

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.

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.

Quick Tips



Chipotle Pulled Pork Nacho Tostadas

30 Min
to Table

30 Min
Hands
On

2 Whisks
Super
Easy

Getting Started

Preheat your oven to 375.

From Your Pantry

You'll need olive oil.

Mango Teriyaki Chicken

25 Min
to Table

25 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Put a pot of water on to boil.

From your Pantry

You'll need olive oil, salt and pepper.

Italian Toasted Gnocchi

25 Min
to Table

10 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Preheat your oven to 400.

From your Pantry

You'll need olive oil, salt and pepper.

Lemon-Chai Brussels Sprouts Over Pearl Couscous

20 Min <i>to Table</i>	10 Min <i>Hands On</i>	1 Whisk <i>Super Easy</i>
Omnivore Option	Halibut tastes great with this recipe.	
Getting Started	Preheat your oven to 400 and boil some water.	

New Orleans Shrimp Cakes

40 Min <i>to Table</i>	20 Min <i>Hands On</i>	1 Whisk <i>Super Easy</i>
Getting Started	Put a saucepan of water on to boil.	
From Your Pantry	You'll need eggs, olive oil, salt and pepper	
Meal Tip	Add a little Sriracha, or Tabasco to the Remoulade sauce to kick it up a notch.	

Thai Red Curry Soup

25 Min <i>to Table</i>	10 Min <i>Hands On</i>	1 Whisk <i>Easy</i>
Getting Started	Put a saucepan of water on to boil.	
Omnivore Option	Shrimp is great with this.	

Arugula Pesto Salmon with Parmesan Veggies

20 Min <i>to Table</i>	20 Min <i>Hands On</i>	1 Whisk <i>Super Easy</i>
Getting Started	Preheat your oven to 400.	
From Your Pantry	You'll need some olive oil, butter, salt and pepper.	

Cowboy Butter Steak Pata with Brussels

25 Min <i>to Table</i>	25 Min <i>Hands On</i>	1 Whisk <i>Super Easy</i>
Getting Started	Put a saucepan of water on to boil.	
From your Pantry	You'll need olive oil, salt and pepper.	

Shepherd's Pie

60 Min <i>to Table</i>	30 Min <i>Hands On</i>	2 Whisks <i>Easy</i>
Getting Started	Preheat your oven to 425 and put a pot of water on to boil	
Speed Tip	Use an extra pan to speed up the cooking time.	
From Your Pantry	You'll need olive oil, salt, pepper, butter and flour.	

Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmndd daily)	
Cowboy Butter Steak Pata with Brussels (use 2/3 pasta, butter, parmesan & pepper)	800	40	51	47 CC 19	6	580	7	27	70% Vitamin C	100% Vitamin K
	670		40					22		
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		
Chipotle Pulled Pork Nacho Tostadas (use 2/3 bbq sauce, mexican cheese, and pico crema)	800	48	36	71	8	2310	26	25	80% Vitamin C	40% Vitamin K
	650		27					20		
Italian Toasted Gnocchi	453	20	5	82	10	486		11	81% Vitamin C	201% Vitamin A
New Orleans Shrimp Cakes	520	37	15	61	6	480		14	88% Vitamin A	219% Vitamin C
Mango Teriyaki Chicken	630	51	9	86	7	1700	31	13	97% Vitamin A	84% Vitamin C

Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmndd daily)	
Lemon-Chai Brussels Sprouts Over Pearl Couscous	865	19	7	44	10	518	7	29	34% Vitamin A	41% Folate
(½ cheese, nuts and vinaigrette)	515		37					17		
Arugula Pesto Salmon with Parmesan Veggies	740	48	50	25	4	990	8	18	210% Vitmain C	70% Vitamin A
(use 2/3 of parm, crust, & pesto)	560		33					12		
Shepherd's Pie	915	30	50	93	10	852		22	202% Vitamin A	33% Vitamin C
(half the portion size)	460		25					11		
Queso Fiesta Casserole	440	16	17	57	9	830	10	12	147% Vitamin C	73% Calcium
Thai Red Curry Soup	485	19	19	64	8	1351		17	207% Vitamin C	123% Calcium
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

Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmndd daily)	
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)	
Belgian Chocolate Vegan Brownies	420	6	20	62	4	300			10% Iron	
Oreo Mousse Pie	760	8	49	78	3	390	52		6% Calcium	6% Iron
Flourless Chocolate Cake	370	5	16	32	2	130	18	18	20% Iron	10% Vitamin A
Chocolate Chunk Cookies	180	2	9	22	1	170	10	9	2% Calcium	4% Vitamin A
Kitchen Sink Cookies	380	5	19	49	2	400	10	17	20% Iron	8% 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.*

Cowboy Butter Steak Pata with Brussels

Cowboy butter is having a moment, and one bite of this dinner will tell you why. Steak, charred Brussels sprouts, tomatoes, and rigatoni are tossed in an irresistible butter sauce loaded with garlic, smoked paprika, and herbs, then finished with Parmesan and cracked black pepper. Rich, savory, and absolutely craveable, this is one trend worth trying.

25 Minutes to the Table

25 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Large Skillet
Medium Saucepan

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Rigatoni
Steak
Brussels, Cabbage & Onions
Grape Tomatoes
Cowboy Butter
Parmesan & Pepper

Good to Know

If you ordered the **Carb Conscious version**, we sent you zucchini instead of rigatoni, reducing the **carbs per serving to 19g**. Skip steps 1 and 2. Add the zucchini and cook with the brussels sprouts and tomatoes in step 4.

Health snapshot per serving – 800 Calories, 51g Fat, 47g Carbs, 40g Protein, and 27 Freestyle Points.

Lightened-up health snapshot per serving – 670 Calories, 40g Fat, 39g Carbs, and 22g Freestyle Points, by using two-thirds of the pasta, butter, and parmesan & pepper.

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

INGREDIENTS: Steak, Rigatoni, Grape Tomatoes, Butter, Brussels Sprouts, Green Cabbage, Red Onion, Parmesan, Garlic, Smoked Paprika, Chili Powder, Dijon Mustard, Black Pepper, Oregano, Thyme.


meezmeals

1. Get Organized

Bring a medium saucepan of water to a boil.

2. Cook the Pasta

Add the **Rigatoni** to the boiling water with a sprinkle of salt and cook until al dente, about 10 to 12 minutes. Drain well and set aside.

3. Cook the Steak

While the pasta is cooking, heat 1 Tbsp olive oil in a large skillet over high heat. Pat dry the **Steak** and season both sides with salt and pepper. Cook until the bottoms char and sides start to brown, about 3 to 4 minutes. Flip and continue to cook for another 3 minutes if you prefer the steak medium-rare. (Cook for 4 minutes for **medium** and 5 to 6 for **well done**). Transfer the steaks to a cutting board and let rest for 5 minutes. Cut each steak in half lengthwise and then into ½" pieces. Wipe out the skillet.

4. Sear the Brussels Sprouts

Add the **Grape Tomatoes** to a ziplock bag and squish until each tomato is popped. Heat 1 Tbsp olive oil in the now-empty skillet over medium-high heat. When the oil is hot, add the **Brussels, Cabbage & Onions** and the squished tomatoes (along with any liquid in the bag) with a sprinkle of salt and pepper. Cook until the Brussels start to char and onions are soft, about 6 to 8 minutes. Turn the heat to low and add stir-in the **Cowboy Butter** until melted.

Turn off the heat and add the cooked pasta, steak, and half of the **Parmesan & Pepper**. Stir well.

5. Put It All Together

Serve pasta, steak and veggies (including any melted butter in the skillet) and sprinkle with the remaining parmesan and pepper. 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.

SCAN QR CODE
to view YouTube
cooking video



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

Chipotle Pulled Pork Nacho Tostadas

30 *Minutes to the Table*

30 *Minutes Hands On*

2 Whisks *Easy*

These tostadas bring all the fun of loaded nachos to the dinner table. Crispy corn tortillas are piled high with smoky chipotle BBQ pulled pork and melted Mexican cheeses, then finished with a cool, crunchy vegetable crema. They are bold, packed with flavor, and hearty and satisfying for dinner.

Getting Organized

EQUIPMENT

Large Skillet
Baking Sheet

FROM YOUR PANTRY

Olive Oil

5 MEEZ CONTAINERS

Corn Tortillas
Pulled Pork
Chipotle BBQ Sauce
Mexican Cheese
Pico Crema

Good to Know

Health snapshot per serving – 800 Calories, 36g Fat, 71g Carbs, 48g Protein, and 25 Freestyle Points.

Lightened-up health snapshot per serving – 650 Calories, 27g Fat, 57g Carbs, and 20g Freestyle Points, by using two-thirds of the Chipotle BBQ Sauce, Mexican cheese, and Pico Crema.

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: Pulled Pork, Corn Tortillas, Tomato, BBQ Sauce, Chihuahua Cheese, Queso Fresco, Sour Cream, Yellow Bell Pepper, Lime, Jicama, Red Onion, Cilantro, Garlic, Cream, Green Onion, Jalapeño, Brown Sugar, Chipotles in Adobo, Oregano, Paprika.

meez meals

1. Get Organized

Preheat the oven to 375.

2. 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 place in 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 rigid and crisped, about 3 to 4 additional minutes. Repeat for the other tortillas. Don't wipe out the skillet.

3. Create the Chipotle BBQ Pork

Return the now-empty skillet to the stove over medium-high heat. Add the **Pulled Pork** and cook until warmed through, about 3 minutes. Add the **Chipotle BBQ Sauce** (brown in color) and stir until the pulled pork is well coated. Continue cooking until the sauce thickens and is warm, about 2 to 3 additional minutes. Remove from the heat.

4. Assemble the Tostadas

Arrange the tortillas in a single layer on a baking sheet and spread the Chipotle BBQ pork on top of each tortilla, edge-to-edge. Sprinkle with the **Mexican Cheese** and bake until the cheese is melted and starts to brown, about 6 to 8 minutes. Remove from the oven.

5. Put It All Together

Top the tostadas with the **Pico Crema** and enjoy!

Instructions for two servings.

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

Italian Toasted Gnocchi

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

25 Minutes to the Table

10 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Baking Sheet
Sauté Pan with
cover

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

4 MEEZ CONTAINERS

Gnocchi
Spinach
Tomato & Herb
Sauce
Parmesan

Good to Know

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 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.

Good to Know

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

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

meez meals

1. **Getting Organized**

Preheat oven to 400 degrees.

2. **Toast the Gnocchi**

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

3. **Cook the Spinach and Sauce**

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

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

4. **Finish and Serve**

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

Top with **Parmesan** cheese and enjoy!

Instructions for two servings.

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

New Orleans Shrimp Cakes

Do we need to say more? Classic Cajun flavored shrimp cakes. A remoulade sauce that Emeril wishes he'd created. A taste of the Big Easy cooked up in your own kitchen. Dinner doesn't get better than that.

40 Minutes to the Table

20 Minutes Hands On

1 Whisks *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet
Large Mixing Bowl
Small Bowl

FROM YOUR PANTRY

Olive Oil
Salt & Pepper
Eggs (1 per serving)

6 MEEZ CONTAINERS

Brown Rice
Shrimp
Peppers & Onions
Remoulade Sauce
Breadcrumbs
Pickled Veggies

Make it Your Own

Our Remoulade sauce is only medium spicy. If you want to **kick it up a notch**, mix in Sriracha sauce, Tabasco, or cayenne pepper.

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 – 520 Calories, 37g Protein, 15g Fat, 14 Smart Points

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

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cooking video**



INGREDIENTS: Shrimp, Red Peppers, Brown Rice, Cauliflower, Broccoli, Breadcrumbs, Garlic, Onion, Green Beans, Carrots, Parsley, Mayonnaise, Vinegar, Ketchup, Lemon, Dijon Mustard, Miso, Sriracha, Black Pepper, Sugar

meez *meals*

1. 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.

2. Prep the Shrimp Cakes

While the rice is cooking, beat 2 eggs in a large mixing bowl.

Cut the **Shrimp** into quarters and add to the eggs along with the **Peppers & Onions** and 4 Tbsp of the **Remoulade Sauce**. Mix well, then slowly mix in the **Breadcrumbs**.

Shape the mix into 6 patties.

3. Cook the Shrimp Cakes

Heat 1½ Tbsp olive oil in a large skillet over medium heat.

When the oil is hot, carefully place the shrimp cake patties in the skillet. (Work it in shifts if you need to. It's better not to crowd them).

Cook until the bottoms begin to brown, about 3 to 4 minutes. Gently flip and cook until the other side browns, another 3 to 4 minutes. Carefully remove the shrimp cakes from the pan and place on a paper towel.

4. Put It All Together

Serve the shrimp cakes over the brown rice. Top with remaining Remoulade sauce and enjoy with the **Pickled Veggies** on the side.

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.

Instructions for two servings.

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

= Mango Teriyaki Chicken

We love the sweet and salty combination of a classic teriyaki, and we're giving it a tropical note this week with juicy Mango. Paired with seared veggies, jasmine rice and tender chicken, it's a dinner that's super simple and super delicious.

25 *Minutes to the Table*

25 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Saucepan
Large Skillet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Jasmine Rice
Chicken Breast
Asian Veggies
Mango Teriyaki
Sauce
Cilantro & Mango

Good To Know

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 – 630 Calories, 51g Protein, 9g Fat, 86g 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, Bok Choy, Green Beans, Carrots, Jasmine Rice, Mango, Cilantro, Tamari, Garlic, Ginger, Sesame Oil, Brown Sugar.

meez meals

1. Get Organized

Bring a pot of water to boil.

2. Cook the Rice

Add the **Jasmine Rice** to the boiling water with a pinch of salt and cook, uncovered, until just tender, about 12 to 15 minutes. Drain, then return the rice to the saucepan. Cover and set aside.

3. Cook the Chicken

While the rice is cooking, pat dry the **Chicken Breasts** and generously season with salt and pepper (we use ¼ tsp salt and ¼ tsp pepper, so use about half per side, or more if you like).

Heat 1 Tbsp olive oil in a large skillet over medium high heat. When the oil is hot, add the chicken and cook until the bottom is crisp and brown, about 4 minutes. Turn the chicken and cook for another 4 minutes, until the other side is brown as well. Do not wipe out pan.

Transfer the chicken to a cutting board to rest for 5 minutes, then slice into ½" strips.

4. Sauté the Veggies

Return the now-empty skillet to the stove over high heat. Add the **Asian Veggies** and cook, stirring occasionally, until they start to char, about 4 to 5 minutes. Remove from the skillet and add to the rice in the saucepan. Stir well and set aside.

5. Heat the Sauce

Wipe out the now-empty skillet, then return to the stove over high heat. Add the **Mango Teriyaki Sauce** and bring to a boil. Cook until the sauce is thick enough to coat the back of a spoon, about 3 to 4 minutes.

Reduce the heat to medium and add the sliced chicken. Mix until it is well coated with sauce and cook for an additional minute.

6. Put It All Together

Serve the coated chicken over the rice and veggies and drizzle with a few spoonful's of sauce. Top with the **Cilantro & Mango** and enjoy!

Instructions for two servings.

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

Lemon Chai Brussels Sprouts Over Pearl Couscous

We crave the sunny flavors of the Mediterranean this time of year. One bite of this gem, and we were transported. The magic comes from lemon-chai vinaigrette, which has a depth of flavor that pairs perfectly with crispy Brussels sprouts. We're serving it over pearl couscous with feta and walnuts.

20 Minutes to the Table

10 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Rimmed
Baking Sheet
Saucepan

FROM YOUR

PANTRY

Olive Oil
Salt & Pepper

5 MEEZ

CONTAINERS

Brussels Sprouts
Couscous
Lemon Chai
Vinaigrette
Feta Cheese
Walnuts

Make The Meal Your Own

Integrate into recipe: While the brussels sprouts are roasting in step 2, cook the protein (per instructions below) and then slice into strips (*shred the chicken, flake the salmon, leave shrimp whole*) and serve on top of the couscous before topping with the Feta and Walnuts.

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 cauliflower "rice" instead of the couscous reducing the **carbs per serving to 35g**. Don't set water to boil in step 1, skip step 3 and while the brussels sprouts are roasting heat 1 Tbsp oil in a large skillet over medium-high heat and cook the cauliflower until it starts to brown, about 3 to 4 minutes. Use in place of the couscous. **If you're making the gluten-free version**, bring 2.5 cups of water to a boil, add the quinoa and a dash of salt. Cover and lower the heat to a simmer. Cook for 12 to 15 minutes, until the grain blooms and most of the liquid is absorbed. Fluff it up and let it sit covered for 5 minutes more.

Health snapshot per serving – 990 Calories, 63g Fat, 83g Carbs, and 25 Smart Points

Lightened up snapshot – 700 Calories, 44g Fat, 61g Carbs, and 17 Smart Points with 2/3 of the couscous, Vinaigrette, and Feta Cheese.

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



INGREDIENTS: Brussels Sprouts, Couscous, Feta Cheese, Vegetable Oil, Walnuts, Lemon, Green Onions, Brown Sugar, Garlic, Herbs & Spices

meez meals

1. Get Organized

Preheat your oven to 400 and put a saucepan of water on to boil.

2. Roast the Brussels Sprouts

Put the **Brussels Sprouts** 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 brown and crispy, 12 to 15 minutes.

3. Cook the Couscous

While the sprouts are cooking, salt your boiling water generously and add the **Couscous**. Cook until al dente, 5 to 10 minutes. Drain, return to the saucepan and set aside until the sprouts are done cooking.

4. Put It All Together

When the sprouts are done, add them to the saucepan with the couscous and stir in the **Lemon-Chai Vinaigrette**. Heat over medium until warm throughout, about 2 minutes.

Top with the **Feta Cheese** and **Walnuts** and enjoy!

Instructions for two servings.

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

Arugula Pesto Salmon with Parmesan Veggies

Great ingredients lead to a fancy dinner but without a lot of fuss. We're baking salmon with a paprika-and-panko crust and Arugula Pesto sauce for loads of flavor, then serving it alongside sautéed peppers and green beans tossed with grated Parmesan. It's simple, satisfying, and oh so delicious.

20 *Minutes to the Table*

20 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Baking Sheet
Large Skillet
Mixing Bowl

FROM YOUR PANTRY

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

6 MEEZ CONTAINERS

Breadcrumbs
Salmon
Paprika Chive Aioli
Green Beans & Red
Peppers
Parmesan
Arugula Pesto

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 – 740 Calories, 50g Fat, 25g Carbs, 48g Protein and 18 Freestyle Points

Lightened up health snapshot per serving – 560 Calories, 33g Fat, 22g Carbs and 12 Freestyle Points by using two-thirds of the Parmesan, Paprika Chive Aioli, and Arugula Pesto

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, Red Bell Peppers, Green Beans, Parmesan, Mayonnaise, Panko Breadcrumbs, Vegetable Oil, Buttermilk, Arugula, Lemon, Chive, Garlic, Dijon Mustard, Paprika, Sugar

meez meals

1. Getting Organized

Preheat your oven to 400. Spray or brush a baking sheet with oil.

2. Prepare the Salmon

Spread the **Breadcrumbs** on a plate. Pat dry the **Salmon** and coat one side with a ¼" to ½" thick layer of the **Paprika Chive Aioli** (the reddish sauce). Put each piece of salmon onto the breading, aioli side down. Press down to make sure as much of the breading as possible adheres to the salmon. Transfer the salmon to the oiled baking sheet, breading side up. Bake until the crust turns golden brown, about 15 to 17 minutes.

3. Cook the Veggies

While the salmon is cooking, heat 1 Tbsp olive oil in a large skillet over medium-high heat. When the oil is hot, add the **Green Beans & Red Peppers**, with a sprinkle of salt and pepper. Cook, stirring occasionally, until veggies start to char, about 6 to 8 minutes. Transfer the veggies to a large mixing bowl and toss with the **Parmesan**.

4. Putting It All Together

Serve the salmon next to the veggies and top with the **Arugula Pesto**. Enjoy!

Love this recipe? #meezmagic

Shepherd's Pie

Is there anything more classic than Shepherd's Pie? With fresh mashed potatoes, perfectly seasoned beef and just the right amount of peas, corn, carrots and cheddar, it's a recipe the whole family will love.

60 *Minutes to the Table*

30 *Minutes Hands On*

2 Whisks *Easy*

Getting Organized

EQUIPMENT

Skillet
Large Saucepan
Oven-Safe Casserole
Dish

FROM YOUR PANTRY

Olive Oil
Salt
Butter (3/4 Tbsp per svg.)
Flour (1/2 Tbsp per svg.)

6 MEEZ CONTAINERS

Red-Skin Potatoes
Beef Meatballs
Onions & Garlic
Cream Sauce
Veggies
Cheese & Parsley

Good to Know

Speed Tip: We're cooking and mashing the potatoes in a single pot to simplify clean up. If you don't mind cleaning an extra pan, complete step #3 in a separate pan while you're waiting for the potatoes to cook. You'll save about 15 minutes. It also cooks ahead wonderfully, so assemble it in advance and cook whenever you're ready to eat.

Health snapshot per serving – 915 Calories, 30g Protein, 50g Fat, 22 Freestyle Points

Lighten Up per serving – 460 Calories, 15g Protein, 25g Fat, 11 Freestyle Points with half the portion. This dish is probably our most filling and largest portion (you will see when it comes out of the oven). You will be able to still fill-up from half the serving and save those calories!

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

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



INGREDIENTS: Beef Meatballs, Red-Skin Potatoes, Peas, Carrots, Corn, Onion, Garlic, Cheddar, Parsley, Black Pepper, Cream, Wine, Dijon, Brown Sugar, Chicken Broth

meez meals

1. Getting Organized

Preheat the oven to 425 degrees and set a pot of salted water to boil in a large saucepan over high heat.

2. Cook The Potatoes

Cut each **Red-Skin Potato** in half and then in thirds for six pieces per potato. Add them to the boiling water and cook uncovered until they are fork-tender, about 15 minutes. Drain the potatoes and set aside. Wipe-out and dry the saucepan.

3. Sear The Meatballs

While the potatoes are cooking, heat the **Beef Meatballs** in a skillet over high heat. Sauté until the meatballs start to brown, about 2 minutes. Remove from heat and set aside.

4. Make The Mashed Potatoes

Return the saucepan used for the potatoes to the stove with 1 Tbsp olive oil over medium-high heat. When the oil is hot, add the **Onions & Garlic** and sauté until the onions are translucent, about 4 to 6 minutes. Add 1 Tbsp flour and 1½ Tbsp butter to the saucepan and cook until the butter is melted, and flour begins to brown, about 2 minutes. Add the **Cream Sauce** and stir, scraping the browned bits of flour off the bottom of the pan. Continue cooking until the sauce is the consistency of gravy and has turned golden brown, stirring continuously for another 2 to 3 minutes. Turn off the heat.

Add the cooked potatoes to the saucepan with the finished cream sauce and mash. Lumps are OK, you're shooting for your favorite mashed potatoes consistency.

5. Bake The Pie

Use cooking spray or lightly brush an oven-safe casserole dish lightly with oil. Cover the bottom with half the mashed potatoes. Place the meatballs on top of the potatoes, forming one even layer. Spread the **Veggies** on top of the meatballs and cover with the remaining mashed potatoes. Sprinkle the **Cheese & Parsley** on top and bake, uncovered, until the edges brown and the cheese is melted, about 25 to 35 minutes.

Remove from the oven and let rest for 7 to 10 minutes. Serve and enjoy!

Instructions for two servings.

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*You will need
enough water to
completely
submerge the
potatoes.*

*We love to send
you vegetables
cut and ready to
eat, but cut
potatoes don't
hold up as well
as we'd like.*

= 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

SCAN QR CODE
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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Thai Red Curry Soup

This gem is a fresh take on the Thai classic. We're cooking up our version of red curry soup with glass noodles, carrots, red peppers, mushrooms and tofu in a red curry and coconut milk base. It's rich and flavorful, and practically hands-free, not to mention an all-time member favorite.

25 Minutes to the Table

10 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

2 Saucepans
Large Bowl

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Mushrooms
Red Peppers &
Carrots
Red Curry
Tofu
Ginger-Coconut
Broth
Glass Noodles

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 soup 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 cooking the **carb conscious version**, we sent you zucchini "noodles" instead of glass noodles, reducing the **carbs per serving to 30g**. Skip steps 1 & 2. Dry the zucchini with a towel, add 1 Tbsp oil to a large skillet. When the oil is hot, place the zucchini in a single layer and cook, without stirring, until the zucchini are slightly charred, 2 to 3 minutes. Transfer to serving bowls.

Health snapshot per serving – 485 Calories, 19g Protein, 19g Fat, 64g Carbs, 17 Smart Points

SCAN QR CODE
to view
YouTube
cooking video



INGREDIENTS: Coconut Milk, Tofu, Glass Noodles, Carrots, Peppers, Mushrooms, Lime Juice, Soy Sauce, Brown Sugar, Red Curry Paste, Garlic, Basil, Concentrated Vegetable Base, Ginger

meez *meals*

1. Getting Organized

Put a saucepan of water on to boil.

2. Soak the Glass Noodles

Put the **Glass Noodles** into a bowl and pour the boiling water over top. Let the noodles soak until they are soft, about 2 to 5 minutes. Drain and set aside.

It's important to let the glass noodles soak. If you don't, they can get clumpy and hard to manage.

3. Cook the Thai Vegetables

In a separate saucepan, heat 1 Tbsp olive oil over medium-high heat. Add the **Mushrooms** and **Thai Peppers & Carrots** and cook for 3 to 5 minutes. Add the **Red Curry** and cook until fragrant, about 1 minute. Add 1 ½ cups of water and bring to a boil. Reduce to a simmer and cook uncovered for 10 minutes.

The red curry has a kick. We use all of it, but if you don't love spice, you should start with just a touch.

4. Finish the Soup

Turn the heat back up to medium-high. Add the **Tofu** and **Ginger-Coconut Broth** to the vegetables and season with salt and pepper to taste. If you'd like a thinner soup, add more water. Cook until the vegetables are tender, about 2 to 5 minutes.

Put the noodles into each diner's bowl. Serve the soup over the noodles.

Love this recipe? #meezmagic

Instructions for two servings.

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