

Asian Angus Beef Burger

25 Min to Table	25 Min Hands On	1 Whisk Super Easy
---------------------------	------------------------------	---------------------------------

Getting Started

Heat 1 Tbsp of olive oil in a skillet.

From Your Pantry

You'll need olive oil and one egg per serving.

Hot Honey Halloumi with Roasted Veggies & Tzatziki

30 Min to Table	10 Min Hands On	1 Whisk Super Easy
---------------------------	------------------------------	---------------------------------

From Your Pantry

You'll need olive oil, salt and pepper.

Getting Started

Preheat your oven to 400.

Quick Tips



Chipotle Chicken Tostada with Cheesy Refried Beans

30 Min to Table	30 Min Hands On	1 Whisk Super Easy
---------------------------	------------------------------	---------------------------------

Getting Started

Heat a large dry skillet to cook the tortillas.

From Your Pantry

You'll need olive oil, salt and pepper.

Acorn Squash & Herb Risotto

45 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.

Parmesan Truffle Butter Chicken and Brussels

30 Min to Table	20 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.

Tomato Basil Shrimp Scampi

15 Min to Table	15 Min Hands On	1 Whisk Super Easy
---------------------------	------------------------------	---------------------------------

Getting Started	Put a large saucepan of water on to boil.
------------------------	---

From Your Pantry	You'll need olive oil, butter, salt and pepper
-------------------------	--

Toasted Gnocchi with Mint-Basil Pesto

35 Min to Table	10 Min Hands On	1 Whisk Super Easy
---------------------------	------------------------------	---------------------------------

Getting Started	Preheat oven to 400.
------------------------	----------------------

From Your Pantry	You'll need olive oil, salt and pepper.
-------------------------	---

Picky Eaters Tip	Serve their portion with plain olive oil
-------------------------	--

Crisp Salmon with Olive Tapenade

20 Min to Table	20 Min Hands On	1 Whisk Super Easy
---------------------------	------------------------------	---------------------------------

Getting Started	Prep the Fingerling Potatoes.
------------------------	-------------------------------

From your Pantry	You'll need 1/2 cup of flour, olive oil, salt and pepper.
-------------------------	---

Roasted Red Pepper Steak & Greek Potatoes

35 Min to Table	35 Min Hands On	1 Whisk Easy
---------------------------	------------------------------	------------------------

Getting Started	Preheat your oven to 425.
------------------------	---------------------------

From Your Pantry	You'll need olive oil, salt and pepper.
-------------------------	---

Barbequed Sweet Potato Couscous Gratin

40 Min to Table	10 Min Hands On	1 Whisk Super Easy
---------------------------	------------------------------	---------------------------------

Getting Started	Preheat your oven to 400 and put water on to boil.
------------------------	--

Speed Tip	You can cook the couscous ahead, to save time.
------------------	--

Chicken Pot Pie Soup with Buttery Ritz Crumble

30 Min to Table	30 Min Hands On	1 Whisk Super Easy
---------------------------	------------------------------	---------------------------------

Getting Started	Heat 1 Tbsp. of olive oil in large saucepan.
------------------------	--

From Your Pantry	You'll need olive oil, flour, salt and pepper.
-------------------------	--

Meal Tip	The crackers should just be small pieces, not crumbs..
-----------------	--

Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmndd daily)	
Chicken Pot Pie Soup with Buttery Ritz Crumble (use 1/2 the crackers & butter)	850	50	43	57	6	1690	13	27	50% Vitamin A	20% Vitamin C
	710		31					16		
Chipotle Chicken Tostada with Cheesy Refried Beans	640	62	19	53 CC 39	12	920	6	10	13% Vitamin A	38% Vitamin B12
Parmesan Truffle Butter Chicken and Brussels	650	57	35	28	7	610	8	15	70% Vitamin A	100% Vitamin C
Hot Honey Halloumi with Roasted Veggies & Tzatziki (use 1/2 pepitas, 1/2 white sauce, 2/3 hot honey glaze)	690	35	33	68	13	1030	39	22	80% Vitamin A	90% Vitamin D
	580		30					17		
Asian Angus Beef Burger (no bun, 1/2 the peanut sauce, 1/2 the aioli)	700	45	46	26 CC 6	2	624	3	15	60% Vitamin A	65% Vitamin C
	570		42					12		
Acorn Squash & Herb Risotto (use all of squash and 1/3 of other ingredients)	710	13	44	57 CC 40	5	1335	9	26	58% Vitamin A	62% Vitamin C
	495		30					17		

Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmndd daily)	
Crisp Salmon with Olive Tapenade	635	26	39	52	6	1208		19	182% Vitamin C	22% Vitamin B-6
Tomato Basil Shrimp Scampi	500	37	11	66 CC18	6	220	8	11	46% Vitamin C	23% Vitamin B6
Barbequed Sweet Potato Couscous Gratin	505	20	11	81	8	777		17	909% Vitamin A	130% Vitamin C
Roasted Red Pepper Steak & Greek Potatoes	460	38	18	38 CC 23	6	520	8	11	210% Vitamin C	40% Vitamin A
Toasted Gnocchi with Mint-Basil Pesto	660	28	16	99	10	780	16	20	253% Vitamin A	83% Vitamin C
(1/2 the pesto, almonds and cranberries)	530		9					15		
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
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)	
Flourless Chocolate Cake	370	5	16	32	2	130	18	18	20% Iron	10% Vitamin A
Honduran Chocolate Brownies (Gluten-Free)	340	4	18	42	3	140	31	16	4% Vitamin C	15% Iron
Tiramisu for Two	290	5	15	35	1	40	29		6% Calcium	2% Iron
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.

Chicken Pot Pie Soup with Buttery Ritz Crumble

Chicken pot pie meets cozy soup in this comforting twist on a classic. Tender chicken breast, Yukon potatoes, carrots, corn, and onions simmer in a creamy, herb-seasoned broth, with toasted buttery Ritz crackers taking the place of traditional pie crust. It's rich, hearty, and everything you want from comfort food in a bowl.

30 *Minutes to the Table*

30 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet
Large Saucepan

FROM YOUR PANTRY

Olive Oil
Salt & Pepper
Flour (1 Tbsp/serving)

6 MEEZ CONTAINERS

Potatoes & Carrots
Corn & Onions
Chive Butter
Creamy Broth Starter
Chicken Breasts
Ritz Crackers

Good to Know

Health snapshot per serving – 850 Calories, 43g Fat, 57g Carbs, 50g Protein, and 27 Freestyle Points.

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.

Lightened-up health snapshot per serving – 710 Calories, 31g Fat, 50g Carbs, and 16 Freestyle Points, by using half of the crackers and half the butter (only in the soup, do not use any butter with the crackers).

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

INGREDIENTS: Chicken Breast, Cream, Potato, Carrot, Corn, Yellow Onion, White Wine, Butter, Ritz Crackers, Chicken Stock, Miso, Chive, Black Pepper, Savory, Oregano, Thyme, White Pepper.


meez *meals*

1. Sear the Vegetables

Heat 1 Tbsp olive oil in a large saucepan over medium-high heat. When the oil is hot, add the **Potatoes & Carrots** with a sprinkle of salt and pepper. Cook until they start to soften, about 5 to 6 minutes. Add the **Corn & Onions** and cook for an additional 2 minutes.

2. Create the Soup Broth

Add half of the **Chive Butter** to the saucepan with the veggies and stir until melted. Then add 2 Tbsp flour and cook until the flour coats the veggies and starts to brown, about 1 to 2 minutes. Add the **Creamy Broth Starter** and 2 cups of water and bring to a boil. Reduce the heat to medium-low, cover and simmer, stirring occasionally, about 15 to 20 minutes.

3. Cook the Chicken

While the broth is simmering, dry and generously sprinkle the **Chicken Breasts** 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. Transfer the chicken to a cutting board. Wipe out the skillet.

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). Add the shredded chicken to the saucepan with the broth.

4. Toast the Ritz Crackers

Crush the **Ritz Crackers** into small pieces. Heat the now-empty skillet over medium heat. Melt the remainder of the butter in the skillet and add the crushed crackers. Cook, stirring frequently until toasted and brown, about 3 to 4 minutes.

5. Put It All Together

Ladle the soup into bowls and top with the toasted Ritz crackers. Enjoy!

*The crackers
should not be
crumbs after
crushing just
small pieces.*

Instructions for two servings.

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

Chipotle Chicken Tostada with Cheesy Refried Beans

This dinner hits all the high points for a delicious Mexican-themed dinner. Tender shredded chicken, flavorful refried beans, plenty of cheese and a Chipotle Adobo Aioli that adds a rich, creamy note that we love. Simple and delicious, this dinner is a family favorite.

Getting Organized

EQUIPMENT

2 Large Skillets and 1 Lid (or Baking Sheet)

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Corn Tortillas
Spiced Beans
Mexican Cheese
Chicken Breast
Chipotle Adobo Aioli
Tomatoes, Onions & Cilantro

Make The Meal Your Own

If you ordered the **Carb Conscious version**, we sent you romaine lettuce instead of tortillas, reducing the **carbs per serving to 39g**. Skip step 1 and fill the lettuce leaves instead of the tortillas.

Tostadas are simply crisped corn tortillas. If you **prefer yours as a soft taco**, that works great, too. Just skip the crisping and heat each dry tortilla for 30 seconds on each side.

Our cage-free chickens thrive on an all-natural diet. They are never fed growth hormones and receive no antibiotics in their feed, their water, through intramuscular injection, or even the egg...ever.

Good To Know

Health snapshot per serving – 640 Calories, 62g Protein
19g Fat, 53g Carbs, and 10 Freestyle Points.

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

30 Minutes to the Table

30 Minutes Hands On

1 Whisk Super Easy

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



INGREDIENTS: Chicken Breast, Black Beans, Corn Tortillas, Tomatoes Onions, Chihuahua Cheese, Monterey Jack Cheese, Queso Fresco Cheese, Cilantro, Chipotles in Adobo, Mayonnaise, Buttermilk, Crushed Red Pepper, Garlic, Coriander, Cumin, Lime.

meez meals

1. 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 put onto 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 crisped, about 3 to 4 additional minutes. Repeat for the other tortillas.

2. Cook the Spiced Beans

Heat 2 Tbsp olive oil in a second large skillet (one that can be covered) over medium high heat. When the oil is hot, add the **Spiced Beans** and 1/2 cup of water. Cook, mashing the beans as they soften with a slotted spoon or fork, until the beans resemble refried beans and the mixture thickens, about 8 to 10 minutes. Turn off heat and stir in half of the **Mexican Cheese**, cover and set aside until step 4.

If you don't have a skillet with a cover you can use a baking sheet.

3. Cook the Chicken

Heat 1 ½ Tbsp olive oil the now-empty tortilla 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. Turn off the heat but leave the skillet on the stove.

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). Return the chicken to the still warm skillet and combine with the **Chipotle Adobo Aioli**, mixing until the chicken is completely coated and sauce is warm.

You just want to warm up the sauce but not cook it.

4. Put It All Together

Spread the cheesy refried beans on the crisp tortillas and top with the chipotle adobo chicken, pressing down slightly to keep it in place. Add the **Tomatoes, Onions & Cilantro** and sprinkle the remaining cheese on top. Enjoy!

Instructions for two servings.

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

Parmesan Truffle Butter Chicken

This dinner is comfort with a gourmet twist. We're roasting sweet potatoes and Brussels sprouts and sprinkling them with flavorful fontina and mozzarella then topping with all-natural chicken breasts and our signature parmesan truffle butter. With a squeeze of lemon for brightness, it's rich, indulgent, and unbelievably easy to pull off.

30 *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

Brussels & Sweet
Potatoes
Fontina & Mozzarella
Chicken Breast
Parmesan Truffle Butter
Lemon

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 – 650 Calories, 35g Fat, 28g Carbs, 57g Protein, and 15 Freestyle Points.

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

INGREDIENTS: Chicken, Brussels Sprouts, Sweet Potato, Yellow Onion, Fontina, Mozzarella, Butter, Lemon, Parmesan, Truffle, Chive, Parsley.



1. Get Organized

Preheat the oven to 425.

2. Roast the Veggies

Add the **Brussels & Sweet Potatoes** to a casserole dish. Drizzle with olive oil, salt and pepper, then toss and arrange in a single layer. Bake until the sweet potatoes start to brown and are fork tender, about 20 minutes. Remove from the oven and sprinkle the **Fontina & Mozzarella** over top. Bake until the cheese is melted and starts to brown, an additional 5 to 6 minutes. Remove from the oven and set aside until step 5.

*We recommend
an 8" x 8" or
similar sized
casserole dish.*

3. Cook the Chicken

After the veggies have been roasting for about 10 minutes, pat dry the **Chicken Breasts** and season with salt and pepper. Heat 2 Tbsp olive oil in a large skillet over medium heat. When the oil is hot, add the chicken and cook until crisp and brown, about 4 to 5 minutes. Flip and cook the other side until it is also brown, an additional 4 to 5 minutes. Remove from the skillet and let rest for 5 minutes. Wipe out the skillet.

4. Melt the Parmesan Truffle Butter

Return the now-empty skillet to the stove over low heat. Add the **Parmesan Truffle Butter** and warm until melted, about a minute. Remove from the heat.

*Do not continue
cooking the
truffle butter
once melted.*

5. Put It All Together

Top the cheesy veggies with the cooked chicken breast and drizzle with the melted Parmesan Truffle Butter. Add a generous squeeze of **Lemon** to the entire dish and enjoy!

Instructions for two servings.

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

Hot Honey Halloumi with Roasted Veggies & Tzatziki

This dinner brings big flavor with barely any fuss. We're searing halloumi and glazing it in a sweet-and-spicy hot honey sauce that's totally addictive. It's served over oven-roasted carrots, parsnips, beets, and squash—no peeling needed—with a drizzle of creamy tzatziki and a sprinkle of crunchy pepitas. Easy, bold, and seriously delicious.

30 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

6 MEEZ CONTAINERS

Beets, Carrots &
Parsnips
Zucchini & Summer
Squash
Pepitas
Halloumi
Hot Honey Glaze
Tzatziki Sauce

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) & stir into the glaze with the halloumi 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 – 690 Calories, 33g Fat, 68g Carbs, 35g Protein, and 22 Freestyle Points.

Lightened-up health snapshot per serving – 580 Calories, 30g Fat, 47g Carbs, and 17g Freestyle Points, by using half of the Pepitas, half of the White Sauce, and two-thirds of the Hot Honey Glaze.

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



INGREDIENTS: Halloumi, Beets, Carrots, Parsnips, Zucchini, Yellow Squash, Honey, Tomatoes, White Balsamic Vinegar, Eggplant, Cream, Yogurt, Pepita, Lemon, Cilantro, Tahini, White Pepper, Crushed Red Pepper, Kosher Salt.

 meez meals

1. Get Organized

Preheat the oven to 400.

2. Roast the Veggies

Toss the **Beets, Carrots & Parsnips** and **Zucchini & Summer Squash** with a healthy drizzle of olive oil, salt and pepper in a large mixing bowl. Arrange in a single layer on a baking sheet and bake until the veggies are starting to brown and are fork tender, about 20 to 25 minutes.

Remove from the oven and toss with the **Pepitas** on the baking sheet.

3. Sear the Halloumi

After the veggies have been roasting for about 10 minutes, place the **Halloumi Cheese** on a cutting board and cut in half lengthwise, then slice into rectangles about 1/4" thick. You should have about 10 to 12 pieces per serving after slicing.

Heat 1 Tbsp olive oil in a large skillet over medium-high heat. When the oil is hot, add the halloumi in a single layer and lightly sprinkle with pepper. Cook until one side is golden brown, about 3 minutes, then flip and cook the other side until golden brown, an additional 3 minutes. Remove from the skillet and set aside. Wipe out the skillet.

4. Heat the Hot Honey Glaze

Return the now-empty skillet to the stove over medium-high heat. Bring the **Hot Honey Glaze** to a boil, then reduce the heat to low and cook until it thickens enough to coat the back of a spoon, 1 to 2 minutes. Turn off the heat, add back the seared halloumi, and stir until well coated.

5. Put It All Together

Pour the **Tzatziki Sauce** on the bottom of your serving plates and top with the veggies and pepitas. Layer the hot honey halloumi on top of the veggies and enjoy!

The beets and carrots take the longest, so make sure that they are fork tender before you stop cooking!

Instructions for two servings.

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

Asian Angus Beef Burger

Big, messy and crazy delicious. Thai peanut sauce, Asian Slaw and a Bok Choy omelet bring an Asian flair to this burger that we can't get enough of. With a bok choy salad, it's a dinner the whole family will love.

25 Minutes to the Table

25 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

- Large Skillet
- Large Mixing Bowl
- 2 Small Mixing Bowls

FROM YOUR PANTRY

- Olive Oil
- Eggs (1 per serving)

6 MEEZ CONTAINERS

- Bok Choy & Green Onions
- Ginger-Soy Aioli Sauce
- Asian Slaw
- Angus Beef Burger
- Bun
- Peanut Sauce

Make The Meal Your Own

If you ordered the **Carb Conscious version**, we sent you romaine lettuce instead of the bun, reducing the **carbs per serving to 34g**. Toss the lettuce and Asian Slaw with the Ginger-Soy Aioli Sauce and top with the burger. Spread the peanut sauce on the burger and finish with the omelet on top to enjoy as a salad.

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 – 1130 Calories, 485g Protein, 80g Fat, 52g Carbs, 34 Freestyle Points

Lightened-Up Health snapshot per serving – 740 Calories, 58g Fat, 18g Carbs, 22 Freestyle Points by skipping the bun and egg and using half the peanut sauce and half the aioli sauce. Make a salad by combining the slaw with the bok choy and aioli sauce, placing the burger on top and drizzling with the peanut sauce.

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: Angus Beef Burger, Bun, Bok Choy, Radish, Broccoli, Carrots, Green Onion, Peanut Butter, Mayonnaise, Tamari, Garlic, Ginger, Rice Wine Vinegar, Brown Sugar, Cayenne Pepper, Sesame Oil.

meez meals

1. Make the Bok Choy Salad and Asian Slaw

Put two-thirds of the **Bok Choy & Onions** in a mixing bowl with half the **Ginger-Soy Aioli** and mix well. Refrigerate until you're ready to eat. Mix the **Asian Slaw** (the component with the long thin pieces of carrot) and the remaining Ginger-Soy Aioli in a bowl until the veggies are well coated and set aside for step 5.

2. Create a Bok Choy Omelet

Heat 1 Tbsp olive oil in a large skillet over medium-high heat and scramble 2 eggs in a small bowl. When the oil is hot, add the remaining Bok Choy & Onions and sauté until the bok choy softens, about 3 to 4 minutes. Spread the veggies evenly in the pan and pour in the eggs. As the egg sets in the center, gently push it to the edges of the pan with a spatula, ensuring the uncooked eggs that remain get to the bottom of the pan to set. Once the egg has set, use the spatula to cut in half. Cook until the bottoms starts to brown slightly, about one minute, then flip each half. Cook until the other sides starts to brown slightly as well, about another minute. Remove from the skillet and set aside. Wipe out the pan.

3. Cook the Angus Beef Burger

Return the now empty skillet to the stove over high heat. When the pan is hot, cook the **Angus Beef Burger** until the bottom and sides are brown, about 3 minutes. Flip and continue cooking for 2 minutes if you prefer your burger **medium rare**. (Cook for 3 minutes for **medium**, and 4 to 5 for **well done**). Set aside to rest for 5 min. Wipe out the pan.

4. Toast the Bun

While the burger is resting, return the now empty skillet to the stove over medium heat. Lightly brush the inside of each half of the **Bun** with olive oil and toast in the skillet, oiled side down, until golden brown, Repeat for each roll.

5. Build the Burger

Spread a generous helping of **Peanut Sauce** on the bun bottom and place the burger on top. Layer an additional spread of Peanut Sauce directly on the burger. Next place the omelet on top, followed by the Asian slaw and finally the bun top. Enjoy with the Bok Choy Salad on the side!

If you have a meat thermometer, use it to achieve desired doneness for the burger.

Medium Rare: 125

Medium: 135

Medium-Well: 145

Well Done: 160

Instructions for two servings.

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

Acorn Squash & Herb Risotto

The world's easiest risotto. We've found a trick for making creamy, hands-free risotto right in your oven. We're cooking it up with seared acorn squash and just the right blend of spices for a delicious dinner perfect any night of the week.

45 Minutes to the Table

10 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Large Oven-Safe Skillet & Lid

FROM YOUR

PANTRY

Olive Oil
Salt & Pepper

6 MEEZ

CONTAINERS

Acorn Squash
Arborio Rice
White Wine
Sauce
Herbs, Onion & Garlic
Green Onions & Parsley
Pepitas

Add Protein Cooking Instructions

Integrate into recipe: While the risotto is cooking in step 3, cook the protein (per instructions below) and serve alongside the risotto.

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

Health snapshot per serving – 790 Calories, 17g Protein, 65g Carbs, 48g Fat, 26 FS Points

Lightened-Up Health snapshot per serving – 630 Calories, 57g Carbs, 38g Fat, 22 Freestyle Points, reducing all the ingredients, except for the Acorn Squash by one-third.

SCAN QR CODE to view
YouTube cooking video



INGREDIENTS: Arborio Rice, Acorn Squash, Pepitas (pumpkin seeds), Green Onions, White Wine, Cream, Parmesan, Asiago, Capers, Parsley Garlic, Miso, Lemon, Basil, Black Pepper.

meez meals

1. Getting Organized

Preheat your oven to 400.

2. Sear the Acorn Squash

Heat 1 Tbsp olive oil in a large, oven safe skillet on medium high heat. When oil is hot, add the **Acorn Squash**, to the pan in a single layer. Sprinkle with salt and pepper and cook, undisturbed until the squash starts to brown, about 2 to 3 minutes. Flip and cook the other side until it begins to brown, an additional 2 to 3 minutes. Remove from the skillet and set aside. Do not wipe out skillet.

This step is to sear the squash. It will finish cooking in Step 3.

3. Prepare and Bake the Risotto

Return the now empty skillet to the stove with 1 Tbsp olive oil over medium-high heat. When the oil is hot, add the **Arborio Rice** and stir until the rice is coated with oil. Stir in the **White Wine & Cream Sauce** (the component containing the white liquid), 1 cup of water, and the **Herbs, Onion & Garlic**. Turn heat to high and bring to a boil.

Remove the skillet from the heat and arrange the seared Acorn Squash gently on top of the rice mixture. Cover with an oven safe lid and bake, undisturbed until the rice is tender, and the water has been absorbed, about 25 minutes. After 20 minutes, check the water level. If it's been absorbed but the rice isn't fully cooked, add a little more water and continue cooking until the rice is tender. If the rice is tender but there is still liquid, uncover until it is absorbed.

If you don't have a cover you can use a baking sheet.

When the rice is cooked, sprinkle the **Green Onions & Parsley** on top, cover, and cook the casserole for an additional 5 minutes. Remove from the oven and let cool for at least 5 minutes.

4. Put It All Together

Serve the risotto topped with the **Pepitas** and enjoy!

Instructions for two servings.

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

Crisp Salmon with Olive Tapenade

We're topping pan-fried salmon with our favorite tapenade. It has kalamata olives, plus a not-so-secret ingredient: sweet cherries. Sound strange? Cherries balance the olives, making a combo that's perfect over crispy salmon. Served over Dijon Brussels sprouts and fingerling potatoes, it's a gourmet taste in just 20 minutes.

20 Minutes to the Table

20 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

- 2 Skillets
- Shallow Pie Pan or Plate

FROM YOUR PANTRY

- ½ Cup Flour
- Olive Oil
- Salt & Pepper

5 MEEZ CONTAINERS

- Fingerling Potatoes
- Brussels Sprouts
- Salmon
- Olive Tapenade
- Mustard Vinaigrette

Make The Meal Your Own

Picky Eaters Tip – Cooking with someone who doesn't love Brussels sprouts? Cook the potatoes and Brussels separately, and keep all of their Brussels sprouts for yourself!

If you ordered the **Carb Conscious** version we sent you broccoli instead of the potatoes reducing the total **carbs** to **18g**, you can skip Step 1. and in Step 2. Simply add the broccoli where it says to add the potatoes.

Good To Know

Health snapshot per serving – 635 Calories, 39g Fat, 26g Protein, 52g Carbs, 19 Smart Points

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

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



INGREDIENTS: Salmon, Fingerling Potatoes, Brussels Sprouts, Olive Oil, Kalamata Olives, Apple Cider Vinegar, Green Onion, Dijon Mustard, Brown Sugar, Dried Cherries, Garlic, Herbs

meez meals

1. Prep the Potatoes

Cut the **Fingerling Potatoes** in half lengthwise and then cut across to create small, even pieces, about ½" each.

2. Make the Dijon Brussels & Potatoes

Heat 1 Tbsp oil in a large skillet over high heat. Add the cubed potatoes and cook, stirring occasionally, until starting to brown on the edges, 3 to 5 minutes. Add the **Brussels Sprouts** along with a generous pinch of salt and pepper and cook, stirring, until the Brussels are well browned and the potatoes are fork tender, about 10 to 15 minutes. Mix half of the **Mustard Vinaigrette** into the cooked Brussels and potatoes.

3. Cook the Salmon

While the hash is cooking, pour ½ cup flour in a shallow pie pan or on to a plate and add a generous pinch of salt and pepper. Pat the **Salmon** fillets dry with a paper towel and coat with the flour, making sure each fillet is covered with a thin layer. Repeat this process with remaining salmon.

Heat 2 Tbsp of oil in a large skillet on high heat. Add the salmon and cook until it colors about halfway up the sides, about 4 minutes. Flip and cook an additional 2 minutes. Remove from the heat and let rest 5 minutes.

4. Put It All Together

Serve the veggies topped with salmon. Spread the **Olive Tapenade** on the salmon to taste and drizzle the finished dish with remaining vinaigrette.

Any kind of flour will work here: all-purpose, rice flour, even tapioca flour. Use your favorite.

Place the salmon in the pan early to avoid any oil splashing.

Instructions for two servings.

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

Tomato Basil Shrimp Scampi

Linguini and shrimp are a match made in Italian heaven, and we're serving them up this week with a buttery, garlicky basil sauce that's pure magic. Tossed with sautéed tomatoes, fresh arugula, and a lemon-oil drizzle, it's a speedy dinner that an Italian grandma would be proud to serve.

15 Minutes to the Table

15 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Large Skillet

Large Saucepan

FROM YOUR PANTRY

Olive Oil

Salt & Pepper

Butter (3 Tbsp)

6 MEEZ CONTAINERS

Linguine

Shrimp

Grape Tomatoes

Garlic, Onion & Herbs

Arugula

Lemon

Good To Know

If you ordered the **Carb Conscious version** we sent you zucchini noodles instead of the pasta, reducing the **carbs per serving to 18g**. Skip steps 1 and 2. Prior to step 3, heat 1 Tbsp olive oil in a large skillet over high heat. When the oil is hot, add the zucchini noodles and cook until they start to char, about 2 to 3 minutes. Set aside and wipe out the skillet. Use the zucchini noodles in place of the pasta in step 4.

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

Health snapshot per serving – 500 Calories, 11g Fat, 37g Protein, 66g 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: Shrimp, Tomato, Arugula, Onion, Linguine, Garlic, Lemon, Basil, Tarragon.

meez meals

1. **Get Organized**

Bring a large Saucepan of water to boil over high heat.

2. **Cook the Pasta**

Add the **Linguine** to the boiling water with a pinch of salt and cook until al dente, about 7 to 9 minutes. Drain and set aside until step 4.

3. **Cook The Shrimp**

While the pasta is cooking, heat 1 Tbsp olive oil in a large skillet over medium high heat and pat dry the **Shrimp**. 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. Transfer the shrimp to a cutting board and cut each shrimp in half. Do not wipe out the skillet.

4. **Cook the Veggies and Sauce**

Return the now-empty skillet to the stove over high heat and add the **Grape Tomatoes**. Cook until they start to blister, about 5 to 6 minutes. Reduce the heat to medium and add the **Garlic, Onion & Herbs**, 3 Tbsp of butter, and a generous sprinkle of salt and pepper.

Sauté until the onions soften, about 4 to 5 minutes. Add the **Arugula**, cooked shrimp, and linguine to the skillet and stir until arugula has wilted, about a minute. Transfer directly to serving bowls.

5. **Prepare the Lemon-Oil Drizzle and Serve**

While the tomatoes are cooking, cut the **Lemon** in half and squeeze as much juice as possible into a small bowl. Eyeball how much juice you produced, then add about twice as much olive oil to the same bowl and whisk thoroughly.

Drizzle the lemon-oil over the entire dish and enjoy!

Instructions for two servings.

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

Barbequed Sweet Potato Couscous Gratin

We're turning the whole idea of an au gratin on its head this week. Forget the heavy, cream-based staples of classic French cooking. Instead, we're layering pearl couscous and broiled sweet potatoes with smoky barbeque sauce and mozzarella. Then we top it off with crispy kale for a vitamin-packed twist.

40 Minutes to the Table

10 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Oven-Safe
Saucepan
Rimmed Baking
Sheet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Sweet Potatoes
Pearl Couscous
Barbeque Sauce
Mozzarella &
Cherries
Kale

Add Protein Cooking Instructions

Integrate into recipe: While the gratin and kale are baking in step 5, 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

If you're making the gluten-free version, we've given you quinoa. Bring 3¾ 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 looks spiraled. Fluff it and let it sit covered for 5 minutes.

Health snapshot per serving – 505 Calories, 20g Protein, 8g Fiber, 17 Smart Point

SCAN QR CODE
to view YouTube
cooking video



INGREDIENTS: Sweet Potatoes, Kale, Pearl Couscous, Barbeque Sauce, Mozzarella Cheese, Parmesan Cheese, Cherries, Garlic

meez meals

1. Getting Organized

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

2. Roast the Sweet Potatoes

Put the **Sweet Potatoes** on a rimmed baking sheet. Drizzle with olive oil, salt and pepper and bake until the edges are crispy, about 15 to 25 minutes.

3. Cook the Couscous

Once the sweet potatoes are cooking, start the couscous. Salt the boiling water generously, add the **Pearl Couscous** and cook for 5 minutes. Drain and set aside.

*The couscous won't
be done cooking in this
first step. We're just
par-cooking it.*

4. Assemble the Casserole

Turn the oven down to 300 degrees and put the couscous back into the saucepan or, if it's not oven-safe, into a casserole dish. Add the cooked sweet potatoes, **Barbeque Sauce** and ¼ cup water and mix well. Top with **Mozzarella & Cherries** and bake until the top is lightly browned and the cheese is melted, about 12 to 15 minutes.

5. Bake the Kale

Once the gratin gets into the oven, arrange the **Kale** on your rimmed baking sheet. Drizzle with olive oil, salt and pepper, and bake until softened and crisp on the edges, about 15 minutes. Serve the gratin topped with the kale.

Love this recipe? #meezomagic

Instructions for two servings.

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

Roasted Red Pepper Steak & Greek Potatoes

Big Mediterranean flavor in every bite. Seared steak and charred peppers are tossed in a creamy roasted red pepper sauce, then served alongside Greek-style potatoes coated in lemony tzatziki. A sprinkle of feta brings it all together for a dinner that's rich, bright, and full of sunshine.

35 *Minutes to the Table*

35 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet
Baking Sheet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Red Potatoes
Lemon Tzatziki Sauce
Steak
Peppers & Onions
Roasted Red Pepper Sauce
Feta

Good to Know

If you ordered the **Carb Conscious version**, we sent you cauliflower florets instead of red potatoes, reducing the **carbs per serving to 23g**. Roast the cauliflower in place of the potatoes in step 2 until brown and tender.

Health snapshot per serving – 460 Calories, 18g Fat, 38g Carbs, 38g Protein, and 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: Steak, Red Potatoes, Red Bell Pepper, Green Bell Pepper, Red Onion, Roasted Red Pepper, Feta, Yogurt, Great Northern Beans, Cream, Cucumber, Lemon, Olive Oil, White Wine Vinegar, Parsley, Garlic, Kosher Salt, Dill, White Pepper.

 **meez** *meals*

1. Get Organized

Preheat the oven to 425.

2. Make the Greek Potatoes

Slice the **Red Potatoes** into quarters (wedges). Add to a baking sheet and toss with olive oil, salt and pepper. Arrange in a single layer and bake until golden brown and fork tender, about 25 to 30 minutes. Remove from the oven and immediately toss with the **Lemon Tzatziki Sauce** and set aside.

*You can
toss the
potatoes and
sauce right
on the
baking sheet.*

3. Cook the Steak

While the potatoes are 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 allow to rest for 5 minutes before slicing into ½" strips. Wipe out the skillet.

4. Cook the Veggies

Heat 1 Tbsp olive oil in the now-empty skillet over medium-high heat. When the oil is hot, add the **Peppers & Onions** with a sprinkle of salt and pepper. Cook until they start to char, about 5 to 6 minutes. Remove from the heat and add the **Red Pepper Sauce** and sliced steak and stir until the steak is well coated.

5. Put It All Together

Serve the red pepper steak alongside the Greek potatoes and sprinkle the entire dish with the **Feta Crumbles**. Enjoy!

Instructions for two servings.

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

= Toasted Gnocchi with Mint-Basil Pesto

There's something magical about gnocchi when it's toasted. It gets crispy on the outside, tender on the inside, and totally delicious. We're tossing it with kale and a mint-basil pesto, then topping it with almonds and cranberries. It is an unexpected flavor combination you will just love.

35 Minutes to the Table

10 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Rimmed Baking
Sheet
Mixing Bowl

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Gnocchi
Kale
Mint-Basil Pesto
Almonds &
Cranberries
Lemon

Add Protein Cooking Instructions

Integrate into recipe: While the gnocchi is toasting in step 3, cook the protein (per instructions below) and serve alongside 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.

Make The Meal Your Own

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

Health snapshot per serving – 660 Calories, 28g Protein, 16g Fat, 99g Carb, 20 Freestyle Points.

Lightened-Up Health snapshot per serving – 530 Calories, 9g Fat, 88g Carb, 15 Freestyle Points with half the pesto and half the almonds and cranberry.

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



INGREDIENTS: Gnocchi, Kale, Ricotta, Parmesan, Almonds, Cranberries, Garlic, Basil, Olive Oil, Lemon, Mint

meez meals

1. Getting Organized

Preheat your oven to 400 degrees.

2. Toast the Gnocchi

Arrange the **Gnocchi** on a rimmed baking sheet and toss with olive oil, salt and pepper. Bake the gnocchi until slightly crunchy on the outside, about 16 to 18 minutes, stirring once after 10 minutes of cooking. Remove from the oven and set aside till step 4.

We line our baking sheets with parchment paper to make clean up a breeze.

3. Roast the Kale

While the gnocchi is cooking, on a second rimmed baking sheet, arrange the **Kale** in a single layer and drizzle with olive oil, salt and pepper. Place in the oven and cook until the edges start to crisp, about 13 to 15 minutes. Remove the kale from the oven and while still on the baking sheet combine with half the **Mint-Basil Pesto**.

4. Put It All Together

Transfer the gnocchi and kale to serving bowls, toss and add remaining Mint-Basil Pesto to taste. Top with the **Almonds & Cranberries** and a generous squeeze of **Lemon**. Enjoy!

Love this recipe? #meezmagic

Instructions for two servings.

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