

Chicken Argolemono Soup

35 Min
to Table

25 Min
Hands
On

1 Whisk
Super
Easy

From Your Pantry

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

Getting Started

Heat 1 Tbsp. olive oil
in a large saucepan.

Mojo Verde Shrimp & Spanish Rice

30 Min
to Table

30 Min
Hands
On

2 Whisks
Easy

Getting Started

Preheat oven to 425.

From Your Pantry

You'll need olive oil,
salt and pepper

Quick Tips



Chicken Panang Curry with Crispy Noodles

30 Min
to Table

30 Min
Hands
On

2 Whisk
Easy

Getting Started

Put a saucepan of
water onto boil.

From Your Pantry

You'll need olive oil,
salt & pepper

Steak Florentine

25 Min
to Table

25 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Heat the olive oil in a
large skillet.

From your Pantry

You'll need olive oil,
salt and pepper.

Classic Shawarma

10 Min
to Table

10 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Warm the pita.

From Your Pantry

You'll need olive oil,
salt & pepper

Sweet Potato Kale and Rice Bowl with Peanut Sauce

40 Min to Table	20 Min Hands On	1 Whisk Easy
Getting Started	Preheat your oven to 450 & put a saucepan on to boil.	
Omnivore Option	We like this dish as is.	

Quatre Fromages Brussels Sprouts Gratin'

35 Min to Table	25 Min Hands On	1 Whisk Super Easy
Getting Started	Preheat your oven to 425.	
From Your Pantry	You'll need some olive oil.	

Caramelized Butternut Squash Rotini

30 Min to Table	20 Min Hands On	1 Whisk Super Easy
Getting Started	Bring a large pot of water onto boil and preheat oven to 400.	
From Your Pantry	You'll need butter, olive oil, salt & pepper	

Tikka Masala

20 Min to Table	20 Min Hands On	1 Whisk Super Easy
Getting Started	Slice the Halloumi.	
From Your Pantry	You'll need salt and pepper.	
Meal Tip	The Halloumi will not melt when you cook it.	

Arugula Pesto Salmon with Parmesan Veggies

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

Buffalo Pulled Pork Mac-n-Cheese

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

Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmndd daily)	
Buffalo Pulled Pork Mac-n-Cheese (use 3/4 of the pasta, sauce, and cheese)	760	39	38	71	6	3880	22	25	120% Vitmain A	210% Vitamin C
	620		30					20		
Steak Florentine	625	38	44	20	6	891	x	20	286% Vitamin A	84% Vitamin C
Sweet Potato, Kale & Rice Bowl with Peanut Sauce	570	28	16	85	11	235	x	16	753% Vitamin A	127% Vitamin C
Mojo Verde Shrimp & Spanish Rice	650	37	19	84	7	830	8	15	60% Vitamin A	130% Vitamin C
Tikka Masala (Use 2/3 butter and tikka masala sauce)	745	20	61	37	10	992		26	151% Vitmain A	88% Vitamin C
	560		42					18		
Arugula Pesto Salmon with Parmesan Veggies (use 2/3 of parm, crust, & pesto)	740	48	50	25	4	990	8	18	210% Vitmain C	70% Vitamin A
	560		33					12		
Chicken Panang Curry with Crispy Noodles (use 2/3 of the pasta & sauce)	820	55	35	69 CC 30	6	940		22	35% Iron	150% Vitamin C
	630		25					15		

Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmndd daily)	
Quatre Fromages Brussels Sprouts Gratin (use 2/3 sauce & cheese)	910	27	74	45	10	1370	26	34	45% Calcium	130% Vitamin C
Caramelized Butternut Squash Rotini	590	25	21	80 CC 31	8	520	9	16	40% Calcium	120% Vitamin A
Classic Shawarma	380	14	18	44 CC 12	3	668		11	34% Vitamin C	18% Iron
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		
All-Natural Chicken Breast	220	41	5	0	0	85	0	3	90% Vitamin B6	4% Iron
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)	
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
Turtle Molten Bundt	500	6	30	53	3	370		27	25% Iron	6% Vitamin A
Chocolate Chunk Cookies	180	2	9	22	1	170	10	9	2% Calcium	4% Vitamin A
Peanut Butter Cookies	400	8	22	45	2	330		18	4% Iron	6% Vitamin A

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

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

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

Buffalo Pulled Pork Mac-n-Cheese

20 *Minutes to the Table*

20 *Minutes Hands On*

1 Whisk *Super Easy*

This is comfort food turned up a notch. Creamy mac and cheese gets a bold kick from smoky pulled pork and mildly spicy buffalo cream sauce, with peppers, green beans, and a crunchy carrot-celery topping. It's rich, hearty, and a flavor-packed spin on a classic.

Getting Organized

EQUIPMENT

Large Skillet
Medium Saucepan

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Elbow Macaroni
Peppers & Green Beans
Buffalo Cream Sauce
Pulled Pork
White Cheddar
Carrots & Celery

Good to Know

Health snapshot per serving – 760 Calories, 38g Fat, 71g Carbs, 39g Protein, and 25 Freestyle Points.

Lightened-up health snapshot per serving – 620 Calories, 30g Fat, 57g Carbs, and 20g Freestyle Points, by using $\frac{3}{4}$ of the pasta, sauce, and the cheese.

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

INGREDIENTS: Pulled Pork, Cream, Red Bell Pepper, Green Beans, Hot Sauce, Elbow Macaroni, Carrot, Celery, White Cheddar, Cream Cheese, Brown Sugar, Chicken Stock


meez *meals*

1. Get Organized

Bring a medium saucepan of water to a boil.

2. Cook the Macaroni

Add the **Elbow Macaroni** to the boiling water. Cook until al dente, about 8 to 10 minutes. Drain and set aside until Step 4.

3. Cook the Veggies

While the macaroni is cooking, heat 1 Tbsp olive oil in a large skillet over medium-high heat. When the oil is hot, add the **Peppers & Green Beans** and season with salt and pepper. Cook until they start to brown, about 4 to 5 minutes.

4. Assemble the Mac-n-Cheese

Add the **Buffalo Cream Sauce** and the **Pulled Pork** to the skillet with the peppers & green beans and bring to a low boil. Reduce the heat to low and simmer until the sauce thickens to coat the back of a spoon, about 3 to 4 minutes. Turn off the heat and stir in the **White Cheddar** and the cooked macaroni noodles and mix until combined.

5. Put It All Together

Serve the macaroni topped with the **Carrots & Celery**. Enjoy!

Instructions for two servings.

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

Steak Florentine

Caper butter steak on a bed of sautéed spinach and Italian white beans. And a made-from-scratch Rosemary sauce. Yep, this is a dinner worthy of your favorite Italian restaurant that you can make from scratch without hiring a sitter. Get ready to fall in love.

25 *Minutes to the Table*

25 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet

FROM YOUR PANTRY

Olive Oil

Salt & Pepper

6 MEEZ CONTAINERS

Steak

Lemon

Caper Butter

Spinach

Rosemary Sauce

White Beans

Good To Know

The sauce has a wine base, but alcohol cooks off as it cooks, leaving just the great wine flavor.

Be sure to generously season your steak with salt and pepper before cooking; the salt adds flavor while also keeping the meat tender. We recommend using ½ tsp of each.

Health snapshot per serving – 625 Calories, 38g Protein, 44g Fat, 20g Carbs, 20 Freestyle Points

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

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INGREDIENTS: Steak, Spinach, White Wine, Great Northern Beans, Lemon, Garlic, Rosemary, Parsley, Black Pepper, Capers, Butter, Cream, Vegetable Stock, Onion.

meez *meals*

1. Cook the Steak and Lemon

Heat 1 Tbsp oil in a large skillet over high heat. Pat dry the **Steak** and lightly salt and pepper. When the oil is very hot, add the steaks (spiced side up) and **Lemon** (sliced in half with peel side up) right next to the steaks.

Cook Lemon until it is well browned on the bottom, about 1 to 2 minutes. Continue cooking steak until the bottoms brown & sides start to color, about 3 minutes total. Flip and continue cooking for another 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 heat (but do not wipe out the skillet) and immediately top with the **Caper Butter** and set aside to rest.

2. Create Sauce and Cook Spinach

While the steaks are resting, return the skillet to the stove over medium-high heat. Add the **Spinach** and sauté until it wilts, about 4 to 5 minutes. Stir in the **Rosemary Sauce** and cook until it thickens, about 3 to 4 minutes. Add the **White Beans** and cook until they are warm, about 1 minute.

Remove the spinach and beans from skillet and place directly on serving plates.

3. Put it All Together

Place the steak on the bed of spinach and beans and squeeze some lemon juice over top of the dish. Enjoy!

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

Beef continues to cook as it rests, so remove it from the heat when it's a little less done than you like to prevent it from overcooking.

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

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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

Mojo Verde Shrimp & Spanish Rice

This weeknight favorite is packed with flavor and a snap to prepare. With our fresh Mojo Verde sauce, veggie-filled Spanish rice, and seared shrimp, it's a sunny dinner perfect for a cold night.

20 *Minutes to the Table*

20 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Medium Saucepan
Large Skillet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Rice
Yukon & Sweet
Potatoes
Veggies & Spices
Shrimp
Mojo Verde

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 – 650 Calories, 19g Fat, 37g Protein, 84g Carbs, and 15 Smart Points

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

INGREDIENTS: Shrimp, White Rice, Yukon Potatoes, Sweet Potatoes, Corn, Red Bell Pepper, Yellow Onion, Green Onion, Mayonnaise, White Vinegar, Orange Juice, Tomato, Ancho Chile, Vegetable Stock, Garlic, Cilantro, Parsley, Kosher Salt, Paprika, Cumin, Coriander, Oregano

meez *meals*

1. Get Organized

Bring a medium saucepan of water to a boil.

2. Cook the Rice

Add the **Rice** to the boiling water and cook until tender, about 15 minutes. Drain and set aside in the saucepan until step 3.

3. Make the Spanish Rice

While the rice is cooking, heat 1 Tbsp olive oil in a large skillet over medium-high heat. When the oil is hot, add the **Yukon & Sweet Potatoes** and cook until starting to brown, about 5 to 6 minutes. Add the **Veggies & Spices** and 2 Tbsp water. Cook, stirring frequently, until the onions and carrots soften, an additional 4 to 5 minutes. Turn off the heat and add to the saucepan with the cooked rice. Stir well, cover, and set aside. Wipe out the skillet.

4. Cook the Shrimp

Heat 1 Tbsp olive oil in the now-empty skillet over medium-high heat. Pat dry and lightly sprinkle the **Shrimp** with salt and pepper. When the oil is hot, add the shrimp and cook until opaque, about 1 minute each side.

5. Put It All Together

Serve the Spanish rice topped with the shrimp. Drizzle with the **Mojo Verde** and enjoy!

Instructions for two servings.

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

Tikka Masala

Creamy, complex, and flat out delicious, tikka masala is one of our favorite Indian recipes. We're making our version this week with seared halloumi cheese, tender chickpeas, and fresh greens. Cooked up in just one pan, it's a twenty-minute dinner we love.

Getting Organized

EQUIPMENT

Large Skillet

FROM YOUR PANTRY

Salt and Pepper

5 MEEZ CONTAINERS

Halloumi Cheese

Seasoned Butter

Tikka Masala

Sauce

Chickpeas &

Tomatoes

Arugula &

Spinach

Add Protein Cooking Instructions

Integrate into recipe: Prior to step 1, cook the protein (per instructions below) and then slice into strips (*flake the salmon, leave shrimp whole*) and stir into the sauce 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 – 745 Calories, 20g Protein, 61g Fat, 37g Carbs, 26 Freestyle Points.

Lightened up health snapshot per serving – 560 Calories, 42g Fat, 33g Carbs, 18 Freestyle Points using 2/3 of the Butter and 2/3 of the Tikka Masala Sauce.

20 *Minutes to the Table*

20 *Minutes Hands On*

1 Whisk *Super-Easy*

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INGREDIENTS: Halloumi, Spinach, Arugula, Chickpeas, Tomato, Butter, Cream, Cilantro, Garlic, Ginger, Garam Masala, Cayenne Pepper, Turmeric, Coriander, Lime, Sugar.

meez meals

1. Sear the Halloumi

Slice the **Halloumi Cheese** into ½ inch cubes. Add half the **Seasoned Butter** to a large skillet over medium heat. Once the butter is melted, add the cubed Halloumi in a single layer. Lightly sprinkle with pepper and cook, undisturbed, until the bottoms brown, about 3 minutes. Turn the cheese and cook until that side also browns, about 3 additional minutes. Remove the Halloumi from the skillet and set aside. Do not wipe out the skillet.

We are sending the Halloumi uncut to maintain its freshness and taste.

2. Make the Tikka Masala Sauce

Return the now-empty skillet to the stove over medium-high heat. Add the **Tikka Masala Sauce, Chickpeas & Tomatoes**, and remaining seasoned butter, and bring the entire mixture to a boil. Reduce the heat to medium and simmer until the sauce thickens slightly, about 4 minutes.

Halloumi will not melt when cooked.

Add the **Arugula & Spinach** and stir, coating the veggies in the sauce. Work in batches if necessary and cook until the arugula & spinach has wilted. Remove from the heat.

The Arugula & Spinach is bulky when uncooked but it reduces quickly. Add it to the skillet in batches.

3. Put It All Together

Add the seared Halloumi to the cooked veggies and sauce and mix well. 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.

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

Chicken Panang Curry with Crispy Noodles

We love the mellow peanuty flavors of Panang curries, especially when paired with chicken, cabbage, and snow peas. When served over crispy noodles, the extra step adds a restaurant-quality touch without much hassle.

30 Minutes to the Table

30 Minutes Hands On

2 Whisk Easy

Getting Organized

EQUIPMENT

Saucepan
Large Skillet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Noodles
Chicken Breast
Asian Veggies
Panang Curry Sauce
Cilantro & Green Onions

Good To Know

If you ordered the **Carb Conscious version**, we sent you zucchini "noodles" instead of the noodles reducing the **carbs per serving to 30g**. Skip step 1. In place of step 3, heat 1 Tbsp olive oil in the empty skillet over high heat. When the oil is hot, add the zucchini "noodles" and cook until they start to char, about 3 to 4 minutes. Transfer to serving plates before topping with the curry chicken, veggies, and sauce.

Health snapshot per serving – 820 Calories, 35g Fat, 55g Protein, 69g Carbs, 22 Freestyle Points

Lightened Up Health Snapshot per serving – 630 Calories, 25g Fat, 49g Carbs, by using 2/3 of the noodles and the sauce.

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

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INGREDIENTS: Chicken, Coconut Milk, Wheat Noodles, Cabbage, Snow Peas, Red Bell Pepper, Peanut Butter, Tamari, Green Onion, Yellow Curry, Brown Sugar, Ginger, Garlic, Rice Wine Vinegar, Lime, Basil, Cilantro

meez meals

1. Get Organized

Put a large saucepan of water on to boil.

2. Cook the Noodles

Add the **Noodles** to the boiling water and cook until al dente, about 8 to 10 minutes. Drain and return the cooked noodles to the saucepan until step 4.

3. Cook the Chicken

While the noodles are cooking, pat dry the **Chicken Breast** and generously season with salt and pepper.

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 to 5 minutes. Turn the chicken and cook for another 4 minutes, until the other side is brown as well. Transfer the chicken to a cutting board to rest for 5 minutes, then slice into ½" strips.

4. Crisp the Noodles

While the chicken is resting, wipe out the now-empty skillet and heat 1 Tbsp olive oil over high heat. Add the cooked noodles and spread in a single layer to the edges of the skillet. Cook until the bottoms and edges of the noodles start to brown and become crispy, about 3 to 4 minutes. Stir, and then cook until the noodles now on the bottom and edges also turn brown, an additional 2 to 3 minutes. Arrange the crispy noodles into a "nest" on each serving plate. Do not wipe out the skillet.

5. Cook the Veggies and Sauce

Heat 1 Tbsp oil in the now-empty skillet over medium high heat. When the oil is hot, add the **Asian Veggies** and sauté, stirring occasionally, until they soften and start to char, about 3 to 4 minutes. Add the **Panang Curry Sauce** to the skillet and bring to a boil. Lower the heat to medium and simmer until the sauce has thickened enough to coat the back of a spoon, about 5 minutes. Remove from the heat.

6. Put It All Together

Serve the chicken, veggies and curry sauce with the **Cilantro & Green Onions** sprinkled on top. Enjoy!

Instructions for two servings.

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

Quatre Fromages Brussels Sprouts Gratin

There are few dinners more delicious than a cozy gratin this time of the year. We're making this one with brussels sprouts, cauliflower and crushed tomatoes and a creamy four-cheese sauce that's perfect on a chilly night. It's topped with sweet-spiced nuts that add a zing the whole family loves.

Getting Organized

EQUIPMENT

Small Baking Sheet
Large Oven-Safe
Skillet
Mixing Bowl

FROM YOUR PANTRY

Olive Oil

6 MEEZ CONTAINERS

Tomatoes
Cauliflower &
Brussels Sprouts
Cream Sauce
Four Cheese Blend
Walnuts
Nut Glaze

Add Protein Cooking Instructions

Integrate into recipe: While the gratin is cooking in step 2, cook the protein (per instructions below) and serve alongside the gratin.

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 – 910 Calories, 27g Protein, 74g Fat, 45g Carbs 34 Freestyle Points.

Lightened Up Health snapshot per serving – 720 Calories, 57g Fat, 39g Carbs, using two-thirds of the sauce and cheese.

35 Minutes to the Table

25 Minutes Hands On

1 Whisk Super-Easy

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cooking video**



INGREDIENTS: Tomatoes, Brussels Sprouts, Cauliflower, Walnuts, Red Onion, Cream, Apple Juice, White Cheddar, Monterrey Jack, Panko, Brown Sugar, Parmesan, Vegetable Stock, Dijon Mustard, Pecorino Romano, Onion Powder, Black Pepper, Cinnamon, Nutmeg, Allspice, Cayenne Pepper

meez meals

1. Get Organized

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

2. Make the Gratin

Place the **Tomatoes** in a ziplock bag and squish until all have burst. Heat 1 Tbsp of olive oil in a large skillet over medium-high heat. When the oil is hot, add the squished tomatoes and cook until some of the liquid has evaporated and they just start to char, about 4 minutes. Add the **Cauliflower & Brussels Sprouts** and cook until they just start to brown, about 2 to 3 additional minutes.

Add the **Cream Sauce** and cook on a low boil, stirring frequently, until the sauce is thick enough to coat the back of a spoon, about 2 minutes. Remove from the heat and stir in $\frac{3}{4}$ of the **Four Cheese Blend**. Sprinkle the remaining cheese on top and place the skillet in the oven. Bake until the cheese starts to brown, about 12 to 15 minutes. Remove from the oven and set aside to cool for at least 5 minutes.

3. Roast the Walnuts

While the gratin is baking, combine the **Walnuts** and **Nut Glaze** in a small mixing bowl and mix until the nuts are completely coated. Use a slotted spoon to transfer the coated walnuts to the small, oiled baking sheet, leaving any excess liquid in the bowl. Bake until the nuts are brown, about 8 to 10 minutes. (Keep an eye on them and remove before the glaze burns.) Remove from the oven and use a spatula to loosen the glazed nuts from the baking sheet or foil. Set aside to cool on the baking sheet until the gratin is finished baking.

4. Put It All Together

Top the gratin with the glazed nuts and enjoy!

To save clean-up time, you can line the baking sheet with foil and spray or brush the oil on the foil.

If you don't have an oven-safe skillet you can transfer everything to a casserole dish.

Instructions for two servings.

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

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.

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

Classic Shawarma

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

10 Minutes to the Table

10 Minutes Hands On

1 Whisks Super Easy

Getting Organized

EQUIPMENT

Large Skillet

FROM YOUR PANTRY

Olive Oil

Salt & Pepper

5 MEEZ CONTAINERS

Pita

Simmer Sauce

Beef & Lamb Shawarma

Mediterranean Dressing

Veggies

Make the Meal Your Own

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

Good to Know

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

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

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



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

meez meals

1. Warm the Pita

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

2. Heat the Shawarma

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

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

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

3. Put It All Together

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

Instructions for two servings.

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

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.

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