

Wasabi Salmon

25 Min to Table	15 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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Pomegranate-Glazed Chicken with Cheesy Smashed Potatoes

30 Min to Table	30 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 olive oil, salt and pepper
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Quick Tips



Classic Shawarma

10 Min to Table	10 Min Hands On	1 Whisk Super Easy
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Getting Started	Warm the pita.
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From Your Pantry	You'll need olive oil, salt & 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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Shrimp Pad Thai

20 Min to Table	20 Min Hands On	1 Whisk Super Easy
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Getting Started	Put a saucepan of water on to boil.
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From Your Pantry	You'll need olive oil, eggs, salt and pepper.
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Steak Wellington

30 Min to Table	30 Min Hands On	2 Whisks Easy
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Getting Started	Preheat your oven to 425.
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From Your Pantry	You'll need olive oil, butter, flour, salt & pepper
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Halloumi Crispy Rice Bowl with Ginger-Lime Vinaigrette

20 Min to Table	30 Min Hands On	1 Whisk Super Easy
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Getting Started	Preheat your oven to 425.
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From Your Pantry	You'll need some olive oil, salt and pepper.
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Vegetarian Cobb Salad

25 Min to Table	25 Min Hands On	1 Whisk Super Easy
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Getting Started	Hard boil your eggs.
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From Your Pantry	You'll need olive oil, butter, milk, salt & pepper
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Chicken Satay Noodle Bowl

25 Min to Table	25 Min Hands On	1 Whisk Super Easy
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From Your Pantry	You'll need olive oil, salt and pepper.
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Getting Started	Put a saucepan of water on to boil.
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Meal Tip	Scrambled eggs make a great addition to this meal.
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Cheesy Tomatillo Casserole

35 Min to Table	15 Min Hands On	1 Whisk Super Easy
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Omnivore Option	Chorizo tastes great with this recipe.
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Getting Started	Preheat your oven to 450.
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Smoky Creole Bean Tambalaya & Cornbread

40 Min to Table	15 Min Hands On	1 Whisk Super Easy
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Getting Started	Preheat your oven to 425.
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From Your Pantry	You'll need olive oil, butter, salt & pepper
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Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmndd daily)	
Steak Wellington	740	44	43	40	5	830		22	75% Vitamin B6	41% Iron
(use 1/2 the crust and 3/4 of the onions and wellington sauce)	570		32					16		
Chicken Satay Noodle Bowl	575	69	19	39	9	458		13	79% Vitamin C	14% Vitamin B-6
Cheesy Tomatillo Casserole	330	13	6	60	13	281		10	14% Zinc	20% Iron
Shrimp Pad Thai	710	45	20	91	7	360	36	18	27% Iron	22% Potassium
(use 1/2 the eggs, and peanuts)	550		8					15		
Halloumi Crispy Rice Bowl with Ginger-Lime Vinaigrette	680	31	42	46 CC 26	5	1080	13	21	50% Vitamin C	10% Calcium
(use 1/2 the rice & 1/2 the vinaigrette)	540		34					16		
Tequila-Lime Chicken Fajitas	580	64	10	63	5	1123	8	9	267% Vitamin C	52% Vitamin A
Pomegranate-Glazed Chicken with Cheesy Smashed Potatoes	775	74	22	63 CC 32	3	752	20	18	73% Vitamin C	34% Calcium
(use 1/2 the potatoes, cheese and sour cream)	605		15					12		

Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmndd daily)	
Wasabi Salmon	600	46	30	37	6	265	7	16	31% Vitamin A	51% Vitamin C
Classic Shawarma	380	14	18	44 CC 12	3	668		11	34% Vitamin C	18% Iron
Smoky Creole Bean Jambalaya & Cornbread (use 1/2 the cornbread & 1/2 sour cream topper)	770	24	19	128	11	1360	8	19	60% Vitmain C	40% Iron
	610		10					24		
Vegetarian Cobb Salad	475	27	30	24	7	931	8	9	309% Vitamin A	467% Vitamin C
Add a Protein All-Natural Chicken Breast	220	41	5	0	0	85	0	3	90% Vitamin B6	4% Iron
Add a Preotein 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)	
Oreo Mousse Pie	760	8	49	78	3	390	52		6% Calcium	6% Iron
Molten Chocolate Cake	520	7	31	54	3	360		28	30% Iron	4% Vitamin A
Belgian Chocolate Vegan Brownies	420	6	20	62	4	300			10% 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.

Steak Wellington

The Meez spin on an old-school classic. Wellington this week, cooking a puff pastry with a savory filling of spiced onions and bacon, spinach and mushrooms. A drizzle of chive crema rounds out the flavors for this delicious dish.

30 *Minutes to the Table*

30 *Minutes Hands On*

2 Whisks *Easy*

Getting Organized

EQUIPMENT

Large Skillet
Baking Sheet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper
Butter (1 Tbsp)
Flour (1 Tbsp)

6 MEEZ CONTAINERS

Puff Pastry
Steak
Mushrooms
Spiced Onions & Bacon
Spinach
Chive Crema

Good to Know

If you ordered the **Carb Conscious version**, we sent you Romaine instead of Puff Pastry, reducing the **carbs per serving to 24g**. Skip baking the puff pastry and use the romaine leaves for boats to hold the steak, mushrooms and sauce. You should get about 3 per person.

Health snapshot per serving – 910 Calories, 66g Fat, 40g Carbs, 44g Protein, and 30 Freestyle Points.

Lightened-up health snapshot per serving – 700 Calories, 49g Fat, 25g Carbs, and 22 Freestyle Points, by using half of the puff pastry and half of the Horseradish Sauce.

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

INGREDIENTS: Steak, Puff Pastry, Mushrooms, Bacon, Red Onion, Yellow Onion, Sour Cream, Spinach, Cream, Beef Au Jus, Dijon Mustard, Mayonnaise, Garlic, Lime, Horseradish, Chive, Thyme, Black Pepper.

meez meals

1. Get Organized

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

2. Bake the Puff Pastry

Arrange the **Puff Pastry** on the oiled baking sheet. Bake until the crust has risen and is golden brown, about 15 to 20 minutes. Remove from the oven and let cool for at least 5 minutes.

3. Cook the Steak

While the pastry is baking, heat 1 Tbsp olive oil in a large skillet over medium-high heat. Pat the **Steak** dry with a paper towel and season generously with salt and pepper. 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. Create the Mushroom Gravy

Heat 1 Tbsp olive oil in the now-empty skillet over medium-high heat. When the oil is hot, add the **Spiced Onions & Bacon** and the **Mushrooms** and cook until the bacon starts to crisp and the mushrooms begin to char, about 3 minutes. Lower the heat to medium and cook until they continue to soften, an additional 3 to 4 minutes. Add 1 Tbsp of butter and when it is melted add 1 Tbsp flour and stir continuously until the flour starts to brown, about 1 to 2 minutes. Add ¼ cup of water and stir, making sure to scrape up any tasty bits that are stuck to the bottom of the skillet. Cook, stirring consistently, it thickens to the consistency of gravy, about 2 to 3 minutes. Turn off the heat and stir in the sliced steak.

5. Put It All Together

Split the puff pastry so that you have a top and bottom half (like a hamburger bun). Pour the contents of the skillet over the bottom half and immediately top with the **Spinach**. Push it down a bit so that it starts to wilt. Add a drizzle of the **Chive Crema** and then the top half of the puff pastry. Enjoy!

Instructions for two servings.

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

Chicken Satay Noodle Bowl

We're hooked on Thai Chicken Satay, with its tender chicken and crazy-delicious peanut sauce. So we turned that classic Thai appetizer into a complete meal by cooking cage-free chicken with plenty of Asian veggies and rice noodles. Mixed up with that delectable Satay sauce, it's the test kitchen's new favorite. Best of all, it's on the table in less than 30 minutes.

25 *Minutes to the Table*

25 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Saucepan
Large Skillet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Rice Noodles
Chicken
Garlic and Ginger
Asian Vegetables
Satay Sauce
Green Onions and
Cilantro

Make the Meal Your Own

Want to add some additional richness? Try scrambling an egg and mixing it in. You won't be disappointed!

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 – 575 Calories, 69g Protein, 19g Fat, 13 Smart Points

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

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



INGREDIENTS: Chicken, Rice Noodles, Cabbage, Edamame, Carrots, Bok Choy, Peanuts, Garlic, Ginger, Rice Wine Vinegar, Tamari, Brown Sugar, Cayenne Pepper, Sesame Oil, Green Onion, Cilantro

meez meals

1. Getting Organized

Put a saucepan of water on to boil.

2. Cook the Rice Noodles

Add the **Rice Noodles** to the boiling water and cook until tender, 5-6 minutes.

Drain, rinse under cold water and set aside.

3. Prepare the Chicken

While the rice noodles are cooking, heat a large skillet with 1 Tbsp of olive oil on medium-high heat. Add the **Chicken** to the pan and cook for 4 to 5 minutes, until the chicken is crisp and brown. Turn the chicken over and cook for another 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 1/4" to 1/2" wide and set aside.

4. Cook the Veggies

Place the **Asian Vegetable Mix** and **Garlic and Ginger** in the now empty skillet and sauté, stirring frequently, over medium-high heat for 7-8 minutes.

Stir in the **Satay Sauce** until vegetables are completely coated and sauce is warm, about 1 minute. Remove skillet from heat.

5. Putting it All Together

Combine the rice noodles and chicken strips with the contents of the skillet and stir until the peanut sauce has completely coated everything.

Top with **Green Onions and Cilantro**, serve and enjoy!

Instructions for two servings.

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

Cheesy Tomatillo Casserole

Simply said, this Mexican casserole is a cheesy bit of heaven. We're toasting up tortillas to form a crunchy base, then topping them with poblanos, beans, pepper jack cheese and a fresh tomatillo salsa. Easy and delicious - that's our kind of dinner!

35 *Minutes to the Table*

15 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Baking Sheet
Large Skillet
Loaf Pan

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Corn Tortillas
Poblano Peppers
Corn & Beans
Creamy Tomatillo Salsa
Pepper Jack Cheese

Add Protein Cooking Instructions

Integrate into recipe: Prior to Step 3, cook the protine (per instructions below) and then slice into strips (cut shrimp in half/flake the salmon) and layer into the casserole before baking.

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 – 330 Calories, 13g Protein, 13g Fiber, 10 Smart Points.

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



INGREDIENTS: Poblano Peppers, Tomatillos, Corn Tortillas, Black Beans, Corn, Pepper Jack Cheese, Cream Cheese, Sundried Tomatoes, Lime, Garlic, Cilantro, Spices

meez meals

1. **Getting Organized**

Preheat your oven to 450.

2. **Bake the Corn Tortillas**

Lay the **Corn Tortillas** on a baking sheet and brush with olive oil on each side. Bake until crisp, about 5 to 10 minutes.

3. **Cook the Vegetables**

Heat 1 Tbsp olive oil in a large skillet over high heat. Add the **Poblano Peppers** and sauté until browned, about 5 to 7 minutes.

Turn the heat down to medium-high and add the **Corn & Beans**. Cook until hot, about 2 minutes. Season with salt and pepper and set aside.

4. **Assemble the Casserole**

Turn your oven down to 375 and lay 2 of the corn tortillas on the bottom of your pan, breaking them into pieces to make them fit. Top with half of the cooked vegetables and half of the **Creamy Tomatillo Salsa**.

Use an 8x10 or similar sized casserole dish.

Add 1 more tortilla (break it up a bit so it resembles large chips) and the rest of the vegetables and salsa. Break the remaining tortilla into dime-size pieces, sprinkle on top and finish with the **Pepper Jack Cheese**. Bake until the cheese begins to bubble, about 15 minutes. If you'd like a crispier topping, cook under the broiler for an additional 5 minutes until the top is golden brown. Enjoy!

Love this recipe? #meezmagic

Instructions for two servings.

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

Shrimp Pad Thai

We love Pad Thai, but we're often left wondering where all the vegetables are. Enter the Meez test kitchen. This dish has veggies galore plus the classic flavors of a traditional Pad Thai. Sautéed shrimp and crushed peanuts are the perfect finish.

20 *Minutes to the Table*

20 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet
Large Saucepan

FROM YOUR PANTRY

Olive Oil
Salt & Pepper
Eggs (1 per serving)

7 MEEZ CONTAINERS

Shrimp
Rice Noodles
Peanuts
Broccoli & Snow Peas
Daikon & Green Onion
Pad Thai Sauce
Lime

Make The Meal Your Own

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

Good To Know

Health snapshot per serving – 710 Calories, 20g Fat, 45g Protein, 91g Carbs.

Lightened- Up Health snapshot per serving – 550 Calories, 8g Fat, 35g Protein, 86g Carbs without using the eggs and only using half the peanuts.

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

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



INGREDIENTS: Shrimp, Rice Noodles, Broccoli, Snow Peas, Peanuts, Daikon Radish, Green Onion, Garlic, Fish Sauce, Tamarind, Garlic, Sugar.

meez meals

1. Get Started

Set a pot of water to boil in a large saucepan.

2. Cook Rice Noodles

Add the **Rice Noodles** to the boiling water. As they cook, use a fork to separate the strands. Continue boiling until the noodles are almost soft, about 4 to 6 minutes. Transfer to a colander and rinse under cold water. Drain very well until step 5.

*The noodles
will soften
further in
step 5 so
be sure not
to overcook
them.*

3. Cook The Shrimp

While the noodles are cooking, heat 1 Tbsp olive oil in a large skillet over medium high heat and pat dry the **Shrimp**. When the oil is hot, add shrimp and cook for a minute on each side until they are opaque and no longer grey in color. Transfer the shrimp to a cutting board. Do not wipe out the skillet. When they are cool enough to touch, cut the shrimp into thirds and set aside until step 5.

4. Cook The Veggies and Eggs

Return the now-empty skillet to the stove over medium high heat. Add all of the **Broccoli & Snow Peas** (the produce bag that you can clearly see the snow peas inside) and half **Daikon & Green Onions**. Cook, undisturbed until the green onions start to char, about 2 minutes. Stir and then push all the veggies to one side of the skillet and crack 2 eggs into the other side. Cook until the eggs begin to set and then use a spatula to mix the eggs in place until fully cooked, about 2 minutes. Stir together the scrambled eggs and veggies.

5. Put It All Together

Add the cooked rice noodles and **Pad Thai Sauce** to the skillet over medium high heat and gently stir everything together. Heat until the noodles are warm and most of the liquid has been absorbed, about 3 minutes. Place the **Peanuts** in a ziplock bag and crush using a mallet or small pot.

Turn off the heat and gently stir in the cooked shrimp.

Transfer to serving bowls and top with the remaining daikon & green onions and crushed peanuts. Squeeze the **Lime** on top and enjoy!

Instructions for two servings.

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

Halloumi Crispy Rice Bowl with Ginger-Lime Vinaigrette

There are few ingredients we love more than seared halloumi for making dinner special. Paired with crispy jasmine rice, roasted beets and a ginger-lime vinaigrette, it's magic.

30 Minutes to the Table

20 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Medium
Saucepan
Large Skillet
Small Bowl
Rimmed Baking
Sheet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Ginger-Lime
Vinaigrette
Jasmine Rice
Seasoned Onions
Beets
Kale
Halloumi Cheese

Add Protein Cooking Instructions

Integrate into recipe: Prior to Step 5, cook the protein (per instructions below) then slice into strips (flake the salmon, leave shrimp whole) and serve on top of the rice bowl in Step 6.

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

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

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

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

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

Good to Know

If you're cooking the **Carb Conscious version**, we sent you diced zucchini instead of Jasmine Rice, reducing the **carbs to 26g per serving**. In place of step 2, heat 1 Tbsp olive oil in a large skillet over high heat. When the oil is hot sauté the zucchini until it starts to brown, about 2 to 3 minutes. Then add the Seasoned Onions and continue to cook for another 2 to 3 minutes until the onions are soft. Transfer directly to serving bowls.

Health snapshot per serving – 680 Calories, 31g Protein, 42g Fat, 46g carbs, 21 Freestyle Points.

Lightened up health snapshot per serving – 540 Calories, 31g Carbs, 34g Fat, and 16 Freestyle Points, by using half the Jasmine Rice and half the Ginger-Lime Vinaigrette.

INGREDIENTS: Halloumi Cheese, Beets, Jasmine Rice, Kale, Yellow Onion, Vegetable Oil, Rice Wine Vinegar, Lime, Ginger, Cilantro, Miso, Sugar, Turmeric, Paprika, White Pepper

meez meals

1. Get Ready

Preheat your oven to 425. Bring a medium saucepan of water to a boil. Combine 1 Tbsp olive oil and the **Ginger Lime Vinaigrette** in a small bowl and set aside until step 6.

2. Cook the Rice

Add the **Jasmine Rice** to the boiling water and cook until tender, about 12 to 15 minutes. Drain well and return to the saucepan. Add the **Seasoned Onions**, cover and set aside until step 4.

3. Roast the Vegetables

While the rice is cooking, place the **Beets** on a rimmed baking sheet and drizzle with olive oil and lightly season with salt and pepper. Toss and arrange in a single layer on one half of the baking sheet. Repeat the same process with the **Kale** on the other half. Roast until the beets and kale start to crisp and brown, about 15 minutes. Remove from the oven and toss all the veggies together with tongs on the baking sheet and set aside.

4. Make the Crispy Rice

Heat 2 Tbsp olive oil in your largest skillet over medium-high heat. When the oil is hot, spread the rice/onions in an even layer and cook until the bottom starts to brown and crisp, about 3 to 4 minutes. Flip the rice and cook on the other side until it starts to brown, an additional 3 to 4 minutes. Transfer directly to serving bowls. Wipe out the skillet.

5. Sear the Halloumi

Place the **Halloumi Cheese** on a cutting board and cut in half lengthwise, then slice into rectangles about ¼" thick. You should have about 10 to 12 pieces per serving after slicing.

Heat 1 Tbsp olive oil in the now-empty skillet over medium-high heat. When the oil is hot, add the Halloumi and lightly sprinkle with pepper. Cook until one side is golden brown, about 3 minutes, then flip and cook the other side until golden brown, an additional 3 minutes.

6. Put It All Together

Top the crispy rice with the kale and beets and then the seared halloumi. Drizzle the entire dish with the Ginger-Lime Vinaigrette. Enjoy!

*We're sending
the halloumi
uncut to
maintain
freshness.*

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.

SCAN QR CODE
to view YouTube
cooking video



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

meez meals

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

Pomegranate-Glazed Chicken with Cheesy Smashed Potatoes

Think classic American dinner taken to the next level. With Cheesy Sour Cream Smashed Potatoes that are even more delicious than you can imagine, sautéed asparagus & green beans and seared chicken breast glazed with a sweet and savory pomegranate basil sauce, it's a family friendly dinner that's on the table in just thirty minutes.

30 Minutes to the Table

30 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Baking Sheet
Large Skillet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Red Potatoes
Cheesy Sour Cream
Asparagus & Green Beans
Chicken Breast
Pomegranate Glaze
Basil Oil

Good To Know

If you ordered the **Carb Conscious version**, we sent you cauliflower instead of the potatoes reducing the **carbs per serving to 40g**. In Step 1, spread the cauliflower on a baking sheet and drizzle with olive oil salt and pepper. Bake until the cauliflower starts to brown and is fork tender, about 12 to 15 minutes. Transfer to serving plate and top with cheesy sour cream.

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 – 760 Calories, 58g Protein, 33g Fat, 57g Carbs, and 21 Freestyle Points.

Lightened-Up Health snapshot per serving – 590 Calories, 22g Fat, 44g Carbs, and 15 Freestyle Points using half the potatoes and half the cheesy sour cream.

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 Breast, Red Potatoes, Asparagus, Green Beans, Gouda, White Cheddar, Sour Cream, Chive, Pomegranate, Lime, White Wine, Dijon Mustard, Vegetable Oil, Basil, Black Pepper, Brown Sugar.

meez *meals*

1. Create the Cheesy Sour Cream Smashed Potatoes

Preheat oven to 425 degrees. Lightly brush or spray a baking sheet with oil.

Cut the **Red Potatoes** in half and place, cut side down, on the baking sheet. Lightly drizzle with olive oil and sprinkle with salt and pepper. Bake until the potatoes are soft and brown, about 25 minutes. Remove from the oven and then immediately use the flat bottom of a measuring cup or pot to squash them right on the baking sheet to about ½" to ¾" tall. Top with the **Cheesy Sour Cream**, then let sit until step 5.

It is important to smash and top the potatoes while they are very hot right out of the oven so the cheese can melt.

2. Cook the Veggies

While the potatoes are baking, heat 1 Tbsp olive oil in a large skillet over medium-high heat. When the oil is hot, add the **Asparagus & Green Beans** and sprinkle lightly with salt and pepper. Cook, stirring occasionally, until it is bright green and starts to brown, about 5 to 6 minutes. Transfer directly to serving plates. Wipe out the pan.

3. Cook the Chicken

Return the now-empty skillet to the stove with 1½ Tbsp olive oil over medium-high heat. When the oil is very hot, add the **Chicken Breasts** and cook until crisp and brown, about 4 to 5 minutes. Flip and cook until the other side is crisp and brown, about an additional 4 minutes. Transfer to the serving plates alongside the asparagus & green beans.

4. Make the Glaze

Return the now-empty skillet to the stove over high heat and add the **Pomegranate Glaze** and bring to a boil. Cook for 5 minutes, stirring occasionally to keep from burning, until it thickens enough to coat the back of a spoon. Turn off the heat and let the glaze sit in the pan for a minute. Add 2 Tbsp of the **Basil Oil** and stir continuously for another minute.

5. Put It All Together

Drizzle the glaze to completely cover the chicken and serve with the Cheesy Sour Cream Smashed Potatoes and asparagus and green beans on the side. Enjoy!

Instructions for two servings.

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

Wasabi Salmon

With crispy, panko-crusted salmon, a Japanese-style wasabi cream that's packed with flavor and sautéed asparagus, this recipe has it all. Best yet, dinner is on the table in less than half an hour.

25 *Minutes to the Table*

15 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet
Baking Sheet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Wasabi Cream
Panko Breading
Salmon
Asparagus
Tamari & Chive Dressing

Good To Know

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

The wasabi cream is not overly spicy so even if you don't normally eat wasabi, you might be pleasantly surprised by how mild ours is.

Health snapshot per serving – 600 Calories, 30g Fat, 265mg Sodium, 6g Fiber, 37g Carbs, 46g Protein and 16 Smart Points

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

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



INGREDIENTS: Salmon, Asparagus, Breadcrumbs, Mayonnaise, Wasabi, Ginger, Tamari, Sesame Seeds, Sesame Oil, Chive, Garlic, Black Pepper, Onion

meez meals

1. Getting Organized

Preheat oven to 400.

2. Prepare and Cook the Salmon

Spread the **Panko Breading** evenly on a large plate.

Coat the top side of the **Salmon** with a thick layer of **Wasabi Cream** (which is in a plastic container) at least 1/4" thick. Put each piece of salmon onto the breading, cream side down. Press down to make sure the breading adheres then repeat on the other, non-wasabi side. Place onto a baking sheet, cream-and-panko side up.

Bake the salmon until the panko breading is golden brown, approximately 12 to 14 minutes.

3. Cook the Asparagus

While the salmon is baking, heat 1 Tbsp olive oil in a large skillet over medium-high heat. Add **Asparagus**, salt and pepper, and sauté until the asparagus just starts to sear, about 4 to 5 minutes.

4. Putting It All Together

Serve the salmon on top of the asparagus and drizzle the **Tamari & Chive Dressing** (thinner white sauce with visible green chives in a sealed bag) over the entire dish. Enjoy!

It is important that you create a nice thick layer of wasabi cream on the top of the salmon to get the full flavor of the dish.

The asparagus will continue to cook after you remove it from the heat so be sure not to overcook it.

Love this recipe? #meezmagic

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

Classic Shawarma

Possibly our fastest Meez Meal yet. One pot, ten minutes to the table, low in calories and high in flavor, this dinner is a crowd pleaser. Our special simmer sauce gives the gyros style sliced beef and lamb shawarma an authentic flavor. Served in a warm pita with a zesty Mediterranean dressing and fresh veggies.

10 Minutes to the Table

10 Minutes Hands On

1 Whisks Super Easy

Getting Organized

EQUIPMENT

Large Skillet

FROM YOUR PANTRY

Olive Oil

Salt & Pepper

5 MEEZ CONTAINERS

Pita

Simmer Sauce

Beef & Lamb Shawarma

Mediterranean Dressing

Veggies

Make the Meal Your Own

If you ordered the **Carb Conscious version**, we sent you an arcadian lettuce blend instead of the pita, reducing the **carbs per serving to 12g**. Toss the lettuce with the other ingredients for a shawarma salad.

Good to Know

Health snapshot per serving 380 Calories, 14g Protein, 18g Fat, 44g Carbs, 11 Freestyle Points.

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

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



INGREDIENTS: Beef & Lamb Shawarma, Pita, Bell Pepper, Radish, Yellow Squash, Zucchini, Red Onion, Great Northern Beans, Tahina, Olive Oil, Parsley, White Wine Vinegar, Shawarma Spices, Lemon, Kosher Salt, White Pepper.

meez meals

1. Warm the Pita

Heat a large skillet over medium heat. Cook the Pita until warm, about 30 seconds per side. Cut each pita in half and wrap in aluminum foil or cover with a towel.

2. Heat the Shawarma

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

Combine the simmer sauce and **Beef & Lamb Shawarma** in a large skillet over medium-high heat. Cook, stirring occasionally, until the edges are slightly crispy, and meat is warm, about 2 to 3 minutes. Remove from heat and set aside.

The Beef and Lamb is already fully cooked, so you are just adding flavor and warming it in this step.

3. Put It All Together

Fill each pita half with beef & lamb shawarma, a layer of **Mediterranean Dressing**, **Veggies** and an additional drizzle of dressing on top. Enjoy!

Instructions for two servings.

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

Smoky Creole Bean Jambalaya & Cornbread

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

40 Minutes to the Table

15 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Large Saucepan w/Lid
Baking Sheet

FROM YOUR PANTRY

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

6 MEEZ CONTAINERS

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

Add Protein Cooking Instructions

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

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

Good To Know

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

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

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



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

meez meals

1. Get Ready

Preheat the oven to 425.

2. Make the Jambalaya

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

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

3. Toast the Cornbread

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

4. Serve and Enjoy!

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

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

Vegetarian Cobb Salad

You asked for it! We've created a vegetarian Cobb Salad that is flat out delicious. We've created a "bacon" crumble with cauliflower bits and an adobo, maple blend that's even better than the real thing. It is tossed with romaine, spinach, hardboiled egg, blue cheese and our signature lemon chive dressing.

25 Minutes to the Table

25 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Skillet
Saucepan
Large Mixing Bowl

FROM YOUR PANTRY

Olive Oil
Salt & Pepper
Eggs (2 per serving)

6 MEEZ CONTAINERS

Cauliflower "Bacon"
Crumbles
Romaine
Spinach
Red Pepper
Lemon Chive Dressing
Blue Cheese

Good to Know

Integrate into recipe: Prior to step 2, cook the protein (per instructions below) and then slice into strips (*flake the salmon, leave shrimp whole*) and serve on top of the salad in step 3.

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

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

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

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

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

Good to Know

Health Snapshot per serving

475 Calories, 30g Fat, 24g Carbs, 27g Protein, 9 Freestyle Point

INGREDIENTS: Romaine, Spinach, Cauliflower, Red Bell Pepper, Blue Cheese, Mayonnaise, Chive, Tamari, Lemon, Chipotles in Adobo, Maple Syrup, Vinegar, Brown Sugar, Liquid Smoke, Black Pepper, Paprika.

meez meals

1. Hard-boil the Eggs

Place 4 eggs in a saucepan and cover with cold water by one inch. Cover and bring to a boil over high heat. When the water is boiling, remove from the heat, cover and let the eggs sit in the hot water for 15 minutes.

2. Make the Cauliflower “Bacon” Crumbles

While the eggs are sitting, heat 1½ Tbsp olive oil in a skillet over medium-high heat. When the oil is hot, add the **Cauliflower “Bacon” Crumbles** to the pan and sauté until they start to crisp and all the sauce is evaporated, about 3 minutes. Remove from the heat and set aside to cool.

3. Build the Salad

When finished, run the hardboiled eggs under very cold water, peel and cut into small ¼" to ½" cubes. Lay the **Romaine** on a cutting board and slice into 1" pieces.

Combine the **Romaine**, **Spinach**, **Red Pepper**, cauliflower “bacon” crumbles, chopped egg and **Lemon Chive Dressing** in a large mixing bowl and toss.

Top with **Blue Cheese** and enjoy!

Instructions for two servings.

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