

Chive Beurre Blanc Salmon & Mushrooms

25 Min to Table	25 Min Hands On	1 Whisk Super Easy
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Getting Started	Heat olive oil in large skillet.
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From Your Pantry	You'll need olive oil, salt and pepper.
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Cheesy Tomatillo Casserole

35 Min to Table	15 Min Hands On	1 Whisk Super Easy
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Omnivore Option	Chorizo tastes great with this recipe.
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Getting Started	Preheat your oven to 450.
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Quick Tips



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.
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From your Pantry	You'll need olive oil, and salt.
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Mexican Chicken Rice Bowl

25 Min to Table	25 Min Hands On	1 Whisk Super Easy
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Getting Started	Put a saucepan of water on to bowl.
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From Your Pantry	You'll need olive oil, salt and pepper
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Hot Honey Halloumi with Roasted Veggies & Tzatziki

30 Min to Table	10 Min Hands On	1 Whisk Super Easy
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From Your Pantry	You'll need olive oil, salt and pepper.
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Getting Started	Preheat your oven to 400.
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Lemon Chicken Milanese

	25 Min to Table	25 Min Hands On	2 Whisk Super Easy
Getting Started	Put a saucepan of water on to boil.		
From Your Pantry	You'll need olive oil, salt and pepper		

New England Shrimp Roll

	20 Min to Table	20 Min Hands On	1 Whisk Super Easy
Getting Started	Preheat your oven to 425.		
From your Pantry	You'll need a little cooking oil.		
Meal Tip	Add a little Tabasco for an extra kick.		

Steak Bi Bim Bap

	40 Min to Table	30 Min Hands On	2 Whisks Easy
Getting Started	Bring 2 cups of water to a boil, and preheat your oven to 425.		
From Your Pantry	You'll need some olive oil, one egg per serving, and salt and pepper		

Thai Red Curry Soup

	25 Min to Table	10 Min Hands On	1 Whisk Easy
Getting Started	Put a saucepan of water on to boil.		
Omnivore Option	Shrimp is great with this.		

Smoked Gouda Lasagna with Spicy Sausage

	35 Min to Table	20 Min Hands On	1 Whisk Super Easy
Getting Started	Preheat your oven to 425.		
From Your Pantry	You'll need olive oil, salt and pepper		

Parmesan Lemon-Chai Rigatoni with Broccoli

	15 Min to Table	15 Min Hands On	1 Whisk Super Easy
Getting Started	Preheat your oven to 400 and put water on to boil.		
Omnivore Option	Sausage tastes great with this recipe.		
From your Pantry	Olive oil, salt & pepper; sugar & cayenne optional.		

Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmnndd daily)	
Smoked Gouda Lasagna with Spicy Sauvage ((use 1/3 noodles, cheese, & sauce)	880	45	45	77 CC 35	6	1890	15	25	40% Vitamin C	35% Calcium
	700		45					21		
Chive Beurre Blanc Salmon & Mushrooms	460	35	28	16	4	490	7	10	80% Vitamin D	30% Vitamin A
Mexican Chicken Rice Bowl	535	72	17	28	8	722		9	266% Vitamin C	43% Vitamin A
Hot Honey Halloumi with Roasted Veggies & Tzatziki (use 1/2 pepitas, 1/2 white sauce, 2/3 hot honey glaze)	690	35	33	68	13	1030	39	22	80% Vitamin A	90% Vitamin D
	580		30					17		
Coulibiac of Salmon with Roasted Kale & Beets	660	43	35	43	7	400	14	14	90% Vitamin D	30% Iron
Cheesy Tomatillo Casserole	330	13	6	60	13	281		10	14% Zinc	20% Iron
Lemon Chicken Milanese	585	61	17	47	4	743		14	32% Vitamin	13% Folate

Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmndd daily)	
New England Shrimp Roll	615	36	16	79	4	1320	x	16	29% Vitamin A	14% Vitamin B6
Steak Bi Bim Bap	560	46	20	49 CC 31	8	713		16	33% Vitamin B-12	113% Calcium
Parmesan Lemon-Chai Rigatoni with Broccoli	630	31	40	57	9	760	x	19	292% Vitamin C	67% Calcium
Thai Red Curry Soup	485	19	19	64	8	1351	x	17	207% Vitamin C	123% Calcium
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)	
Flourless Chocolate Cake	370	5	16	32	2	130	18	18	20% Iron	10% Vitamin A
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
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.

Smoked Gouda Lasagna with Spicy Sausage

All the comfort of classic lasagna, but better. We're swapping in pappardelle noodles to speed up cooking, adding smoky gouda, and tossing in spicy sausage for a kick. Baked until bubbly with roasted peppers and squash, it's cheesy, rich, and totally craveable.

35 *Minutes to the Table*

20 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet
Medium Saucepan
Casserole Dish

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Spicy Sausage
Pappardelle Noodles
Peppers, Squash &
Onions
Marinara Sauce
Smoked Gouda &
Mozzarella

Good to Know

If you ordered the **Carb Conscious version**, we sent you Cauliflower "Rice" instead of noodles, reducing the **carbs per serving to 35g**. Prior to step 2, heat 1 Tbsp olive oil in the large skillet over medium-high heat. When the oil is hot, add the cauliflower and sauté until tender and browning, about 4 to 5 minutes. Remove from the skillet and use in place of the noodles.

Health snapshot per serving – 880 Calories, 45g Fat, 77g Carbs, 45g Protein, and 25 Freestyle Points.

Lightened-up health snapshot per serving – 700 Calories, 39g Fat, 55g Carbs, and 21g Freestyle Points, by using one-third of the noodles, cheese and sauce.

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

INGREDIENTS: Sausage, Pappardelle Noodles, Tomato, Smoked Gouda, Yellow Onion, Butternut Squash, Zucchini, Poblano Peppers, Mozzarella, Basil, Garlic, Olive Oil, Sugar, Kosher Salt, Black Pepper

 **meez** *meals*

1. Get Organized

Preheat the oven to 425. Spray or lightly brush a casserole dish with oil. Set a large saucepan of water to boil.

2. Cook the Sausage

While the water is still coming to a boil, heat a large skillet over medium-high heat. When the skillet is hot, add the **Spicy Sausage** and break it up with a wooden spoon or spatula. Cook until it starts to brown, continuing to break the pieces apart until they are the consistency of ground beef, about 4 to 5 minutes. Use a slotted spoon to transfer the cooked sausage to a bowl, leaving the oil in the pan. Do not wipe out the skillet.

3. Cook the Pasta

While the sausage is cooking, add the **Pappardelle Noodles** to the boiling water with a sprinkle of salt and cook until al dente, about 6 to 8. Drain well and return the noodles to the saucepan, cover, and set aside.

4. Layer the Lasagna

Add 1 Tbsp olive oil to sausage oil in the skillet and heat on medium-high heat. When the oil is hot, add the **Peppers, Squash & Onions** and sauté until the peppers start to brown, about 4 to 5 minutes. Add the **Marinara Sauce** and cook until heated through, about 3 minutes. Stir in the cooked sausage and remove from the heat.

5. Build and Bake the Lasagna

Layer half of the cooked noodles on the bottom of the oiled casserole dish, followed by half of the skillet contents, and finally half of the **Smoked Gouda & Mozzarella**. Repeat to create a second layer on top. Bake until the cheese is brown and bubbly, about 10 to 15 minutes.

Remove from the oven and let cool for at least 5 minutes. Serve and enjoy!

*We recommend
8x8 or similar
sized casserole
dish.*

*The oil from the
sausage will
greatly enhance
the flavor of the
Marinara sauce
when cooked in it
as part of step 4..*

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!

Mexican Chicken Rice Bowl

Cilantro Lime Crema marinated chicken over white rice (or try the carb conscious version over cauliflower "rice") with red salsa and plenty of poblano peppers, corn, beans, and Monterey Jack. It's a delicious new take on the Mexican rice bowl.

25 *Minutes to the Table*

25 *Minutes Hands On*

1 Whisks *Super Easy*

Getting Organized

EQUIPMENT

Saucepan
Large Skillet
Ziplock bag or small
marinating bowl

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Cilantro Lime Crema
Rice
Chicken
Poblanos
Salsa & Cheese

Good to Know

If you ordered the **Carb Conscious version**, we sent Cauliflower "Rice" instead of the white rice, reducing the **carbs per serving to 27g**. Combine the Cauliflower "Rice" with the poblano peppers and cook per the instructions in step 3.

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 – 640 Calories, 71g Protein, 17g Fat, 54g Carbs, 11 Freestyle Points

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

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



INGREDIENTS: Chicken Breast, White Rice, Poblanos, Tomato, Corn, Black Bean, Sour Cream, Chihuahua, Monterey Jack, Garlic, Onion, Cilantro, Enchilada Sauce, Lime.

meez meals

1. Getting Organized

Put a saucepan of water on to boil. Add the **Rice** to the boiling water. Reduce heat to medium and simmer uncovered for 15 to 20 minutes. Drain and return to the saucepan. Cover and set aside.

2. Marinade the Chicken

Pour 2/3 of the white **Cilantro Lime Crema** in a ziplock bag. Set the remaining 1/3 aside until step 5.

Dry and generously sprinkle the **Chicken** with salt and pepper (we use ¼ tsp salt and ¼ tsp pepper, so use about half per side, or more if you like). Cut three slits in the chicken lengthwise about ¼" deep on each side. Place chicken into the ziplock bag with the Cilantro Lime Crema and seal, then marinate for at least 5 minutes.

3. Sauté the Poblanos

Heat 2 Tbsp olive oil over medium-high heat. When the oil is hot, add the **Poblanos** and sauté until the vegetables start to soften and brown, about 4 to 6 minutes. Remove from the heat set aside. Do not wipe out the skillet.

4. Cook the Chicken

Return the now-empty skillet to the stove with 1 Tbsp olive oil over medium-high heat. When the oil is very hot, add the chicken (dispose of the marinade in the ziplock bag) and cook until it is brown, about 4 minutes. Flip and cook the other side until it is also brown, about 4 additional minutes. Remove from the heat and place the chicken on a cutting board to rest for 5 minutes. After the chicken has rested slice it into ¼" strips.

5. Heat the Sauce

While the chicken is resting, wipe-out the skillet and return it to the stove. Lower the heat to medium and add the red **Salsa & Cheese**. Stir the sauce until it is hot and lightly bubbling.

6. Put It All Together

Top the cooked rice with the poblanos, salsa & cheese and chicken. Drizzle with the remaining Cilantro Lime Crema. Enjoy!

The amount of water you use doesn't matter as long as you have enough to keep the rice submerged while cooking.

If the marinade begins to burn, reduce the heat, and extend the cooking time to ensure the chicken center is fully cooked.

Instructions for two servings.

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

Hot Honey Halloumi with Roasted Veggies & Tzatziki

30 Minutes to the Table

20 Minutes Hands On

1 Whisk Super Easy

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

Getting Organized

EQUIPMENT

Baking Sheet
Large Skillet
Mixing Bowl

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

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

Add Protein Cooking Instructions

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

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

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

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

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

Good to Know

Health snapshot per serving – 690 Calories, 33g Fat, 68g Carbs, 35g Protein, and 22 Freestyle Points.

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

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

 meezmeals

1. Get Organized

Preheat the oven to 400.

2. Roast the Veggies

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

3. Sear the Halloumi

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

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

4. Heat the Hot Honey Glaze

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

5. Put It All Together

Pour the **Tzatziki Sauce** on the bottom of your serving plates and top with the veggies and pepitas. Layer the hot honey halloumi no top of the veggies and enjoy!

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

Instructions for two servings.

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

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

Cheesy Tomatillo Casserole

Simply said, this Mexican casserole is a cheesy bit of heaven. We're toasting up tortillas to form a crunchy base, then topping them with poblanos, beans, pepper jack cheese and a fresh tomatillo salsa. Easy and delicious - that's our kind of dinner!

35 *Minutes to the Table*

15 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Baking Sheet
Large Skillet
Loaf Pan

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Corn Tortillas
Poblano Peppers
Corn & Beans
Creamy Tomatillo Salsa
Pepper Jack Cheese

Add Protein Cooking Instructions

Integrate into recipe: Prior to Step 3, cook the protine (per instructions below) and then slice into strips (cut shrimp in half/flake the salmon) and layer into the casserole before baking.

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 – 330 Calories, 13g Protein, 13g Fiber, 10 Smart Points.

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



INGREDIENTS: Poblano Peppers, Tomatillos, Corn Tortillas, Black Beans, Corn, Pepper Jack Cheese, Cream Cheese, Sundried Tomatoes, Lime, Garlic, Cilantro, Spices

meez meals

1. **Getting Organized**

Preheat your oven to 450.

2. **Bake the Corn Tortillas**

Lay the **Corn Tortillas** on a baking sheet and brush with olive oil on each side. Bake until crisp, about 5 to 10 minutes.

3. **Cook the Vegetables**

Heat 1 Tbsp olive oil in a large skillet over high heat. Add the **Poblano Peppers** and sauté until browned, about 5 to 7 minutes.

Turn the heat down to medium-high and add the **Corn & Beans**. Cook until hot, about 2 minutes. Season with salt and pepper and set aside.

4. **Assemble the Casserole**

Turn your oven down to 375 and lay 2 of the corn tortillas on the bottom of your pan, breaking them into pieces to make them fit. Top with half of the cooked vegetables and half of the **Creamy Tomatillo Salsa**.

Use an 8x10 or similar sized casserole dish.

Add 1 more tortilla (break it up a bit so it resembles large chips) and the rest of the vegetables and salsa. Break the remaining tortilla into dime-size pieces, sprinkle on top and finish with the **Pepper Jack Cheese**. Bake until the cheese begins to bubble, about 15 minutes. If you'd like a crispier topping, cook under the broiler for an additional 5 minutes until the top is golden brown. Enjoy!

Love this recipe? #meezmagic

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
to view YouTube
cooking video**



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

- New England Shrimp Roll

Inspired by the classic Maine lobster roll, then served up Meez style. It starts with sautéed shrimp tossed New England style with lemony mayonnaise. Add in a toasted roll, roasted red potato fries, and pickled veggies, and you've got something special.

20 Minutes to the Table

20 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Skillet

FROM YOUR PANTRY

Olive Oil

Salt & Pepper

6 MEEZ CONTAINERS

Shrimp

Roll

Lemony Mayo

Red Potatoes

Pickled Veggies

Dill & Chive

Make the Meal Your Own

If you like spicy food, add a little Tabasco or hot sauce to the creamy dressing for an extra kick.

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 – 615 Calories, 36g Protein, 16g Fat, 16 Smart Points

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

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



INGREDIENTS: Roll, Shrimp, Red Potatoes, Zucchini, Squash, Mayonnaise, Green Onion, Chives, Dill, Celery, Sriracha, Lemon, Garlic, Black Pepper

meez meals

1. Cook the Red Potato Fries

Preheat your oven to 425

Slice each **Red Potato** in half the long way, then slice each half again so you have four skinny fries per potato. Transfer them to a large mixing bowl, drizzle with olive oil, salt and pepper and toss. Arrange the coated fries on a baking sheet in a single layer. Roast until the outside of the potato is golden and slightly crispy, about 20 minutes.

2. Cook the Shrimp

After the potatoes have been baking for about 10 minutes, dry and lightly salt & pepper the **Shrimp**. Heat 1 Tbsp olive oil in a skillet over medium-high heat. Cook for a minute on each side until they are opaque and no longer grey in color. Place in the now-empty mixing bowl and set aside.

3. Prepare Your Rolls

Brush olive oil on both flat sides of each **Roll** and place in the now-empty skillet over medium-high heat. Grill bread until golden brown on one side, about 20 to 30 seconds using a small sauté pan to gently push down on the top of the bread while it's cooking. Flip and grill the other side until also golden brown using same process.

Remove from heat and place the rolls standing up on a plate (round top should be facing up and toasted sides should be facing out).

Carefully slice half way down into the bread from the front to the back creating a slit on the top. This will be the pocket for the shrimp to go into.

4. Put It All Together

Add the **Lemony Mayo** to the bowl with the cooked shrimp and toss. Using a spoon, fill the roll with the shrimp and lemony mayo mix (pressing down a bit to keep the shrimp in place). Generously top with the **Dill & Chive** mix. Serve roll alongside the **Pickled Veggies** and roasted red potato fries and enjoy!

Brush the olive oil for grilling the bread on the flat sides of the roll and not the round top or bottom.

Be sure not to slice the roll in half. You only want to go about half way down into the bread to create the opening for the filling.

Instructions for two servings.

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

Steak Bi Bim Bap

Fresh from your own kitchen, Bee Bim Bop, which means “mix-mix rice” is a classic Korean dish of rice topped with meat and vegetables. With spinach, mushrooms, cabbage and carrots, it's a recipe where having all the ingredients prepped and ready to go is truly magic. Get ready for some fun!

40 *Minutes to the Table*

30 *Minutes Hands On*

2 Whisk *Easy*

Getting Organized

EQUIPMENT

Large Skillet
Mixing Bowl
Saucepan
Baking Sheet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper
Egg (1 per serving)

7 MEEZ CONTAINERS

Jasmine Rice
Steak
Spinach
Mushrooms
Cabbage & Carrots
Bibimbap Sauce
Gochujang

Make The Meal Your Own

If you ordered the Carb Conscious version, we sent you cauliflower “rice” instead of the Jasmine rice, reducing the **carbs per serving to 31g**. You don't need to boil water. Skip step 2. Prior to step 3, heat 1 Tbsp olive oil in a large skillet over high heat. When the oil is hot, add the cauliflower and cook until it starts to brown, about 2 to 3 minutes. Set aside until step 5.

Have small kids at home? Check out Linda Sue-Park's picture book *Bee-Bim Bop*. It's a favorite in our household and a perfect partner for this dinner.

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

Good To Know

Health snapshot per serving – 560 Calories, 20g Fat, 46g Protein, 49g Carbs, 16 Smart Points

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 through to avoid any risk of foodborne illness.

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

**SCAN QR CODE
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INGREDIENTS: Steak, Jasmine Rice, Mushroom, Spinach, Cabbage, Carrot, 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.

*Use enough water
to completely
cover the rice.*

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 **Cabbage & Carrots** and **Mushrooms** on a baking sheet. Drizzle with olive oil & lightly salt. Bake for 12 minutes, stirring the veggies and the mushrooms half-way through.

*Keep the
mushrooms and
veggies separate
from each.*

4. Cook the Steak and Spinach

After the veggies and mushrooms are done cooking, heat 1½ Tbsp of oil in a skillet over high heat. While the skillet is heating, pat the **Steaks** 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.

Cook until the bottoms brown & sides start to color, about 3 minutes. If you prefer your steak **medium-rare**, flip & continue cooking 3 min (**medium** 4 min., **well done** 5 to 6 min). Set aside to rest for 5 min. Once the steaks have rested, place them horizontally on a cutting board. Using a sharp knife, cut the steaks into even strips (we aim for ½" x 1" pieces).

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

5. Arrange the Bibimbap Bowl

In a medium sized bowl, place half the rice at the bottom and arrange half the carrots and cabbage, mushrooms, spinach, and steak 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.

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

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.

Instructions for two servings.

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

Parmesan Lemon-Chai Rigatoni with Broccoli

Need a little sunshine in your day? This dinner has you covered. Sautéed broccoli and rigatoni get a Mediterranean treatment thanks to member-favorite lemon-chai vinaigrette and plenty of Parmesan cheese. It's a speedy meal everyone will love.

15 Minutes to the Table

15 Minutes Hands On

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Saucepan
Large Skillet
Baking Sheet
Mixing Bowl

FROM YOUR PANTRY

Olive Oil
Salt & Pepper
Sugar (Optional)
Cayenne
(Optional)

5 MEEZ CONTAINERS

Walnuts
Broccoli
Rigatoni
Lemon-Chai
Vinaigrette
Parmesan
Cheese

Add Protein Cooking Instructions

Integrate into recipe: Before Step 3, cook the protein (per instructions below) and then slice into strips (*flake the salmon, leave shrimp whole*) then serve with the broccoli and sauce 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're making the **vegan version**, we've left the parmesan out. For the **Carb Conscious version**, we sent you zucchini "noodles" instead of pasta, reducing the **carbs per serving to 23g**. Prior to step 3, heat 1 Tbsp oil in a large skillet and cook the zucchini noodles, stirring frequently, for about 4 to 5 minutes. Place immediately in your serving bowls and continue to Step 3.

Health snapshot per serving –850 Calories, 52g Fat, 76g Carbs 26g Protein, 30 Smart Points

Lightened up health snapshot per serving – 690 Calories, 37g Fat, and 73g Carbs by using half of the cheese & nuts and half of the vinaigrette.

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INGREDIENTS: Broccoli, Rigatoni, Olive Oil, Parmesan Cheese, Lemon, Walnuts, Scallions, Brown Sugar, Garlic, Spices

meez *meals*

1. Getting Organized

Put a saucepan of water on to boil and preheat your oven to 400 (or use your toaster oven).

2. Make the Spiced Nuts

Add 1 Tbsp each of sugar, oil and water to a large mixing bowl and stir in a pinch of cayenne. Add the **Walnuts**, coat them in the mixture and put everything on a foil-lined (or parchment-lined) baking sheet. Bake 10 to 12 minutes; stir every 3 minutes, making sure to scrape up all of the good stuff on the bottom.

Your nuts are done when the sauce begins to stick to them.

3. Sauté the Broccoli

Heat 1 Tbsp olive oil in a large skillet over high heat. Add the **Broccoli** and cook until golden brown in places, about 7 to 12 minutes. Turn over and cook the other side until golden brown.

4. Cook the Rigatoni

While the broccoli is cooking, salt the boiling pasta water and add the **Rigatoni**. Cook until al dente, about 8 to 12 minutes. Drain and set aside.

5. Put It All Together

Add the broccoli to the rigatoni with the **Lemon-Chai Vinaigrette**. Toss well, then serve topped with the spiced nuts and **Parmesan Cheese**. Enjoy!

Love this recipe? #meezmagic

Instructions for two servings.

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

Thai Red Curry Soup

This gem is a fresh take on the Thai classic. We're cooking up our version of red curry soup with glass noodles, carrots, red peppers, mushrooms and tofu in a red curry and coconut milk base. It's rich and flavorful, and practically hands-free, not to mention an all-time member favorite.

25 Minutes to the Table

10 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

2 Saucepans
Large Bowl

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Mushrooms
Red Peppers &
Carrots
Red Curry
Tofu
Ginger-Coconut
Broth
Glass Noodles

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 soup in step 4.

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

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

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

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

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

Make The Meal Your Own

If you're cooking the **carb conscious version**, we sent you zucchini "noodles" instead of glass noodles, reducing the **carbs per serving to 30g**. Skip steps 1 & 2. Dry the zucchini with a towel, add 1 Tbsp oil to a large skillet. When the oil is hot, place the zucchini in a single layer and cook, without stirring, until the zucchini are slightly charred, 2 to 3 minutes. Transfer to serving bowls.

Health snapshot per serving – 485 Calories, 19g Protein, 19g Fat, 64g Carbs, 17 Smart Points

SCAN QR CODE
to view
YouTube
cooking video



INGREDIENTS: Coconut Milk, Tofu, Glass Noodles, Carrots, Peppers, Mushrooms, Lime Juice, Soy Sauce, Brown Sugar, Red Curry Paste, Garlic, Basil, Concentrated Vegetable Base, Ginger

meez *meals*

1. Getting Organized

Put a saucepan of water on to boil.

2. Soak the Glass Noodles

Put the **Glass Noodles** into a bowl and pour the boiling water over top. Let the noodles soak until they are soft, about 2 to 5 minutes. Drain and set aside.

It's important to let the glass noodles soak. If you don't, they can get clumpy and hard to manage.

3. Cook the Thai Vegetables

In a separate saucepan, heat 1 Tbsp olive oil over medium-high heat. Add the **Mushrooms** and **Thai Peppers & Carrots** and cook for 3 to 5 minutes. Add the **Red Curry** and cook until fragrant, about 1 minute. Add 1 ½ cups of water and bring to a boil. Reduce to a simmer and cook uncovered for 10 minutes.

The red curry has a kick. We use all of it, but if you don't love spice, you should start with just a touch.

4. Finish the Soup

Turn the heat back up to medium-high. Add the **Tofu** and **Ginger-Coconut Broth** to the vegetables and season with salt and pepper to taste. If you'd like a thinner soup, add more water. Cook until the vegetables are tender, about 2 to 5 minutes.

Put the noodles into each diner's bowl. Serve the soup over the noodles.

Love this recipe? #meezmagic

Instructions for two servings.

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