

Sweet Potato Kale and Rice Bowl with Peanut Sauce

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

10 Min to Table	10 Min Hands On	1 Whisk Super Easy
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Getting Started	Prepare the Broccoli & Zucchini Slaw.
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From Your Pantry	You'll need olive oil, salt and pepper.
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Quick Tips



Lemon Chicken Milanese

25 Min to Table	25 Min Hands On	2 Whisks 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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Honey Butter Chicken and Waffles

30 Min to Table	30 Min Hands On	2 Whisks Easy
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Getting Started	Preheat your oven to 425.
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From Your Pantry	You'll need one egg, olive oil, salt and pepper
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Shrimp Pad Thai

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, eggs, salt and pepper.
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Andouille Sausage & Bean Feijoada

25 Min
to Table

25 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Bring a medium
saucepan of water to
boil.

From Your Pantry

You'll need olive oil.

Loaded Baked Sweet Potato Soup

30 Min
to Table

30 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Bring 4 cups of water
to a boil in a large
saucepan.

From Your Pantry

You'll need olive oil,
salt and pepper

Chicken Tinga Burrito with Poblano Cream

20 Min
to Table

20 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Bring the poblano
cream sauce to a
boil in a small
saucepan.

From Your Pantry

You'll need olive oil,
salt and pepper

Mushroom Rigatoni with Parmesan Goat Cheese

15 Min
to Table

15 Min
Hands
On

1 Whisk
Easy

Getting Started

Bring a large
saucepan of water to
boil.

Meal Tip

Lighten it up by using
2/3 of the pasta and
sauce.

From your Pantry

You'll need olive oil,
and salt.

Sesame Ginger Salmon

40 Min
to Table

25 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Preheat your oven to
400 and bring a pot
of water to a boil.

From Your Pantry

You'll need olive oil,
salt and pepper

Meal Tip

Add as much or as
little glaze as you like
to get it just the way
you like it.

Beef Stroganoff with Fresh Spinach

35 Min
to Table

35 Min
Hands
On

2 Whisks
Easy

Meal Tip

Add some egg
noodles for a great
addition

Getting Started

Heat 1 Tbsp of oil in a
skillet over high heat.

From Your Pantry

You'll need a little
olive oil, flour, butter,
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 rcmndd daily)	
Chicken Tinga Burrito with Poblano Cream (use 1/2 the cheese & poblano cream sauce)	850	60	32	78	8	1860	21	21	120% Vitamin C	20% Vitamin A
	700		19					15		
Sweet Potato, Kale & Rice Bowl with Peanut Sauce	570	28	16	85	11	235		16	753% Vitamin A	127% Vitamin C
Mushroom Rigatoni with Parmesan Goat Cheese	930	25	64	67	4	370	7	31	25% Calcium	23% Potassium
Use 2/3 pasta and pesto sauce	670		45					22		
Honey Butter Chicken & Waffles	740	69	29	56	3	570		16	44% Vitamin A	24% Vitamin B-6
(½ the dressing, ½ the butter and 1 waffle)	595		17					11		
Beef Stroganoff with Fresh Spinach	540	38	38	15	6	450	4	19	330% Vitamin A	130% Vitamin C
Shrimp Pad Thai	710	45	20	91	7	360	36	18	27% Iron	22% Potassium
(use 1/2 the eggs, and peanuts)	550		8					15		

Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmndd daily)	
Grilled Halloumi Gyros	610	35	37	35 CC 22	4	1410	10	20	50% Vitamin C	35% Vitamin A
Lemon Chicken Milanese	585	61	17	47	4	743		14	32% Vitamin C	13% Folate
Sesame Ginger Salmon	700	47	40	48	8	478		13	263% Vitamin C	23% Vitamin B-6
(half the walnuts)	589		29					10		
Andouille Sausage & Bean Feijoada	540	21	23	64 31 CC	8	1200	7	13	100% Vitamin C	25% Iron
Loaded Baked Sweet Potato Soup	720	20	37	77	9	1119	28	22	42% Calcium	29% Vitamin A
Use ½ the sour cream, cheese, and no bread	520		27					15		
Add a Protein All-Natural Chicken Breast	220	41	5	0	0	85	0	3	90% Vitamin B6	4% Iron
Add a Pretein Bistro Chateau Steak	220	30	10	0	0	75	0	5	10% Iron	10% Potassium
Add a Protein Norwegian Salmon	220	35	0	0	0	130	0	4	60% Vitamin B6	15% Potassium
Add a Protein Premium Shrimp	120	28	0.5	0	0	170	0	1	8% Potassium	4% iron

Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmndd daily)	
Tiramisu for Two	290	5	15	35	1	40	29		6% Calcium	2% Iron
Oreo Mousse Pie	760	8	49	78	3	390	52		6% Calcium	6% 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
Peanut Butter Cookies	400	8	22	45	2	330		18	4% Iron	6% Vitamin A

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

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

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

Chicken Tinga Burrito with Poblano Cream

20 Minutes to the Table

20 Minutes Hands On

1 Whisk Super Easy

Smoky chicken tinga is the star of this loaded burrito, paired with Chihuahua and queso fresco cheeses and a fresh salsa of black beans, corn, tomatoes, peppers, and mandarin oranges. We sear the finished burrito for a crisp exterior, then smother it in rich poblano cream sauce. Fresh, flavorful, and on the table in just 20 minutes, it may have you rethinking your favorite restaurant burrito.

Getting Organized

EQUIPMENT

Large Skillet
Small Saucepan

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Poblano Cream Sauce
Chicken
Tinga Sauce
Tortillas
Mexican Cheese
Mandarin Black Bean Salsa

Good to Know

Health snapshot per serving – 850 Calories, 32g Fat, 78g Carbs, 60g Protein, and 21 Freestyle Points.

Lightened-up health snapshot per serving – 700 Calories, 19g Fat, 75g Carbs, and 15g Freestyle Points, by using half of the cheese and poblano cream sauce.

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

INGREDIENTS: Chicken, Flour Tortillas, Mandarin Oranges, Chihuahua Cheese, Tomato Sauce, Cream, Black Bean, Corn, Poblano, Green Chile Sauce, Queso Fresco, Tomato, Red Bell Pepper, Orange, Chipotles in Adobo, Red Onion, Chicken Stock, Cilantro, Lime, Sugar, Cumin, Coriander, Oregano.

meez meals

1. Create the Poblano Cream Sauce

Bring the **Poblano Cream Sauce** (light green in color) to boil in a small saucepan over medium-high heat. Turn the heat to low and simmer, stirring occasionally, until the sauce thickens, about 10 minutes. Set aside until step 4.

2. Cook the Chicken

While the poblano cream sauce is simmering, heat 1 Tbsp olive oil in a large skillet over medium-high heat. Pat dry and generously salt and pepper the **Chicken** breasts on both sides. When the oil is hot, add the chicken breasts and cook until they are 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. Wipe out the skillet. Once the chicken has rested, hold the chicken in place with one fork and use a second fork to shred the chicken (into pieces typical of the size used in chicken soup).

Add **Tinga Sauce** (reddish brown in color) to the now-empty skillet over medium-high heat. Cook until the sauce has thickened, about 3 to 4 minutes. Turn off the heat, add back the shredded chicken and stir until the chicken is well coated. Remove from the skillet and set aside. Wipe out the skillet.

3. Roll the Burritos

Return the now-empty skillet to the stove over medium-high heat. Warm the **Tortillas** for 20 to 30 seconds per side. Place a warm tortilla flat on the counter and spread half of the coated chicken in the middle. Add half of the **Mexican Cheese** on top followed by half the **Mandarin Black Bean Salsa**.

Join the front and bottom flaps and lift the tortilla in the air, open-faced. Pull the left and right flaps toward the center so they fold over about 1 to 2 inches and hold them in place with your fingers. Using your thumbs roll the burrito away from your body, keeping the left and right flaps underneath using the weight of the burrito to keep it closed. Press down gently on the top to hold everything in place. Transfer to the now-empty skillet and repeat for each tortilla.

4. Put It All Together

Return the now-empty skillet to the stove over medium-high heat. When the skillet is hot, add the burritos and cook until the bottom starts to brown, about 1 minute. Flip and repeat for the other side.

Smother the burritos with the poblano cream sauce and enjoy with a fork and knife!

Instructions for two servings.

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

Sweet Potato, Kale & Rice Bowl with Peanut Sauce

40 Minutes to the Table

20 Minutes Hands On

1 Whisk Super Easy

This gem is humble and oh-so delicious. It's all about the Asian peanut butter sauce, which we could eat with a spoon. But since we're supposed to be grown ups, we're restraining ourselves. (Mostly.) Instead, we're tossing it with roasted sweet potatoes, toasted organic tofu, wilted kale and brown rice. The result is crazy good.

Getting Organized

EQUIPMENT

Saucepan
Large Skillet
Rimmed Baking Sheet
Mixing Bowl

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Baked Tofu
Brown Rice
Kale
Peanut Sauce
Sweet Potatoes

Add Protein Cooking Instructions

Integrate into recipe: Prior to step 4, cook the protein (per instructions below) and then slice into strips (*flake the salmon, leave shrimp whole*) and serve on top of the rice bowl in step 5.

Cook protein: Lightly sprinkle the protein with salt & pepper. Heat a large skillet with 1-2 Tbsp olive oil on medium-high heat (*high for steak*.) When the oil is hot, cook the protein until the:

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

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

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

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

Good To Know

Chef's Note -- You'll see our method for cooking brown rice is a little unusual. It's faster than the traditional method, and we think the rice ends up fluffier.

Health snapshot per serving – 570 Calories, 28g Protein 11g Fiber,
16 Smart Points

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to view YouTube
cooking video



INGREDIENTS: Sweet Potatoes, Kale, Baked Tofu, Brown Rice, Peanut Butter, Rice Vinegar, Tamari, Brown Sugar, Garlic, Ginger, Spices

meez meals

1. Getting Organized

Preheat your oven to 450 and put a saucepan of water on to boil.

2. Cook the Rice

Add the **Brown Rice** to the saucepan of boiling water and simmer uncovered over medium heat for 30 minutes. Drain, then return it to the pot. Cover and let sit 5 minutes.

We cook our brown rice like pasta. Make sure the water is boiling and you're good to go. Remember: brown rice has a firmer texture than white rice.

3. Roast the Sweet Potatoes

While the rice is cooking, put the **Sweet Potatoes** on to a rimmed baking sheet and drizzle with olive oil, salt and pepper. Toss well, then arrange in a single layer and bake until tender, about 20 to 25 minutes.

4. Cook the Kale & Tofu

Heat 2 Tbsp olive oil in a large skillet over medium-high heat. Add the **Kale** and cook, stirring, until it's bright green and lightly wilted, about 3 to 5 minutes. Season with salt and pepper and transfer to a bowl.

If you prefer softer kale, cook it for a few extra minutes.

Heat another 2 Tbsp olive oil in the now-empty skillet over medium-high heat. Add the **Baked Tofu** to the pan and cook until it crisps in places, about 3 to 5 minutes on each side.

5. Put It All Together

Put the **Peanut Sauce** into a mixing bowl and thin with a little water. Serve the rice topped with kale, tofu and sweet potatoes. Drizzle with the peanut sauce and enjoy!

We found 2 to 4 Tbsp water is just right.

Instructions for two servings.

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

Mushroom Rigatoni with Parmesan Goat Cheese

This speed meal is a mushroom-lovers dream. We're using a flavorful Parmesan and basil goat cheese, sautéed cremini mushrooms and splash of cream to add an indulgent richness that we just love. Tossed with arugula and rigatoni, it's simple and sophisticated and on the table in a flash.

Getting Organized

EQUIPMENT

Large Saucepan
Large Skillet

FROM YOUR

PANTRY

Olive Oil
Salt

5 MEEZ CONTAINERS

Rigatoni
Cremini
Mushrooms
Arugula
Mushroom
Sauce
Parmesan Goat
Cheese

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 pasta 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 – 930 Calories,
25g Protein, 64g Fat, 67g Carbs.

Lightened Up Health snapshot per serving – 670 Calories,
45g Fat, 47g Carbs, using two-thirds of the pasta and sauce.

15 Minutes to the Table

15 Minutes Hands On

1 Whisk Super-Easy

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to view YouTube
cooking video



INGREDIENTS: Mushrooms, Rigatoni, Arugula, Goat Cheese, Parmesan, Asiago, Cream, Olive Oil, Basil, Garlic, Black Pepper, Kosher Salt.

meez *meals*

1. Get Organized

Bring a large saucepan of water to boil.

2. Cook the Rigatoni

Add the **Rigatoni** to the boiling water with a pinch of salt and cook until al dente, about 8 to 12 minutes. Drain well and follow the instructions in Step 4.

3. Sauté the Mushrooms and Arugula

As soon as the pasta is cooking, heat 1 Tbsp olive oil in a large skillet over medium high heat. When the oil is hot, add the **Cremini Mushrooms** and cook until they begin to soften, about 3 minutes. Add the **Arugula** and cook until it wilts, about 2 additional minutes. Turn off the heat.

4. Put It All Together

Add the cooked and drained rigatoni, **Mushroom Sauce** and $\frac{3}{4}$ of the **Parmesan Goat Cheese** to skillet with the cooked mushrooms and arugula and turn the heat to low. Stir well until the goat cheese melts and everything is combined and warm, about a minute.

Transfer to serving bowls and top with dollops of the remaining cheese. Enjoy!

Instructions for two servings.

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

Honey Butter Chicken & Waffles

Chicken & Waffles taken up a notch. Or two or three. With roasted leeks, crispy buttermilk-breaded chicken, and sweet honey-butter served over a Belgian waffle, you've got a sophisticated spin on a down-home classic that's on the table in just 30 minutes.

30 Minutes to the Table

30 Minutes Hands On

2 Whisks Easy

Getting Organized

EQUIPMENT

Large Skillet
Baking Sheet

FROM YOUR PANTRY

One Egg
Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Leeks
Chicken
Buttermilk Dressing
Breading
Honey Butter
Belgian Waffles

Good to Know

We're sending you the waffles already cooked, so no waffle iron required ☺

Family favorite!

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 – 740 Calories, 69g Protein, 29g Fat, 16 Freestyle Points

Lighten-Up Health snapshot per serving – 595 Calories, 67g Protein, 17g Fat, 11 Freestyle Points with half the dressing, half the butter and ½ waffle per serving.

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

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INGREDIENTS: Chicken, Belgian Waffle, Leeks, Buttermilk, Panko, Mayonnaise, Butter, Honey, Chive, Black Pepper, Kosher Salt, Thyme, Basil, Oregano, Celery Salt, Dry Mustard, Paprika, Garlic, Ginger, White Pepper.

meez meals

1. Roast the Leeks

Preheat oven to 425. Arrange the **Leeks** in a single layer on a rimmed baking sheet and drizzle lightly with olive oil, salt and pepper. Cook until they begin to crisp, about 10 minutes. Set aside for step 5.

2. Prepare the Chicken

While the leeks are roasting, pat dry and very loosely wrap each **Chicken** breast in saran wrap and place on a cutting board. Using a meat tenderizer (mallet) or bottom of a small pot, pound the thicker sections of the breast until each has reached uniform thickness. Generously season with salt and pepper (we use ¼ tsp salt and ¼ tsp pepper, so use about half per side, or more if you like).

In a mixing bowl, mix half the **Buttermilk Dressing** with one egg. Spread the **Breading** evenly on a large plate. Now dip the chicken breast completely into the buttermilk dressing and let any excess drip off. Then put each piece of chicken onto the breading. Press down to make sure the breading adheres then repeat on the other side. Discard any unused buttermilk dressing and breading.

3. Cook the Chicken

Heat 2 Tbsp olive oil in a large skillet over medium heat. When the oil is hot add the breaded chicken and cook until the breading is golden 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 heat.

While the chicken is resting, place the **Honey Butter** on top of the chicken breasts to melt.

4. Heat the Waffle

Wipe out the skillet and return to the stove over medium heat. Cook the **Belgian Waffles** until the first side is lightly brown. Flip and cook the other side until it is also brown, and the waffle is warmed thoroughly. Remove from heat and place directly on serving plates.

5. Put It All Together

Drizzle the remaining buttermilk dressing on the waffles, cover with the roasted leeks and top with the chicken and melted honey butter. Enjoy!

Save the other half of the buttermilk dressing to drizzle on the chicken in step 5.

We use one hand to take the chicken through these steps and keep the other hand clean to hold the bowl or plate. It makes the process neater and easier.

We like the way the pan caramelizes the waffle but feel free to use your toaster oven if you prefer

Instructions for two servings.

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

Beef Stroganoff with Fresh Spinach

Comfort food with a lower carb twist. We're making classic beef stroganoff with plenty of sautéed mushrooms and a rich cream sauce, but we're serving it spinach in place of the traditional carb-heavy noodles. Yum!

35 *Minutes to the Table*

35 *Minutes Hands On*

2 Whisks *Easy*

Getting Organized

EQUIPMENT

Large Skillet

FROM YOUR PANTRY

Olive Oil

Salt & Pepper

Flour (½ Tbsp / serving)

Butter (¾ Tbsp /
serving)

6 MEEZ CONTAINERS

Steak

Onions & Garlic

Mushrooms

Stroganoff Sauce

Spinach

Sour Cream & Parsley

Good To Know

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.

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 – 540 Calories, 38g Fat, 38g Protein, 15g Carbs, 19 Smart 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, Mushrooms, Red Onion, Garlic, Cream, Sour Cream, Chicken Broth, Tomato, Parsley, Miso, Tamari, Brown Sugar, Black Pepper, Dijon Mustard,

meez meals

1. Cook the Steak

Heat 1 Tbsp of oil in a skillet over high heat. While the skillet is heating, pat the **Steak** dry with a towel and season generously with salt and pepper (we recommend ½ tsp of each). When the skillet is very hot, add the steaks to the pan.

Cook until the bottoms brown and the sides start to color, about 3 minutes. Flip and continue cooking for 3 minutes if you prefer your steak **medium-rare**. (Cook for 4 minutes for **medium**, and 5 to 6 for **well done**). Set aside to rest for 5 minutes on a cutting board.

After the steaks have rested, arrange them horizontally and using a sharp knife, cut the steaks into even strips (we aim for ¼ to ½ inch strips).

Test if the skillet is hot enough by holding your hand about 6 inches above the skillet. If you can feel serious heat, it's ready to go.

2. Sauté the Onions & Garlic and Mushrooms

While the steaks are resting, wipe out the skillet used for steak and heat 1 Tbsp of oil over medium-high heat. Add the **Onions & Garlic** and cook until the onions are translucent, 4 to 6 minutes. Add the **Mushrooms** and continue cooking until the mushrooms start to brown and soften, 4 to 6 minutes.

Ensure heat is high enough so the sauce is bubbling as it thickens during this step.

3. Create the Sauce

Add 1 Tbsp flour and 1½ Tbsp butter and stir continuously until the butter is melted, the flour is beginning to brown, and both are well mixed in with the veggies and mushrooms without any flour clumps, about 2 minutes.

Add the **Stroganoff Sauce** and stir, scrapping the browned bits off the bottom of the pan. Cook until the sauce is the consistency of gravy and has turned a golden brown, about 2 to 3 minutes. Once the sauce has thickened, add the **Spinach** and stir continuously until all the spinach has softened and is bright green, about 2 to 3 minutes. Remove from the heat and stir in the **Sour Cream & Parsley**

Add the spinach a little at a time if your pan gets too full. It will soften and cook down as you stir it in.

4. Put It All Together

Top the spinach & mushrooms with the sliced steak & drizzle remaining sauce on top. Enjoy!

Instructions for two servings.

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

Shrimp Pad Thai

We love Pad Thai, but we're often left wondering where all the vegetables are. Enter the Meez test kitchen. This dish has veggies galore plus the classic flavors of a traditional Pad Thai. Sautéed shrimp and crushed peanuts are the perfect finish.

20 *Minutes to the Table*

20 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet
Large Saucepan

FROM YOUR PANTRY

Olive Oil
Salt & Pepper
Eggs (1 per serving)

7 MEEZ CONTAINERS

Shrimp
Rice Noodles
Peanuts
Broccoli & Snow Peas
Daikon & Green Onion
Pad Thai Sauce
Lime

Make The Meal Your Own

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

Good To Know

Health snapshot per serving – 710 Calories, 20g Fat, 45g Protein, 91g Carbs.

Lightened- Up Health snapshot per serving – 550 Calories, 8g Fat, 35g Protein, 86g Carbs without using the eggs and only using half the peanuts.

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

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INGREDIENTS: Shrimp, Rice Noodles, Broccoli, Snow Peas, Peanuts, Daikon Radish, Green Onion, Garlic, Fish Sauce, Tamarind, Garlic, Sugar.

meez meals

1. Get Started

Set a pot of water to boil in a large saucepan.

2. Cook Rice Noodles

Add the **Rice Noodles** to the boiling water. As they cook, use a fork to separate the strands. Continue boiling until the noodles are almost soft, about 4 to 6 minutes. Transfer to a colander and rinse under cold water. Drain very well until step 5.

The noodles will soften further in step 5 so be sure not to overcook them.

3. Cook The Shrimp

While the noodles are 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 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. Do not wipe out the skillet. When they are cool enough to touch, cut the shrimp into thirds and set aside until step 5.

4. Cook The Veggies and Eggs

Return the now-empty skillet to the stove over medium high heat. Add all of the **Broccoli & Snow Peas** (the produce bag that you can clearly see the snow peas inside) and half **Daikon & Green Onions**. Cook, undisturbed until the green onions start to char, about 2 minutes. Stir and then push all the veggies to one side of the skillet and crack 2 eggs into the other side. Cook until the eggs begin to set and then use a spatula to mix the eggs in place until fully cooked, about 2 minutes. Stir together the scrambled eggs and veggies.

5. Put It All Together

Add the cooked rice noodles and **Pad Thai Sauce** to the skillet over medium high heat and gently stir everything together. Heat until the noodles are warm and most of the liquid has been absorbed, about 3 minutes. Place the **Peanuts** in a ziplock bag and crush using a mallet or small pot.

Turn off the heat and gently stir in the cooked shrimp.

Transfer to serving bowls and top with the remaining daikon & green onions and crushed peanuts. Squeeze the **Lime** on top and enjoy!

Instructions for two servings.

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

Lemon Chicken Milanese

You know that crispy breadcrumb coating that makes chicken so delicious? We're cooking it up at home this week and serving it over rotini. With capers, lemon and pecorino romano, it's classic Italian at its best. Served with a simple Arcadian Lettuce salad. Heaven.

Getting Organized

EQUIPMENT

Large Skillet
Saucepan
Large Mixing Bowl
Meat mallet (or small pot)

FROM YOUR PANTRY

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

6 MEEZ CONTAINERS

Chicken Breast
Panko Breading
Tri-Color Rotini
Garlic & Herbs
Arcadian Lettuce
Lemon

Make The Meal Your Own

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

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

Health snapshot per serving – 585 Calories, 17g Fat, 61g Protein, 47g Carbs, 14 Smart Points

Have questions? The dinner hotline is standing

**SCAN QR CODE
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25 *Minutes to the Table*

25 *Minutes Hands On*

2 Whisks *Easy*

INGREDIENTS: Cage-Free Chicken, Tri-Color Rotini, Arcadian Lettuce, Panko Breadcrumbs, Capers, Lemon, Garlic, Pecorino, Romano, Basil, Parsley, Black Pepper, Kosher Salt, Oregano, Onion, Paprika

meez meals

1. Getting Organized

Put a saucepan of water on to boil.

2. Prep the Chicken

Very loosely wrap each **Chicken Breast** in saran 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 (we use ¼ tsp salt and ¼ tsp pepper, so use about half per side, or more if you like).

Spread the **Panko Breading** evenly on a large plate and put each piece of chicken onto the breading. Press down to make sure the breading adheres then repeat on the other side.

3. Cook the Pasta

When the water is boiling, generously salt and add **Tri-Color Rotini**. Cook till al dente, 8 to 10 minutes. Drain well and set aside. Don't clean the pot – you'll use it in step 5.

4. Cook the Chicken

While the pasta is cooking, heat 1 Tbsp olive oil in a large skillet over medium-high heat. When the oil is hot, add the chicken to the pan 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 heat and set aside to rest for 5 minutes.

5. Finish the Pasta and Sauce

Melt 2 Tbsp butter in the same pot you cooked the pasta, over low heat. Turn the heat off and add 2 Tbsp olive oil and HALF the **Garlic & Herbs**. Mix well. Spread about 2 Tbsp of the mixture on top of the cooked chicken breasts. Add the remaining garlic & herbs to the pot along with the cooked pasta and mix everything together thoroughly.

6. Prepare Salad and Serve

Put the **Arcadian Lettuce** in a large mixing bowl and cut the lemon in half. Add a little olive oil, salt, pepper, and a squeeze of **Lemon** and toss.

Serve the chicken over the pasta, accompanied by the salad. Squeeze lemon over the entire dish.

*Just use enough
water to cover
the pasta*

*Don't be afraid
to get your
aggression out
on the chicken!*

Instructions for two servings.

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

Grilled Halloumi Gyros

Our spin on Greek street food. It all starts with grilled halloumi, the classic Greek cheese that gets charred and crispy when it's cooked. We're pairing it with an eggplant tapenade and fresh slaw, then wrapping everything up in warm naan. It might not be traditional, but it's so delicious it should be.

10 Minutes to the Table

10 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Large Skillet
Cutting Board

FROM YOUR

PANTRY

Olive Oil
Salt & Pepper

5 MEEZ

CONTAINERS

Tzatziki Sauce
Broccoli &
Zucchini Slaw
Halloumi Cheese
Naan
Eggplant
Tapenade

Add Protein Cooking Instructions

Integrate into recipe: Prior to step 2, cook the protein (per instructions below). Slice into strips (flake the salmon and leave the shrimp whole) and combine with the Halloumi to add to the gyro 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 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 romaine lettuce instead of the naan bread to make a grilled halloumi salad, reducing the **carbs per serving to 22g**. Skip step 3 and cut the romaine into one-inch strips.

Health snapshot per serving – 610 Calories, 35g Protein, 37g Fat, 35g Carbs, and 20 Freestyle Points.

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

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to view
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cooking video



INGREDIENTS: Halloumi Cheese, Broccoli, Zucchini, Eggplant, Tomato, Red Onion, Cucumber, Greek Yogurt, Cream, Lemon, Garlic, Kosher Salt, Dill.

meez meals

1. Create the Tzatziki Slaw

Combine two-thirds of the **Tzatziki Sauce** with the **Broccoli & Zucchini Slaw** in a bowl and place in the fridge until step 4.

2. Cook the Halloumi Cheese

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.

We're sending the halloumi uncut to maintain maximum taste and freshness.

Heat 1 Tbsp of olive oil in a large skillet over medium heat. When the oil is hot, add the Halloumi and lightly season with pepper. Cook until one side is golden brown, about 2 minutes, then flip and cook the other side until golden brown, an additional 2 minutes. Remove from the skillet and set aside. Wipe out the pan.

3. Warm the Naan

Very lightly brush both sides of the **Naan** with olive oil and sprinkle with salt and pepper. Return the now-empty skillet to the stove over medium high heat. Warm both sides of the naan, about a minute on each side.

4. Put It All Together

Spread a little of the remaining tzatziki sauce in the center of the Naan, then top with the grilled Halloumi, broccoli & zucchini slaw, and **Eggplant Tapenade**. Drizzle with additional tzatziki Sauce to taste. Enjoy!

Instructions for two servings.

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

Sesame Ginger Salmon

A super-simple dish we just love. It all starts with a sesame and ginger glaze that gives an Asian flair to salmon and roasted broccoli. Served over brown rice and topped with honey-glazed walnuts, it's a hands-free dinner you'll go crazy for.

40 *Minutes to the Table*

15 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Sauce Pan
Mixing Bowl
Baking Sheet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Brown Rice
Broccoli Florets
Salmon
Sesame Glaze
Green Onion & Sesame
Walnuts

Make The Meal Your Own

If you ordered the carb conscious version, you received cauliflower instead of the rice, reducing the **carbs per serving to 38g**. In step 3 cook the cauliflower just like the broccoli (you may need a second baking sheet). Place the cauliflower directly on serving plates along with the broccoli.

Good To Know

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

Health snapshot per serving – 760 Calories, 30g Fat, 85g Carbs, 43g Protein and 18 Freestyle Points.

Lighten Up snapshot per serving – 660 Calories, 23g Fat, and 14 Freestyle Points with half the walnuts.

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

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cooking video**



INGREDIENTS: Brown Rice, Salmon, Broccoli, Honey, Sesame Oil, Tamari, Ginger Puree, Green Onions, White Sesame Seeds, Black Sesame Seeds, Walnuts

meez meals

1. Getting Organized

Preheat oven to 400 and bring a pot of water to a boil.

Add the **Brown Rice** to the boiling water with a pinch of salt. Cook until tender, about 25 to 30 minutes. Drain the rice, fluff with fork and cover and let it steam for a few minutes before serving.

We cook our rice like pasta so cover the rice with plenty of water.

2. Marinating the Salmon

While the rice is cooking, pat the **Salmon** fillets dry with a paper towel and place in a shallow dish or bowl. Take about 1/3 of the **Sesame Glaze** and cover the salmon. Let marinate for 5 minutes.

We put the opened glaze bag in a glass, so it stays upright until needed.

3. Preparing the Broccoli, Walnuts, and Salmon

When the salmon has marinated for 5 minutes, place it in the center of a baking sheet. In a separate bowl toss the **Broccoli** with 1 tablespoon olive oil, salt and pepper and place it on the baking sheet to the left of the salmon.

Spoon 1 tablespoon of **Sesame Glaze** into the container with the **Walnuts** and mix thoroughly so walnuts are well coated. Place coated walnuts to the right of the salmon. Bake in the oven for 10 minutes, pull the baking sheet from oven. Remove just the walnuts and place them in the bowl you used for the broccoli and set aside.

Check on the walnuts very couple minutes to ensure they don't burn.

Spoon additional glaze on the salmon to cover the top. Turn the oven to broil setting and move baking sheet to top rack. Continue to cook the **Broccoli** and **Salmon** until they have a nice crispy exterior, about 3 to 5 minutes.

It is important to watch the salmon and broccoli while broiling so they don't burn.

4. Putting It All Together

Put the brown rice on a plate, top with broccoli and then the salmon. Drizzle the remaining sesame glaze. Garnish with the glazed walnuts and **Green Onions & Sesame** and enjoy!

Andouille Sausage & Bean Feijoada

This hearty bowl is inspired by the deep, savory flavors of Brazilian feijoada. Charred andouille sausage is served over rice with tender beans simmered in a rich, savory broth, finished with a bright squeeze of lime. It's bold, cozy, and deeply satisfying.

Getting Organized

EQUIPMENT

Large Skillet
Medium Saucepan

FROM YOUR PANTRY

Olive Oil

5 MEEZ CONTAINERS

Rice
Andouille Sausage
Seasoned Beans
Au Jus
Lime

Good to Know

If you ordered the **Carb Conscious version**, we sent you cauliflower "rice" instead of white rice, reducing the **carbs per serving to 31g**. Skip steps 1 and 2. Heat 1 tbsp olive oil in a large skillet over medium-high heat. Cook the cauliflower until seared, about 3 to 4 minutes. Serve in place of the rice.

Health snapshot per serving – 540 Calories, 23g Fat, 64g Carbs, 21g Protein, and 13 Freestyle Points.

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

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25 *Minutes to the Table*

25 *Minutes Hands On*

1 Whisk *Super Easy*

INGREDIENTS: Andouille Sausage, Beef Au Jus, Tomato, White Rice, Black Beans, Great Northern Beans, Yellow Onion, Red Bell Pepper, Celery, Lime, Cumin, Coriander.


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 the rice is tender, about 12 to 14 minutes. Drain well and return the saucepan. Fluff with a fork, cover, and set aside.

3. Char the Sausage

While the rice is cooking, cut each **Andouille Sausage** into ½" slices. Heat a large skillet over medium-high heat. When the skillet is hot, add the sausage and cook, stirring occasionally, until it starts to brown and crisp, about 4 to 5 minutes. Remove from the skillet with a slotted spoon and set aside. Do not wipe out the skillet.

4. Cook the Ingredient

Add 1 Tbsp olive oil to the remaining oil from the andouille sausage in the now-empty skillet and heat on medium-high. When the oil is hot, add the **Seasoned Beans** and cook, stirring occasionally, until the celery starts to soften, about 4 to 5 minutes. Add the **Au Jus** and bring to a boil. Reduce the heat to medium-low and simmer until the sauce has thickened slightly, about 7 to 8 minutes. Remove from the heat.

5. Put It All Together

Serve the seasoned beans and sauce over the rice and top with the andouille sausage and a generous squeeze of **Lime** juice. Enjoy!

You want to keep the oil from the andouille sausage in the skillet to add full flavor to the seasoned beans.

Instructions for two servings.

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

Loaded Baked Sweet Potato Soup

With vitamin-rich sweet potatoes, sweet-tart sun-dried tomatoes, lots of smoked gouda, and French roll cheese bread on the side, this soup is like your favorite loaded baked potato, only more delicious.

30 *Minutes to the Table*

30 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

- Large Saucepan (with a cover)
- Small Baking Sheet

FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper

5 MEEZ CONTAINERS

- French Roll
- Cheese & Sour Cream
- Sweet Potatoes
- Vegetable Broth Starter
- Sundried Tomatoes,
- Garlic & Onion

Add Protein Cooking Instructions

Integrate into recipe: While the soup is simmering in step 3, cook the protein (per instructions below) and while it is resting complete step 3 and move on to 4. Serve the protein alongside the soup.

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 – 720 Cal ories, 20g Protein, 37g Fat, 77g carbs, 22 Freestyle Points.

Lightened up snapshot (½ sour cream & cheese and without the French roll) 520 Calories, 58g Carbs, 27g Fat, 13g Protein, 15 Freestyle Points.

**SCAN QR CODE
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cooking video**



INGREDIENTS: Sweet Potatoes, Smoked Gouda, Sour Cream, Cream, French Roll, Red Onion, Green Onion, Sun Dried Tomatoes, Black Pepper, Vegetable Broth

meez meals

1. Getting Organized

Bring 5 cups of water to a boil in a large saucepan over high heat.

Cut each **French Roll** in half and spread ½ Tbsp of the **Cheese & Sour Cream** on the top of each of the halves. Set aside for Step 4.

2. Roast the Potatoes

Add ¾ of the **Sweet Potatoes** to the boiling water and bring the entire mixture to a boil. Reduce heat to medium, cover and cook over a low boil until potatoes are fork tender, about 10 to 12 minutes. Remove from heat, drain the sweet potatoes and set aside. Wipe out the pot.

3. Create the Soup

Return the pot to the stove and heat 2 Tbsp olive oil over medium-high heat. Add the remaining ¼ uncooked sweet potatoes, stirring frequently to prevent sticking, and sauté until they start to brown, about 4 minutes. Stir in the **Sundried Tomatoes, Garlic & Onion** and cook until the onions brown, about 3 to 4 minutes. Add in the boiled sweet potatoes and mash with a large spoon (or potato masher) until they are the consistency of lumpy mashed potatoes.

Turn the heat to high and stir in 2/3's of a cup of water and the **Vegetable Broth Starter**. Bring to a boil, cover, reduce heat to medium-low, and cook for 5 minutes. Turn off heat and add 2/3 of the cheese & sour cream, stirring continuously until the cheese is melted.

4. Put It All Together

Using the "top brown" setting of your toaster oven or "broil" on your oven, heat the French rolls until the cheese starts to brown, about 2 to 3 minutes. Ladle the soup into serving bowls and top with the remaining cheese & sour cream. Serve alongside the French cheesebread and enjoy!

Instructions for two servings.

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