

Mexican Shrimp with Zucchini and Orzo

70 Min
to Table

10 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Pat the shrimp dry
and heat olive oil in a
large saucepan.

From Your Pantry

You'll need olive oil,
salt and pepper.

Bourban and Bacon Steak Sliders

25 Min
to Table

25 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Preheat oven to 350.

From Your Pantry

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

Quick Tips



Parmesan Tilapia with Broccoli & Cauliflower AuGratin

30 Min
to Table

30 Min
Hands
On

2 Whisks
Easy

Getting Started

Preheat your oven to
375.

From Your Pantry

You'll need olive oil,
flour, eggs, salt &
pepper

Marry Meez Chicken

25 Min
to Table

25 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Bring a saucepan of
water to a boil.

From Your Pantry

You'll need olive oil,
salt and pepper.

Kung Pao Edamame with Udon Noodles

15 Min
to Table

15 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Bring a large pot of
water to a boil.

Omnivore Option

Shrimp is great in this
dish.

Chicken Al Pastor Tacos

20 Min
to Table

20 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Heat olive oil over medium high heat.

From Your Pantry

You'll need olive oil, salt and pepper

Queso Fiesta Casserole

45 Min
to Table

10 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Preheat your oven to 425.

From your Pantry

You'll need olive oil, salt and pepper.

Smoky Creole BeanTambalaya & Cornbread

40 Min
to Table

15 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Preheat your oven to 425.

From Your Pantry

You'll need olive oil, butter, salt & pepper

Italian Wedding Soup

30 Min
to Table

25 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Heat a large saucepan over medium-high heat

From Your Pantry

You'll need salt and pepper.

Meal Tip

Soup is always good warmed up for a lunch of leftovers

Dijon Crusted Salmon with Miso Brussels Sprouts

30 Min
to Table

10 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Preheat oven to 400.

From Your Pantry

You'll need olive oil, salt & pepper

Spinach & Feta Risotto with Roasted Tomatoes

35 Min
to Table

15 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Preheat your oven to 425.

From your Pantry

You'll need olive oil, salt and pepper.

Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmndd daily)	
Spinach & Feta Risotto with Roasted Tomatoes (use 1/2 the pesto & 1/2 the cheese & onions)	880	19	61	56	5	980	29	35	80% Vitamin A	45% Vitamin C
	700		49					29		
Marry Meez Chicken (use 1/3 of the orzo, cheese & cream)	870	58	48	56 CC 37	17	620	23	26	50 Vitamin A%	50% Vitamin K
	670		32					17		
Dijon Crusted Salmon with Miso Brussels Sprouts (use 1/3 panko, aioli & vinaigrette)	830	45	58	39	7	1520	9	19	93% Vitamin D	26% Iron
	650		42					13		
Mexican Shrimp with Zucchini and Orzo	410	37	6	54 CC 31	7	2391		6	49% Vitamin A	43% Vitamin C
Kung Pao Edamame with Udon Noodles	465	18	21	49	10	469		14	184% Vitamin C	170% Vitamin A
Chicken Al Pastor Tacos	610	51	12	75 CC 39	8	950	30	13	25% Vitamin A	141% Vitamin C
Bourbon and Bacon Steak Sliders (use 1/2 the buns, and cheese)	970	66	46	69 CC 24	4	1600	20	34	40% Calcium	25% Vitamin A
	700		34					23		

Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmndd daily)	
Parmesan Tilapia with Broccoli & Cauliflower Au Gratin	745	25	54	49	8	601		25	154% Vitamin A	232% Vitamin C
(half the sauce)	561		34					17		
Smoky Creole Bean Jambalaya & Cornbread	770	24	19	128	11	1360	8	19	60% Vitmain C	40% Iron
(use 1/2 the cornbread & 1/2 sour cream topper)	610		10					14		
Queso Fiesta Casserole	440	16	17	57	9	830	10	12	147% Vitamin C	73% Calcium
Italian Wedding Soup	265	13	9	36	5	1645	5	6	207% Vitamin A	44% Vitamin C
Add a Protein All-Natural Chicken Breast	220	41	5	0	0	85	0	3	90% Vitamin B6	4% Iron
Add a Protein 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)	
Turtle Molten Bundt	500	6	30	53	3	370		27	25% Iron	6% Vitamin A
Tiramisu for Two	290	5	15	35	1	40	29		6% Calcium	2% Iron
Rockslide Brownie	550	5	35	56	2	230		31	25% Vitamin A	8% 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.

Spinach & Feta Risotto with Roasted Tomatoes

35 *Minutes to the Table*

15 *Minutes Hands On*

1 Whisk *Super Easy*

Creamy risotto, tangy feta, and sweet roasted tomatoes make this dinner a standout. We're combining white wine, caramelized onions, and a touch of cream, then finishing with fresh spinach and a drizzle of balsamic pesto. It's delicate, hearty, and absolutely delicious.

Getting Organized

EQUIPMENT

Large Oven-Safe
Skillet with Cover

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Grape Tomatoes
Arborio Rice
White Wine &
Cream Sauce
Feta & Seasoned
Onions
Spinach
Balsamic Pesto

Add Protein Cooking Instructions

Integrate into recipe: When the risotto has about 10 minutes left in step 3, cook the protein (per instructions below) and serve alongside the risotto 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 – 880 Calories, 61g Fat, 56g Carbs, 19g Protein, and 35 Freestyle Points.

Lightened-up health snapshot per serving – 700 Calories, 49g Fat, 43g Carbs, and 29g Freestyle Points, by using half of the Balsamic Pesto and half of the Cheese & Onions.

INGREDIENTS: Tomatoes, Cream, Arborio Rice, Yellow Onion, White Wine, Spinach, Feta, Asiago, Balsamic Vinegar, Brown Sugar, Vegetable Oil, Garlic, Parmesan, Lemon, Green Onion, Vegetable Stock, Almond, Miso, Oregano, Basil, Black Pepper.


meezmeals

1. Get Organized

Preheat the oven to 425. Place the **Grape Tomatoes** into a ziplock bag and seal tightly. Using your hands, squish the tomatoes until they burst.

2. Prepare the Risotto

Heat 1 Tbsp olive oil in a large oven-safe skillet over medium-high heat. When the oil is hot, add the **Arborio Rice** and stir until the rice is coated with oil. Cook until just starting to toast, about 1 minute. Add the **White Wine & Cream Sauce**, 1 cup of water, and the **Feta & Seasoned Onions** and stir well. Add the squished tomatoes and spread around the skillet. Turn the heat to high and bring to a boil and remove from the heat.

3. Bake the Risotto

Cover the skillet with an oven-safe lid and bake, undisturbed, until the rice is tender and the liquid has been absorbed, about 25 minutes. Remove from the oven and stir in the **Spinach**. Bake for an additional 5 minutes. Remove from the oven, uncover and allow to rest for 5 minutes before serving.

*The spinach
will wilt in the
hot risotto but
you may have
to add it in
batches.*

4. Put It All Together

Serve the risotto topped with the **Balsamic Pesto**. 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

Dijon Crusted Salmon with Miso-Brussels Sprouts

Everything is better with a crispy coating, especially salmon. Served with miso-mustard glazed brussels, it's a tasty dinner that's just ten minutes hands on.

30 *Minutes to the Table*

10 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

2 Large Baking Sheets

FROM YOUR PANTRY

Olive Oil

Salt & Pepper

5 MEEZ CONTAINERS

Salmon

Dijon Aioli

Panko & Herbs

Brussels Sprouts

Miso Mustard

Vinaigrette

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 – 830 Calories, 45g Protein, 58g Fat, 39g Carbs, 19 Freestyle Points

Lightened-Up Health snapshot per serving - 650 Calories, 42g Fat, 31g Carbs, 13 Freestyle Points using 1/3 of the panko, Dijon Aioli and Miso Mustard Vinaigrette.

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, Brussels Sprouts, Olive Oil, Mayonnaise, Panko, Green Onion, Rice Wine Vinegar, Dijon Mustard, Miso, Tamari, Lemon Juice, Garlic, Whole Grain Mustard, Black Pepper, Tarragon

meez meals

1. Get Organized

Preheat the oven to 400. Spray or brush two baking sheets with oil.

2. Prepare and Cook the Salmon

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

Coat the top side of the **Salmon** with a thick layer of the **Dijon Aioli** (in a hard plastic tub) at least 1/4" thick. Put each piece of salmon onto the breading, Dijon aioli side down. Press down to make sure the breading adheres then repeat on the other, non-coated side. Place onto a baking sheet, panko side up.

Bake the salmon until the panko breading is golden brown, about 18 to 20 minutes, then remove from the oven and allow to rest for at least 5 minutes.

3. Roast the Brussels Sprouts

While the salmon is baking, arrange the **Brussels Sprouts** on the second prepared baking sheet. Drizzle with olive oil salt and pepper toss and arrange in a single layer. Bake until they are crispy and brown, about 20 minutes.

4. Putting It All Together

Serve the salmon with the brussels sprouts on the side. Drizzle the entire dish with the **Miso Mustard Vinaigrette** (in a bag and contains green onions.) Enjoy!

Mexican Shrimp with Orzo and Zucchini

We're serving sautéed shrimp with our favorite smoky adobo and tomato sauce with tender zucchini, black beans and just the right blend of Mexican spices over orzo. It's fresh Mexican pasta dish you'll want to cook again and again.

Getting Organized

EQUIPMENT

Large Saucepan

FROM YOUR PANTRY

Olive Oil

Salt & Pepper

6 MEEZ CONTAINERS

Shrimp

Onions & Garlic

Orzo

Tomatoes & Beans

Zucchini

Queso Fresco & Cilantro

Good to Know

If you're cooking the **carb conscious version**, we sent you cauliflower rice instead of orzo, reducing the **carbs per serving to 31g**. Before step 2, add the cauliflower rice to the skillet over medium-high heat and cook until it starts to brown, about 2 to 3 minutes. Remove from skillet and set aside. Next, follow step 2 instructions but after adding the Tomatoes & Beans, don't add the water. Check the dish after about 12 minutes to see if it is getting dry and add some water if necessary. At this point add back the cooked cauliflower rice.

If you're cooking the **gluten-free version**, we sent you white rice instead of orzo. Follow the instructions for the orzo but cook about three minutes longer before adding the zucchini in step 3.

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

Health snapshot per serving – 410 Calories, 37g Protein, 6g Fat, 54g Carbs, 6 Freestyle Points

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

25 Minutes to the Table

25 Minutes Hands On

1 Whisk *Super Easy*

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



INGREDIENTS: Zucchini, Shrimp, Orzo Pasta, Tomato, Red Onion, Queso Fresco, Black Beans, Garlic, Cilantro, Chipotles in Adobo, Chicken Stock, Lime, Coriander, Cumin.

meez meals

1. Cook the Shrimp

Pat the **Shrimp** dry with a paper towel and lightly salt and pepper. Heat 1 Tbsp olive oil in a large saucepan over medium-high heat. When the oil is hot, add the shrimp and cook for until they are opaque and no longer grey in color, about a minute on each side.

Transfer the shrimp to a cutting board but do not wipe out the pot. Once the shrimp have cooled enough to touch, cut each piece in half and set aside.

2. Cook the Veggies and Orzo

While the shrimp is cooling, return the saucepan to the stove over medium-high heat. When the pot is hot, add the **Onions & Garlic** and sauté for about 20 seconds, stirring constantly.

Add the **Orzo** and continue stirring until it is golden brown, and has a nutty aroma, about 2 minutes.

Stir-in the **Tomatoes & Beans** and 2 cups of water. Cook until the orzo is tender, about 16 to 18 minutes.

Add the **Zucchini** and cook until it is slightly soft, 2 to 3 minutes. Turn off the heat and stir-in the cooked shrimp.

3. Put It All Together

Serve in bowls topped with the **Queso Fresco & Cilantro**. Enjoy!

Instructions for two servings.

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

Kung Pao Edamame with Udon Noodles

We're hooked on Kung Pao sauce. The spicy sweet flavor just makes stir-fry come to life. We're cooking our version with edamame, carrots and red peppers, then serving it over udon noodles with some peanuts to finish it all off. It's a speedy meal perfect for any night of the week.

15 Minutes to the Table

15 Minutes Hands On

1 Whisk Super Easy

Getting

Organized

EQUIPMENT

Large Skillet
Saucepan

FROM YOUR PANTRY

Olive Oil
Salt &
Pepper

4 MEEZ CONTAINERS

Asian
Vegetables
Sesame Soy
Sauce
Udon
Noodles
Peanuts

Add Protein Cooking Instructions

Integrate into recipe: Prior to step 3, cook the protein (per instructions below) and then slice into strips (*flake the salmon, leave shrimp whole*) and stir into the noodles 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're cooking the **Carb Conscious version**, we sent you zucchini "noodles" instead of udon reducing the **carbs to 34g per serving**. Skip Steps 1 and 2. Heat 1 Tbsp olive oil in a large skillet over high heat. Dry the zucchini noodles with a paper towel. When the oil is very hot, place them in the pan in a single layer. Cook, without stirring, until the zucchini noodles start to char, 2 to 3 minutes. Remove from the skillet and use in place of the noodles in Step 4.

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

Health snapshot per serving – 465 Calories, 18g Protein, 10g Fiber, 14 Smart Points

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YouTube

cooking video



INGREDIENTS: Edamame, Udon Noodles, Carrots, Red Peppers, White Wine, Peanuts, Tamari Sauce, Sambal, White Vinegar, Brown Sugar, Sesame Oil, Garlic

meez meals

1. Getting Organized

Bring a large pot of water to a boil.

2. Cook the Udon Noodles

Salt the boiling water and add the **Udon Noodles**. Cook until they are soft, about 4 minutes, then drain.

3. Cook the Vegetables

As soon as the noodles are cooking, heat 1 Tbsp olive oil in a large skillet over high heat. When the oil is hot, add the **Asian Vegetables** and cook until the edamame is tender, about 5 to 7 minutes. Add the **Sesame Soy Sauce** and cook, stirring, until hot, about 2 to 3 minutes. Season with salt and pepper to taste.

4. Put It All Together

Serve the udon noodles topped with veggies and sauce and finish with a sprinkling of **Peanuts**. Enjoy!

A large pot of water gives the noodles lots of room to cook properly.

Love this recipe? #meezmagic

Instructions for two servings.

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

Chicken Al Pastor Tacos

We love the smoky, tropical flavor of al pastor sauce. We're mixing ours up with shredded chicken, cabbage and red onion, then serving it in soft flour tortillas with a pineapple salsa. It's a speedy dinner that's on the table in a heartbeat.

20 Minutes to the Table

20 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Large Skillet

FROM YOUR PANTRY

Olive Oil

Salt & Pepper

6 MEEZ CONTAINERS

Chicken Breast

Tortillas

Red Cabbage & Onion

Al Pastor Sauce

Pineapple Salsa

Lime

Make The Meal Your Own

If you ordered the **Carb Conscious version**, we sent you lettuce instead of tortillas, reducing the **carbs per serving to 39g**. Skip step 2 and use the lettuce as a bed for the other ingredients to make a Chicken Al Pastor Salad.

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 – 610 Calories, 51g Protein, 12g Fat, 75g Carbs, 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: Chicken Breast, Flour Tortillas, Pineapple, Lime, Tomato, Yellow Onion, Red Cabbage, Red Onion, Red Bell Pepper, Radish, Chipotles in Adobo, Ancho Chili, Cilantro, Tamari, Jalapeño, Honey, Garlic, Cumin, Oregano

meez meals

1. Cook the Chicken

Heat 1 Tbsp olive oil over medium high heat. Pat dry and generously salt and pepper the **Chicken Breasts** on both sides. When the oil is hot, add the chicken breasts and cook until they are 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. Wipe out the skillet.

Once it has rested, hold the chicken in place with one fork and use a second fork to shred the chicken (into pieces typical of the size used in chicken soup).

2. Warm the Tortillas

While the chicken is resting, return the now-empty skillet to the stove over medium high heat. Warm each **Tortillas** for about 30 seconds on each side. Transfer the warm tortillas directly to serving plates.

3. Create the Filling

In the now-empty skillet, add 1 Tbsp of olive oil over medium high heat. When the oil is hot, add the **Red Cabbage & Onion** and sauté until the onions become translucent, about 4 to 5 minutes. Add the **Al Pastor Sauce** and cook until it starts to thicken, about 2 minutes. Turn off the heat and stir in the shredded chicken until it is well coated.

4. Put It All Together

Divide the filling between the tortillas and then top with the **Pineapple Salsa**. Finish with a generous squeeze of **Lime** and enjoy!

Instructions for two servings.

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

Bourbon & Bacon Steak Sliders

Bourbon and apple cider add a depth of flavor to sauces that's uniquely American. Paired with bacon and grilled onions, and our sliced bistro chateau steak, then smothered with melted cheese, it makes a slider that's a down-home favorite.

25 *Minutes to the Table*

25 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet
Baking Sheet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper
Butter (½ Tbsp per svg)

6 MEEZ CONTAINERS

Steak
Slider Buns
Gouda & Cheddar
Bacon & Onions
Bourbon & Cider
Arugula

Good to Know

If you ordered the **Carb Conscious version**, we sent you red bell peppers instead of the slider buns, reducing the **carbs per serving to 24g**. After step 2, sauté the peppers in the large skillet until charred, about 5 to 6 minutes. Remove and place directly on your serving plates and top with the cheese. Serve the steak, sauce, and arugula on top of the cheesy peppers.

Health snapshot per serving – 970 Calories, 46g Fat, 69g Carbs, 66g Protein, and 34 Freestyle Points.

Lightened-up health snapshot per serving – 700 Calories, 34g Fat, 41g Carbs, and 23g Freestyle Points, by using half of the buns and half of the cheese and eating the sliders open face.

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

INGREDIENTS: Steak, Slider Buns, Apple Cider, Yellow Onion, Gouda, White Cheddar, Bacon, Arugula, Dijon Mustard, Bourbon, Brown Sugar, Apple Cider Vinegar, Black Pepper


meez meals

1. Get Organized

Preheat your oven to 350.

2. Cook the Steaks

Heat 1 Tbsp of olive oil in a large skillet over high heat. Pat the **Steaks** dry with a towel and season generously with salt and pepper. When the oil is very hot, add the steaks and cook until the bottoms brown and sides start to color, about 3 minutes. If you prefer your steak **medium-rare**, flip and continue cooking 3 minutes (**medium** 4 minutes, **well done** 5 to 6 minutes).

Set aside to rest for 5 minutes, then place horizontally on a cutting board and cut into ½" strips. Wipe out the skillet.

3. Toast the Buns

While the steaks are resting, place each set of **Slider Buns** cut-side up on a baking sheet. Spread an even layer of **Gouda & Cheddar** over the buns, edge to edge. Bake until the cheese is melted, about 5 minutes.

4. Create the Bourbon Bacon Sauce

While the buns are toasting, heat the now-empty skillet over medium-high heat. Add the **Bacon & Onions** and cook until the bacon is crispy, about 4 minutes. Remove from the skillet and set aside. Do not wipe out the skillet.

Add the **Bourbon & Cider** to the skillet and bring to a boil. Lower the heat to medium and simmer until it thickens enough to coat the back of a spoon, about 3 to 4 minutes. Remove from the heat and add 1 Tbsp butter and the cooked bacon and onions. Stir well.

5. Put It All Together

Place sliced steak on the bottom slider buns, then top with the bourbon bacon sauce, **Arugula**, and top bun. Enjoy!

Instructions for two servings.

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

Parmesan Tilapia with Broccoli & Cauliflower Au Gratin

This gem starts with a crispy Parmesan and breadcrumb crust that makes tilapia magical. Served over an incredible, creamy, melty broccoli and cauliflower au gratin with crispy leeks, it's a sophisticated dinner that's on your table in just 30 minutes.

Getting Organized

EQUIPMENT

Large Skillet
Casserole Dish

FROM YOUR PANTRY

Olive Oil
Salt & Pepper
Flour (2 Tbsp)
Eggs (2)

6 MEEZ CONTAINERS

Broccoli & Cauliflower
Spinach Cream Sauce
Seasoned Cheese Blend
Parmesan Breadcrumbs
Tilapia
Leeks

Good to Know

This dish is not high in carbs to begin with but if you eliminate the use of egg and breadcrumbs on the tilapia and just salt and pepper it, you reduce the **carbs per serving to 22g**.

Tilapia is rich in minerals, proteins and vitamins which strengthen our bone health and reduce the risk of Osteoporosis. It boosts muscle growth in body and also helps in cellular repair and maintain proper metabolic activity.

Health snapshot per serving – 820 Calories, 63g Protein, 48g Fat, 37g Carbs, 22 Freestyle Points

Lightened-Up Health snapshot per serving – 630 Calories, 30g Fat, 35g Carbs, 14 Freestyle Points with half the sauce and half the seasoned cheese.

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

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YouTube cooking video**



30 *Minutes to the Table*

30 *Minutes Hands On*

2 Whisks *Easy*

INGREDIENTS: Tilapia, Broccoli, Cauliflower, Leeks, Spinach, Parmesan, Pecorino Romano, White Cheddar, Monterey Jack, Breadcrumbs, Cream, Mustard, Black Pepper, Vegetable Stock.

meez meals

1. Getting Organized

Preheat oven to 400 degrees and spray or lightly brush a casserole dish with oil.

2. Create the Au Gratin

Heat 1 Tbsp olive oil in a large skillet over medium-high heat. When the oil is hot, add the **Broccoli & Cauliflower** and cook until they start to brown, about 3 minutes. Add in 2 Tbsp flour and cook until the flour starts to brown, about 2 minutes. Add the **Spinach Cream Sauce** and bring to a boil, stirring constantly until the sauce thickens enough to coat the back of a spoon, about 3 minutes. Remove from the heat and stir in the **Seasoned Cheese Blend**.

3. Finish and Bake the Au Gratin Broccoli & Cauliflower

Transfer the contents of the skillet into a casserole dish and cover with 1/3 of the **Parmesan Breadcrumbs**. Bake until crust starts to brown, about 10 minutes. Remove from the oven and set aside to cool.

4. Make the Tilapia

While the vegetables are baking, spread the remaining Parmesan Crust, along with 1 teaspoon of salt and 1 teaspoon of pepper to breadcrumbs and on a large plate. Scramble 2 eggs in a small bowl. Pat dry the **Tilapia** and dip the tilapia in the egg, making sure both sides are coated. Put the tilapia on the plate with the Parmesan Crust and press down to ensure it sticks to the tilapia. Flip the tilapia and repeat for the other side.

Wipe out the skillet used for the vegetables and heat 2 Tbsp olive oil on medium-high. When the oil is hot, cook the tilapia until you can see the coating on the sides starting to brown, about 3 to 4 minutes. Flip and cook until the coating on the bottom is also brown. Set the tilapia aside to rest but do not wipe out the skillet.

5. Cook the Leeks

Add the **Leeks** to the now empty skillet over high heat and sauté until they start to crisp, about 4 minutes. Remove from the heat.

6. Put It All Together

Top the Au Gratin Broccoli & Cauliflower with the tilapia and then the crispy leeks. Enjoy

Keep an eye on the crust the last few minutes, so it doesn't burn.

Instructions for two servings.

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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!*

= Queso Fiesta Casserole

Love nachos? Get ready for a new favorite. We're making a nacho casserole with tortilla chips, two types of cheese, a lime crema, and a healthy dose of veggies to make a fun casserole that's naturally low in calories. Did we mention it's just one pan and ten minutes hands-on cooking?

Getting Organized

EQUIPMENT

Large Casserole
Dish

FROM YOUR PANTRY

Olive Oil
Salt and Pepper

6 MEEZ CONTAINERS

Sweet Potatoes
Peppers, Corn &
Beans
Enchilada Sauce
Mexican Cheese
Tortilla Chips
Cilantro Lime
Crema

Add Protein Cooking Instructions

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

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 – 440 Calories, 16g Protein,
18g Fat, 57g Carbs, 12 Freestyle Points.

45 Minutes to the Table

10 Minutes Hands On

1 Whisk Super-Easy

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to view YouTube
cooking video**



INGREDIENTS: Sweet Potato, Bell Peppers, Corn, Onion, Black Beans, Tortilla Chips, Monterey Jack, Provolone,
Sour Cream, Enchilada Sauce, Cilantro, Lime, Garlic, Cumin, Coriander, Oregano.

meez meals

1. Getting Organized

Preheat oven to 425 degrees.

2. Roast the Sweet Potatoes

Place the **Sweet Potatoes** in a casserole dish and drizzle with olive, oil salt and pepper. Toss then arrange in a single layer and bake until the edges are golden brown and the sweet potatoes are almost fork tender, about 20 minutes, stirring once halfway through.

3. Create the Casserole and Bake

Transfer half of the cooked sweet potatoes to a plate or bowl and arrange the remaining potatoes in a single layer. Top with half the **Peppers, Corn & Beans**, followed by half the **Enchilada Sauce** and one-third of the **Mexican Cheese**. Spread each layer edge-to-edge as best you can. Create additional layers as follows:

- Remaining cooked sweet potatoes
- Remaining peppers, corn & beans
- Remaining enchilada sauce
- Half of the remaining cheese (one-third of the total cheese provided)

Bake until the cheese is fully melted, about 10 minutes.

4. Top with Chips and Cheese and Finish Baking

Top the casserole with the **Tortilla Chips** and remaining cheese. Bake until the cheese is brown and bubbly, about 10 additional minutes. Remove from oven and let cool for at least 5 minutes. Serve topped with the **Cilantro Lime Crema**. Enjoy!

Instructions for two servings.

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Italian Wedding Soup

For the un-initiated, Italian wedding soup is named for the “marriage” of flavorful chicken broth, tender carrots, fresh spinach, al dente pasta and, most important, delectable meatballs. This gem is on the table in just 30 minutes and perfect for a chilly winter night.

30 *Minutes to the Table*

25 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Saucepan

FROM YOUR PANTRY

Salt & Pepper

5 MEEZ CONTAINERS

Italian Meatballs

Broth Starter

Orzo Pasta

Spinach

Pecorino Cheese

Make the Meal Your Own

Soup is always just as good warmed up the next day so make sure to order enough for leftovers to help with an easy lunch too.

Good to Know

We're sending you the meatballs pre-shaped for a fuss-free dinner.

Health snapshot per serving – 240 Calories, 12g Protein, 7g Fat, 7 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: Italian Meatballs, Orzo, Spinach, Pecorino Cheese, Carrot, Onion, Parsnip, Tomato, Garlic, Oregano, Basil, Thyme, Black Pepper, Chicken broth.

meez *meals*

1. Cook the Meatballs

Heat a large saucepan over medium-high heat. When the pan is hot, add the **Italian Meatballs** and sauté until they begin to brown, about 2 minutes. Remove the meatballs from the pan and place on a paper-towel-lined plate.

2. Create the Soup

Without wiping out the saucepan, return it to medium-high heat. When it is hot, add ½ cup water and the **Broth Starter**. Cook until the carrots and parsnips are fragrant and slightly browned, about 6 to 7 minutes.

Add an additional 3 cups of water, turn heat up to high, cover, and bring to a boil. Add the **Orzo Pasta** and **Spinach**, replace the cover, and cook on a rapid boil for 4 minutes.

Reduce heat to medium and add the cooked Italian meatballs. Cover and simmer on a low boil until the pasta is al dente and the vegetables are soft, about 7 to 9 additional minutes.

3. Finish It Off

Ladle the soup into serving bowls and sprinkle with a generous helping of **Pecorino** cheese. Enjoy!

Instructions for two servings.

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