

Italian Toasted Gnocchi

25 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.

Southwestern Tortilla Stew

30 Min
to Table

15 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Preheat your oven to 350.

Omnivore Option

Chicken is a classic addition.

Quick Tips



Buffalo Shrimp Tacos

25 Min
to Table

25 Min
Hands
On

1 Whisk
Super
Easy

From Your Pantry

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

Getting Started

Heat oil in skillet.

Bacon & Ranch Quesadilla Chicken Stack

20 Min
to Table

20 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Heat olive oil in large skillet.

From Your Pantry

You'll need olive oil, salt and pepper.

Indian Grain Bowl with Mango Chili Sauce

15 Min
to Table

15 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Slice up your Halloumi Cheese

From Your Pantry

You'll need olive oil, salt and pepper

Truffle-Butter Steak Frites

25 Min to Table	35 Min Hands On	2 Whisks Easy
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Getting Started

Preheat your oven to 450.

From Your Pantry

You'll need olive oil, salt & pepper

Sweet Potato Kale and Rice Bowl with Peanut Sauce

40 Min to Table	20 Min Hands On	1 Whisk Easy
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Getting Started

Preheat your oven to 450 & put a saucepan on to boil.

Omnivore Option

We like this dish as is.

Coulbiac of Salmon with Roasted Kale & Beets

30 Min to Table	20 Min Hands On	1 Whisk Super Easy
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Getting Started

Preheat your oven to 425.

From your Pantry

You'll need olive oil, and salt.

Lemon Chicken Souvlaki

25 Min to Table	25 Min Hands On	1 Whisk Super Easy
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From Your Pantry

You'll need olive oil, salt and pepper

Getting Started

Bring a large saucepan of water to boil.

Shrimp and Andouille Jambalaya

40 Min to Table	15 Min Hands On	1 Whisk Super Easy
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Getting Started

Cut the Andouille Sausage in 1/4" wide slices.

From Your Pantry

You'll need butter, salt and pepper.

Meal Tip

Add additional cayenne pepper for an extra kick.

Chicken Cordon Bleu

15 Min to Table	35 Min Hands On	2 Whisks Easy
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From Your Pantry

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

Getting Started

Preheat your oven to 400.

Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmndd daily)	
Buffalo Shrimp Tacos	820	47	30	92	8	1720	17	18	140% Vitamin A	80% Vitamin C
(use 1/2 tortillas & 2/3 of the crema)	630		21					12		
Lemon Chicken Souvlaki	560	50	18	51 CC 40	4	1010	25	11	190% Vitamin C	40% Vitamin A
Sweet Potato, Kale & Rice Bowl with Peanut Sauce	570	28	16	85	11	235		16	753% Vitamin A	127% Vitamin C
Coulibiac of Salmon with Roasted Kale & Beets	660	43	35	43	7	400	14	14	90% Vitamin D	30% Iron
Italian Toasted Gnocchi	453	20	5	82	10	486		11	81% Vitamin C	201% Vitamin A
Truffle-Butter Steak Frites	520	38	27	32 CC 15	6	310	3	15	145% Vitamin C	44% Vitamin A
Bacon & Ranch Quesadilla Chicken Stack	910	66	47	56 CC 30	4	1480	10	23	50% Folate	45% Calcium
(use 1/2 the tortillas, cheese, & dressing)	670		34					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)	
Southwestern Tortilla Stew	615	23	16	97	16	1268		20	125% Vitamin C	47% Calcium
Chicken Cordon Bleu	795	94	27	48	5	1099		16	331% Vitamin A	86% Vitamin C
(1/2 the breading and 1/2 the cheese)	658		19					11		
Indian Grain Bowl with Mango Chili Sauce	580	30	26	57 CC 33	8	1030	10	19	31% Vitamin C	12% Vitamin A
Gochujang Chicken with Coconut Broth Noodles	770	61	34	56 CC 29	4	1240	7	19	50% Vitamin C	25% Iron
(use 1/2 the noodles, 2/3 the sauce & broth)	600		25					13		
All-Natural Chicken Breast	220	41	5	0	0	85	0	3	90% Vitamin B6	4% Iron
Bistro Chateau Steak	220	30	10	0	0	75	0	5	10% Iron	10% Potassium
Norwegian Salmon	220	35	0	0	0	130	0	4	60% Vitamin B6	15% Potassium
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)	
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
Flourless Chocolate Cake	370	5	16	32	2	130	18	18	20% Iron	10% 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.

Buffalo Shrimp Tacos

We love the spicy tang of a great buffalo sauce, and we're putting it front and center in this week's tacos. With crispy breaded shrimp, salty pickled veggies, and a generous slather of chive crema on a warm flour tortilla, it might be your new favorite taco.

25 *Minutes to the Table*

25 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet
Bowl

FROM YOUR PANTRY

Olive Oil
Salt & Pepper
Flour (1/4 cup)
Egg (1)

6 MEEZ CONTAINERS

Sweet Potatoes
Flour Tortillas
Shrimp
Buffalo Sauce
Chive Crema
Pickled Veggies

Good To Know

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

Health snapshot per serving – 820 Calories, 30g Fat, 47g Protein, 92g Carbs, 18 Freestyle Points.

Lightened up health snapshot per serving – 630 Calories, 21g Fat, 70g Carbs, 12 Freestyle Points, by using half of the tortillas and two-thirds of the crema.

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

INGREDIENTS: Shrimp, Sweet Potatoes, Flour Tortillas, Zucchini, Broccoli, Sour Cream, Hot Sauce, White Cheddar, Apple Cider Vinegar, Mayonnaise, Red Onion, Carrots, Cream, Brown Sugar, Chives, Garlic, Dill, Kosher Salt, Sugar, Black Pepper

meez *meals*

1. Cook the Sweet Potatoes

Heat 1 Tbsp olive oil in a large skillet over medium heat. When the oil is hot, add the **Sweet Potatoes** with a sprinkle of salt and pepper. Sauté, stirring frequently, until they are fork tender and slightly crispy, about 8 to 10 minutes. Remove from the skillet and set aside until step 4. Wipe out the skillet.

Stirring the sweet potatoes frequently will keep them from burning.

2. Warm the Tortillas

Warm the **Flour Tortillas** in the now-empty skillet over medium heat, about 30 seconds per side and working in batches, as necessary. Remove from the skillet and set aside until step 4. Do not wipe out the skillet.

3. Cook the Shrimp

Whisk 1 egg in a small bowl and spread ¼ cup of flour on a plate. Pat dry the **Shrimp** and lightly sprinkle with salt and pepper. Working in batches of around seven at a time, place the shrimp into the egg, shake off any excess, and then place into the flour and coat well on both sides. Place the breaded shrimp on a plate and repeat until all are coated.

It's important to bread all the shrimp first so they can all cook for the same amount of time

Heat 2 Tbsp olive oil in the now-empty skillet over medium-high heat. When the oil is hot, cook the shrimp until the breading turns golden brown, about 1 to 2 minutes on each side. Place the cooked shrimp on a paper-towel-lined plate. Do not wipe out the skillet.

Add the orange **Buffalo Sauce** to the now-empty skillet and warm over medium heat until it just starts to thicken, about 1 minute. Turn off the heat and very gently stir in the cooked, breaded shrimp.

4. Put It All Together

Place the cooked sweet potatoes in the center of the tortillas and spoon all the **Chive Crema** evenly on top and then add the coated shrimp. Drain the **Pickled Veggies** and place on top of the shrimp. Enjoy!

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue Evanston * Illinois

Lemon Chicken Souvlaki

We adore the flavors of a classic souvlaki, but on a busy weeknight, marinating the meat and loading up skewers is more work than we want. Ours is a streamlined version with lemony chicken served with a flavorful rice pilaf and cooling roasted red pepper tzatziki sauce. It is just as flavorful but without the fuss.

Getting Organized

EQUIPMENT

Saucepan
Large Skillet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Basmati Rice
Garlic, Onions & Raisins
Chicken Breast
Peppers & Onions
Lemon Marinade
Roasted Red Pepper Tzatziki

Good To Know

Health snapshot per serving – 560 Calories, 50g Protein, 18g Fat, 51g Carbs, 11 Freestyle Points

If you ordered the **Carb Conscious** version, we sent you cauliflower “rice” instead of the basmati rice, reducing the calories to 500 and the **Carbs to 40g** per serving. Skip step 1 and cook the cauliflower rice with the other veggies in step 2 for 4 to 5 minutes.

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

25 Minutes to the Table

25 Minutes Hands On

1 Whisk Super Easy

INGREDIENTS: Chicken Breast, Basmati Rice, Greek Yogurt, Red Pepper, Green Pepper, Red Onion, Yellow Onion, Golden Raisins, Mayonnaise, Cucumber, Roasted Red Pepper, Cream, Ginger, Chicken Stock, Lemon, Garlic, Dill, Lemon Pepper, Kosher Salt, Cinnamon, Clove, Turmeric

meezmeals

1. Get Started

Bring a saucepan of water to a boil.

2. Cook the Rice

Add the **Basmati Rice** to the boiling water and reduce the heat to medium. Simmer, uncovered, until the rice is tender, about 15 to 20 minutes. Drain well and set aside in the colander.

Heat 1 Tbsp olive oil in the now-empty saucepan over medium high heat. When the oil is hot, add the **Garlic, Onions & Raisins** and sauté until the onions soften, about 2 to 3 minutes. Add the drained rice and mix well, then cover and set aside.

3. Cook the Chicken

While the rice is cooking, heat 1½ Tbsp of 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 and cook until the bottom is brown, about 4 minutes. Flip and cook for another 4 minutes on the other side. Transfer the chicken to a cutting board. Let rest for 5 minutes, then slice into ½" strips. Do not wipe out the skillet.

4. Cook the Peppers & Onions

Heat 1 Tbsp olive oil in the now-empty skillet over medium-high heat. When the oil is hot, add the **Peppers & Onions** and sprinkle with salt and pepper. Cook until the vegetables start to char, about 3 to 4 minutes. Remove the veggies from the skillet and add to the saucepan with the seasoned rice. Mix well.

Add the **Lemon Marinade** to the now-empty skillet over medium-high heat and cook until clear and starting to brown, about 3 to 4 minutes. Turn off the heat and return the sliced chicken to the skillet. Mix well.

5. Put it All Together

Serve the chicken over the rice and vegetables and finish with some generous dollops of the **Roasted Red Pepper Tzatziki**. Enjoy!

Instructions for two servings.

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

Sweet Potato, Kale & Rice Bowl with Peanut Sauce

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

40 Minutes to the Table

20 Minutes Hands On

1 Whisk Super Easy

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cooking video



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

meez *meals*

1. Getting Organized

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

2. Cook the Rice

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

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

3. Roast the Sweet Potatoes

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

4. Cook the Kale & Tofu

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

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

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

5. Put It All Together

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

We found 2 to 4 Tbsp water is just right.

Instructions for two servings.

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

Coulibiac Salmon with Roasted Kale & Beets

New to coulibiac? Think salmon Wellington. It's a Russian favorite and just right for this time of year. We're topping salmon with puff pastry, everything bagel seasoning and a dill crema that's a test kitchen favorite. Served with roasted kale and beets.

30 *Minutes to the Table*

20 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

2 Baking Sheets

FROM YOUR PANTRY

Olive Oil

Salt & Pepper

6 MEEZ CONTAINERS

Beets

Salmon

Puff Pastry

Seasoning

Kale

Dill Crema

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 –660 Calories, 35g Fat, 43g Protein, 43g Carbs, 14 Freestyle Points.

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

INGREDIENTS: Salmon, Beets, Puff Pastry, Kale, Sour Cream, Red Onion, White Vinegar, Cream, Parsley, Everything Seasoning, Sugar, Dill, Lemon, Garlic, Dijon Mustard, Kosher Salt, White Pepper

meez *meals*

1. **Get Started**

Preheat the oven to 425.

2. **Bake the Beets and Salmon**

Toss the **Beets** with a drizzle of olive oil and salt and pepper on a baking sheet, then arrange in a single layer on one half of the sheet.

Pat dry the **Salmon** and place on the other half of the baking sheet. Top each filet with one **Puff Pastry** on a diagonal (like a diamond), so that a triangle of crust hangs off both of the long sides of the salmon. Sprinkle the **Seasoning** on top of the entire pastry, pressing down so it sticks.

Place the baking sheet in the oven and cook until the beets are starting to brown and the puff pastry has turned golden brown, about 20 minutes. If the beets need more time than the salmon, it's fine to remove the salmon and let the vegetables continue to cook longer. Do not let the salmon cook for more than 25 minutes, otherwise it will dry out.

3. **Roast the Kale**

While the beets and salmon are cooking, arrange the **Kale** on a second baking sheet in a single layer and drizzle with olive oil, salt and pepper. After the beets and salmon have been cooking for 10 minutes, place the kale in the oven and cook until the kale starts to brown and is crispy, about 10 to 12 minutes

4. **Put It All Together**

Transfer the roasted beets to the baking sheet with the roasted kale and toss together. Serve the salmon coulibiac with the beets and kale and top the pastry with a generous drizzle of **Dill Crema**. Enjoy!

Instructions for two servings.

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

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

CHICKEN - Prior to Step 3, heat 1 Tbsp of olive oil in a large skillet on medium-high heat. Salt and pepper the Chicken Breasts and, when the oil is hot, cook until crisp and brown, about 4 to 5 minutes on each side. Let rest for 5 minutes. Slice into strips and stir into the gnocchi in Step 4.

STEAK - Prior to Step 3, heat 1 Tbsp olive oil in a large skillet over high heat. Salt and Pepper the steaks and when the skillet is very hot, add the Steaks to the pan. Cook until the bottoms brown and the sides start to color, about 4 minutes each side for medium (3 min med-rare and 5-6 min for well done). Let rest for 5 minutes. Slice into strips and stir into the gnocchi in Step 4.

SHRIMP -Prior to Step 3, heat 1 Tbsp of olive oil in a large skillet on medium-high heat. Salt and pepper the Shrimp and, when the oil is hot, cook until they are opaque and no longer grey in color, about 1 minute on each side. Stir into the gnocchi in Step 4.

Good to Know

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

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cooking video**



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

Truffle Butter Steak Frites

Classic French flavors in a single recipe: oven-roasted potatoes coated in truffle-butter and Parmesan cheese, roasted broccoli and a juicy, truffle-buttery steak. It's bistro food cooked in your own kitchen.

35 Minutes to the Table

25 Minutes Hands On

2 Whisks *Easy*

Getting Organized

EQUIPMENT

- 2 Baking Sheets
- Large Skillet
- Large Mixing Bowl

FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper

5 MEEZ CONTAINERS

- Fingerling Potatoes
- Truffle Butter
- Parmesan Cheese
- Broccoli
- Steak

Make The Meal Your Own

If you ordered the **Carb Conscious version**, we sent you cauliflower instead of the potatoes reducing the **carbs per serving to 15g**. Use the cauliflower in place of the potatoes and in step 2 and reduce the cooking time to 15 minutes.

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

Be sure to generously season your steaks with salt and pepper before cooking; the salt adds flavor while also keeping the meat tender.

Good To Know

Health snapshot per serving – 520 Calories, 38g Protein, 27g Fat, 32g Carbs, 15 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, Fingerling Potatoes, Broccoli, Parmesan, Parsley, Chives, Truffle Pate, Butter.

meez meals

1. Getting Organized

Preheat your oven to 450 degrees.

2. Make the Frites

Slice each **Fingerling Potato** in half the long way, then slice each half again so you have four long skinny frites (French fries) per potato. Transfer the frites to a large mixing bowl, drizzle with olive oil, salt and pepper and toss. Arrange the coated frites on a baking sheet in a single layer. Roast until the outside of the potato is golden and slightly crispy, about 25 minutes.

Remove from the oven and immediately transfer to the now-empty mixing bowl and add half the **Truffle Butter** and half of the **Parmesan Cheese**. Stir until the butter melts completely and the frites are coated in Parmesan. Transfer directly to serving plates.

3. Roast the Broccoli

While the frites are cooking, transfer the **Broccoli** to the now-empty large mixing bowl and drizzle with olive oil, salt and pepper. Toss well and arrange in a single layer on a second baking sheet. After the frites have been cooking for about 10 minutes, place the broccoli in the oven. Roast until it starts to brown and is fork tender, about 15 minutes.

Remove the broccoli from the oven, sprinkle with the remaining parmesan cheese and transfer directly to serving plates.

4. Cook the Steak

While the frites and broccoli are cooking, heat 1 Tbsp oil in large skillet over high heat. When the oil 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**). Remove the steaks from the skillet to rest for 5 minutes, then transfer to serving plates. Do not wipe out the skillet.

5. Put It All Together

Once the now-empty pan has cooled slightly, add the remaining Truffle Butter and stir until it is melted. Spoon the melted Truffle Butter on top of the steak. Enjoy!

You'll be multi-tasking in this recipe. The potatoes, broccoli and steak will all be cooking at the same time, so be sure to read the recipe all the way through before you begin.

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

Letting the pan cool slightly will avoid burning the Truffle Butter.

Instructions for two servings.

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

Bacon & Ranch Quesadilla Chicken Stack

Our test kitchen found a fresh way to make the beloved chicken quesadilla extra special. By pairing it with a fresh cucumber ranch drizzle, flavorful corn salsa and stacking the quesadillas, it's a restaurant worthy dinner that we love.

20 Minutes to the Table

20 Minutes Hands On

1 Whisks *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet

FROM YOUR PANTRY

Olive Oil

Salt/pepper

6 MEEZ CONTAINERS

Chicken Breast

Bacon

Flour Tortillas

Cheese & Cilantro

Cucumber Ranch

Corn Salsa

Good to Know

If you ordered the **carb conscious version**, we sent cauliflower "rice" instead of the tortillas, reducing the **carbs per serving to 30g**. After cooking the bacon in Step 2, heat 1 Tbsp olive oil in a large skillet over high heat. When the oil is hot, add the cauliflower "rice" and cook until it starts to brown, about 2 to 3 minutes. Create a section in the skillet for each serving and top with the cooked bacon and then the cheese. Cook until the cheese melts and transfer directly to your serving plates. Top with the cooked chicken and other components.

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

Health Snapshot per Serving 910 Calories, 66g Protein, 47g Fat, 56g Carbs, 23 Freestyle Points

Lightened Up Health Snapshot per Serving 670 Calories, 34g Fat, 32g Carbs, and 15 Freestyle Points, using half the tortillas, half the cheese, and half of the Cucumber Ranch.

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cooking video



INGREDIENTS Chicken Breast, Flour Tortillas, Cucumber, Tomato, Corn, Bacon, Green Onion, Monterrey Jack, Smoked Gouda, White Cheddar, Mayonnaise, Yellow Onion, Lemon, Cilantro, Sour Cream, Buttermilk, White Vinegar, Garlic, Chive, Miso, Black Pepper, Onion Powder, Parsley

meez *meals*

1. Cook the Chicken

Pat dry the **Chicken Breast** and generously season with salt and pepper (we use ¼ tsp salt and ¼ tsp pepper, so use about half per side).

Heat 1 Tbsp olive oil in a large skillet over medium-high heat. When the oil is hot, add the chicken and cook until the bottom is crisp and brown, about 4 to 5 minutes. Flip the chicken and cook for another 4 minutes, until the other side is brown as well.

Transfer the chicken to a cutting board and let rest for 5 minutes, then slice into ½" strips.

2. Create the Quesadillas

While the chicken is resting, wipe out the skillet. Add the **Bacon** and cook over medium-high heat, stirring occasionally, until browned and crispy, about 3 to 4 minutes. Remove from the skillet and place on a paper-towel-lined-plate. Wipe out the skillet.

Place two **Flour Tortillas** in the now-empty skillet over medium heat. Sprinkle one-quarter of the **Cheese & Cilantro** on each of the tortillas in the skillet, followed by half of the bacon and the rest of the cheese. Place the other two tortillas on top of the second layer of cheese. (you should now have two closed quesadillas each with layers: tortilla-cheese-bacon-cheese-tortilla).

Cook until the bottoms are brown and cheese starts to melt, about 2 minutes. Flip the quesadillas and cook until other tortilla is brown, an additional 2 minutes. Transfer the finished quesadillas directly to serving plates.

3. Put it All Together

Stack the sliced chicken on top of each quesadilla, followed by a healthy drizzle of the **Cucumber Ranch** and top with the **Corn Salsa**. Enjoy!

Instructions for two servings.

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

Southwestern Tortilla Stew

A southwestern classic. This cozy stew stars roasted sweet potatoes, black beans and Mexican-spiced tomatoes, all topped with crispy tortillas and white cheddar. It's a dinner the whole family will love.

30 Minutes to the Table

15 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Large
Saucepan

FROM YOUR

PANTRY

Olive Oil
Salt & Pepper

5 MEEZ

CONTAINERS

Onions & Garlic
Sweet Potatoes
Tomatoes &
Beans
Corn Tortilla
Cheddar
Cheese

Add Protein Cooking Instructions

Integrate into recipe: Prior to step 2, cook the protein (per instructions below) and then slice into strips (*shred the chicken, flake the salmon, leave shrimp whole*) and stir into the stew after it simmers in Step 3.

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

STEAK bottoms are brown and sides start to color, about 4 minutes per side for medium (3 min 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

This is a great make-ahead meal. Cook the stew up to 4 days ahead of time, leaving off the toppers. While the stew reheats, crisp the tortilla strips in the toaster or oven. **A note about leftovers** – The stew thickens as it sits, so thin it with a little water before reheating. **If you're making the vegan version**, we've left the cheddar cheese out of your meal.

Health snapshot per serving – 615 Calories, 16g Fat, 23g Protein, 97g Carbs, 20 Smart Points

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cooking video**



INGREDIENTS: Sweet Potato, Tomato, Black Beans, Onion, Corn Tortillas, White Cheddar, Concentrated Vegetable Base, Garlic, Herbs and Spices

meezmeals

1. **Getting Organized**

Preheat your toaster or conventional oven to 350.

2. **Cook the Vegetables**

Heat 2 Tbsp of oil in a large saucepan over high heat. Add the **Onions & Garlic** and cook until browned, 5 to 7 minutes. Add the **Sweet Potatoes** and cook for an additional 5 minutes, stirring frequently.

3. **Make the Stew**

Stir in 2 cups of water and the **Tomatoes & Beans**. Bring the stew to a boil, reduce heat and simmer for 10 minutes.

4. **Toast the Tortillas**

While the stew is simmering, stack the **Corn Tortillas** on a cutting board and cut into even strips. Add one third of the strips to the stew and cook until slightly thickened, 5 - 7 minutes. Season with salt and pepper to taste.

Brush or spray the other 2/3 of the strips with oil and toast in a toaster or conventional oven until crispy, about 5 to 7 minutes.

Season the tortilla strips with salt and pepper to your taste.

5. **Put It All Together**

Serve the stew topped with **Cheddar Cheese** and the remaining crispy tortilla strips. Enjoy!

Instructions for two servings.

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

Chicken Cordon Bleu

A restaurant-worthy recipe cooked up in your own kitchen has never been so easy. Breaded and rolled up with ham and Swiss cheese, it's a French classic. We're serving it with sautéed kale salad and cranberries for a delicious dinner perfect any night of the week.

35 *Minutes to the Table*

15 *Minutes Hands On*

2 Whisks *Easy*

Getting Organized

EQUIPMENT

- Baking Sheet
- Meat Mallet (or small pot)
- Small Bowl
- Skillet

FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper
- Eggs (one per serving)

6 MEEZ CONTAINERS

- Chicken Breast
- Cheese & Herbs
- Ham
- Toothpicks
- Panko Breading
- Kale Salad

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

Health snapshot per serving – 795 Calories, 27g Fat, 94g Protein, 47g Carbs, 16 Freestyle Points.

Lightened-Up Health snapshot per serving – 655 Calories, 19g Fat, 39g Carbs, 11 Freestyle Points by using half the cheese and half the breading.

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

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YouTube cooking video**



INGREDIENTS: Chicken Breast, Kale, Broccoli, Brussels Sprouts, Cabbage, Radicchio, Ham, Cranberries, Green Onion, Pecorino Romano, Parmesan, Swiss, Gruyere, Breadcrumbs, Garlic, Parsley, Mustard, Black Pepper, Kosher Salt, Oregano, Onion Powder, Paprika.

meez *meals*

1. Getting Organized

Preheat the oven to 400. Line a baking sheet with parchment paper (or lightly brush with oil).

2. Prep the Chicken

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 less than 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).

Take one of the chicken breasts and cover with half the **Cheese & Herbs**. Cover the entire breast and cheese with 3 slices of **Ham** and press down firmly. Position the breast with the narrow end facing you (imagine a piece of paper in portrait mode) on the cutting board and roll away from you tightly, securing with 3 of the provided **Toothpicks**. Repeat for the other breast.

3. Bread and Bake

Spread the **Panko Breading** evenly on a large plate. Crack 2 eggs into a small bowl and beat the eggs. Working with one at a time, dip the rolled-up breast first into the egg, then roll in the panko mixture, pressing down on all sides to coat. Place the breaded chicken breasts on the baking sheet and bake until golden brown on the outside and fully cooked inside, about 20 to 25 minutes. Remove from the oven and let rest for at least 5 minutes, then remove the toothpicks.

4. Cook the Ham and Kale Salad

While the chicken is resting, heat 1 Tbsp olive oil in a large skillet over medium heat. Slice the remaining ham slices into 1/2" squares and sauté for 2 minutes. Add the **Kale Salad**, and sprinkle with salt and pepper. Cook, stirring frequently, until the kale starts to wilt and turns bright green, about 3 minutes. Remove from the skillet and serve topped with the chicken. Enjoy!

The chicken needs to be very thin to roll and cook properly.

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

Use a meat thermometer to ensure the inside of the chicken is at least 155 degrees before removing from the oven. It will continue to cook while resting.

Instructions for two servings.

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

Indian Grain Bowl with Mango Chili Sauce

There's nothing traditional about this test-kitchen favorite. We're using a mango-chili sauce to give an Indian flair to this hearty seared halloumi and grain bowl. Finished with a fresh cucumber salsa, the result is a speedy dinner that's totally unique!

15 Minutes to the Table

15 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Large Skillet

FROM YOUR

PANTRY

Olive Oil

Salt & Pepper

6 MEEZ

CONTAINERS

Halloumi Cheese

Grape Tomatoes

5-Grain Blend

Seasoned

Hominy

Cucumber Salsa

Mango Chili

Sauce

Add Protein Cooking Instructions

Integrate into recipe: Prior to step 1, cook the protein (per instructions below) and then slice into strips (*flake the salmon, leave shrimp whole*) and serve on top of the grains in Step 3.

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

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

STEAK bottoms are brown and sides start to color, about 4 minutes per side for medium (3 min 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 cauliflower "rice" instead of the 5-Grain Blend reducing the **carbs to 33g per serving**. Heat 1 Tbsp olive oil in a large skillet over high heat. When the oil is hot sauté the cauliflower until it starts to brown, about 3 to 4 minutes.

Remove from the skillet use in place of the 5-Grain Blend as part of the bowl.

Health snapshot per serving – 580 Calories,
30g Protein, 26g Fat, 57g carbs, 19 Freestyle Points.

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to view YouTube
cooking video**



INGREDIENTS: Halloumi Cheese, Hominy, Corn, Cucumber, Red Onion, Tomato, Mango, Mae Ploy, Barley, Wild Rice, Wheat Berries, White Quinoa, Red Quinoa, Olive Oil, Garlic, Cilantro, Ginger, Coriander, Turmeric, Garam Masala, Cumin, Fenugreek, Lime, Salt.

meez meals

1. Grill the Halloumi

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 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 to 3 minutes. Do not wipe out pan.

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

2. Make the 5-Grain Blend and Hominy

Put the **Grape Tomatoes** in a ziplock bag and squish.

Return the now-empty skillet to the stove over medium heat with 1 Tbsp olive oil. When the oil is hot, add the **5-Grain Blend** and **Seasoned Hominy**. Sauté until the grains are hot, about 2 minutes. Turn off the heat and stir in the squished tomatoes, including the juices from the ziplock bag.

Transfer the contents of the skillet directly to serving bowls.

3. Put It All Together

Serve the grilled Halloumi on top of the grains. Top with the **Cucumber Salsa** and a generous drizzle of the **Mango Chili Sauce**. Enjoy!.

Instructions for two servings.

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

Gochujang Chicken with Udon Noodles

The star of this dish is our own mildly spicy gochujang sauce. Served with all-natural chicken breast, udon noodles and Asian veggies, it is a wow-meal that is on the table in a flash.

20 Minutes to the Table

20 Minutes Hands On

1 Whisks Super Easy

Getting Organized

EQUIPMENT

Large Saucepan
Large Skillet
Medium Bowl

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Udon Noodles
Asian Veggies
Chicken
Gochujang Sauce
Cilantro, Radish &
Sesame Seeds

Good to Know

If you ordered the **Carb Conscious version** we sent you zucchini "noodles" instead of the Udon noodles reducing the **carbs per serving to 29g**. Prior to Step 2, sauté the zucchini with olive oil over medium high heat until brown, about 3 to 4 minutes. Use the zucchini "noodles" in place of the udon.

Health snapshot per serving – 770 Calories, 61g Protein, 34g Fat, 56g Carbs, 19 Freestyle Points.

Lightened up health snapshot per serving – 600 Calories, 25g Fat, and 35g Carbs, by using half the Glass Noodles and two-thirds of the Gochujang Sauce and two-thirds of the Coconut Broth

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

INGREDIENTS: Chicken Breast, Udon Noodles, Baby Corn, Green Cabbage, Snow Peas, Red Radish, Daikon Radish, Green Onion, Coconut Milk, Gochujang, Miso, Honey, Sesame Oil, Rice Wine Vinegar, Tamari, Sesame Seeds, Cilantro

meez meals

1. Cook the Noodles

Bring a saucepan of water to a boil. Add the **Udon Noodles** to the boiling water and cook until tender, about 10 to 14 minutes. Drain well and set aside.

2. Sauté the Asian Veggies

While the noodles are cooking, heat 1 Tbsp olive oil in a large skillet over medium-high heat. When the oil is hot, add the **Asian Veggies** and sprinkle with salt and pepper. Sauté, stirring occasionally, until the cabbage edges start to char, about 4 minutes. Transfer the veggies to a bowl and set aside. Wipe out the skillet.

3. Cook the Chicken

Pat dry the **Chicken** and season with salt and pepper. Heat 1 Tbsp olive oil in the now-empty skillet over high heat. When the oil is hot, add the chicken and cook until it starts to brown, about 4 to 5 minutes. Flip and cook for an additional 4 minutes. Let the chicken rest for 5 minutes and then slice into half inch strips. Wipe out the skillet.

4. Create the Glaze

Add the **Gochujang Sauce** to the now-empty skillet and cook until it is hot and slightly thickened, about 3 minutes. Turn off the heat and add the sliced chicken and stir until well coated. Remove the coated chicken from the skillet. Add the cooked udon noodles to the skillet and stir until coated in the rest of the sauce.

5. Put It All Together

Serve the Asian veggies on top of the coated noodles and then the coated chicken. Top with the **Cilantro, Radish & Sesame Seeds**. Enjoy!

Instructions for two servings.

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