

NOLA Shrimp Etouffee

30 Min
to Table

30 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Bring a medium
saucepan of water to
a boil.

From Your Pantry

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

Potato Leek Soup with Toasted Chive Butter Ciabatta

35 Min
to Table

25 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Bring water to boil in
a large saucepan.

From your Pantry

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

Quick Tips



Butternut Squash Tacos with Ancho Crema

25 Min
to Table

10 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Preheat your oven to
425.

From your Pantry

You'll need olive oil,
salt and pepper .

Chicken Au Poivre with Brussels & Potato Hash

25 Min
to Table

25 Min
Hands
On

2 Whisks
Easy

Getting Started

Heat olive oil in large
skillet.

From your Pantry

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

Steak Vesuvio

25 Min
to Table

35 Min
Hands
On

1 Whisk
Easy

Getting Started

Preheat your oven to
425.

From Your Pantry

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

Maui Salmon Rice Bowl

20 Min
to Table

15 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Put a saucepan of water on to boil.

From Your Pantry

You'll need olive oil.

Gochujang Chicken with Udon Noodle

20 Min
to Table

20 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Bring a saucepan of water to a boil.

From Your Pantry

You'll need olive oil, salt and pepper.

Pasta with Spinach Pesto

35 Min
to Table

5 Min
Hands
On

1 Whisk
Super
Easy

Omnivore Option

Pancetta or bacon is delicious in this.

Getting Started

Preheat oven to 450 & put a pot on to boil.

Vegetarian Bi Bim Bap

40 Min
to Table

30 Min
Hands
On

2 Whisks
Easy

Meal Tip

Add the Gochujang to get your spicy just right.

Getting Started

Preheat your oven to 425 and put a saucepan of water on to boil

From Your Pantry

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

Chive Beurre Blanc Salmon & Mushrooms

25 Min
to Table

25 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.

Greek Pastitsio Lasagna with Gyros Meat

40 Min
to Table

25 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Preheat oven to 375 & put a pot on to boil.

From Your Pantry

You'll need olive oil, 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)	
Greek Pastitsio Lasagna with Gyros Meat (use 2/3 the pastacheese & bechamel)	800	41	44	54	4	1480	9	26	40% Vitamin C	20% Calcium
	670		39					22		
Chicken Au Poivre with Brussels & Potato Hash (use 2/3 of the potatoes, Au Poivre sauce, butter & flour)	810	51	45	49 CC 31	8	310	15	23	140% Vitamin C	50% Vitamin A
	650		33					16		
Vegetarian Bi Bim Bop	410	23	14	51	8	636		12	221% Vitamin A	61% Vitamin C
NOLA Shrimp Etouffee	520	23	23	61 CC 29	5	680	10	15	170% Vitamin C	70% Vitamin A
Steak Vesuvio (Use 1/2 the cheese and butter)	720	46	43	41 CC 30	9	620		22	36% Calcium	162 % Vitamin A
	550		39					15		
Butternut Squash Tacos with Ancho Crema	610	14	20	99	12	1140	30	18	138% Vitamin A	62% Vitamin C

Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmndd daily)	
Maui Salmon Rice Bowl	530	40	16	57	6	1540	25	10	80% Vitamin D	70% Iron
Pasta with Spinach Pesto	620	23	40	51	12	554		19	160% Vitamin C	44% Folate
Chive Beurre Blanc Salmon & Mushrooms	460	35	28	16	4	490	7	10	80% Vitamin D	30% Vitamin A
Gochujang Chicken with Udon 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		
Potato Leek Soup with Toasted Chive Butter Ciabatta	830	21	41	99	7	930		30	42% Vitamin A	32% Vitamin C
(1/2 the bread and 1/2 the chive butter)	600		30					21		
Add a Protein All-Natural Chicken Breast	220	41	5	0	0	85	0	3	90% Vitamin B6	4% Iron
Add a Preotein Bistro Chateau Steak	220	30	10	0	0	75	0	5	10% Iron	10% Potassium
Add a Protein Norwegian Salmon	220	35	0	0	0	130	0	4	60% Vitamin B6	15% Potassium
Add a Protein Premium Shrimp	120	28	0.5	0	0	170	0	1	8% Potassium	4% iron

Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmndd daily)	
Honduran Chocolate Brownies (Gluten-Free)	340	4	18	42	3	140	31	16	4% Vitamin C	15% Iron
THE Carrot Cake	540	6	34	49	2	440	36	13	6% Vitamin C	6% Calcium
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.

Greek Pastitsio Lasagna with Gyros Meat

Greek lasagna? Yes, please! Known as pastitsio, tender rigatoni is layered with savory beef and lamb gyros, a rich tomato sauce with a hint of cinnamon, and seared zucchini. Finished with creamy béchamel and a blend of feta, Parmesan and mozzarella cheese, that make this dish hearty, comforting, and just a little unexpected.

40 *Minutes to the Table*

25 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet
Medium Saucepan
Casserole Dish

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Rigatoni
Zucchini
Gyros Meat
Tomato Sauce
Bechamel Sauce
Greek Cheese

Good to Know

If you ordered the **Carb Conscious version**, we sent you red bell peppers instead of rigatoni, reducing the **carbs per serving to 28g**. Skip step 2. Prior to searing the zucchini in step 3, sauté the peppers with olive oil, salt and pepper until slightly charred, about 4 to 5 minutes. Remove from the skillet and use in place of the pasta in the bake.

Health snapshot per serving – 800 Calories, 44g Fat, 54g Carbs, 41g Protein, and 26 Freestyle Points.

Lightened-up health snapshot per serving – 670 Calories, 39g Fat, 42g Carbs and 22 Freestyle Points by using two-thirds of the pasta, cheese and bechamel.

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

INGREDIENTS: Beef & Lamb Gyros Meat, Zucchini, Rigatoni, Tomato Sauce, Ricotta, Diced Tomatoes, Cream Feta, Parmesan, Mozzarella, Red Wine, Sugar, Dill, White Pepper, Cinnamon, Oregano.


meez *meals*

1. Get Organized

Preheat the oven to 375. Bring a medium saucepan of water to a boil.

2. Cook the Pasta

Add the **Rigatoni** to the boiling water and cook until al dente, about 10 to 12 minutes. Drain well and set aside. Wipe out the saucepan.

3. Sear the Zucchini

While the pasta is cooking, heat 1 Tbsp olive oil in a large skillet over medium-high heat. When the oil is hot, arrange the **Zucchini** in a single layer and season with salt and pepper. Cook until the bottoms brown, about 2 to 3 minutes. Flip and repeat for another 2 to 3 minutes. Remove from the skillet and set aside. Wipe out the skillet.

4. Heat the Gyro Meat and Sauce

Return the now-empty zucchini skillet to the stove over medium-high heat. When the skillet is hot, add the **Gyro Meat** and cook, stirring occasionally, until browned, about 3 to 4 minutes. Add the red **Tomato Sauce** and cook, stirring frequently, until the sauce is hot, about an additional 3 minutes. Turn off the heat.

*The gyros
meat arrives
fully cooked*

5. Warm the Bechamel

Add the white **Bechamel Sauce** to the now-empty pasta saucepan and bring to a low-boil over medium-high heat. Reduce the heat to medium-low and simmer, stirring occasionally, until slightly thickened, about 3 to 4 minutes. Remove from the heat.

6. Create the Pastitsio

Lightly spray or brush a small casserole dish. Arrange the rigatoni in rows of pasta in a single layer at the bottom. Top the pasta with the gyros meat and tomato sauce, then sprinkle half of the **Greek Cheese**. Next add a layer of zucchini followed by the bechamel sauce. Top with the remaining cheese and bake until the cheese starts to brown, about 12 to 15 minutes.

*We recommend
a casserole
dish 8" x 8" or
similar size.*

7. Put It All Together

Allow the pastitsio to rest for 5 minutes before serving. Enjoy!

Instructions for two servings.

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

Chicken Au Poivre with Brussels & Potato Hash

25 Minutes to the Table

25 Minutes Hands On

2 Whisks Easy

Classic French flavor made weeknight easy. Our signature au poivre sauce is rich, peppery, and silky—perfect over golden seared chicken. Served with a crispy Brussels sprouts and potato hash that soaks up every drop, this dinner is indulgent, elegant, and unbelievably satisfying.

Getting Organized

EQUIPMENT

2 Large Skillets

FROM YOUR PANTRY

Olive Oil

Salt & Pepper

Butter (1½ Tbsp)

Flour (1 Tbsp)

6 MEEZ CONTAINERS

Hash Brown Potatoes

Brussels Sprouts

Chicken

Onions & Garlic

Au Poivre Sauce

Lemon

Good to Know

If you ordered the **Carb Conscious version**, we sent you cauliflower “rice” instead of the hash brown potatoes, reducing the **carbs per serving to 31g**. Use them in place of the potatoes in step 1.

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

Health snapshot per serving – 810 Calories, 45g Fat, 49g Carbs, 51g Protein, and 23 Freestyle Points.

Lightened-up health snapshot per serving – 650 Calories, 33g Fat, 39g Carbs, and 16 Freestyle Points, by using two-thirds of the hash browns and two-thirds of the Au Poivre sauce, butter and flour. When creating the Au Poivre sauce in step 3, use 1 Tbsp of butter and 2/3 Tbsp of flour when creating the sauce.

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

INGREDIENTS: Chicken Breasts, Hash Browns Brussels Sprouts, Cream, Red Onion, White Wine, Garlic, Chicken Stock, Lemon, Black Pepper, Brown Sugar, Dijon Mustard.



1. Cook the Brussels and Potato Hash

Heat 2 Tbsp olive oil in a large skillet over medium-high heat. Pat dry the **Hash Brown Potatoes** with a paper towel to remove as much moisture as possible. When the oil is hot, combine the hash brown potatoes and **Brussels Sprouts** in the skillet. Sprinkle with a little salt and pepper and arrange into a single layer in the skillet. Cook undisturbed until the bottom is a deep golden brown and crispy, about 7 minutes. Flip the hash and cook undisturbed again until the other side is brown and crispy, an additional 5 to 7 minutes. Remove from the skillet and transfer directly to serving plates.

2. Cook the Chicken

While the hash is cooking, heat 1 Tbsp olive oil in a second 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 crisp and brown, about 4 to 5 minutes. Flip, then cook until brown on the second side, an additional 4 to 5 minutes. Transfer the chicken to a cutting board and let rest for 5 minutes. Wipe out the skillet. Once rested, slice into ½" strips and place on top of the brussels and potato hash.

3. Make the Au Poivre Sauce

While the chicken is resting, heat 1 Tbsp olive oil in the now-empty chicken skillet over medium-high heat. When the oil is hot, add the **Onions & Garlic** and cook until the onions are translucent and the garlic is starting to brown, about 4 to 6 minutes. Add 1½ Tbsp of butter and allow it to melt then add 1 Tbsp flour and stir well. Cook until the flour starts to brown, about 2 minutes. Add the **Au Poivre Sauce** and stir, scraping the tasty, browned bits of flour off the bottom of the pan. Cook, stirring continuously, until the sauce is the consistency of gravy and has turned golden brown, about 3 to 4 minutes. Remove from the heat.

4. Put It All Together

Serve the au poivre sauce over top of the sliced chicken and hash and finish with a squeeze of **Lemon** juice. Enjoy!

Instructions for two servings.

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

Vegetarian Bi Bim Bap

Fresh from your own kitchen, "Bee-Bim-Bop", which means "mix-mix rice" is a classic Korean dish. We have created a vegetarian version with tofu, jasmine rice, spinach, mushrooms, beets, and parsnips. Get ready for some fun!

40 *Minutes to the Table*

30 *Minutes Hands On*

2 Whisk *Easy*

Getting Organized

EQUIPMENT

Large Skillet
Small Skillet
(optional)
Baking Sheet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper
Egg (1 per serving)

7 MEEZ CONTAINERS

Jasmine Rice
Tofu
Spinach
Mushrooms
Beets & Parsnips
Bibimbap Sauce
Gochujang

Make The Meal Your Own

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 the Bi Bim Bop with the vegetables.

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

Traditional Bibimbap is finished with a sunny-side-up egg with a runny yolk. This is a delicious part of the dish, but women who are pregnant and others may want to cook their eggs until the yolk is cooked.

Health snapshot per serving – 410 Calories, 14g Fat, 23g Protein, 51g Carbs, 12 Smart Points

Gluten Free? You received Sriracha sauce because the Gochujang contains wheat.

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



INGREDIENTS: Organic Tofu, Jasmine Rice, Mushroom, Spinach, Beets, Parsnips, Tamari, Mirin, Garlic, Ginger, Gochujang, Sesame Seed, Sesame Oil

meez meals

1. **Get Organized**

Bring water to a boil in a large saucepan. Preheat oven to 425.

2. **Cook the Rice**

Add the **Jasmine Rice** to the boiling water with a pinch of salt and boil uncovered until desired texture, about 12 to 15 minutes. Remove from heat, drain, return rice to pot and set aside.

3. **Cook Veggies and Mushrooms**

While the rice is cooking, arrange the **Beets and Parsnips** in a flat layer on a baking sheet. Also place the **Mushrooms** on the same baking sheet, keeping the mushrooms separate from the beets and parsnips. Drizzle all very lightly with olive oil & lightly salt. Bake for 5-6 minutes, stirring the veggies and the mushrooms half-way through (but not mixing them together). Cook for another 5- minutes until veggies are slightly brown and crispy.

4. **Cook the Tofu and Spinach**

After the veggies and mushrooms are done cooking, heat 1 Tbsp of oil in a skillet over medium high heat. When the skillet is very hot, add the **Tofu**. Cook for 2-3 minutes, remove the tofu from the pan, and set aside.

In the now empty skillet, add the **Spinach**, sauté for 1-2 minutes until wilted, and set aside.

5. **Arrange the Bibimbap Bowl**

In a medium sized bowl, place half the rice at the bottom and arrange half the beets and parsnips, mushrooms, spinach, and tofu clockwise around the bowl (leaving a space in the middle for the egg). Drizzle all the components with **Bibimbap Sauce** (thinner brown sauce) and repeat for each serving.

6. **Make the Egg and Enjoy!**

Crack one egg in the skillet over medium-high heat and cook until the white is opaque and the yolk has set, about 1 to 2 minutes. Salt and pepper to taste and place in the center of the Bibimbap bowl. Repeat with one egg for each serving.

Serve the spicy **Gochujang** (thicker red sauce) on the side to use as desired.

*Use enough water
to cover rice
completely.*

*Keep the
mushrooms and
veggies separate
from each other.*

*Each family
member can mix
the delicious
Gochujang in to
their dish
depending on how
much they enjoy
spicy food.*

Instructions for two servings.

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

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 Point s.

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

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



INGREDIENTS: Shrimp, 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

Steak Vesuvio

Vesuvio is a Chicago classic. We're serving it up with a Meez twist using steak smothered in lemon-butter sauce with Italian spices, roasted carrots and cheesy smashed potatoes. It's a restaurant-worthy dinner that's on your table in a flash.

35 *Minutes to the Table*

25 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Baking Sheet
Large Skillet

FROM YOUR PANTRY

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

MEEZ CONTAINERS

Red Potatoes
Carrots
Cheesy Sour Cream
Steak
Lemon
Seasoned Onions &
Capers

Good To Know

If you ordered the **Carb Conscious version**, we sent cauliflower instead of the red potatoes, reducing the **carbs per serving to 30g**. In Step 2, Roast the Carrots for 10 minutes, then, while you are turning the baking sheet, add the cauliflower with oil and pepper. Roast until fork tender, an additional 15 minutes. Use the roasted cauliflower in place of the potatoes at the end of step 2.

Health snapshot per serving 720 Calories, 46g Protein, 41g Carbs, 43g Fat, 22 Freestyle Points

Lightened-up health snapshot per serving: 550 Calories, 39g Carbs, 27g Fat, 15 Freestyle Points by using half the cheese and half the butter

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

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



INGREDIENTS: Steak, Red Potatoes, Carrots, Sour Cream, Gouda, White Cheddar, Butter, Yellow Onion, Garlic, Capers, Basil, Parsley, Chives, Savory, Oregano, Lemon, Black Pepper

meez meals

1. Get Organized

Preheat the oven to 425 degrees. Spray or brush a baking sheet with olive oil.

2. Roast the Carrots and Potatoes

Cut the **Red Potatoes** in half and place, cut-side-down on the oiled baking sheet. Group them on one half of the baking sheet, then arrange the **Carrots** on the other half. (If they don't fit in a single layer, use a second sheet). Lightly drizzle everything with a little olive oil, salt and pepper.

Roast the vegetables until the carrots are a deep, charred color and the potatoes are soft and brown, about 25 minutes, rotating the sheet halfway through cooking and stirring the carrots.

Remove from the oven and then immediately use the flat bottom of a measuring cup or pot to squash the potatoes to about ½" to ¾" thickness while they are still on the baking sheet. Top with the **Cheesy Sour Cream**, then set aside until step 5.

3. Cook the Steak

When the potatoes are about half-way through baking, heat 1 Tbsp olive oil a skillet over high heat. While the oil is heating, pat the **Steak** dry with a towel and season generously with salt and pepper (we recommend ½ tsp of each). When the oil is hot, add the steaks. Cook until the bottoms brown & sides start to color, about 3 minutes. Flip and continue cooking for 3 minutes if you like your steak **medium-rare**. (Cook for 4 minutes for **medium**, and 5 to 6 for **well done**). Set aside to rest for 5 minutes, then slice into ½" strips. Wipe out the skillet.

4. Make the Vesuvio Sauce

While the steaks are resting, return the now-empty skillet to the stove over low heat. Slice the **Lemon** in half and place in the skillet, cut side down and add 2 Tbsp of butter. Once the butter has melted, add the **Seasoned Onions & Capers** and cook, stirring continuously, until the onions become translucent, about 2 to 3 minutes.

5. Put It All Together

Top the sliced steak with the Vesuvio sauce and a squeeze of lemon. Serve alongside the smashed potatoes and Carrots. Enjoy!

*It is important
the potatoes
are right out
of the oven
when you
smash and top
them. You
need the heat
to melt the
cheese.*

*Cook on low
heat so the
garlic won't
burn and
become
bitter.*

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

Maui Salmon Rice Bowl

Meez's version of a poke bowl, it's fast, filling, and a flavor sensation. We're making ours with a teriyaki and pineapple sauce that's a perfect match for seared salmon, edamame and crunchy fresh veggies.

20 *Minutes to the Table*

15 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet
Saucepan

FROM YOUR PANTRY

Olive Oil

6 MEEZ CONTAINERS

Jasmine Rice
Green Onions
Salmon
Pineapple Teriyaki
Cucumber, Edamame &
Shredded Veggies
Sesame Seeds

Good To Know

If you ordered the **Carb Conscious version** we sent you zucchini noodles instead of jasmine rice reducing the **carbs per serving to 37g**. Skip step 1. Heat 1 Tbsp olive oil in a large skillet. When the oil is hot, add the zucchini and sear for 2 minutes, then stir in half of the Green Onions & Sesame Seeds as in step 2.

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

Health snapshot per serving – 480 Calories, 16g Fat, 49g Carbs, 38g Protein and 10 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: Salmon, Jasmine Rice, Cucumber, Edamame, Green Onion Carrot, Red Cabbage, Tamari, Pineapple, Ginger, Garlic, Cilantro, Sesame Oil, Black Sesame Seeds, Toasted Sesame Seeds, Lime

meez meals

1. Get Ready

Bring a saucepan of water to a boil.

2. Cook the Rice

Add the **Jasmine Rice** to the boiling water and cook until tender, about 12 to 15 minutes. Drain well and return to the saucepan. Stir in half the **Green Onions** then cover and set aside.

3. Cook the Salmon

While the rice is cooking, heat 1 Tbsp olive oil in a large skillet over medium-high heat. Dry the **Salmon** with a paper towel. When the oil is hot, add the salmon and cook until it turns brown, about 3 minutes. Flip the salmon and add the **Pineapple Teriyaki** sauce. Continue cooking, spooning the sauce on top of the salmon frequently, until the sauce is thick enough to coat the back of a spoon, about 4 additional minutes.

4. Put It All Together

Serve the salmon and **Cucumber, Edamame & Shredded Veggies** alongside each other and on top of the rice (poke bowl style). Drizzle the entire dish with the Pineapple Teriyaki sauce still left in the skillet, and sprinkle with the remaining green onions and the **Sesame Seeds**. Enjoy!

Instructions for two servings

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

Pasta with Spinach Pesto

Haven't had spinach pesto before? Neither had we, but once we tried it we were hooked. It gives a layer of flavor to the classic basil pesto that we love, to say nothing of the extra vitamin boost. We're making our version with plenty of lemon to keep things bright & mixing it up with roasted cauliflower, toasted pecans and penne pasta. Yum!

35 Minutes to the Table

5 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Saucepan
Rimmed Baking
Sheet

FROM YOUR

PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Cauliflower
Penne Pasta
Spinach Pesto
Pecans
Parmesan
Cheese

Add Protein Cooking Instructions

Integrate into recipe: While the pasta is cooking in step 3, cook the protein (per instructions below) and then slice into strips (*flake the salmon, leave shrimp whole*) and stir into the cooked pasta and sauce 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 – 620 Calories, 23g Protein,
12g Fiber, 19 Smart Points

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



INGREDIENTS: Cauliflower, Penne Pasta, Spinach, Pecans, Parmesan Cheese, Vegetable Oil, Lemon, Basil,
Garlic, Spices

meez meals

1. Getting Organized

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

2. Roast the Cauliflower

Put the **Cauliflower** on to a rimmed baking sheet, drizzle with olive oil and sprinkle with salt and pepper. Toss well and arrange in a single layer. Bake until the cauliflower is golden brown in places, about 15 to 25 minutes; stir once or twice while it's cooking.

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

3. Cook the Pasta

While the cauliflower is roasting, salt the pasta water generously, add the **Penne Pasta** and cook until al dente, 12 to 14 minutes. Reserve 1 cup of pasta water. Drain the pasta and then return to the pan.

When we say "salt generously," we mean it. Chef Max says it should taste like salt water.

4. Put It All Together

Add the **Spinach Pesto** along with 1 Tbsp of olive oil to the cooked pasta. Mix well, then add some of the reserved pasta water if you'd like the sauce looser.

Mix in the roasted cauliflower, **Pecans** and salt and pepper to taste. Top with **Parmesan Cheese**.

Don't skip the olive oil! It brings out the flavors of the pasta.

Love this recipe? #meezmagic

Instructions for two servings.

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

Chive Beurre Blanc Salmon & Mushrooms

French white sauces have a reputation for being tricky, but the light, creamy Beurre Blanc is easier than you'd think. It's perfect with premium salmon, sautéed mushrooms and seared green beans.

25 *Minutes to the Table*

25 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

2 Large Skillets
Small Bowl

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Mushrooms
Salmon
Green Beans & Leeks
Chive Butter
Beurre Blanc Sauce

Good to Know

Health snapshot per serving – 460 Calories, 28g Fat, 16g Carbs, 35g Protein and 10 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: Salmon, Green Beans, Cream, Button Mushrooms, Cremini Mushrooms, Leeks, Butter, White Wine, Chives, Vegetable Stock, Dijon Mustard, Black Pepper

meez*meals*

1. Cook the Mushrooms

Heat 1 Tbsp olive oil in a large skillet over medium-high heat. Add the **Mushrooms** and cook, stirring occasionally, until they brown, about 7 to 8 minutes. Remove from the skillet and set aside in a small bowl. Do not wipe out the skillet. You'll use it in step 4 for the sauce.

2. Cook the Salmon

While the mushrooms are cooking, lightly sprinkle the **Salmon** with salt and pepper.

Heat 1 Tbsp olive oil in a second large skillet over high heat. When the oil is hot, add the salmon and cook until the bottom is browned and each piece begins to color up the side, about 3 to 4 minutes. Flip and continue cooking until the other side is well browned, about 3 more minutes. Remove from the skillet and let rest for 5 minutes. Wipe out the skillet. You'll use it in step 3 for the green beans.

3. Cook the Green Beans & Leeks

While the salmon is resting, heat 1 Tbsp olive oil in the now-empty salmon skillet over medium-high heat. When the oil is hot, add the **Green Beans & Leeks** with a light sprinkle of salt and pepper. Cook until the green beans are bright green and just starting to char, about 5 to 6 minutes.

4. Create the Sauce

While the green beans are cooking, melt the **Chive Butter** in the now-empty mushroom skillet over medium heat. Add the **Beurre Blanc Sauce** and simmer, stirring frequently, until the sauce has thickened enough to coat the back of a spoon, about 3 to 4 minutes. Turn off the heat and stir in the cooked mushrooms.

5. Put It All Together

Serve the salmon topped with the mushrooms and Beurre Blanc sauce, and the green beans & leeks on the side. Enjoy!

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.

SCAN QR CODE
to view YouTube
cooking video



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

Potato Leek Soup with Toasted Chive Butter Ciabatta

A test-kitchen favorite. Our classic potato leek soup is rich and flavorful, with just the right balance of creamy indulgence and mellow leek flavor. Paired with our toasted chive-butter ciabatta, it's an elegant dinner just right for a cold night.

35 *Minutes to the Table*

25 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Saucepan
(with a cover)
Small Baking
Sheet
Mixing Bowl

FROM YOUR PANTRY

Olive Oil
Salt & Pepper
Butter (½ Tbsp per
svg.)
Flour (½ Tbsp per
svg.)

5 MEEZ CONTAINERS

Potatoes
Leeks & Onions
Soup Starter
Ciabatta
Chive Butter

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 stir into the soup 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

We make our version slightly chunky. If you prefer a silky-smooth soup, puree it before serving.

Health snapshot per serving – 830 Calories, 21g Protein, 41g Fat, 99g Carbs, 30 Freestyle Points.

Lightened up Health snapshot per serving – 600 Calories, 30g Fat, 69g Carbs, 21 Freestyle Points, by using half the bread and half of the Chive Butter.

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



INGREDIENTS: Potatoes, Ciabatta Bread, Cream, Leeks, Red Onion, Yellow Onion, Celery, Butter, Vegetable Stock, Garlic, Chives, Parsley, Tamari, Tarragon, Black Pepper, Thyme, White Pepper

meez meals

1. Get Organized

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

2. Boil the Potatoes

Add three-quarters of the **Potatoes** to the boiling water. Once the mixture returns to a boil, reduce the heat to medium high, cover, and cook at a low boil until potatoes are fork tender, about 10 to 12 minutes. Remove from heat, drain the potatoes and place in a large bowl. Mash with a large spoon or potato masher until they are the consistency of lumpy mashed potatoes. Wipe out the saucepan.

3. Make the Soup

Return the now-empty saucepan to the stove and heat 2 Tbsp olive oil over medium high heat. Add the remaining uncooked potatoes and sauté (to prevent sticking) until they start to brown, about 4 minutes. Add the **Leeks & Onions** and sprinkle with salt and pepper. Continue cooking until the onions start to brown, about 3 to 4 minutes.

Add 1 Tbsp butter and stir until it melts completely. Sprinkle 1 Tbsp flour over the mixture and stir until it is incorporated and cook until the flour just starts to brown, about 2 minutes.

Add the cooked and mashed potatoes and stir well. Turn the heat to high, add the **Soup Starter** and 1 cup of water and stir well. Bring to a boil, then reduce the heat to medium low, cover, and simmer for 5 minutes.

4. Toast the Ciabatta

While the soup is simmering, cut each piece of **Ciabatta** bread in half and spread ½ Tbsp of the **Chive Butter** on the top of each of the halves. Using the “top brown” setting of your toaster oven or “broil” on your oven, heat the ciabatta until the butter melts and the rolls begin to brown, about 2 to 3 minutes.

5. Put It All Together

Serve the soup alongside the toasted chive butter ciabatta and enjoy!

*We love
dipping the
bread into
the soup.
Yum!*

Instructions for two servings.

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