheet with olive oil.

2. Roast the Carrots and Potatoes

Cut the **Red Potatoes** in half and place, cut-side-down on the oiled baking sheet. Group them on one half of the baking sheet, then arrange the **Rainbow Carrots** on the other half. (If they don't fit in a single layer, use a second sheet). Lightly drizzle everything with a little olive oil, salt and pepper.

Roast the vegetables until the carrots are a deep, charred color and the potatoes are soft and brown, about 25 minutes, rotating the sheet halfway through cooking and stirring the carrots.

Remove from the oven and then immediately use the flat bottom of a measuring cup or pot to squash the potatoes to about ½" to ¾" thickness while they are still on the baking sheet. Top with the **Cheesy Sour Cream**, then set aside until step 5.

3. Cook the Steak

When the potatoes are about half-way through baking, heat 1 Tbsp olive oil a skillet over high heat.

While the oil is heating, 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. Wipe out the skillet.

4. Make the Vesuvio Sauce

While the steaks are resting, return the now-empty skillet to the stove over low heat. Slice the **Lemon** in half and place in the skillet, cut side down and add 2 Tbsp of butter. Once the butter has melted, add the **Seasoned Onions & Capers** and cook, stirring continuously, until the onions become translucent, about 2 to 3 minutes.

5. Put It All Together

Top the sliced steak with the Vesuvio sauce and a squeeze of lemon. Serve alongside the smashed potatoes and rainbow carrots. Enjoy!

*It is important
the potatoes
are right out
of the oven
when you
smash and top
them. You
need the heat
to melt the
cheese.*

*Cook on low
heat so the
garlic won't
burn and
become
bitter.*

Instructions for two servings.

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

Paneer Tikka Masala

Creamy, complex, and flat out delicious, tikka masala is one of our favorite Indian recipes. We're making our version this week with seared paneer cheese, tender chickpeas, and fresh greens. Cooked up in just one pan, it's a twenty-minute dinner we love.

20 *Minutes to the Table*

20 *Minutes Hands On*

1 Whisk *Super-Easy*

Getting Organized

EQUIPMENT

Large Skillet

FROM YOUR PANTRY

Salt and Pepper

5 MEEZ CONTAINERS

Paneer Cheese
Seasoned Butter

Tikka Masala
Sauce

Chickpeas &
Tomatoes

Arugula &
Spinach

Add Protein Cooking Instructions

CHICKEN - Prior to Step 1, 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. Slice into strips and stir into the sauce in Step 3.

SHRIMP -Prior to Step 1, 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. Stir into the sauce in Step 3.

If you added steak, we recommend serving it separately with salt & pepper. Cook in a skillet with 1 Tbsp oil over high heat to internal temperature of 145 (for medium doneness).

Good to Know

Health snapshot per serving – 745 Calories, 20g Protein, 61g Fat, 37g Carbs, 26 Freestyle Points.

Lightened up health snapshot per serving – 560 Calories, 42g Fat, 33g Carbs, 18 Freestyle Points using 2/3 of the Butter and 2/3 of the Tikka Masala Sauce.

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cooking video**



INGREDIENTS: Paneer Cheese, Spinach, Arugula, Chickpeas, Tomato, Butter, Cream, Cilantro, Garlic, Ginger, Garam Masala, Cayenne Pepper, Turmeric, Coriander, Lime, Sugar.

meez meals

1. Sear the Paneer Cheese

Slice the **Paneer Cheese** into ½ inch cubes. Add half the **Seasoned Butter** to a large skillet over medium heat. Once the butter is melted, add the cubed Paneer in a single layer. Lightly sprinkle with salt & pepper and cook, undisturbed, until the bottoms brown, about 3 minutes. Turn the cheese and cook until that side also browns, about 3 additional minutes. Remove the Paneer from the skillet and set aside. Do not wipe out the skillet.

We are sending the Paneer Cheese uncut to maintain its freshness and taste.

2. Make the Tikka Masala Sauce

Return the now-empty skillet to the stove over medium-high heat. Add the **Tikka Masala Sauce, Chickpeas & Tomatoes**, and remaining seasoned butter, and bring the entire mixture to a boil. Reduce the heat to medium and simmer until the sauce thickens slightly, about 4 minutes.

Paneer will not melt when cooked.

Add the **Arugula & Spinach** and stir, coating the veggies in the sauce. Work in batches if necessary and cook until the arugula & spinach has wilted. Remove from the heat.

The Arugula & Spinach is bulky when uncooked but it reduces quickly. Add it to the skillet in batches.

3. Put It All Together

Add the seared Paneer to the cooked veggies and sauce and mix well. Enjoy!

Instructions for two servings.

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

Orleans Blackened Salmon Tacos

Omega-3 rich salmon is coated with our Cajun seasonings then paired with creamy pineapple coleslaw, corn and cheese, and wrapped in warm tortilla. Fast, fantastic and full of flavor.

20 Minutes to the Table

20 Minutes Hands On

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Mixing Bowl
Large Skillet

FROM YOUR PANTRY

1 Tbsp Flour
Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Cabbage & Carrots
Coleslaw Dressing
Cajun Seasoning
Salmon
Tortillas
Cheese & Corn

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 – 730 Calories, 24g Fat, 47g Protein, 86g Carbs, 17 Freestyle Points.

Lightened-up health snapshot per serving – 620 Calories, 21g Fat, 67g Carbs, 13 Freestyle points by using 2 tortillas per serving and two-thirds of the coleslaw dressing.

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, Corn Tortillas, Carrots, Green Cabbage, Red Cabbage, Corn, Mayonnaise, Brown Sugar, Cajun Seasoning, Cotija, White Wine Vinegar, Pineapple, Lemon Juice, Cilantro, Garlic, Black Pepper

meez meals

1. Make the Coleslaw

Combine the **Cabbage & Carrots** and **Coleslaw Dressing** in a large mixing bowl and toss. Place in the refrigerator until ready to eat.

2. Season and Cook the Salmon

Combine **Cajun Seasoning** with 1 Tbsp of flour on a plate. Coat the **Salmon** on all sides with the seasoning and then let it sit in the flour/seasoning mix for 2 minutes. Give the salmon a second coat.

Heat 2 Tbsp of olive oil in a large skillet over medium-high heat. When the oil is hot, add the salmon and cook until the seasoning is blackened and slightly crispy, about 4 minutes. Flip, and the other side until it is also blackened, about 4 additional minutes. Remove from the heat and let rest for 5 minutes. Wipe out the skillet.

3. Heat the Tortillas and Serve

While the salmon is resting, heat the **Tortillas** in the now-empty skillet over medium-high heat, about 30 seconds per side.

Use a fork to flake the salmon into bite-sized pieces. Fill the warm tortillas with the flaked salmon and top with the coleslaw and **Cheese & Corn**. Enjoy!

The fish absorbs the seasoning as it sits, which adds tons of flavor.

The seasoning gets very dark as it cooks, so don't worry if it starts to blacken, it's supposed to be that way.

Instructions for two servings.

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

Udon Noodles with Spicy Green Beans

We're mixing up a sweet and spicy Asian sauce this week with almonds, chili peppers, agave and tamari. The flavors are addictive, and perfect with green beans, organic tofu and udon noodles. The result is a sophisticated dinner that's on the table in 20 minutes. That's our type of meal!

20 *Minutes to the Table*

20 *Minutes Hands On*

1 Whisk *Super Easy*

Getting

Organized

EQUIPMENT

Saucepan
Large Skillet

FROM YOUR

PANTRY

Olive Oil
Salt & Pepper

5 MEEZ

CONTAINERS

Green Beans
Udon
Noodles
Spicy Sweet
Asian
Sauce
Tofu
Bok Choy

Good to Know

CHICKEN - After adding the udon to the water in Step 3, 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 then slice into strips. Toss with the udon and veggies in Step 4.

STEAK - After adding the udon to the water in Step 3, 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 then slice into strips. Toss with the udon and veggies in Step 4.

SHRIMP -After adding the udon to the water in Step 3, 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. Toss with the udon and veggies in Step 4.

Good to Know

If you ordered the **Carb Conscious version**, we sent you zucchini "noodles" instead of the udon, reducing the **carbs per serving to 40g**. Skip step 1. Prior to step 4., pat dry the zucchini noodles, add 1 Tbsp oil to a large skillet. Cook on medium-high heat until they start to brown, about 3 minutes. Remove from the skillet and set aside. Do not wipe out the skillet and continue on with step 4.

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

Health snapshot per serving – 550 Calories, 19g Fat, 28g Protein, 17 Freestyle Point

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



1. Get Organized

Put a large pot of water on to boil.

2. Blanch the Green Beans

Add the **Green Beans** to the boiling water and cook until they are bright green and just barely tender, about 2 minutes. (Don't overcook them. Soggy green beans are what give this tasty vegetable a bad reputation!)

Use a slotted spoon to remove the beans from the pot and rinse under very cold water (this stops them from overcooking). Once the beans are cold to the touch, drain well and set aside.

Be sure to put the green beans into very cold water as soon as you drain them- run the water a few minutes in advance to get it good and cold.

3. Cook the Udon

Return the pot of water to a boil over medium-high heat. Add the **Udon Noodles** and cook until tender, about 10 to 12 minutes. Drain and set aside.

4. Put It All Together

Heat 1Tbsp olive oil in a large skillet over medium heat. Add $\frac{3}{4}$ of the **Spicy Sweet Asian Sauce**. Cook for one minute, add the **Organic Tofu**, **Bok Choy** and green beans and cook an additional 2 minutes until everything is heated through. Toss the veggies with the udon and the remaining sauce.

Add a tablespoon or two of water if you'd like the sauce a little thinner.

Love this recipe? #meezmagic

Instructions for two servings.

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

Chicken Bahn Mi

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

Getting Organized

EQUIPMENT

Large Skillet
Mixing Bowl

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

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

Make The Meal Your Own

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

Good To Know

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

Health snapshot per serving – 525 Calories, 10g Fat, 63g Protein, 48g Carbs, 11 Smart Points

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

SCAN QR CODE
to view YouTube
cooking video



15 *Minutes to the Table*

15 *Minutes Hands On*

1 Whisk *Super Easy*

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

meezmeals

1. Cook the Chicken

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

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

2. Make the Broccoli Slaw

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

3. Build Your Bahn Mi

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

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

4. Put it All Together

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

Instructions for two servings.

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

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

meez*meals*

Mediterranean Lemon Chai Salmon with Pearl Couscous

Back by popular demand, Meez's signature lemon chai dressing brings a sunny flavor to seared salmon. Served up with grape tomatoes, broccoli and pearl couscous, it's an easy dinner the whole family will love.

20 Minutes to the Table

20 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Saucepan
Shallow Pie Dish or Plate
Large Skillet

FROM YOUR PANTRY

½ Cup of Flour
Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Couscous
Salmon
Broccoli
Lemon Chai Sauce
Feta Cheese

Make The Meal Your Own

If you're making the **carb conscious version** (lowering carbs/serving to 36g) or the **gluten-free version**, we've sent you quinoa. Bring 2 ½ cups of water to a boil, and then add the quinoa and a dash of salt. Cover and lower the heat to a simmer. Cook for 12 to 15 minutes, until the grain looks spiraled. Fluff and let sit covered for 5 minutes.

Good To Know

If you want to test the doneness of the salmon, use a thermometer. You want the internal temperature to be at least 140 degrees. If you don't have a thermometer, you can cut the fish in half to check the doneness.

Health snapshot per serving – 790 Calories, 50g Fat, 47g Protein, 45g Carbs, 15 Freestyle Points

Lightened up snapshot - 635 Calories, 34g Fat, 41g Carbs, 10 Smart Points by using ½ the 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, Salmon, Couscous, Grape Tomatoes, Feta Cheese, Olive Oil, Lemon Juice, Green Onion, Brown Sugar, Garlic, Herbs and Spices

meez meals

1. Getting Organized

Put a saucepan of water on to boil.

2. Cook the Couscous

Salt the boiling water and add the **Couscous**. Cook 7 to 8 minutes until al dente. Drain and set aside.

3. Dredge and Cook the Salmon

While the couscous is cooking, pour ½ cup flour in a shallow pie pan or on a plate and add a generous pinch of salt and pepper. Coat the **Salmon** with the flour, making sure each fillet is covered.

Heat 2 Tbsp of oil in a large skillet on high heat. Add the salmon and cook 4 minutes. Flip and cook an additional 2 minutes. Turn off the heat and let sit for 5 minutes. Remove from the pan and set aside.

4. Cook the Broccoli

Heat the same skillet that you used to cook the salmon over medium-high heat. (Don't wipe it out. You want all those bits of flavor.) Add the **Broccoli** and cook until bright green but still crisp, about 3 to 5 minutes. Add the **Lemon Chai Sauce** to the pan and cook until hot, about 1 minute.

Serve the couscous topped with salmon, broccoli and **Feta Cheese**. Enjoy!

Love this recipe? #meezmagic

Instructions for two servings.

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

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

If you want to check the doneness of the fish, use a thermometer (you're looking for 140 degrees or higher) or cut the fish in half.

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.

40 Minutes to the Table

25 Minutes Hands On

1 Whisk Super Easy

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

CHICKEN - While the quiche is in the oven, 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 quiche.

If you added steak, we recommend serving it separately with salt & pepper. Cook in a skillet with 1 Tbsp oil over high heat to internal temperature of 145 (for medium doneness).

If you added shrimp, we recommend serving it separately with salt & pepper. Cook in a skillet with 1 Tbsp oil over medium-high heat to an internal temperature of 145 degrees.

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.

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

meezmeals

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.

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