

*Sweet Potato Kale and Rice Bowl  
with Peanut Sauce*

<b>40 Min</b> to Table	<b>20 Min</b> Hands On	<b>1 Whisk</b> Easy
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<b>Getting Started</b>	Preheat your oven to 450 & put a saucepan on to boil.
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<b>Omnivore Option</b>	We like this dish as is.
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*Chicken Avgolemono Soup*

<b>35 Min</b> to Table	<b>25 Min</b> Hands On	<b>1 Whisk</b> Super Easy
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<b>From Your Pantry</b>	You'll need olive oil, butter, flour, salt and pepper.
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<b>Getting Started</b>	Heat 1 Tbsp. olive oil in a large saucepan.
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# Quick Tips



*Truffle-Butter  
Steak Frites*

<b>25 Min</b> to Table	<b>35 Min</b> Hands On	<b>2 Whisks</b> Easy
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<b>Getting Started</b>	Preheat your oven to 450.
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<b>From Your Pantry</b>	You'll need olive oil, salt & pepper
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*Marry Meez Chicken*

<b>25 Min</b> to Table	<b>25 Min</b> Hands On	<b>1 Whisk</b> Super Easy
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<b>Getting Started</b>	Bring a saucepan of water to a boil.
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<b>From Your Pantry</b>	You'll need olive oil, salt and pepper.
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*Chile-Lime Salmon  
with Street Corn Elote*

<b>10 Min</b> to Table	<b>25 Min</b> Hands On	<b>1 Whisk</b> Super Easy
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<b>Getting Started</b>	Preheat your oven to 375.
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<b>From Your Pantry</b>	You'll need olive oil, salt and pepper.
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### *Knife & Fork Grilled Cheese*

<b>25 Min</b> to Table	<b>25 Min</b> Hands On	<b>2 Whisk</b> Super Easy
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<b>Getting Started</b>	Preheat your oven to 400.
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<b>From your Pantry</b>	You'll need olive oil, eggs, salt and pepper.
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### *Honey-Ginger Shrimp & Noodles*

<b>15 Min</b> to Table	<b>15 Min</b> Hands On	<b>1 Whisk</b> Super Easy
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<b>From Your Pantry</b>	You'll need olive oil, salt and pepper.
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<b>Getting Started</b>	Bring a saucepan of water to a boil.
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### *Salmon with Dill Butter & Crispy Leeks*

<b>30 Min</b> to Table	<b>30 Min</b> Hands On	<b>2 Whisks</b> Easy
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<b>Getting Started</b>	Preheat oven to 425.
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<b>From Your Pantry</b>	You'll need olive oil, salt and pepper
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### *Chicago Italian Beef*

<b>15 Min</b> to Table	<b>25 Min</b> Hands On	<b>1 Whisk</b> Super Easy
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<b>From Your Pantry</b>	You'll need olive oil, salt and pepper.
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<b>Getting Started</b>	Preheat oven to broil.
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<b>Meal Tip</b>	Add a few hot peppers to the giardiniera for a kick.
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### *Tilapia Milanese*

<b>20 Min</b> to Table	<b>20 Min</b> Hands On	<b>1 Whisk</b> Super Easy
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<b>Getting Started</b>	Preheat your oven to 375.
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<b>From Your Pantry</b>	You'll need some olive oil, butter, salt and pepper.
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### *Black Bean Quesadilla*

<b>20 Min</b> to Table	<b>5 Min</b> Hands On	<b>1 Whisk</b> Super Easy
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<b>Getting Started</b>	Preheat your oven to 400.
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<b>From Your Pantry</b>	You'll need olive oil.
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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 rcmdnd daily)	
Honey-Ginger Shrimp & Noodles	560	31	15	84	6	1620	36	16	35% Vitamin C	15% Vitamin B6
Marry Meez Chicken	870	58	48	56 CC 37	17	620	23	26	50 Vitamin A%	50% Vitamin K
(use 1/3 of the orzo, cheese & cream)	670		32					17		
Sweet Potato, Kale & Rice Bowl with Peanut Sauce	570	28	16	85	11	235	x	16	753% Vitamin A	127% Vitamin C
Chile-Lime Salmon with Street Corn Elote	650	41	35	47	5	1070	15	16	140% Vitamin C	20% Calcium
Truffle-Butter Steak Frites	520	38	27	32 CC 15	6	310	3	15	145% Vitamin C	44% Vitamin A
Knife & Fork Grilled Cheese	685	36	33	63	6	1180		20	19% Vitamin A	56% Calcium
(use 1/2 the bread, place egg on top of cheese)	565		30					16		
Tilapia Milanese	630	55	10	82	7	1280	9	11	45% Vitmin C	35% 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)	
Caramelized Butternut Squash Rotini	590	25	21	80 CC 31	8	520	9	16	40% Calcium	120% Vitamin A
Black Bean Quesadilla	720	26	40	70	12	1224		18	46% Calcium	17% Vitamin C
½ the tortillas and two-thirds of the cheese	525		32					17		
Chicago Italian Beef	570	30	100	60	4	1921		13	15% Vitamin A	85% Vitamin C
Chicken Avgolemono Soup	680	51	27	56 CC 40	5	980	9	15	70% Vitamin A	35% Vitamin C
(1/2 the rice & 1/2 the pita chips)	600		25					12		
Add a Protein All-Natural Chicken Breast	220	41	5	0	0	85	0	3	90% Vitamin B6	4% Iron
Add a Pretein 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
Belgian Chocolate Vegan Brownies	420	6	20	62	4	300			10% Iron	
THE Carrot Cake	540	6	34	49	2	440	36	13	6% Vitamin C	6% Calcium
Peanut Butter Cookies	400	8	22	45	2	330		18	4% Iron	6% Vitamin A
Chocolate Chunk Cookies	180	2	9	22	1	170	10	9	2% Calcium	4% Vitamin A

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

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

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

# Honey-Ginger Shrimp & Noodles

Sweet meets savory in this irresistible noodle bowl. Shrimp are glazed in a ginger honey sauce with hints of tamari and orange, tossed with pea pods and tender noodles, then topped with peanuts for the perfect crunch. It's bright, balanced, and bursting with flavor.

**15** *Minutes to the Table*

**15** *Minutes Hands On*

**1 Whisk** *Super Easy*

## Getting Organized

### EQUIPMENT

Large Skillet  
Medium Saucepan

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### 5 MEEZ CONTAINERS

Peanuts  
Yaki Soba Noodles  
Peapods  
Shrimp  
Honey-Ginger Glaze

## Good to Know

**Health snapshot per serving** – 560 Calories, 15g Fat, 84g Carbs, 31g Protein, and 16 Freestyle Points.

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

INGREDIENTS: Shrimp, Yaki Soba Noodles, Peapods, Honey, Tamari, Peanuts, Orange, Ginger, Sesame Oil, Garlic, White Pepper.



### 1. Get Organized

Bring a medium saucepan of water to a boil. Crush the **Peanuts** in the bag with a mallet or the bottom of a small saucepan.

### 2. Cook the Noodles

Add the **Yaki Soba Noodles** to the boiling water with a pinch of salt and cook until al dente, about 3 to 4 minutes. Drain well and transfer directly to serving plates.

### 3. Cook the Peapods

While the noodles are cooking, heat 1 Tbsp olive oil in a large skillet over medium-high heat. When the oil is hot, add the **Pea Pods** with a sprinkle of salt and pepper. Sauté, stirring occasionally, until charred, about 3 to 4 minutes. Remove from the skillet and transfer to serving plates on top of the noodles. Wipe out the skillet.

### 4. Cook the Shrimp and Glaze

Heat 1 Tbsp olive oil in the now-empty skillet over medium-high heat. Pat dry the **Shrimp** and season with salt and pepper on both sides. When the oil is hot, add the shrimp and cook until opaque, about 1 minute on each side. Remove from the skillet and set aside. Do not wipe out the skillet. Add the **Honey-Ginger Glaze** to the skillet and bring to a boil. Continue cook until the sauce thickens enough to coat the back of a spoon, about 4 to 5 minutes. Turn off the heat, add back the cooked shrimp, and stir until well coated.

### 5. Put It All Together

Serve the glazed shrimp over the pea pods and drizzle any remaining sauce on top of the entire dish. Sprinkle with the crushed peanuts and enjoy!

Instructions for two servings.

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

# Marry Meez Chicken

Rich and delicious, this is Meez's take on Delish's viral sensation, "Marry Me Chicken." The secret is a creamy sun-dried tomato, parmesan and lemon sauce. Paired with parmesan green beans and orzo, it's comfort food at its best.

**25** *Minutes to the Table*

**25** *Minutes Hands On*

**1 Whisk** *Super Easy*

## Getting Organized

### EQUIPMENT

Large Skillet  
Medium Saucepan  
Mixing Bowl

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### 6 MEEZ CONTAINERS

Orzo Pasta  
Chicken  
Green Beans  
Seasoned Parmesan  
Sun-Dried Tomato,  
Celery & Onion  
Lemon Cream Sauce

## Good to Know

If you ordered the **Carb Conscious version**, we sent you cauliflower "rice" instead of orzo pasta, reducing the **carbs per serving to 37g**. Skip steps 1 and 2. After step 3, heat 1 Tbsp olive oil in the now-empty skillet over medium-high heat. When the oil is hot, cook the cauliflower until it starts to brown. Set aside until step 5 and use in place of the orzo.

If you are cooking the **gluten-free version**, we sent you gluten-free penne instead of orzo pasta. Follow the instructions for step 2 and use in place of the orzo.

**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** – 870 Calories, 48g Fat, 56g Carbs, 58g Protein, and 26 Freestyle Points.

**Lightened-up health snapshot per serving** – 670 Calories, 32g Fat, 45g Carbs, and 17g Freestyle Points, by using one-third of the orzo, seasoned parmesan, and Lemon Cream Sauce.

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

INGREDIENTS: Chicken Breast, Cream, Green Beans, Orzo Pasta, Celery, Sun-Dried Tomatoes, Parmesan, Yellow Onion, Lemon, Chicken Stock, Garlic, Black Pepper, Paprika, Basil, Oregano,

meez meals



### 1. Get Organized

Bring a medium saucepan of water to boil.

### 2. Cook the Orzo Pasta

Add the **Orzo Pasta** to the boiling water with a pinch of salt. Cook until al dente, about 10 to 12 minutes. Remove from the heat, drain and return the cooked orzo to the saucepan. Cover and set aside.

### 3. Cook the Chicken

While the orzo is cooking, heat 1½ Tbsp of olive oil in a large skillet over medium-high heat. Pat dry and generously salt and pepper the **Chicken** on both sides. When the oil is hot, add the chicken and cook until crisp and brown, 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. Wipe out the skillet. Once the chicken has rested, slice into ½" strips.

### 4. Cook the Vegetables and Make the Sauce

While the chicken is resting, heat 1 Tbsp olive oil in the now-empty skillet over medium-high heat. Add the **Green Beans** and cook until they start to char, about 4 to 5 minutes. Remove from the skillet, transfer to a mixing bowl and toss with one-third of the **Seasoned Parmesan**. Set aside until step 5.

Return the now-empty skillet to the stove over medium-high heat and add the **Sun-Dried Tomato Celery & Onion**. Sauté until the onions start to char, about 2 to 3 minutes. Add the **Lemon Cream Sauce** and bring to a boil, reduce the heat to low and simmer until sauce thickens, about 2 to 3 minutes. Remove from the heat, add the remaining seasoned parmesan and sliced chicken and stir.

### 5. Put It All Together

Serve the cooked orzo topped with the chicken, veggies and sauce alongside the parmesan green beans. Enjoy!

Instructions for two servings.

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

# Sweet Potato, Kale & Rice Bowl with Peanut Sauce

**40** Minutes to the Table

**20** Minutes Hands On

**1 Whisk** Super Easy

This gem is humble and oh-so delicious. It's all about the Asian peanut butter sauce, which we could eat with a spoon. But since we're supposed to be grown ups, we're restraining ourselves. (Mostly.) Instead, we're tossing it with roasted sweet potatoes, toasted organic tofu, wilted kale and brown rice. The result is crazy good.

## Getting Organized

### EQUIPMENT

Saucepan  
Large Skillet  
Rimmed Baking Sheet  
Mixing Bowl

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### 5 MEEZ CONTAINERS

Baked Tofu  
Brown Rice  
Kale  
Peanut Sauce  
Sweet Potatoes

## Add Protein Cooking Instructions

**Integrate into recipe:** Prior to step 4, cook the protein (per instructions below) and then slice into strips (*flake the salmon, leave shrimp whole*) and serve on top of the rice bowl 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

**Chef's Note** -- You'll see our method for cooking brown rice is a little unusual. It's faster than the traditional method, and we think the rice ends up fluffier.

**Health snapshot per serving** – 570 Calories, 28g Protein 11g Fiber,  
16 Smart Points

SCAN QR CODE  
to view YouTube  
cooking video



INGREDIENTS: Sweet Potatoes, Kale, Baked Tofu, Brown Rice, Peanut Butter, Rice Vinegar, Soy Sauce, Brown Sugar, Garlic, Ginger, Spices

meez *meals*

## 1. Getting Organized

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

## 2. Cook the Rice

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

*We cook our brown rice like pasta. Make sure the water is boiling and you're good to go. Remember: brown rice has a firmer texture than white rice.*

## 3. Roast the Sweet Potatoes

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

## 4. Cook the Kale & Tofu

Heat 2 Tbsp olive oil in a large skillet over medium-high heat. Add the **Kale** and cook, stirring, until it's bright green and lightly wilted, about 3 to 5 minutes. Season with salt and pepper and transfer to a bowl.

*If you prefer softer kale, cook it for a few extra minutes.*

Heat another 2 Tbsp olive oil in the now-empty skillet over medium-high heat. Add the **Baked Tofu** to the pan and cook until it crisps in places, about 3 to 5 minutes on each side.

## 5. Put It All Together

Put the **Peanut Sauce** into a mixing bowl and thin with a little water. Serve the rice topped with kale, tofu and sweet potatoes. Drizzle with the peanut sauce and enjoy!

*We found 2 to 4 Tbsp water is just right.*

Instructions for two servings.

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

## Chili Lime Salmon with Street Corn Elote

We love the creamy, zingy taste of Mexican street corn. We're putting it front and center as the base for salmon crusted with crunchy panko and cotija cheese. With chili and lime, this dinner is fresh and flavorful and practically hands-free.

### Getting Organized

#### EQUIPMENT

Large Oven-Safe Skillet

#### FROM YOUR PANTRY

Olive Oil

Salt & Pepper

#### 4 MEEZ CONTAINERS

Salmon

Corn & Peppers

Chili Lime Aioli

Seasoned Panko & Cotija

Cheese

### Make The Meal Your Own

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

### Good To Know

**Health snapshot per serving** – 650 Calories, 35g Fat, 41g Protein, 47g Carbs, 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**



**25** *Minutes to the Table*

**10** *Minutes Hands On*

**1 Whisk** *Super Easy*

INGREDIENTS: Salmon, Corn, Mayonnaise, Poblano Pepper, Red Bell Pepper, Cotija Cheese, Sour Cream, Panko Breadcrumbs, Lime, Cilantro, Paprika, Chili Powder

**meez** *meals*

### 1. Get Started

Preheat the oven to 375 degrees.

### 2. Sear the Salmon

Pat dry the **Salmon** and season with salt and pepper. Heat 1 Tbsp olive oil in a large skillet over high heat. When the oil is very hot, sear the salmon on one side for one minute, flip and repeat. Set the salmon aside for step 3. Do not wipe out the skillet.

*If you don't have an oven-safe skillet, you can transfer to an oiled 8x8 or similar sized casserole dish.*

### 3. Make the Elote

Add the **Corn & Peppers** to the now-empty skillet and cook until the peppers start to char and soften slightly, about 4 to 5 minutes. Turn off the heat, add the **Chili Lime Aioli** and stir well.

### 4. Bake and Serve

Layer the seared salmon on top of the elote and sprinkle the **Seasoned Panko & Cotija Cheese** over the entire dish in a single layer. Bake until the top starts to brown, about 15 minutes. Remove from the oven and let rest for 5 minutes.

Enjoy!

Instructions for two servings.

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

# Truffle Butter Steak Frites

Classic French flavors in a single recipe: oven-roasted potatoes coated in truffle-butter and Parmesan cheese, roasted broccoli and a juicy, truffle-buttery steak. It's bistro food cooked in your own kitchen.

**35** Minutes to the Table

**25** Minutes Hands On

**2 Whisks** Easy

## Getting Organized

### EQUIPMENT

- 2 Baking Sheets
- Large Skillet
- Large Mixing Bowl

### FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper

### 5 MEEZ CONTAINERS

- Fingerling Potatoes
- Truffle Butter
- Parmesan Cheese
- Broccoli
- Steak

## Make The Meal Your Own

If you ordered the **Carb Conscious version**, we sent you cauliflower instead of the potatoes reducing the **carbs per serving to 15g**. Use the cauliflower in place of the potatoes and in step 2 and reduce the cooking time to 15 minutes.

**It's important to let the steaks rest** to keep them tender and juicy. Give them at least 5 minutes off the heat before you slice and serve.

**Be sure to generously season your steaks** with salt and pepper before cooking; the salt adds flavor while also keeping the meat tender.

## Good To Know

**Health snapshot per serving** – 520 Calories, 38g Protein, 27g Fat, 32g Carbs, 15 Freestyle Points

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

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



INGREDIENTS: Steak, Fingerling Potatoes, Broccoli, Parmesan, Parsley, Chives, Truffle Pate, Butter.

*meez* meals

### 1. Getting Organized

Preheat your oven to 450 degrees.

### 2. Make the Frites

Slice each **Fingerling Potato** in half the long way, then slice each half again so you have four long skinny frites (French fries) per potato. Transfer the frites to a large mixing bowl, drizzle with olive oil, salt and pepper and toss. Arrange the coated frites on a baking sheet in a single layer. Roast until the outside of the potato is golden and slightly crispy, about 25 minutes.

Remove from the oven and immediately transfer to the now-empty mixing bowl and add half the **Truffle Butter** and half of the **Parmesan Cheese**. Stir until the butter melts completely and the frites are coated in Parmesan. Transfer directly to serving plates.

### 3. Roast the Broccoli

While the frites are cooking, transfer the **Broccoli** to the now-empty large mixing bowl and drizzle with olive oil, salt and pepper. Toss well and arrange in a single layer on a second baking sheet. After the frites have been cooking for about 10 minutes, place the broccoli in the oven. Roast until it starts to brown and is fork tender, about 15 minutes.

Remove the broccoli from the oven, sprinkle with the remaining parmesan cheese and transfer directly to serving plates.

### 4. Cook the Steak

While the frites and broccoli are cooking, heat 1 Tbsp oil in large skillet over high heat. When the oil is very hot, add the **Steaks** to the pan. Cook until the bottoms brown and the 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**). Remove the steaks from the skillet to rest for 5 minutes, then transfer to serving plates. Do not wipe out the skillet.

### 5. Put It All Together

Once the now-empty pan has cooled slightly, add the remaining Truffle Butter and stir until it is melted. Spoon the melted Truffle Butter on top of the steak. Enjoy!

*You'll be multi-tasking in this recipe. The potatoes, broccoli and steak will all be cooking at the same time, so be sure to read the recipe all the way through before you begin.*

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

*Letting the pan cool slightly will avoid burning the Truffle Butter.*

Instructions for two servings.

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

# Knife & Fork Grilled Cheese

Imagine your favorite grilled cheese on steroids. We're starting with a gouda and provolone grilled cheese made with tender, flavorful whole-grain panini bread. But it's the fried egg-in-a-hole, roasted beets, butternut squash, kale and honey aioli that make it really special. It's messy, satisfying, and over-the-moon delicious.

**25** Minutes to the Table

**25** Minutes Hands On

**2 Whisks** Easy

## Getting Organized

### EQUIPMENT

2 Rimmed Baking Sheets  
Large Skillet  
Large Mixing Bowl

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper  
Eggs (one per svg.)

### 5 MEEZ CONTAINERS

Beets & Butternut  
Squash  
Kale  
Honey Aioli  
Whole-Grain Panini  
Bread  
Smoked Gouda &  
Provolone

## Good To Know

**Integrate into recipe:** Before grilling the bread in step 3, cook the protein (per instructions below) and then slice into strips (*flake the salmon, leave shrimp whole*) and add to the sandwich after it comes out of the oven in step 4.

**Cook protein:** Lightly sprinkle the protein with salt & pepper. Heat a large skillet with 1-2 Tbsp olive oil on medium-high heat (*high for steak.*) When the oil is hot, cook the protein until the: CHICKEN is crisp and brown, about 4 to 5 minutes per side. Let rest for 5 minutes.

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

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

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

## Good To Know

**Health snapshot per serving** – 820 Calories, 42g Protein, 53g Fat, 45g Carbs, 24 Freestyle Points

**Lightened-Up Health snapshot per serving** – 660 Calories, 45g Fat, 34g Carbs, 19 Freestyle Points by using half the bread and eating as an open-faced sandwich and  $\frac{3}{4}$  of the cheese. Serve the egg on top.

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



INGREDIENTS: Whole-Grain Panini Bread, Kale, Beets, Butternut Squash, Gouda, Provolone, Garlic, Mayonnaise, Red Wine Vinegar, Honey, Thyme, Mustard, Black Pepper.

*meez* meals



### 1. Roast the Beets & Butternut Squash

Preheat your oven to 400. Arrange the **Beets & Butternut Squash** on a rimmed baking sheet in a single layer and drizzle with olive oil, salt, and pepper. Roast until golden in places, about 15 to 20 minutes, stirring once about halfway through.

### 2. Roast the Kale

While the veggies are cooking, arrange the **Kale** on a rimmed baking sheet, and drizzle with olive oil, salt, and pepper. When the beets and squash are about halfway through their cooking time, put the kale in the oven and bake until slightly crispy, 7 to 10 minutes.

Once all the veggies are finished cooking, transfer them to a large mixing bowl and add the **Honey Aioli**. Mix well, then set aside until step 4.

### 3. Grill the Bread

While the veggies are cooking, heat 1 Tbsp olive oil in a large skillet over medium heat. Place two of the **Whole-Grain Panini Bread** slices in the pan and cook until the bread starts to brown, about 2 minutes. Flip the bread over and repeat for the other side. Transfer the grilled bread to a now-empty baking sheet. Wipe out the skillet.

### 4. Build the Bottom of the Sandwich

Divide the **Smoked Gouda & Provolone** into four portions. Spread one of the portions evenly over one of the bread slices. Then spread the squash over the cheese, followed by the dressed kale, and top with another portion of cheese. Leave uncovered. Repeat for the other grilled bread slice to make the base of the other sandwich. Bake until the cheese is bubbly and melted, about 5 minutes. Transfer directly to serving plates.

### 5. Make An Egg-In-A-Hole To Top the Sandwich

While the bottom section of the sandwich is cooking, return the now empty skillet to the stove over medium high heat with 1 Tbsp of olive oil. Use a cookie cutter (or bottom of a glass) to create a hole about 2 inches in diameter in each of the two remaining bread slices.

When the oil is hot, place the bread in the skillet and then break an egg directly into each hole. Sprinkle with salt and pepper and cook until the egg has set and turns golden, about 2 minutes. Flip the bread and egg over and cook the other side until egg is over medium, an additional 2 minutes.

### 6. Put it All Together

Place the Egg-In-a-Hole bread on top of the bottom part of the sandwich and use a fork and knife to enjoy!

*Time is  
for eggs  
to be over-  
medium.  
Cook less  
for a  
runnier  
yolk or  
longer for  
firmer.*

Instructions for two servings.

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

## Tilapia Milanese

A delicious Milanese dinner with tasty linguine pasta, crispy breaded tilapia, and a lemony buttery herb sauce. Our version is faster than you'd expect for such a restaurant-worthy dinner...ready in 20 minutes!

**20** *Minutes to the Table*

**20** *Minutes Hands On*

**1 Whisks** *Super Easy*

### Getting Organized

#### EQUIPMENT

Large Skillet  
Saucepan  
Large Mixing Bowl

#### FROM YOUR PANTRY

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

#### 6 MEEZ CONTAINERS

Tomatoes  
Linguine  
Tilapia  
Panko Breading  
Garlic & Herbs  
Lemon

### Good To Know

**Health snapshot per serving** – 630 Calories, 10g Fat, 55g Protein, 82g Carbs, 11 Smart Points

**Have questions?** The dinner hotline is standing

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



INGREDIENTS: Tilapia, Tomatoes, Linguine, Panko, Pecorino Romano, Yellow Onion, Capers, Garlic, Lemon, Basil, Parsley, Paprika, Kosher Salt, Oregano, Black Pepper

**meez** *meals*

## 1. Getting Organized

Put a saucepan of water to boil.

## 2. Cook the Pasta

Add the **Linguini** to the boiling water with a generous sprinkle of salt. Cook until al dente, about 10 to 12 minutes. Drain well and set aside. Wipe out the saucepan.

## 3. Cook the Tilapia

While the pasta is cooking, pat dry the **Tilapia** and lightly spray or brush with olive oil then generously season with salt and pepper.

Spread the **Panko Breading** evenly on a large plate and put one piece of tilapia onto the breading. Press down to make sure the as much breading as possible adheres then repeat on the other side and remaining pieces.

Heat 1 Tbsp olive oil in a large skillet over medium-high heat. When the oil is hot, add the breaded tilapia to the pan and cook, without moving, until the bottom is brown, about three minutes. Flip and continue cooking until other side is brown as well, about 3 more minutes. Remove from the heat and set aside to rest for 5 minutes. Wipe out the skillet.

## 4. Cook the Tomatoes

Squish the **Tomatoes** in a zip lock plastic bag. Heat 1 tbsp olive oil in the now-empty skillet and when the oil is hot, add the squished tomatoes. Cook until they start to char, about 5 to 6 minutes. Turn off the heat and add the cooked pasta to the skillet. Set aside.

## 5. Make the Sauce

Melt 2 Tbsp butter in the saucepan used for the pasta over medium heat. Add the **Garlic & Herbs** and cook until the garlic and capers just start to brown, about 3 to 4 minutes. Turn off the heat. Add 2 Tbsp olive oil and mix well. Spread about 2 Tbsp of the mixture on top of the cooked tilapia. Add the rest of the herb and butter mixture to the skillet with the pasta and tomatoes and stir.

## 6. Put It All Together

Serve the tilapia over the pasta and tomatoes. Squeeze lemon juice over the entire dish. Enjoy!

Instructions for two servings.

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# Caramelized Butternut Squash Rotini

We challenged the test kitchen for an evolution of winter comfort food, and they produced this gem. Cozy roasted and caramelized butternut squash and tricolor rotini make it cozy, and arugula and chives keep it light. Topped with Parmesan, it's flat out delicious.

## Getting Organized

### EQUIPMENT

Baking Sheet  
Large Saucepan  
Large Skillet

### FROM YOUR PANTRY

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

### 6 MEEZ CONTAINERS

Butternut Squash  
Tricolor Rotini  
Zucchini, Carrots &  
Onions  
Arugula  
Parmesan & Chives  
Lemon

## Add Protein Cooking Instructions

**Integrate into recipe:** While the pasta is cooking in step 3, cook the protein (per instructions below) and then slice into strips (*flake the salmon, leave shrimp whole*) and stir into the pasta and veggies in step 4.

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

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

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

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

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

## Good To Know

**If you ordered the Carb Conscious version**, we sent you zucchini "noodles" instead of the rotini, reducing the **carbs per serving to 31g**. Skip the boiling water in step 1. Prior to step 4, heat 1 Tbsp olive oil in a large skillet over medium-high heat. When the oil is hot, cook the zucchini until it starts to char, about 4 to 5 minutes. Use in place of the rotini noodles at the end of step 4.

**Health snapshot per serving** – 590 Calories, 25g Protein, 21g Fat, 80g Carb, 16 Freestyle Points.

**30** *Minutes to the Table*

**20** *Minutes Hands On*

**1 Whisk** *Super Easy*

INGREDIENTS: Butternut Squash, Tricolor Rotini, Zucchini, Lemon, Arugula, Yellow Onion, Carrot, Parmesan, Garlic, Chive, Black Pepper, Savory

*meez* meals

### 1. Get Organized

Bring a large saucepan of water to a boil with a pinch of salt. Preheat the oven to 400.

### 2. Roast the Squash

Add the **Butternut Squash** to a baking sheet and drizzle with olive oil, salt and pepper. Toss and arrange single layer. Bake until the squash just starts to brown, about 12 to 14 minutes.

### 3. Cook the Pasta

While the squash is roasting, add the **Tricolor Rotini** to the boiling water and cook until al dente, 10 to 12 minutes. Drain and set aside.

### 4. Make the Brown Butter Veggies

When the squash is out of the oven, melt 2 tbsp butter in a large skillet over medium heat. Add the **Zucchini, Carrots & Onions** and the roasted squash, and sauté stirring occasionally, until the veggies start to caramelize about 8 to 10 minutes. Turn off the heat and immediately add 1 Tbsp of olive oil and the **Arugula**. Stir until the arugula wilts, then add the cooked pasta and two-thirds of the **Parmesan & Chives**. Mix all the ingredients together.

### 5. Putting it All together

Serve the pasta topped with the remaining cheese and finish with a squeeze of **Lemon**. Enjoy!

Instructions for two servings.

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# Black Bean Quesadilla

Classic, simple and delicious. With Mexican-spiced corn and black beans, plenty of Chihuahua cheese and Jicama Salsa, this is what a quesadilla should be.

**20** Minutes to the Table

**5** Minutes Hands On

**1** Whisks *Super Easy*

## Getting Organized

### EQUIPMENT

Baking Sheet

### FROM YOUR

### PANTRY

Olive Oil

### 4 MEEZ CONTAINERS

Tortillas

Spiced Corn &

Beans

Chihuahua

Cheese

Jicama Salsa

## Add Protein Cooking Instructions

**Integrate into recipe:** Prior to step 2, cook the protein (per instructions below). Slice the protein into strips (flake the salmon and cut shrimp in half) and layer into the quesadilla 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 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, 30g Protein, 32g Fat, 63g Carbs, 21 Freestyle Points.

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

INGREDIENTS: Flour Tortillas, Chihuahua Cheese, Corn, Black Beans, Jicama, Tomato, Red Onion, Red Radish, Cilantro, Queso Fresco, Sour Cream, Onion Powder, Cumin, Coriander, Garlic, Lime, Olive Oil.

*meez* meals

### 1. Getting Organized

Preheat your oven to 400.

### 2. Prep the Tortillas

Oil the baking sheet with 1 Tbsp of olive oil. Take one **Tortilla** and wipe it through the oil to coat one side. Repeat for the other tortilla, leaving them both on the baking sheet, oiled sides down.

### 3. Build the Quesadilla

Sprinkle half the **Spiced Corn & Beans** on the first tortilla then top with half the **Chihuahua Cheese**. Fold the tortilla over in half and press down to keep it closed, encasing the cheese, and corn & beans. Repeat for the second tortilla.

### 4. Put It All Together

Bake the quesadillas until the tops are golden brown, about 6 to 8 minutes. Flip and cook until the other side is also brown, another 3 to 5 minutes. Cut into wedges and serve with the **Jicama Salsa** on top. Enjoy!

Instructions for two servings.

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# Chicago Italian Beef

We thought it was impossible to improve on the classic Chicago Italian Beef until the team in the test kitchen had us try this sandwich. We're not sure if it's our special "Giardiniera Au Jus" sauce, the blend of provolone and gouda melted cheese, using peppers and onions, or the addition of mixed veggies, but the result is pure magic.

## Getting Organized

### EQUIPMENT

Baking Sheet  
Large Skillet

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### 6 MEEZ CONTAINERS

Peppers & Onions  
Kale & Mixed Veggies  
Italian Beef  
Italian Roll  
Giardiniera Au Jus  
Provolone & Gouda

## Good to Know

**Prefer spicy?** Our giardiniera is mild, so add a few hot peppers if you like a spicier sandwich.

**Health snapshot per serving** – 570 Calories, 31g Protein, 99g Fat, 59g Carbs, 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



**15** *Minutes to the Table*

**15** *Minutes Hands On*

**1 Whisk** *Super Easy*

INGREDIENTS: Italian Beef, Italian Roll, Bell Peppers, Red Onion, Giardiniera, Au Jus, Kale, Broccoli, Brussel Sprout, Cabbage, Radicchio, Provolone, Gouda.

meez *meals*



### 1. Getting Started

Preheat oven to broil setting.

### 2. Cook The Vegetables

Heat 1 Tbsp olive oil in a large skillet over high heat. When the oil is hot, add the **Peppers & Onions** and sauté until they start to char, about 4 minutes. Stir in the **Kale & Mixed Veggies** and cook until the kale starts to wilt, about 2 minutes.

*The beef is pre-cooked so you're just heating it in this step.*

### 3. Heat the Italian Beef

Add the entire contents of the **Italian Beef** package (including the liquid), to the skillet with the veggies and stir all together until the beef is warm, about 2 minutes. Turn off the heat.

### 4. Build the Sandwich

Place the **Italian Rolls** face up on a baking sheet. Spread a generous helping of the **Giardiniera Au Jus** on both halves of the bread, then use tongs to transfer the Italian Beef and vegetables on top of the bread making sure to cover the entire surface. If you prefer your sandwich juicier, pour some (or all) of the juice still in the skillet on top.

*We like our Chicago Italian Beef "wet" with lots of juice!*

Arrange the **Provolone & Gouda** on top of the beef and veggies in an even layer, doing your best to cover the entire surface.

### 5. Broil and Serve

Place the sandwich in the oven and broil until the cheese is bubbly and starts to brown, about 2 to 3 minutes. (This sandwich cooks fast so watch the sandwich the entire time to make sure it doesn't burn.)

*It is important to watch the sandwich the entire time it is under the broiler, so it doesn't burn.*

Serve topped with any remaining Giardiniera Au Jus and enjoy!

Instructions for two servings.

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# Chicken Avgolemono Soup

Avgolemono is Greece's answer to Grandma's chicken soup. Ours has hearty chunks of chicken, two types of rice, dill and lemon for flavor, and pita chips for crunch. It's fresh and cozy and totally delicious.

**35** *Minutes to the Table*

**25** *Minutes Hands On*

**1 Whisks** *Super Easy*

## Getting Organized

### EQUIPMENT

Saucepan w/ Lid  
Large Skillet

### FROM YOUR PANTRY

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

### 6 MEEZ CONTAINERS

Celery, Carrot & Onion  
Broth Starter  
Basmati & Red Rice  
Chicken Breast  
Spinach  
Pita Chips

## Good to Know

If you ordered the **Carb Conscious version**, we sent you cucumber slices instead of pita chips, reducing the **carbs per serving to 40g**. Serve on top of the soup after ladling it into bowls.

**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** – 680 Calories, 51g Protein, 27g Fat, 56g Carbs, 15 Freestyle Points.

**Lightened-up health snapshot per serving** – 600 Calories, 25g Fat, 41g Carbs, and 12 Freestyle Points by using half of the rice blend and half of the pita chips.

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

INGREDIENTS: Chicken Breast, Cream, Spinach, Carrot, Yellow Onion, Celery, Basmati Rice, Pita Chips, Chicken Stock, Dill, Red Rice, Lemon, Garlic, White Pepper, Oregano

meez *meals*

### 1. Cook the Veggies and Rice

Heat 1 Tbsp olive oil in a large saucepan over medium-high heat. When the oil is hot, add the **Celery, Carrot & Onion** and cook until they start to soften, about 4 to 5 minutes. Add 1 Tbsp butter to the saucepan and when it is melted, add 1 Tbsp flour. Stir until the flour browns, about 1 minute. Add the **Broth Starter** and 3 cups of water and bring to a boil.

Reduce the heat to medium-low and add the **Basmati & Red Rice**. Cover and cook until the rice is tender, about 20 minutes.

### 2. Cook the Chicken

While the broth is simmering, dry and generously sprinkle the **Chicken Breast** with salt and pepper. Heat 1 Tbsp olive oil in a skillet over high heat. When the oil is very hot, add the chicken and cook until it starts to brown, about 4 to 5 minutes. Flip and cook the other side for 4 minutes. Remove from heat and place on a cutting board.

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). Repeat for each breast. Set aside.

### 3. Finish the Soup

When the rice is tender, turn off the heat and add the **Spinach** and shredded chicken to the saucepan. Stir until the spinach wilts.

### 4. Put It All Together

Serve topped with crumbled **Pita Chips**.

Enjoy!

Instructions for two servings.

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