

Spicy Szechuan
Green Bean and Tofu

15 Min
to Table

15 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Heat 1 Tbsp of olive
oil in a large skillet.

From Your Pantry

You'll need olive oil,
salt and pepper.

Creamy Shrimp Bisque

35 Min
to Table

35 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Put a saucepan of
water onto boil.

From Your Pantry

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

Quick Tips



meez meals

Chicken Scallopini
with Hazelnut Whipped Butter

30 Min
to Table

30 Min
Hands
On

2 Whisks
Easy
On

Getting Started

Put a saucepan of
water on to boil.

From Your Pantry

You'll need olive oil,
salt and pepper

Pomegranate-Glazed Chicken
with Cheesy Smashed Potatoes

30 Min
to Table

30 Min
Hands
On

1 Whisk
Easy
On

Getting Started

Preheat your oven to
425.

From Your Pantry

You'll need olive oil,
salt and pepper

Chile Relleno Verde

35 Min
to Table

25 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Preheat your oven to
425.

Meal Tip

You'll need olive oil,
salt and pepper

Chipotle Chicken Tostada with Cheesy Refried Beans

30 Min to Table	30 Min Hands On	1 Whisk Super Easy
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Getting Started Heat a large dry skillet to cook the tortillas.

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

Steak Au Poivre

35 Min to Table	35 Min Hands On	2 Whisks Easy
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Getting Started Preheat your oven to 425.

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

Shawarma-Spiced Cauliflower Tacos

15 Min to Table	15 Min Hands On	1 Whisk Super Easy
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Getting Started Warm the tortillas.

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

Toasted Gnocchi with Mint-Basil Pesto

35 Min to Table	10 Min Hands On	1 Whisk Super Easy
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Getting Started Preheat oven to 400.

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

Vietnamese Pulled Pork Bao Buns

15 Min to Table	15 Min Hands On	1 Whisk Super Easy
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Getting Started Heat olive oil in a large skillet.

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

Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmnded daily)	
Chipotle Chicken Tostada with Cheesy Refried Beans	640	62	19	53 CC 39	12	920	6	10	13% Vitamin A	38% Vitamin B12
Pomegranate-Glazed Chicken with Cheesy Smashed Potatoes (Green Beans) (use 1/2 the potatoes, cheese and sour cream)	775	74	22	63 CC 32	3	752		18	73% Vitamin C	34% Calcium
Chicken Scallopini with Hazelnut Whipped Butter (half the noodles and half the butter)	605		15					12		
Chicken Scallopini with Hazelnut Whipped Butter (half the noodles and half the butter)	795	71	36	49 CC 14	5	1131	4	19	229% Vitamin A	57% Vitamin C
Spicy Szechuan Green Beans and Tofu	295	24	10	32	12	460	6	2	62% Vitamin C	66% Calcium
Shawarma-Spiced Cauliflower Tacos										
Salmon with Dill Butter & Crispy Leeks	610	39	37	32 CC 17	5	210	x	13	185% Vitamin A	98% Vitamin C
Vietnamese Pulled Pork Bao Buns (Use 3/4 of the sauce, and only 2 bao buns)	830	45	13	129	8	2470	40	25	181% Calcium	32% Vitamin A
	590		32					18		

Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmnded daily)	
Chile Relleno Verde	640	34	15	98	21	1250	14	11	50% Iron	180% Vitamin C
Steak Au Poivre (1/2 sauce, roast the potatoes)	840	40	51	57 CC 28	8	569	12	31	83% Vitamin A	74% Vitamin B-12
Toasted Gnocchi with Mint-Basil Pesto (1/2 the pesto, almonds and cranberries)	660	28	16	99	10	780	16	20	253% Vitamin A	83% Vitamin C
Creamy Shrimp Bisque (use 1/2 the bread)	890	43	42	86	7	960	15	28	68% Vitamin C	44% Iron
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 rcmnded daily)
Honduran Chocolate Brownies (Gluten-Free)	340	4	18	42	3	140	31	16	4% Vitamin C 15% Iron
Tiramisu for Two	290	5	15	35	1	40	29		6% Calcium 2% Iron
THE Carrot Cake	540	6	34	49	2	440	36	13	6% Vitamin C 6% Calcium
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.

Chipotle Chicken Tostada with Cheesy Refried Beans

This dinner hits all the high points for a delicious Mexican-themed dinner. Tender shredded chicken, flavorful refried beans, plenty of cheese and a Chipotle Adobo Aioli that adds a rich, creamy note that we love. Simple and delicious, this dinner is a family favorite.

Getting Organized

EQUIPMENT

2 Large Skillets and 1 Lid (or Baking Sheet)

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Corn Tortillas
Spiced Beans
Mexican Cheese
Chicken Breast
Chipotle Adobo Aioli
Tomatoes, Onions & Cilantro

Make The Meal Your Own

If you ordered the **Carb Conscious version**, we sent you romaine lettuce instead of tortillas, reducing the **carbs per serving to 39g**. Skip step 1 and fill the lettuce leaves instead of the tortillas.

Tostadas are simply crisped corn tortillas. If you **prefer yours as a soft taco**, that works great, too. Just skip the crisping and heat each dry tortilla for 30 seconds on each side.

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

Good To Know

Health snapshot per serving – 640 Calories, 62g Protein
19g Fat, 53g Carbs, and 10 Freestyle Points.

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

30 Minutes to the Table

30 Minutes Hands On

1 Whisk *Super Easy*

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



INGREDIENTS: Chicken Breast, Black Beans, Corn Tortillas, Tomatoes Onions, Chihuahua Cheese, Monterey Jack Cheese, Queso Fresco Cheese, Cilantro, Chipotles in Adobo, Mayonnaise, Buttermilk, Crushed Red Pepper, Garlic, Coriander, Cumin, Lime.

meeZ
meals

1. Cook the Tortillas

Heat a large, dry skillet over medium-high heat. Spray or brush the **Corn Tortillas** with olive oil on both sides, then put onto the skillet. Cook two (or more if they can lay flat in the skillet) at a time until crisp on one side, about 3 to 4 minutes, then flip and cook until fully crisped, about 3 to 4 additional minutes. Repeat for the other tortillas.

2. Cook the Spiced Beans

Heat 2 Tbsp olive oil in a second large skillet (one that can be covered) over medium high heat. When the oil is hot, add the **Spiced Beans** and 1/2 cup of water. Cook, mashing the beans as they soften with a slotted spoon or fork, until the beans resemble refried beans and the mixture thickens, about 8 to 10 minutes. Turn off heat and stir in half of the **Mexican Cheese**, cover and set aside until step 4.

If you don't have a skillet with a cover you can use a baking sheet.

3. Cook the Chicken

Heat 1 ½ Tbsp olive oil the now-empty tortilla 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. Turn off the heat but leave the skillet on the stove.

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). Return the chicken to the still warm skillet and combine with the **Chipotle Adobo Aioli**, mixing until the chicken is completely coated and sauce is warm.

You just want to warm up the sauce but not cook it.

4. Put It All Together

Spread the cheesy refried beans on the crisp tortillas and top with the chipotle adobo chicken, pressing down slightly to keep it in place. Add the **Tomatoes, Onions & Cilantro** and sprinkle the remaining cheese on top. 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 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.

Getting Organized

EQUIPMENT

Baking Sheet
Large Skillet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Red Potatoes
Cheesy Sour Cream
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 – 770 Calories, 57g Protein, 33g Fat, 59g Carbs, and 21 Freestyle Points.

Lightened-Up Health snapshot per serving – 600 Calories, 22g Fat, 46g 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, Green Beans, Red Potatoes, Gouda, White Cheddar, Sour Cream, Chive, Pomegranate, Lime, White Wine, Dijon Mustard, Vegetable Oil, Basil, Black Pepper, Brown Sugar.

meeZ
meals

30 Minutes to the Table

30 Minutes Hands On

1 Whisk *Super Easy*

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 $\frac{1}{2}$ " to $\frac{3}{4}$ " tall. Top with the **Cheesy Sour Cream**, then let sit until step 5.

2. Cook the Green Beans

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 **Green Beans** and sprinkle lightly with salt and pepper. Cook, stirring occasionally, until they start 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 $1\frac{1}{2}$ 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 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 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 green beans on the side. Enjoy!

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

Instructions for two servings.

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

Chicken Scaloppini with Hazelnut Whipped Butter

Arguably one of our favorite Italian recipes. With thin chicken breast coated with a hazelnut and breadcrumb crust, egg noodles, sautéed spinach, crispy capers and hazelnut whipped butter, it's comfort food taken up a notch.

30 Minutes to the Table

30 Minutes Hands On

2 Whisks *Easy*

Getting Organized

EQUIPMENT

Large Skillet
Saucepans
Meat tenderizer (or small pot)

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Chicken Breast
Hazelnut Crust
Egg Noodles
Hazelnut Whipped Butter
Spinach
Capers

Make The Meal Your Own

If you're cooking the **carb conscious version**, we sent you zucchini "noodles" instead of egg noodles, reducing the **carbs per serving to 14g**. Skip step 1, then before step 5, heat 1½ Tbsp oil in the skillet on medium high heat. Cook the zucchini until it starts to brown, about 2-3 minutes. Remove from the pan and set aside and then continue with adding the spinach and the rest of the recipe instructions as written.

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

Good To Know

Health snapshot per serving – 795 Calories, 36g Fat, 71g Protein, 49g Carbs, 19 Freestyle Points

Lightened-Up Health snapshot per serving – 565 Calories, 20g Fat, 29g Carbs, 11 Freestyle Points with half the egg noodles and half the Hazelnut Whipped Butter

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: Chicken Breast, Egg Noodle, Spinach, Hazelnuts, Capers, Butter, Hazelnut Oil, Panko Breadcrumbs, Pecorino Romano, Black Pepper, Oregano, Basil, Onion, Paprika.

meez
meals

1. Getting Organized

Put a saucepan of water on to boil.

2. Prep the Chicken

Very loosely wrap each **Chicken Breast** in saran 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 about $\frac{1}{4}$ " thick and has doubled in size. Generously season with salt and pepper (we use $\frac{1}{4}$ tsp salt and $\frac{1}{4}$ tsp pepper, so use about half per side, or more if you like).

Spread the **Hazelnut Crust** evenly on a large plate and put each piece of chicken onto the breading. Press down to make sure the breading adheres then repeat on the other side.

3. Cook the Pasta

As soon as the water is boiling, add the **Egg Noodles** with a generous sprinkle of salt. Cook until the noodles are al dente, 5 to 6 minutes. Drain very thoroughly and return to the now empty saucepan with the heat off. Add half the **Hazelnut Whipped Butter** and stir until the butter is melted and has coated the noodles. Set aside until step 6.

4. Cook the Chicken

While the pasta is cooking, heat $1\frac{1}{2}$ Tbsp olive oil in a large skillet over medium-high heat. When the oil is hot, add the chicken to the pan and cook, without moving, until the sides brown, about two minutes. Flip and continue cooking until other side is brown as well, about two more minutes. Transfer the chicken to a cutting board and top with the remaining Hazelnut Whipped Butter. Set aside to rest for 5 minutes.

5. Cook the Spinach and Capers

While the chicken is resting, wipe out the now-empty skillet and heat 1 Tbsp olive oil over medium high heat. Sauté the **Spinach** until it starts to wilt but is still green, about 2 to 3 minutes. Transfer the cooked spinach to the saucepan with the drained egg noodles and mix well. Do not wipe out the skillet.

Drain the **Capers** of any excess liquid and add to the now-empty skillet. Cook over medium-high heat, undisturbed, until they start to get brown and crispy, about 3 to 4 minutes.

6. Put It All Together

Spread the capers evenly over the noodles and spinach and top with the chicken. Enjoy!

*Don't worry
about the
amount of water.
Just ensure you
have enough to
cook the pasta*

*Don't be afraid
to get your
aggression out
on the chicken!*

Instructions for two servings.

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

Spicy Szechuan Green Beans and Tofu

A super fresh, super delicious stir fry that's on the table in just fifteen minutes. With seared tofu, charred green beans, zucchini, cabbage and mushrooms tossed in our Szechuan sauce, it's a magical dinner we just can't get enough of.

15 Minutes to the Table

15 Minutes Hands On

1 Whisks *Super Easy*

Getting Organized

EQUIPMENT

Lage Skillet

FROM YOUR

PANTRY

Olive Oil

Salt & Pepper

6 MEEZ

CONTAINERS

Tofu

Mushrooms

Zucchini &

Cabbage

Szechuan

Sauce

Green Beans

Green Onions

Add Protein Cooking Instructions

Integrate into recipe: cook the protein (per instructions below) and then slice into strips (flake the salmon, leave shrimp whole). Stir into the sauce and veggies at the end of Step 2.

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 – 295 Calories, 28g Protein, 32g Carbs, 10g Fat, 2 Freestyle Points.

SCAN QR CODE



to view



YouTube

cooking video

INGREDIENTS: Green Beans, Mushrooms, Tofu, Zucchini, Cabbage, Green Onions, Tamari, Rice Wine Vinegar, Tomato, Garlic, Ginger, Sambal, Crushed Red Pepper, Sesame Oil, Brown Sugar.

meez *meals*

1. Sear the Tofu

Heat 1 Tbsp olive oil in a large skillet over high heat. When the oil is hot, add the **Tofu** in a single layer and cook, undisturbed until crisp and golden brown, about 2 minutes. Flip and sear the other side until also crisp and golden brown, about 1 more minute. Remove the tofu from the pan and set aside. Do not wipe out the pan.

2. Cook the Veggies

Add the **Mushrooms** to the now-empty skillet over high heat and sauté until tender and all the liquid evaporates, about 3 minutes.

Add the **Zucchini & Cabbage** and stir continuously until they become slightly tender, about 1 minute.

Push the veggies to the outer edge of the skillet, making a well in the center and pour in the **Szechuan Sauce**. As soon as it starts to boil, add in the cooked tofu and mix until everything is coated in sauce. Transfer to the serving plates.

3. Char the Green Beans

Wipe out the now-empty skillet and return to the stove with 1 Tbsp olive oil over high heat. When the oil is very hot, add the Green Beans and stir to coat in the oil. Sprinkle with salt and pepper and arrange in a single layer in the pan. Cook, undisturbed until they start to blister, about 2 minutes. Stir the green beans and cook until they start to soften slightly, another 2 minutes.

When you see the oil steaming it is hot enough to char the green beans.

4. Put It All Together

Serve the charred green beans over the veggies and tofu and sprinkle with the **Green Onions**. Enjoy!

Instructions for two servings.

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

Shawarma-Spiced Cauliflower Tacos

Spiced, roasted cauliflower meets creamy red pepper sauce in these vibrant Middle Eastern-inspired tacos. Topped with a fresh mix of cucumbers, tomatoes, olives, and chickpeas, they're crunchy, tangy, and packed with bold shawarma flavor—all wrapped in warm tortillas for the perfect one-pan, super speedy dinner.

Getting Organized

EQUIPMENT

Large Skillet

FROM YOUR PANTRY

Olive Oil

Salt & Pepper

5 MEEZ

CONTAINERS

Tortillas

Cauliflower

Simmer Sauce

Red Pepper

Sauce

Veggies

Good to Know

If you ordered the **Carb Conscious version**, we sent you Romaine Lettuce instead of Tortillas, reducing the **carbs per serving to 35g**. Skip Step 1. Cut the romaine lettuce into 1" cubes and create the base of a salad. Top with veggies, cooked cauliflower, and finally the red pepper sauce.

Health snapshot per serving – 540 Calories, 29g Fat, 60g Carbs, 14g Protein, and 18 Freestyle Points.

Add Protein Instructions

Integrate into recipe: Prior to step 2, cook the protein according to the instructions below (slice the chicken and steak, flake the salmon, and leave the shrimp whole) and layer into the tacos after the red pepper sauce.

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.

15 Minutes to the Table

15 Minutes Hands On

1 Whisk *Super Easy*

INGREDIENTS: Cauliflower, Tortillas, Tomato, Cucumber, Roasted Red Pepper, Garbanzo Beans, Kalamata Olives, Mayonnaise, Lemon, Apple Cider Vinegar, Yogurt, Tahini, Cilantro, Vegetable Oil, White Wine Vinegar, Parsley, Garlic, Kosher Salt, White Pepper, Coriander, Sumac, Cumin, Turmeric, Cardamom, Black Pepper, Clove, Allspice.



1. Warm the Tortillas

Heat a large skillet over medium-high heat. Warm the **Tortillas** for about 30 seconds per side. Remove from the skillet and set aside.

2. Cook the Cauliflower

Heat 1 Tbsp olive oil in the now-empty skillet over medium-high heat. When the oil is hot, add the **Cauliflower** and cook, stirring occasionally, until brown and fork tender, about 10 minutes. Add the thinner yellow **Simmer Sauce** to the skillet and stir until it has completely coated the cauliflower. Cook for an additional 2 minutes. Remove from the heat.

3. Put It All Together

Spread the **Red Pepper Sauce** on the bottom of each tortilla and top with the cooked cauliflower. Spread the **Veggies** evenly on top of the cauliflower in each taco. 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.

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



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

meeZ
meals

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 $\frac{1}{4}$ tsp salt and $\frac{1}{4}$ 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

Vietnamese Pulled Pork Bao Buns

Super simple, super delicious. We're filling warm bao buns with Vietnamese-seasoned pulled pork. Topped with pickled veggies, it's a fresh, flavorful dinner that's on the table in less than fifteen minutes.

15 Minutes to the Table

15 Minutes Hands On

1 Whisk *Easy*

Getting Organized

EQUIPMENT

1 Large Skillet

FROM YOUR PANTRY

Olive Oil

Salt & Pepper

5 MEEZ CONTAINERS

Bao Buns

Pulled Pork

Vietnamese Hoisin

Sauce

Pickled Veggies

Carrots & Green Onions

Good to Know

Health snapshot per serving – 830 Calories, 45g Protein, 13g Fat, 129g Carbs, 25 Freestyle Points

Lightened-up Health snapshot per serving – 640 Calories, 10g Fat, 95g Carbs, 19 Freestyle Points by using two buns per serving and $\frac{3}{4}$ 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: Bao Bun, Pulled Pork, Rice Wine Vinegar, Hoisin Sauce, Red Onion, Radish, Carrot, Green Onion, Sugar, Jalapeño, Garlic, Lime, Ginger, Sambal, Cilantro, Fish Sauce, Salt

meez
meals

1. Heat the Bao Buns

Heat 1 Tbsp olive oil in a large skillet over medium heat. Add the **Bao Buns** and cook until the bottom turns golden brown, about 3 minutes. Flip and cook until the other side is golden brown, an additional 3 minutes. Transfer the bao buns directly to serving plates.

The pulled pork is fully cooked, so this step is to heat it and marinate with flavor.

2. Heat the Pulled Pork

Add the **Pulled Pork** and the **Vietnamese Hoisin Sauce** to the now empty skillet over medium heat. Cook until the pork is hot and the sauce starts to thicken, about 2 to 3 minutes.

3. Put It All Together

Carefully open each bao bun (form a "taco" and maintain the hinge at the bottom) and fill with the pork, a generous helping of the **Pickled Veggies** and the **Carrots & Green Onions**. Enjoy!

Instructions for two servings.

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

Chile Relleno Verde

We love Chile Rellenos, but the classic version is battered and fried - too much for a busy weeknight dinner. We've discovered a streamlined casserole that eliminates that messy step. With rice, black beans, and a flavorful verde sauce, it's comfort food simple enough for the busiest of nights.

Getting Organized

EQUIPMENT

Casserole Dish
Saucepans

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Poblano Peppers
Rice
Spiced Corn & Beans
Chihuahua & Mozzarella
Verde Sauce

Add Protein Cooking Instructions

Integrate into recipe: While the rice is cooking in step 3, cook the protein (per instructions below) and then shred (flake the salmon, leave shrimp whole) and stir into the rice and bean mix before adding to the casserole in step 5.

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 – 640 Calories, 15g Fat, 34g Protein, 98g Carbs, 11 Smart Points

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

35 Minutes to the Table

25 Minutes Hands On

1 Whisk *Super Easy*

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cooking video



INGREDIENTS: Poblano Peppers, Black Beans, White Rice, Green Enchilada Sauce, Corn, Yellow Onion, Chihuahua Cheese, Mozzarella, Carrot, Orange Juice, Sour Cream, Tomato, Garlic, Vegetable Stock, Ancho Chili, Sugar, Lime Juice, Cilantro, Paprika, Coriander, Oregano, Cumin, Kosher Salt, Black Pepper

meez meals

1. Get Started

Preheat the oven to 425. Bring a saucepan of water to a boil.

2. Roast the Poblano Peppers

Spray or lightly brush the **Poblano Peppers** with olive oil and arrange them, skin-side-up in a single layer in a casserole dish. Roast until the peppers soften and the skin starts to blister, about 15 minutes. Remove the dish from the oven, flip the peppers and rearrange into a single layer. Set aside until step 5.

*We recommend
8" x 8" or similar
sized casserole
dish.*

3. Cook the Rice

As soon as the poblanos are roasting, add the **Rice** to the boiling water and cook until soft, about 15 minutes. Drain and set aside in a colander.

4. Make the Rice, Corn and Beans

Add 1 Tbsp olive oil to the now-empty saucepan over medium-high heat. When the oil is hot, add the **Spiced Corn & Beans** and 3 Tbsp water. Cook, stirring frequently, until the onions and carrots soften, about 3 to 5 minutes. Turn off the heat and add back the cooked rice. Stir well, cover, and set aside.

5. Bake the Casserole and Serve

Top the poblano peppers with an even layer of the rice mix, then sprinkle with the **Chihuahua & Mozzarella**. Bake until the cheese is melted and starting to brown, about 8 to 10 minutes. Remove and from the oven let cool for 5 minutes.

Drizzle with the **Verde Sauce** and enjoy!

Instructions for two servings.

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

Steak Au Poivre

One of France's most classic steak dishes. We're cooking our Steak Au Poivre with a magical butter sauce spiked with pepper, wine and cream that makes this dinner of seared steak, roasted broccoli and mashed potatoes sing. It's a restaurant worthy dinner you can whip up in just over a half-hour. Viva la France!

35 Minutes to the Table

35 Minutes Hands On

2 Whisks Easy

Getting Organized

EQUIPMENT

Baking Sheet(s)
Large Skillet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper
½ Tbsp Flour per serving
¾ Tbsp Butter per serving

6 MEEZ CONTAINERS

Red Skin Potatoes
Steak
Broccoli
Onions & Garlic
Au Poivre Sauce
Parsley

Good To Know

If you ordered the **Carb Conscious version**, we sent you cauliflower instead of potatoes to make "mashed cauliflower." This reduces the **carbs per serving** to **28g**. Replace Step 2: set a large pot of water to boil over high heat. Once the water is boiling add the cauliflower and cook until soft, about 10 minutes. Drain and use the cooked cauliflower in place of the potatoes in Step 6.

Health snapshot per serving – 840 Calories, 40g Protein, 51g Fat, 57g Carbs, 31 Smart Points

Lighten Up snapshot per serving – 640 Calories, 31g Fat, and 21 Smart Points by using half of the Au Poivre sauce and eliminating the mashing of the potatoes (simply roast them per the instructions and then drizzle a small amount of the Au Poivre sauce on top).

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

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INGREDIENTS: Steak, Red Skin Potato, Broccoli, Red Onion, Garlic, Parsley, Wine, Cream, Chicken Broth, Dijon Mustard, Brown Sugar, Black Pepper,

meez
meals

1. Get Organized

Preheat oven to 425.

2. Prepare the Potatoes

Cut **Red Skin Potatoes** in half and place on baking sheet with the skin side up. Drizzle with olive oil and cook for 10 minutes (will move on to Step 4 and cook for another 10-12 minutes or 20-22 minutes total).

3. Cook the Steak

While the potatoes are cooking, heat 1 Tbsp of oil in a skillet over high heat. While the skillet is heating, pat the **Steak** dry with a towel and season generously with salt and pepper (we recommend $\frac{1}{2}$ tsp of each). When the skillet is very 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 prefer your steak **medium-rare**. (Cook for 4 minutes for **medium**, and 5 to 6 for **well done**). Set aside to rest for 5 min.

4. Cook the Broccoli

Take the baking sheet out of the oven and place the **Broccoli** next to the potatoes. Drizzle broccoli with olive oil and salt and pepper and cook for 10 to 12 minutes until potatoes are soft and broccoli is just beginning to brown.

5. Make the Au Poivre Sauce

While broccoli is cooking, wipe clean the skillet used for steak and heat 1 Tbsp of oil over medium-high heat. Add the **Onions & Garlic** and cook until the onions are translucent, about 4 to 6 minutes. Add $1\frac{1}{2}$ Tbsp butter and when the butter is melted add 1 Tbsp flour and cook until the flour is beginning to brown, about 2 minutes. Add the **Au Poivre Sauce** and stir, scrapping the browned bits of flour off the bottom of the pan. Cook until sauce is consistency of gravy and has turned a golden brown, about 2 to 3 minutes. Remove from heat.

6. Create the Mashed Potatoes and Serve

Place the cooked potatoes in a mixing bowl, add salt and pepper, and $\frac{1}{3}$ cup of the finished Au Poivre Sauce. With a fork, break-up and stir the potatoes until they are the consistency of mashed potatoes (some chunks are perfectly OK), mixing in the Au Poivre sauce thoroughly.

Plate the broccoli, steak & mashed potatoes. Drizzle steak and broccoli with Au Poivre sauce and top all with parsley. Enjoy!

Instructions for two servings.

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

*Red Potatoes
don't do well
when they are
cut in advance,
so we're
sending them
to you whole.*

*The Au Poivre
sauce should
be bubbling as
it thickens
during this
step.*

*Include the
onions in your
mashed
potatoes. They
add great
flavor!*

Toasted Gnocchi with Mint-Basil Pesto

There's something magical about gnocchi when it's toasted. It gets crispy on the outside, tender on the inside, and totally delicious. We're tossing it with kale and a mint-basil pesto, then topping it with almonds and cranberries. It is an unexpected flavor combination you will just love.

Getting Organized

EQUIPMENT

Rimmed Baking Sheet
Mixing Bowl

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Gnocchi
Kale
Mint-Basil Pesto
Almonds &
Cranberries
Lemon

Add Protein Cooking Instructions

Integrate into recipe: While the gnocchi is toasting in step 3, cook the protein (per instructions below) and serve alongside the gnocchi in step 4.

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

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

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

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

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

Make The Meal Your Own

If you're making the **gluten-free version**, we've given you gluten-free gnocchi.

Health snapshot per serving – 660 Calories, 28g Protein, 16g Fat, 99g Carb, 20 Freestyle Points.

Lightened-Up Health snapshot per serving – 530 Calories, 9g Fat, 88g Carb, 15 Freestyle Points with half the pesto and half the almonds and cranberry.

35 Minutes to the Table

10 Minutes Hands On

1 Whisk *Super Easy*

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



INGREDIENTS: Gnocchi, Kale, Ricotta, Parmesan, Almonds, Cranberries, Garlic, Basil, Olive Oil, Lemon, Mint

meez
meals

1. Getting Organized

Preheat your oven to 400 degrees.

2. Toast the Gnocchi

Arrange the **Gnocchi** on a rimmed baking sheet and toss with olive oil, salt and pepper. Bake the gnocchi until slightly crunchy on the outside, about 16 to 18 minutes, stirring once after 10 minutes of cooking. Remove from the oven and set aside till step 4.

3. Roast the Kale

While the gnocchi is cooking, on a second rimmed baking sheet, arrange the **Kale** in a single layer and drizzle with olive oil, salt and pepper. Place in the oven and cook until the edges start to crisp, about 13 to 15 minutes. Remove the kale from the oven and while still on the baking sheet combine with half the **Mint-Basil Pesto**.

4. Put It All Together

Transfer the gnocchi and kale to serving bowls, toss and add remaining Mint-Basil Pesto to taste. Top with the **Almonds & Cranberries** and a generous squeeze of **Lemon**. Enjoy!

Love this recipe? #meezmagic

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

Instructions for two servings.

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

Creamy Shrimp Bisque

Our spin on a lobster bisque. We cook ours with orzo and jasmine rice for added texture and serve topped with a ratatouille of French vegetables. With grilled French bread on the side, it's upscale comfort food that we love.

45 Minutes to the Table

45 Minutes Hands On

2 Whisks *Easy*

Getting Organized

EQUIPMENT

Medium Saucepan
Large Saucepan with
Cover
Large Skillet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper
Butter (1½ Tbsp)
Flour (1 ½ Tbsp)

6 MEEZ CONTAINERS

Orzo & Jasmine Rice
Mirepoix
Bisque Starter
Shrimp
French Bread
Ratatouille

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- 890 Calories, 43g Protein, 42g Fat, 86g Carbs, 28 Freestyle points

Lightened-up health snapshot per serving- 630 Calories, 40g Fat, 39g Carbs, by skipping the bread.

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, Tomatoes, Yellow Onion, Celery, Zucchini, Tomato, Yellow Pepper, Carrot, Red Onion, Orzo, Jasmine Rice, Roll, Cream, Garlic, Vegetable Stock, Basil, Old Bay, Thyme

meez
meals

1. Cook the Orzo & Jasmine Rice

Set a medium saucepan of water to boil. Add the **Orzo & Jasmine Rice** to the boiling water and cook until tender, about 15 minutes. Drain well and set aside.

Use enough water to submerge the orzo and rice by one inch.

2. Create the Bisque

While the orzo & rice are cooking, heat 1 Tbsp olive oil in a large saucepan over medium high heat. When the oil is hot, add the **Mirepoix** (look for carrots, onions, and celery) and cook until the veggies start to brown, about 5 to 7 minutes. Add 1½ Tbsp of butter and once melted add in 1½ Tbsp of flour and stir well. Cook until the flour starts to brown, about 2 to 3 minutes.

Add the **Bisque Starter** (the bag with liquid) and 2 cups of water. Stir the mixture, making sure to scrape the tasty bits off the bottom. Bring to a boil, then reduce the heat to medium low, cover and simmer for 20 minutes. Remove the cover and simmer for an additional 10 minutes until the soup thickens. Remove from the heat and stir in the cooked orzo & rice. Let rest for 5 minutes.

3. Cook The Shrimp

Once the bisque is simmering, dry and lightly salt & pepper the **Shrimp**. Heat 1 Tbsp olive oil in a large skillet over medium-high heat. Cook for a minute on each side until they are opaque and no longer grey in color. Remove from the heat and transfer to a cutting board. Cut each shrimp piece into thirds and transfer directly to serving bowls. Do not wipe out the skillet.

4. Grill the Bread

Cut the **French Bread** in half lengthwise and drizzle with olive oil, salt and pepper. Heat the now-empty skillet over medium high heat. Add the sliced French bread halves, cut-side-down and cook until they turn golden brown, about 1 to 2 minutes. Set the grilled bread aside. Wipe out the skillet.

5. Cook the Ratatouille

Heat 1 Tbsp olive oil in the now-empty skillet over medium high heat. Add the **Ratatouille** (look for tomatoes & yellow peppers) and cook until charred slightly, about 2 to 3 minutes.

6. Put It All Together

Serve the bisque over the shrimp & top with the ratatouille. Enjoy alongside the grilled bread!

Instructions for two servings.

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