
*Vietnamese Pulled Pork
Bao Buns*

15 Min
to Table

15 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Heat olive oil in a large skillet.

From Your Pantry

You'll need olive oil, salt & pepper

Chicken Enchiladas Verde

25 Min
to Table

45 Min
Hands
On

1 Whisk
Super
Easy

From Your Pantry

You'll need olive oil, salt and pepper

Getting Started

Preheat your oven to 375, & put a pot of water on to boil.

Quick Tips



Chicken Francese

35 Min
to Table

35 Min
Hands
On

2 Whisks
Easy

Getting Started

Preheat your oven to 425.

From Your Pantry

You'll need flour, eggs, olive oil, salt and 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.

*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.

Rotini with Basil Oil and Pecorino

25 Min to Table	25 Min Hands On	1 Whisk Super Easy
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Getting Started	Put a saucepan of water on to boil.
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Omnivore Option	Baked Chicken breast would be delicious!
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Quatre Fromages Brussels Sprouts Gratin'

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

15 Min to Table	15 Min Hands On	1 Whisks Super Easy
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Getting Started	Preheat your oven to 425.
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From Your Pantry	You'll need olive oil, salt and pepper
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Vegetable Dumplings with Creamy Mushrooms & Spinach

25 Min to Table	25 Min Hands On	2 Whisks Easy
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Getting Started	Heat 1 Tbsp of olive oil in a large skillet.
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From Your Pantry	You'll need olive oil, salt and pepper
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Miso Butter Salmon over Tamari-Ginger Rice

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

15 Min to Table	30 Min Hands On	1 Whisk Super Easy
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Getting Started	Heat the olive oil in a large saucepan.
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From Your Pantry	You'll need olive oil, salt, pepper, and flour.
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Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmndd daily)	
Vegetable Dumplings with Creamy Mushrooms & Spinach	670	17	41	59	5	670	7	23	50% Vitamin A	20% Vitamin C
Chicken Enchiladas Verde	720	56	16	88	8	1200	6	16	23% Calcium	33% Iron
(use half the rice)	630		16					13		
Vietnamese Pulled Pork Bao Buns	830	45	13	129	8	2470	40	25	181% Calcium	32% Vitamin A
(Use 3/4 of the sauce, and only 2 bao buns)	590		32					18		
Chicken Francese	700	51	39	29	6	600	9	15	194% Vitamin A	107% Vitamin B6
(use 1/2 the herb butter)	560		24					9		
Steak Florentine	625	38	44	20	6	891	x	20	286% Vitamin A	84% Vitamin C
Chicken Shawarma	560	18	33	54	7	681		17	83% Vitamin A	331% 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)	
Rotini with Basil Oil & Pecorino	400	19	6	72	16	218		11	190% Vitamin C	14% Calcium
Kung Pao Edamame with Udon Noodles	465	18	21	49	10	469		14	184% Vitamin C	170% Vitamin A
Miso Butter Salmon over Tamari-Ginger Rice	590	25	23	72 33 CC	5	850	18	17	60% Vitamin A	60% Vitamin K
Quatre Fromages Brussels Sprouts Gratin	910	27	74	45	10	1370	26	34	45% Calcium	130% Vitamin C
(use 2/3 sauce & cheese)	720		57					26		
Shrimp and Corn Chowder	470	37	15	50	7	549		8	29% Vitamin C	22% Vitamin A
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)	
THE Carrot Cake	540	6	34	49	2	440	36	13	6% Vitamin C	6% Calcium
Oreo Mousse Pie	760	8	49	78	3	390	52		6% Calcium	6% Iron
Belgian Chocolate Vegan Brownies	420	6	20	62	4	300			10% Iron	
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.

Vegetable Dumplings with Creamy Mushrooms & Spinach

Pan-seared dumplings and three kinds of mushrooms are the foundation of this hearty, flavorful dish. A creamy garlic Parmesan sauce with wilted spinach adds richness, while toasted breadcrumbs, corn, and carrots bring crunch and texture. It's unexpected and turns dumplings into a satisfying dinnertime meal.

25 *Minutes to the Table*

25 *Minutes Hands On*

2 Whisks *Easy*

Getting Organized

EQUIPMENT

2 Large Skillets (one with a cover)

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Vegetable Dumplings
Mushrooms
Garlic Parmesan
Cream Sauce
Spinach
Corn & Carrots
Seasoned
Breadcrumbs

Good to Know

Health snapshot per serving – 670 Calories, 41g Fat, 59g Carbs, 17g Protein, and 23 Freestyle Points.

Add Protein Instructions

Integrate into recipe: Prior to Step 1, cook the protein according to the instructions below. Slice into strips (flake the salmon and leave the shrimp whole) and serve alongside the dumplings before drizzling the sauce 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.

INGREDIENTS: Vegetable Dumplings, Cream, Spinach, Button Mushrooms, Cremini Mushrooms, Shitake Mushrooms, Corn, Carrots, Panko Breadcrumbs, Yellow Onion, Lemon, Parmesan, Vegetable Stock, Garlic, Chives, Black Pepper, Kosher Salt, Paprika.

 meez meals

1. Sauté the Mushrooms

Heat 1 Tbsp olive oil in a large skillet over medium-high heat. When the oil is hot, add the **Mushrooms** with a sprinkle of salt and pepper. Cook, stirring occasionally, until the mushrooms are brown and slightly crispy, about 7 to 8 minutes. Transfer directly to serving plates. Wipe out the skillet.

2. Sear the Dumplings

While the mushrooms are cooking, heat 1 Tbsp olive oil in a second large skillet over medium-high heat. When the oil is hot, arrange the **Vegetable Dumplings** with the flat side down. Cook until the bottoms start to sear, about 3 to 4 minutes. Add ¼ cup of water, cover and cook for 2 to 3 minutes to steam and soften the dumplings. Remove the cover and continue to cook until the water has evaporated, an additional 2 to 3 minutes. Remove from the skillet and place the dumplings on top of the mushrooms on the serving plates. Wipe out the skillet.

You may need to add a bit more water to the skillet for the final 2 to 3 minutes.

3. Create the Creamy Spinach Sauce

Return the now-empty mushroom skillet to the stove over medium-high heat. Add the **Garlic Parmesan Cream Sauce** and bring to a boil. Reduce the heat to medium-low and cook until the sauce has thickened enough to coat the back of a spoon, about 3 to 4 minutes. Add the **Spinach** and stir until it wilts. Remove from the heat but leave the sauce in the skillet.

4. Create the Topping

Heat 1 Tbsp olive oil in the now-empty dumpling skillet over medium-high heat. When the oil is hot, add the **Corn & Carrots** and cook until the carrots are tender and corn starts to brown, about 3 to 4 minutes. Remove the vegetables from the skillet and place in a small bowl.

Add an additional 1 Tbsp olive oil to the skillet and when the oil is hot, add the **Seasoned Breadcrumbs**. Cook, stirring frequently, until the breadcrumbs turn brown, about 2 minutes. Remove from the heat, add back the cooked corn & carrots, and stir well.

5. Put It All Together

Drizzle the Parmesan Cream Sauce over the dumplings and mushrooms and sprinkle with the breadcrumb topping. Enjoy!

Instructions for two servings.

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

Vietnamese Pulled Pork Bao Buns

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

15 *Minutes to the Table*

15 *Minutes Hands On*

1 Whisk *Easy*

Getting Organized

EQUIPMENT

1 Large Skillet

FROM YOUR PANTRY

Olive Oil

Salt & Pepper

5 MEEZ CONTAINERS

Bao Buns

Pulled Pork

Vietnamese Hoisin
Sauce

Pickled Veggies

Carrots & Green Onions

Good to Know

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

Lightened-up Health snapshot per serving – 640 Calories, 10g Fat, 95g Carbs, 19 Freestyle Points by using two buns per serving and $\frac{3}{4}$ of the sauce.

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

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to view YouTube
cooking video**



INGREDIENTS: Bao Bun, Pulled Pork, Rice Wine Vinegar, Hoisin Sauce, Red Onion, Radish, Carrot, Green Onion, Sugar, Jalapeño, Garlic, Lime, Ginger, Sambal, Cilantro, Fish Sauce, Salt

meez*meals*

1. Heat the Bao Buns

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

2. Heat the Pulled Pork

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

3. Put It All Together

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

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

Instructions for two servings.

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

Chicken Enchiladas Verde

Classic enchiladas, on the table in a flash. With shredded chicken breast, sautéed bell peppers and a salsa verde that's fresh, flavorful, and unique. It's Mexican comfort food the family will love.

45 *Minutes to the Table*

25 *Minutes Hands On*

2 Whisk *Easy*

Getting Organized

EQUIPMENT

2 Large Skillets
Casserole Dish
Large Mixing Bowl

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

7 MEEZ CONTAINERS

Chicken Breasts
Veggies
Chihuahua Cheese
Salsa Verde
Corn Tortillas
Rice
Lime

Make The Meal Your Own

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

Health Snapshot Per Serving- 720 Calories, 56g Protein, 16g Fat, 88g Carbs, 16 Freestyle Points

Lightened-up Health Snapshot Per Serving- 630 Calories, 16g Fat, 69g Carbs, 13 Freestyle Points, by using half of the rice.

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INGREDIENTS: Chicken Breasts, Corn Tortillas, Green Chili Sauce, White Rice, Lime, Yellow Onion, Chihuahua Cheese, Red Bell Pepper, Green Bell Pepper, Sugar, Parsley, Cilantro, Garlic, Salt, Cumin, Coriander, Black Pepper

meez *meals*

1. Get Organized

Preheat your oven to 375 degrees and put a saucepan of water to boil over high heat. Spray or brush a 10x10 or similar casserole dish with oil.

2. Cook the Chicken

Heat 1½ Tbsp olive oil in a large skillet over medium high heat. Pat dry and generously salt and pepper the **Chicken Breasts** on both sides. Cook until crisp and brown, on one side, about 4 to 5 minutes. Flip, then cook until brown on the second side, about 4 additional minutes. Transfer the chicken to a cutting board and let rest for 5 minutes. Do not wipe out skillet. Once the chicken has rested, hold the chicken in place with one fork and with a second fork, shred the chicken into pieces typical of the size used in chicken soup and put into a large bowl.

3. Cook the Veggies

While the chicken is resting, add the **Veggies** to the now-empty skillet over medium high heat. Sauté until the peppers start to char and the onions become translucent, about 2 to 3 minutes. Transfer the cooked veggies to the large mixing bowl with the shredded chicken. Add half of the **Chihuahua Cheese**. Add one-third of the **Salsa Verde** to the bowl. Mix well.

4. Bake the Enchiladas

Add half the remaining salsa verde to the bottom of the casserole dish. Wrap the **Corn Tortillas** in paper towels and microwave until soft, about 20 to 30 seconds. Fill the tortillas with as much of the filling as possible while still being able to roll into tubes. Place the rolled enchiladas on top of the salsa verde, folded side down. Spread any filling that wouldn't fit inside the tortillas around the bottom of the casserole dish. Top everything with the remaining salsa verde and remaining cheese. Bake until the cheese is melted and starts to brown, about 15 minutes. Remove from the oven and let rest for 5 minutes

5. Cook the Rice and Serve

While the enchiladas are baking, add the **Rice** to the boiling water and cook at a rolling boil until the rice is tender, about 15 minutes. Drain well and transfer directly to serving plates. Serve the enchiladas (and the extra cooked enchilada filling) on top of the rice with a squeeze of fresh **Lime**. Enjoy!

Instructions for two servings.

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

Chicken Francese

Great cooks know that it only takes a few ingredients to create something magical, and this recipe is proof positive. Fluffy breaded chicken sautéed in a rich butter and wine sauce is pure magic over roasted carrots.

35 *Minutes to the Table*

35 *Minutes Hands On*

2 Whisks *Easy*

Getting Organized

EQUIPMENT

Large Skillet with Cover
Baking sheet
Meat Tenderizer/Mallet
(or small pot)

FROM YOUR PANTRY

Olive Oil
Salt & Pepper
Flour (1/2 cup)
Eggs (2)

5 MEEZ CONTAINERS

Carrots
Parmesan Herb Butter
Chicken Breast
Lemon
Wine Sauce

Good To Know

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.

Be sure to generously season your chicken with salt and pepper before cooking. We recommend using ¼ tsp of each.

Health snapshot per serving – 700 Calories, 39g Fat, 51g Protein, 29g Carbs, 15 Freestyle Points

Lightened-Up Health snapshot per serving – 560 Calories, 24g Fat, 29g Carbs, 9 Freestyle Points by eliminating the butter from the egg mixture (i.e., using only half).

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

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INGREDIENTS: Chicken Breast, Carrots, Parmesan, Parsley, Butter, Wine, Chicken Stock, Lemon.

meez meals

1. Cook the Carrots

Preheat your oven to 425. Arrange the **Carrots** in a single layer on a baking sheet. Drizzle with olive oil, salt and pepper and toss. Roast until the carrots are a deep, charred color, about 30 minutes, turning the sheet halfway through cooking. Transfer directly to serving plates.

2. Cook the Chicken

While the carrots are roasting, melt half of the **Parmesan Herb Butter** in the microwave or a small pot over low heat. Set aside to cool for a few minutes. Spread ½ cup flour on a plate. Roll the non-melted half of the parmesan herb butter in the flour, completely coating all sides. Set aside until step 3. Crack 2 eggs in a small bowl and add the melted parmesan herb butter. Gently whisk the mixture so as to break the yolks and combine with the egg whites and butter, but not to fully scramble everything together.

Very loosely wrap each **Chicken Breast** in plastic wrap and place on a cutting board. Pound it until it starts to spread, using a meat tenderizer/mallet or bottom of a small pot. Flip the chicken over and continue to pound until it is about ¼" thick and has doubled in size. Generously season with salt and pepper.

Dip the chicken into the egg mixture, coating both sides. Let any excess drip off and place into the flour to completely coat one side. Flip and coat the other side. Return the chicken to the egg mixture one more time to fully coat both sides with egg. Let any excess drip off and repeat for each breast.

Heat 1½ Tbsp olive oil in a large skillet over medium-high heat. When the oil is hot, add the chicken to the skillet and cook, without moving, until the sides brown, about two minutes. Flip and continue cooking until other side is brown as well, about two more minutes. Remove from the heat and set aside to rest for 5 minutes. The chicken will NOT be fully cooked at this point but will finish in step 3. Do not wipe out the skillet.

3. Finish Cooking the Chicken and Sauce

While the chicken is resting, slice the **Lemon** into ¼" thick, round slices and add to the now-empty skillet over high heat. Cook until the lemons slices char on one side, about 2 to 3 minutes. Remove from the skillet and set aside. Do not wipe out the skillet. Add the **Wine Sauce** and cook until it reduces in half, about 3 minutes. Add the flour-coated parmesan herb butter from step 2 and stir continuously until the sauce thickens slightly, about 2 additional minutes.

Reduce the heat to low and add the chicken back to the skillet. Spoon the sauce over top of each breast, cover and simmer until the chicken is fully cooked, about 2 to 3 minutes.

4. Put It All Together

Serve the chicken on top of the carrots with the charred lemons on top (to give it some lemon flavor). Spoon the remaining sauce from the skillet over top of the entire dish. 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

Chicken Shawarma

A Middle Eastern favorite cooked up in a heartbeat. A quick sear and just the right spices turns shredded chicken into this delicious sandwich. We're serving it up with a fresh tzatziki sauce, peppers and cucumbers in a warm pita. Dinner's never been so easy.

15 *Minutes to the Table*

15 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet

FROM YOUR PANTRY

Olive Oil

Salt & Pepper

5 MEEZ CONTAINERS

Shawarma Chicken

Simmer Sauce

Pita

Tzatziki Sauce

Peppers & Cucumbers

Make the Meal Your Own

If you ordered the **Carb Conscious version**, we sent you romaine lettuce instead of the pita, reducing the **carbs per serving to 22g**. In step 2, cut the romaine heads into 1" slices and combine with other ingredients in a large bowl to make a Chicken Shawarma Salad.

Good to Know

Health snapshot per serving – 560 Calories, 18g Protein, 33g Fat, 17 Freestyle Points

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to view YouTube
cooking video**



INGREDIENTS: Shawarma Chicken, Cucumbers, Red Bell Peppers, Pita, Yogurt, Cream, Lemon, Parsley, Apple Cider Vinegar, Tahina, Dill, Garlic, Kosher Salt, Coriander, Sumac, Sumac, Turmeric, Cardamon, Clove, Allspice.

meez *meals*

1. Cook the Shawarma Chicken

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

Combine the simmer sauce and **Shawarma Chicken** in a large skillet over medium-high heat. Cook, stirring occasionally, until the edges are slightly crispy, and sauce has completely evaporated, about 4 to 5 minutes. Remove from heat and set aside.

2. Warm the Pita

Wipe out the skillet and return to stove over medium heat. Heat each **Pita** until warm and soft, about 15 to 25 seconds per side. Cut each pita in half.

3. Put It All Together

Fill each pita half with white **Tzatziki Sauce**, **Peppers & Cucumbers**, and shawarma chicken. Drizzle additional tzatziki sauce on top. Enjoy!

Instructions for two servings.

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

Rotini with Basil Oil & Pecorino

So simple, so delicious. We're sautéing broccoli and cauliflower together with fresh grape tomatoes, then tossing it together with a fresh basil oil and pecorino cheese. Topped with marinated butter beans, it's a tribute to the Mediterranean the whole family will love.

Getting Organized

EQUIPMENT

Large Skillet
Saucepan
Bowl

FROM YOUR

PANTRY

Olive Oil
Salt & Pepper

5 MEEZ

CONTAINERS

Rotini
Pecorino
Cheese
Grape
Tomatoes
Broccoli &
Cauliflower
Cannellini Bean
Marinade

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 combine with everything 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

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

If you're making the vegan version, we've left out the cheese.
Add an extra pinch of salt and pepper for extra seasoning.

Health snapshot per serving –400 Calories, 19g Protein, 6g Fat, 72g Carbs, 16 g Fiber, 11 Smart Points.

25 *Minutes to the Table*

25 *Minutes Hands On*

1 Whisk *Super Easy*

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



INGREDIENTS: Cannellini Beans, Cauliflower, Broccoli, Rotini, Pecorino Cheese, Grape Tomatoes, Basil, Garlic

meez meals

1. Get Organized

Put a saucepan of water on to boil.

2. Marinate the Beans

Put the **Cannellini Bean Marinade** into a bowl and cover with olive oil. You could use as little as a ¼ cup as much as ¾ cup. Let sit on the counter for at least 20 minutes.

The amount of oil is up to you. The marinade has great flavor, so you could use extra oil and save for another meal.

3. Cook the Veggies

Heat 3 Tbsp olive oil in a large skillet over medium high heat. Add the **Broccoli & Cauliflower**, and cook until lightly golden brown at the edges, about 7 to 10 minutes, stirring frequently.

Add the **Grape Tomatoes** and cook until the skin bursts and the edges turn golden brown, about 5 to 7 minutes.

4. Cook the Rotini

Once the veggies are cooking, get the pasta going. Salt the boiling water, then add the **Rotini**. Cook until al dente, about 10 to 12 minutes, then drain.

Salt your water generously!

5. Put It All Together

Add the cooked rotini to the veggies and mix well. Add the marinated beans – but reserve the oil. Toss again, then add salt and pepper to taste. Serve topped with the **Pecorino Cheese** and as much of the marinade oil as you'd like. 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

SCAN QR CODE

to view

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 *

Miso Butter Salmon over Tamari-Ginger Rice

This dinner is all about layered flavor and quiet sophistication. Seared salmon is finished with rich miso butter, then served over tamari-ginger rice with lightly charred vegetables. It's comforting, polished, and restaurant-worthy — all ready in just 20 minutes.

20 *Minutes to the Table*

20 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet
Medium Saucepan

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Jasmine Rice
Tamari-Ginger Sauce
Salmon
Miso Butter
Asian Veggies

Good to Know

If you ordered the **Carb Conscious version**, we sent you cauliflower "rice" instead of jasmine rice, reducing the **carbs per serving to 33g**. Skip steps 1 and 2. Prior to step 3 heat 1 tbsp olive oil in a large skillet over medium high heat. Cook the cauliflower until seared, about 3 to 4 minutes. Remove from the heat and add the sauce. Use in place of the rice.

Health snapshot per serving – 590 Calories, 23g Fat, 72g Carbs, 25g Protein, and 17 Freestyle Points.

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

INGREDIENTS: Salmon, Jasmine Rice, Snow Peas, Baby Corn, Carrot, Cabbage, Butter, Rice Wine Vinegar, Miso, Brown Sugar, Tamari, Sugar, Mirin, Green Onion, Ginger, Sesame Oil.


meez *meals*

1. Get Organized

Bring a medium saucepan of water to a boil.

2. Cook the Rice

Add the **Jasmine rice** to the boiling water and cook until tender, about 10 to 12 minutes. Drain well and immediately combine with the **Tamari-Ginger Sauce** in the saucepan. Stir until the rice is well coated, cover and set aside until step 5.

3. Cook the Salmon

While the rice is cooking, pat dry the **Salmon** with a paper towel and sprinkle each side with salt and pepper. Heat 1 Tbsp olive oil in a large skillet over high heat. When the oil is hot, add the salmon and cook until the bottom is seared, about 3 to 4 minutes. Flip and cook until the second side is brown, an additional 3 to 4 minutes. Remove from the skillet and immediately spread the **Miso Butter** on the top of each filet. Wipe out the skillet.

4. Cook the Asian Veggies

Heat 1 Tbsp olive oil in the now-empty skillet over medium-high heat. When the oil is hot, add the **Asian Veggies** and cook until the pea pods char and carrots soften, about 5 minutes. Remove from the heat.

5. Put It All Together

Serve the charred Asian veggies on top of the tamari-ginger rice followed by the miso-butter salmon. 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 – 740 Calories, 20g Protein, 57g Fat, 45g Carbs 28 Freestyle Points.

Lightened Up Health snapshot per serving – 600 Calories, 44g Fat, 41g Carbs, using two-thirds of the sauce and cheese.

35 Minutes to the Table

25 Minutes Hands On

1 Whisk Super-Easy

**SCAN QR CODE
to view YouTube
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

Shrimp and Corn Chowder

We love a hearty soup on a chilly night, and this recipe is a favorite. With shrimp, corn, butternut squash, bacon and a splash of cream, this recipe is comfort food at its best. (Did we mention it's on the table in less than 30 minutes?)

30 *Minutes to the Table*

15 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Saucepan & Lid

FROM YOUR PANTRY

Olive Oil

Salt & Pepper

1 Teaspoon flour per
serving

5 MEEZ CONTAINERS

Shrimp

Butternut Squash

Lacinato Kale

Chowder Broth

Bacon & Spiced Corn

Good to Know

Health snapshot per serving – 470 Calories, 37g Protein, 15g Fat, 50g carbs, 8 Freestyle Points.

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

INGREDIENTS: Shrimp, Butternut Squash, Corn, Lacinato Kale, Bacon, Red Onion, Cream, Vegetable Stock, Garlic, Paprika, Cumin, White Pepper, Old Bay, Black Pepper.

meez *meals*

1. Cook the Shrimp

Pat dry the **Shrimp** with a paper towel and heat 1 Tbsp olive oil in a large saucepan over medium-high heat. When the oil is hot, add the shrimp and cook for a minute on each side until they are opaque and no longer grey in color. Remove the shrimp from the skillet and place on a cutting board to cool, then cut shrimp in half and set aside. Do not wipe out saucepan.

2. Cook the Veggies

Add 1 Tbsp olive oil to the now empty saucepan and heat over medium high heat. When the oil is hot, add the **Bacon & Spiced Corn** and the **Butternut Squash**. Stir once, then cook undisturbed until the squash starts to brown, about 4 to 5 minutes.

Add 2 teaspoons of flour and stir until the flour starts to brown, about 2 minutes. Add the **Lacinato Kale** and cook, stirring frequently, until the kale turns bright green, about 2 to 3 minutes.

*The flour thickens
the chowder and
gives it body.*

3. Add the Broth

Add the **Chowder Broth**, and 2 cups water to the saucepan. Cover, and bring to a boil over high heat, then reduce heat to medium. Cook, covered, over a low boil until squash pieces are fork tender, about 15 to 18 minutes, stirring occasionally. Remove from the heat.

4. Put It All Together

Stir in the cut shrimp, serve, and enjoy!

Instructions for two servings.

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