

I talian Toasted Gnocchi

25 Min	10 Min	1 Whisk
<i>to Table</i>	<i>Hands On</i>	<i>Super Easy</i>
Getting Started	Preheat your oven to 400.	
From your Pantry	You'll need olive oil, salt and pepper.	

Balsamic-Glazed Steak

25 Min	25 Min	1 Whisk
<i>to Table</i>	<i>Hands On</i>	<i>Super Easy</i>
Getting Started	Preheat your oven to 425.	
From Your Pantry	You will need a little olive oil, salt and pepper.	

Quick Tips



Chicken Francese

35 Min	35 Min	2 Whisks
<i>to Table</i>	<i>Hands On</i>	<i>Easy</i>
Getting Started	Preheat your oven to 425.	
From Your Pantry	You'll need flour, eggs, olive oil, salt and pepper	

Wasabi Salmon

25 Min	15 Min	1 Whisk
<i>to Table</i>	<i>Hands On</i>	<i>Super Easy</i>
Getting Started	Preheat your oven to 400.	
From your Pantry	You'll need olive oil, salt and pepper.	

Bacon Onion Swiss Burger

25 Min	25 Min	1 Whisk
<i>to Table</i>	<i>Hands On</i>	<i>Super Easy</i>
Getting Started	Preheat your oven to 425.	
From Your Pantry	You'll need olive oil, salt and pepper.	

Avocado Tilapia Sandwich with Jalapeño Slaw

20 Min	15 Min	1 Whisk
<i>to Table</i>	<i>Hands On</i>	<i>Super Easy</i>
Getting Started	Preheat your oven to 400.	
From Your Pantry	You'll need some olive oil, salt and pepper.	

Farmers Market Soup

25 Min	25 Min	1 Whisk
<i>to Table</i>	<i>Hands On</i>	<i>Super Easy</i>
Getting Started	Toast your Fresh Roll.	
From Your Pantry	You'll need olive oil, salt and pepper	

Butternut Squash Tacos with Ancho Crema

25 Min	10 Min	1 Whisk
<i>to Table</i>	<i>Hands On</i>	<i>Super Easy</i>
Getting Started	Preheat your oven to 425.	
From your Pantry	You'll need olive oil, salt and pepper .	

Chicken Satay Noodle Bowl

25 Min	25 Min	1 Whisk
<i>to Table</i>	<i>Hands On</i>	<i>Super Easy</i>
From Your Pantry	You'll need olive oil, salt and pepper.	
Getting Started	Put a saucepan of water on to boil.	
Meal Tip	Scrambled eggs make a great addition to this meal.	

Himalayan Red Rice with Bangkok Basil Crunch

35 Min	10 Min	1 Whisk
<i>to Table</i>	<i>Hands On</i>	<i>Super Easy</i>
Getting Started	Preheat your oven to 425 and bring water to a boil.	
Omnivore Option	Chicken drumsticks are great in this.	

NOLA Shrimp Etouffee

30 Min	30 Min	1 Whisk
<i>to Table</i>	<i>Hands On</i>	<i>Super Easy</i>
Getting Started	Bring a medium saucepan of water to a boil.	
From Your Pantry	You'll need olive oil, butter, flour, salt and pepper.	

Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmdnd daily)	
NOLA Shrimp Etouffee	520	23	23	61 CC 29	5	680	10	15	170% Vitamin C	70% Vitamin A
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		
Himalayan Red Rice with Bangkok Basil Crunch	600	29	35	49	10	1444		19	316% Vitamin A	30% Calcium
Avocado Tilapia Sandwich with Jalapeño Slaw	650	34	24	79	10	2700	24	18	100% Vitamin C	90% Vitamin A
Italian Toasted Gnocchi	453	20	5	82	10	486		11	81% Vitamin C	201% Vitamin A
Chicken Satay Noodle Bowl	575	69	19	39	9	458		13	79% Vitamin C	14% Vitamin B-6
Balsamic-Glazed Steak	470	45	21	26	8	536	10	5	271% Vitamin C	37% Calcium

Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmndd daily)	
Wasabi Salmon	600	46	30	37	6	265		16	31% Vitamin A	51% Vitamin C
Bacon Onion Swiss Burger	1270	56	74	93	6	2210	34	44	108% Calcium	185% Vitamin B12
Use 2/3 of the potatoes, bacon & onion, cheese, sauce, and open faced	840		51					28		
Butternut Squash Tacos with Ancho Crema	610	14	20	99	12	1140	30	18	138% Vitamin A	62% Vitamin C
Farmers Market Soup	430	18	4	86 CC 38	7	60	16	10	24% Potassium	14% Iron
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)	
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	
Molten Chocolate Cake	520	7	31	54	3	360		28	30% Iron	4% Vitamin A
Kitchen Sink Cookies	380	5	19	49	2	400	10	17	20% Iron	8% 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.

NOLA Shrimp Etouffee

Straight from New Orleans, this Cajun favorite is rich, hearty, and full of soul. Juicy shrimp are simmered in a velvety Etouffee sauce with onions, peppers, celery, and a touch of spice, then served over fluffy white rice. It's warm, comforting, and packed with bold Louisiana flavor.

30 *Minutes to the Table*

30 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet
Medium Saucepan

FROM YOUR PANTRY

Olive Oil
Salt & Pepper
Butter (1 Tbsp/svg)
Flour (1 Tbsp/svg)

5 MEEZ CONTAINERS

Rice
Shrimp
Mirepoix
Etouffee Sauce
Lemon

Good to Know

If you ordered the **Carb Conscious version**, we sent you cauliflower "rice" instead of the rice, reducing the **carbs per serving to 29g**. Skip steps 1 and 2. Prior to cooking the veggies and sauce in step 4, heat 1 Tbsp olive oil in the skillet and sauté the cauliflower until it starts to brown, about 4 to 5 minutes. Serve in place of the rice.

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

Health snapshot per serving – 520 Calories, 23g Fat, 61g Carbs, 23g Protein, and 15 Freestyle Points.

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

INGREDIENTS: Shrimp, White Rice, Bell Peppers, Yellow Onion, Carrot, Cream, Celery, Garlic, Chicken Stock, Lemon, Worcestershire Sauce, Franks Red Hot Sauce, Tomato, Bay Leaf, Cayenne Pepper.

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 return to the saucepan. Fluff with a fork, cover, and set aside until step 5.

3. Cook the Shrimp

While the rice is cooking, pat dry the **Shrimp** and 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 shrimp in a single layer and cook until opaque, about 1 minute each side. Remove from the skillet and set aside. Wipe out the skillet.

4. Cook the Vegetables and Sauce

Heat 1 Tbsp olive oil in the now-empty skillet over medium-high heat. When the oil is hot, add the **Mirepoix** veggies and cook until the onion are translucent, about 5 minutes. Add 2 Tbsp of butter and stir until melted, then add 2 Tbsp of flour. Stir continuously until the veggies are well coated and flour starts to turn brown, about 2 minutes. Add the **Etouffee Sauce** and two-thirds cup of water and stir well, making sure to scrape all the tasty bits on the bottom of the skillet.

Bring to a boil and reduce the heat to medium-low. Simmer until the liquid has reduced by about one-third and has the consistency of a thin gravy, about 10 to 12 minutes. Turn off the heat and stir in the cooked shrimp.

5. Put It All Together

Serve the etouffee on top of a bed of white rice and top with a squeeze of **Lemon**. 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.

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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

Himalayan Red Rice with Bangkok Basil Crunch

Our favorite rice bowl. It all starts with an Asian-inspired basil crunch made from plenty of fresh basil, ginger, coconut and ground peanuts, mixed up with Himalayan red rice, baked organic tofu and roasted kale. Unusual and totally delicious.

35 *Minutes to the Table*

10 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

2 Rimmed Baking
Sheets
Saucepan

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Basil Peanut
Crunch
Red Rice
Kale
Tofu
Coconut

Add Protein Cooking Instructions

Integrate into recipe: While the tofu and kale are roasting in step 3, cook the protein (per instructions below) & then slice into strips (*flake the salmon, leave shrimp whole*) and toss with the rice 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 veggie "rice" instead of the red rice, reducing the **carbs per serving to 28g**. In step 3, while the kale and tofu are roasting, heat 1½ Tbsp olive oil in a skillet over high heat. When the oil is hot, add the veggie "rice" and cook until it starts to brown, about 2 to 3 minutes. Remove from the heat and set aside until step 4.

Health snapshot per serving – 600 Calories,
29g Protein, 10g Fiber, 19 Smart Points

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INGREDIENTS: Organic Tofu, Kale, Himalayan Red Rice, Peanuts, Coconut Milk, Coconut, Tamari Sauce,
Rice Wine Vinegar, Brown Sugar, Basil, Ginger, Sesame Oil, Garlic, Spices

meez meals

1. Getting Organized

Preheat your oven to 425, put a saucepan of water on to boil and take the **Basil Peanut Crunch** out of the refrigerator to warm up.

2. Cook the Red Rice

Salt the boiling water and add the **Red Rice**. Simmer uncovered until tender, about 20 to 25 minutes. Drain, return to the pot and let sit, covered, for 5 minutes.

3. Roast the Kale, Tofu and Coconut

Put the **Kale** on a rimmed baking sheet and drizzle with olive oil, salt and pepper. Cook until it just starts to crisp at the edges, about 12 to 15 minutes.

Start the tofu as soon as the kale goes into the oven. Put the **Tofu** on to a rimmed baking sheet. Drizzle with olive oil and arrange in a single layer, then bake until it's golden brown at the edges and puffs a little, about 7 to 15 minutes. When the tofu is about 3 minutes away from coming out of the oven, add the **Coconut** to the baking sheet. Bake until fragrant and golden brown, about 3 minutes.

We like to line our baking sheets with parchment to make clean up easier.

Keep an eye on the coconut while it cooks! Even Chef Max has burned it once or twice.

4. Put It All Together

Serve the rice topped with the kale, tofu and half of the **Basil Peanut Crunch**. Mix together, then add more basil peanut crunch to taste. Serve topped with the toasted coconut. Enjoy!

Love this recipe? #meezmagic

Instructions for two servings.

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

Avocado Tilapia Sandwich with Jalapeño Slaw

Get ready for a flavor explosion. Our tilapia sandwich comes together with roasted sweet potato chips, a crunchy jalapeno slaw, creamy avocado dressing, and flaky tilapia, all served up on rustic Italian bread. It's a speedy dinner that's filling and fun.

30 *Minutes to the Table*

20 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet
Baking Sheet
Mixing Bowl

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Sweet Potatoes
Tilapia
Italian Bread
Avocado Dressing
Jalapeño Slaw

Good To Know

Health snapshot per serving – 650 Calories, 24g Fat, 79g Carbs, 34g Protein and 18 Smart Points

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

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INGREDIENTS: Tilapia, Rustic Panini Bread, Sweet Potatoes, Broccoli, Avocado, Mayonnaise, Red Onion, Jalapeño, Lime, Sugar, Cilantro, Kosher Salt

meez*meals*

1. Getting Organized

Preheat your oven to 400 degrees.

2. Prepare the Sweet Potato Chips

Toss the **Sweet Potatoes** with a drizzle of olive oil, salt and pepper on a baking sheet. Arrange in a single layer and roast until crispy, about 20 to 25 minutes.

3. Prepare and Cook the Tilapia

While the potatoes are baking, pat dry the **Tilapia** and sprinkle with salt and pepper. Heat 1 Tbsp olive oil in a large skillet over medium-high heat. When the oil is hot, add the tilapia and cook on one side until brown, about 3 minutes. Flip and repeat. Set aside. Wipe out the skillet.

4. Grill the Bread

Heat the now-empty skillet over medium heat. Brush both sides of the **Italian Bread** slices with olive oil, then add to the skillet in a single layer, working in batches if necessary. Cook until each side is golden brown, about 2 minutes per side.

5. Put It All Together

Toss half the **Avocado Dressing** with the **Jalapeño Slaw** in a mixing bowl.

Spread the remaining dressing on one side of the grilled bread. Layer the sweet potato chips on the dressed bread, then the tilapia, jalapeño slaw and final piece of bread. Slice the sandwich in half and enjoy!

Italian Toasted Gnocchi

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

25 Minutes to the Table

10 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Baking Sheet
Sauté Pan with
cover

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

4 MEEZ CONTAINERS

Gnocchi
Spinach
Tomato & Herb
Sauce
Parmesan

Good to Know

Integrate into recipe: Prior to step 3, cook the protein (per instructions below) and then slice into strips (*flake the salmon, leave shrimp whole*) and stir into the gnocchi in Step 4.

Cook protein: Lightly sprinkle the protein with salt & pepper. Heat a large skillet with 1-2 Tbsp olive oil on medium-high heat (*high for steak.*) When the oil is hot, cook the protein until the: CHICKEN is crisp and brown, about 4 to 5 minutes per side. Let rest for 5 minutes.

STEAK bottoms are brown and sides start to color, about 4 minutes per side for medium (3 min for med-rare and 5-6 min for well done.) Let rest for 5 minutes.

SALMON is crisp and brown, about 4 minutes per side. Let rest for 5 minutes.

SHRIMP are opaque and no longer grey in color, about 1 minute per side.

Good to Know

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

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

meez meals

1. **Getting Organized**

Preheat oven to 400 degrees.

2. **Toast the Gnocchi**

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

3. **Cook the Spinach and Sauce**

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

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

4. **Finish and Serve**

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

Top with **Parmesan** cheese and enjoy!

Instructions for two servings.

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

Chicken Satay Noodle Bowl

We're hooked on Thai Chicken Satay, with its tender chicken and crazy-delicious peanut sauce. So we turned that classic Thai appetizer into a complete meal by cooking cage-free chicken with plenty of Asian veggies and rice noodles. Mixed up with that delectable Satay sauce, it's the test kitchen's new favorite. Best of all, it's on the table in less than 30 minutes.

25 *Minutes to the Table*

25 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Saucepan
Large Skillet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Rice Noodles
Chicken
Garlic and Ginger
Asian Vegetables
Satay Sauce
Green Onions and
Cilantro

Make the Meal Your Own

Want to add some additional richness? Try scrambling an egg and mixing it in. You won't be disappointed!

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.

Health snapshot per serving – 575 Calories, 69g Protein, 19g Fat, 13 Smart Points

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

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INGREDIENTS: Chicken, Rice Noodles, Cabbage, Edamame, Carrots, Bok Choy, Peanuts, Garlic, Ginger, Rice Wine Vinegar, Tamari, Brown Sugar, Cayenne Pepper, Sesame Oil, Green Onion, Cilantro

meez meals

1. Getting Organized

Put a saucepan of water on to boil.

2. Cook the Rice Noodles

Add the **Rice Noodles** to the boiling water and cook until tender, 5-6 minutes.

Drain, rinse under cold water and set aside.

3. Prepare the Chicken

While the rice noodles are cooking, heat a large skillet with 1 Tbsp of olive oil on medium-high heat. Add the **Chicken** to the pan and cook for 4 to 5 minutes, until the chicken is crisp and brown. Turn the chicken over and cook for another 4 minutes, until this side is brown as well.

Remove from heat and place on a cutting board. Once the chicken has rested for 5 minutes, use a sharp knife to cut the chicken breast evenly into strips, about 1/4" to 1/2" wide and set aside.

4. Cook the Veggies

Place the **Asian Vegetable Mix** and **Garlic and Ginger** in the now empty skillet and sauté, stirring frequently, over medium-high heat for 7-8 minutes.

Stir in the **Satay Sauce** until vegetables are completely coated and sauce is warm, about 1 minute. Remove skillet from heat.

5. Putting it All Together

Combine the rice noodles and chicken strips with the contents of the skillet and stir until the peanut sauce has completely coated everything.

Top with **Green Onions and Cilantro**, serve and enjoy!

Instructions for two servings.

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

Balsamic-Glazed Steak

Inspired by a recipe at one of our favorite restaurants, this dinner is as simple as it is sophisticated. We're topping our tender bistro steak with a Parmesan, Cauliflower and nut crust and serving it over Parmesan brussels sprouts and balsamic tomatoes. All this and on the table in less than 30 minutes.

25 *Minutes to the Table*

25 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet
2 Baking Sheets
Large Ziplock Bag

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Brussels Sprouts
Parmesan
Steak
Balsamic Glaze
Cauliflower Nut Crust
Grape Tomatoes

Good To Know

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.

It's important to let the steaks rest to keep them tender and juicy. Give them at least 3 to 5 minutes off the heat before you slice and serve.

Health snapshot per serving – 620 Calories, 29g Fat, 47g Protein, 48g Carbs, 18 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, Brussels Sprouts, Tomatoes, Cauliflower, Parmesan, Pecorino Romano, Balsamic Vinegar, Brown Sugar, Almonds, Walnuts, Parsley, Rosemary, Thyme, Garlic.

meez *meals*

1. Getting Started

Preheat your oven to 425 degrees.

2. Roast the Brussels Sprouts

Arrange the **Brussels Sprouts** in a single layer on a rimmed baking sheet and drizzle with olive oil, salt, and pepper. Roast until the Brussels start to brown and get crispy, 15 to 17 minutes. Remove from oven, mix-in half the **Parmesan** and place Brussels directly on serving plates.

3. Cook the Steak

While the Brussels are cooking, spray or lightly oil another baking sheet, then heat 1 Tbsp of olive oil in a large skillet over high heat. Pat the **Steaks** dry and sprinkle with a salt and pepper. When the skillet is very hot, add the steaks and cook undisturbed until the steak starts to darken on the bottom, about 1 to 2 minutes. Flip the steaks and continue cooking until the other side has browned, another 1 to 2 minutes. Transfer the steaks to the oiled baking sheet and do not wipe out the pan.

Drizzle the steaks with two-thirds of the **Balsamic Glaze**. Spread the **Cauliflower Nut Crust** evenly on top of the steaks, pressing down gently to keep it in place. Cook in the oven for about 4 minutes to get the steak medium-rare (5 to 6 for medium and 7 to 8 for medium-well). Remove the baking sheet from the oven and let the steaks rest for at least 5 minutes.

4. Sauté the Veggies

While the steaks are resting, place the **Grape Tomatoes** into a ziplock bag and seal tightly. Using your hands, squish the tomatoes until they burst. Pour the entire contents of the ziplock bag into the same skillet you used for the steaks and cook over medium-high heat until they are soft and start to char, about 5 to 6 minutes. Mix in the remainder of the balsamic glaze and turn off the heat.

5. Put It All Together

Spoon out the tomatoes and place on top of the Brussels. Gently transfer the steak from the baking sheet and place on top of the tomatoes. Drizzle with a little bit of the balsamic glaze from the skillet and the remaining parmesan. Enjoy!

Don't worry that the steak isn't done. It will finish cooking in the oven.

Instructions for two servings.

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

Wasabi Salmon

With crispy, panko-crusted salmon, a Japanese-style wasabi cream that's packed with flavor and sautéed green beans, this recipe has it all. Best yet, dinner is on the table in less than half an hour.

25 *Minutes to the Table*

15 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet
Baking Sheet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Wasabi Cream
Panko Breading
Salmon
Green Beans
Tamari & Chive Dressing

Good To Know

Our salmon is responsibly fished, so it's free from dyes, antibiotics and any industrial grain-based diets.

The wasabi cream is not overly spicy so even if you don't normally eat wasabi, you might be pleasantly surprised by how mild ours is.

Health snapshot per serving – 600 Calories, 30g Fat, 265mg Sodium, 6g Fiber, 37g Carbs, 46g Protein and 16 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, Green beans, Breadcrumbs, Mayonnaise, Wasabi, Ginger, Tamari, Sesame Seeds, Sesame Oil, Chive, Garlic, Black Pepper, Onion

meez meals

1. Getting Organized

Preheat oven to 400.

2. Prepare and Cook the Salmon

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

Coat the top side of the **Salmon** with a thick layer of **Wasabi Cream** (which is in a plastic container) at least 1/4" thick. Put each piece of salmon onto the breading, cream side down. Press down to make sure the breading adheres then repeat on the other, non-wasabi side. Place onto a baking sheet, cream-and-panko side up.

Bake the salmon until the panko breading is golden brown, approximately 12 to 14 minutes.

3. Cook the Green Beans

While the salmon is baking, heat 1 Tbsp olive oil in a large skillet over medium-high heat. Add the **Green Beans**, salt and pepper, and sauté until the green beans just starts to sear, about 4 to 5 minutes.

4. Putting It All Together

Serve the salmon on top of the green beans and drizzle the **Tamari & Chive Dressing** (thinner white sauce with visible green chives in a sealed bag) over the entire dish. Enjoy!

It is important that you create a nice thick layer of wasabi cream on the top of the salmon to get the full flavor of the dish.

The green beans will continue to cook after you remove it from the heat so be sure not to overcook it.

Love this recipe? #meezmagic

Instructions for two servings
Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois

Bacon Onion Swiss Burger

This recipe is exactly what is sounds like. An indulgent dinner of a one-third-pound angus beef burger smothered with bacon, sautéed onions, Swiss cheese, burger sauce, and served with a heaping pile of roasted fingerling potatoes. It's classic American and will soon be on your list of "must-have" burgers.

25 *Minutes to the Table*

25 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

- 2 Large Skillets
- Large Mixing Bowl

FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper

6 MEEZ CONTAINERS

- Fingerling Potatoes
- Bacon & Onions
- Seasoned Swiss & Provolone
- Angus Beef Burger
- Potato Roll
- Meez Burger Sauce

Good To Know

Health snapshot per serving – 1270 Calories, 56g Protein, 74g Fat, 93g Carbs, 44 Freestyle Points

Lightened-Up Health snapshot per serving – 840 Calories, 51g Fat, 56g Carbs, 28 Freestyle Points by using two-thirds of the Potatoes, Bacon & Onion, cheese, and sauce and serving the burger open-faced.

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, Fingerling Potatoes, Potato Roll, Onion, Bacon, Swiss, Provolone, Green Onions, Carolina BBQ Sauce, Ketchup, Mayonnaise, Sweet Relish, Dijon Mustard, Worcestershire Sauce.

meez meals

1. Roast the Potatoes

Preheat your oven to 425. Cut the **Fingerling Potatoes** in half, drizzle with olive oil, salt, and pepper. Place cut side down on baking sheet. Roast until potatoes are crispy on the bottom, about 16 to 18 minutes, then set aside.

2. Cook the Bacon & Onions

Once the potatoes are roasting, heat 1 Tbsp olive oil in a large skillet over medium heat. Add the **Bacon & Onions** and cook, stirring occasionally, until the onions are soft and translucent and the bacon is slightly crispy, about 8 to 10 minutes. Reduce the heat to low and divide the bacon and onions into two equal portions still in the skillet. Top each portion with **Seasoned Swiss & Provolone**, cover and cook until the cheese is completely melted, about 3 to 4 minutes.

3. Cook the Angus Beef Burger

Once the Bacon & Onions are cooking, heat a second large skillet 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**). Remove from the skillet and set aside to rest for 5 minutes.

4. Grill the Potato Rolls

While the burgers are resting, use a paper towel to wipe excess oil out of the burger skillet. Place the **Potato Rolls** cut-side-down and grill until they start to brown, about 1 to 2 minutes.

5. Put It All Together

Spread the **Meez Burger Sauce** on both the cut sides of the rolls, then top with the burger and the Bacon & Onions/melted cheese. Use the extra sauce as a dip for the roasted potatoes. Enjoy!

The cheese should finish melting just as the burgers finish resting. If the cheese melts too quickly, turn off the heat and leave the Bacon & Onions/melted cheese covered until ready to top the burgers.

Instructions for two servings.

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

Butternut Squash Tacos with Ancho Crema

Taco night made easy. This gem is just ten minutes hands on and packed with flavor thanks to our Ancho Chile Crema. It's rich and smoky and turns roasted butternut squash and sweet potatoes into something truly magical. Topped with our pickled onions, it's a dinner we just love.

Getting Organized

EQUIPMENT

Baking Sheet

FROM YOUR PANTRY

Olive Oil

Salt & Pepper

5 MEEZ CONTAINERS

Butternut Squash &

Sweet Potatoes

Corn Tortillas

Pickled Red Onion &

Jalapeño

Ancho Chile Crema

Cotija Cheese

Add Protein Cooking Instructions

Integrate into recipe: While the veggies are roasting in step 2, cook the protein (per instructions below) and then slice into strips (*flake the salmon, leave shrimp whole*) and serve in the tacos before the 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

Health snapshot per serving – 610 Calories, 14g Protein, 20g Fat, 99g Carbs, and 18 Freestyle Points.

25 Minutes to the Table

10 Minutes Hands On

1 Whisk Super Easy

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



INGREDIENTS: Sweet Potato, Butternut Squash, Corn Tortilla, Red Onion, Apple Cider Vinegar, Cotija Cheese, Green Cabbage, Sugar, Celery, Mayonnaise, Ancho Chili, Cilantro, Lime, Garlic, Salt, Cumin, Coriander

meez meals

1. **Get Organized**

Preheat the oven to 425.

2. **Roast the Veggies**

Add the **Butternut Squash & Sweet Potatoes** to a baking sheet and toss with olive oil salt and pepper. Arrange in a single layer and roast until the veggies start to brown and become crisp, about 18 to 20 minutes. Remove from the oven and transfer the veggies to a bowl.

3. **Warm the Tortillas**

Place the **Corn Tortillas** in a single layer on the now-empty baking sheet and warm in the oven for about 2 minutes.

4. **Put It All Together**

Drain the excess liquid from the **Pickled Red Onion & Jalapeño**.

Arrange the roasted veggies on each warmed tortilla and drizzle with the **Ancho Chile Crema**. Add the drained pickled veggies and finish with the **Cotija Cheese**. Enjoy!!

Instructions for two servings.

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

Farmers Market Soup

Imagine all the best fresh produce from your local Farmers Market combined in a delicious soup. Seared green beans, sautéed summer squash, carrots, onions, tomatoes, plenty of tarragon, and a toasted roll on the side will make this soup your new favorite.

25 Minutes to the Table

25 Minutes Hands On

1 Whisk Super-Easy

Getting Organized

EQUIPMENT

Large Saucepan

FROM YOUR PANTRY

Olive Oil

Salt and Pepper

6 MEEZ CONTAINERS

Fresh Roll

Green Beans

Mire Poix

Grape Tomatoes

Tomato Broth

Starter

Zucchini & Squash

Add Protein Instructions

Integrate into recipe: Prior to step 2, cook the protein (per instructions below) and then slice into strips (*flake the salmon, leave shrimp whole*) and stir into the soup in Step 4.

Cook protein: Lightly sprinkle the protein with salt & pepper. Heat a large skillet with 1-2 Tbsp olive oil on medium-high heat (*high for steak.*) When the oil is hot, cook the protein until the: CHICKEN is crisp and brown, about 4 to 5 minutes per side. Let rest for 5 minutes.

STEAK bottoms are brown and sides start to color, about 4 minutes per side for medium (3 min for med-rare and 5-6 min for well done.) Let rest for 5 minutes.

SALMON is crisp and brown, about 4 minutes per side. Let rest for 5 minutes.

SHRIMP are opaque and no longer grey in color, about 1 minute per side.

Good to Know

If you ordered the **Carb Conscious version** we sent you Tri-Color Chips instead of the Fresh Roll, reducing the **carbs per serving to 37g**.

Health snapshot per serving – 430 Calories, 18g Protein, 4g Fat, 86g Carbs.

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

INGREDIENTS: Green beans, Zucchini, Yellow Squash, Fresh Roll, Tomato, Carrot, Onion, Celery, Vegetable Stock, Apple, Tarragon, White Pepper,

meez meals

1. Toast the Bread

Heat a large saucepan over medium-high heat. Slice the **Fresh Roll** in half and brush with olive oil or butter. Place the roll in the saucepan cut-side-down and cook until the cut-side turns golden brown, about 1 to 2 minutes. Remove from the pan and set aside until step 4.

2. Cook the Veggies

Return the now-empty saucepan to the stove over medium-high heat and add 1 Tbsp olive oil. Add the **Green Beans** with a sprinkle of salt and pepper and cook, undisturbed, until they have a slight char, about 3 minutes. Remove from the pan and set aside until step 4.

Add an additional ½ Tbsp olive oil, the **Mire Poix** (carrots, onions, and celery) and a sprinkle of salt and pepper to the saucepan. Cook until the onions soften, about 2 to 3 minutes.

Transfer the **Grape Tomatoes** to a zip lock bag and squish each one. Pour the contents of the zip lock bag into the saucepan and cook until softened, about 3 minutes.

3. Finish the Soup Broth

Turn the heat to high and add the **Tomato Broth Starter** (the reddish liquid) and 1 cup of water. Bring to a boil, then lower the heat to medium low. Cover and continue simmering for 8 minutes. Turn the heat to medium and add the **Zucchini & Squash** and cook until they are fork tender, about 2 to 3 minutes. Remove from the heat.

4. Put It All Together

Add the seared green beans to the soup and serve alongside the toasted rolls. Enjoy!

Instructions for two servings.

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