

### *Honey-Glazed Salmon*

**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, eggs, and salt and pepper.

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### *Mozambican Yellow Curry Rice Bowl*

**35 Min**  
to Table

**20 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 and put a pot of water on to boil.

# *Quick Tips*



### *Savory Zucchini Pancakes*

**40 Min**  
to Table

**40 Min**  
Hands  
On

**2 Whisks**  
Easy

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**Getting Started**

Preheat your oven to 375 and heat your skillet

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**From Your Pantry**

You'll need butter, milk, eggs, salt and pepper.

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**Omnivore Option**

This is great with bacon.

### *Queso Fiesta Casserole*

**45 Min**  
to Table

**10 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, salt and pepper.

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### *Roasted Red Pepper Steak & Greek Potatoes*

**35 Min**  
to Table

**35 Min**  
Hands  
On

**1 Whisk**  
Easy

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**Getting Started**

Preheat your oven to 425.

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**From Your Pantry**

You'll need olive oil, salt and pepper.

### *Indian Butter Chicken*

|                           |                              |                         |
|---------------------------|------------------------------|-------------------------|
| <b>25 Min</b><br>to Table | <b>25 Min</b><br>Hands<br>On | <b>2 Whisks</b><br>Easy |
|---------------------------|------------------------------|-------------------------|

|                        |                      |
|------------------------|----------------------|
| <b>Getting Started</b> | Preheat oven to 425. |
|------------------------|----------------------|

|                         |  |
|-------------------------|--|
| <b>From your Pantry</b> | You'll need olive oil, salt and pepper |
|-------------------------|--|

### *Herb Roasted Chicken with Fingerling Potatoes*

|                           |                              |                                 |
|---------------------------|------------------------------|---------------------------------|
| <b>65 Min</b><br>to Table | <b>10 Min</b><br>Hands<br>On | <b>1 Whisk</b><br>Super<br>Easy |
|---------------------------|------------------------------|---------------------------------|

|                        |                      |
|------------------------|----------------------|
| <b>Getting Started</b> | Preheat oven to 425. |
|------------------------|----------------------|

|                         |  |
|-------------------------|--|
| <b>From your Pantry</b> | You'll need 1/2 Tbsp of flour per serving. |
|-------------------------|--|

|                 |   |
|-----------------|---|
| <b>Meal Tip</b> | Bacon would make this meal even more delicious. |
|-----------------|---|

### *Sweet & Sour Tofu Over Sesame Noodles*

|                           |                              |                                 |
|---------------------------|------------------------------|---------------------------------|
| <b>25 Min</b><br>to Table | <b>25 Min</b><br>Hands<br>On | <b>1 Whisk</b><br>Super<br>Easy |
|---------------------------|------------------------------|---------------------------------|

|                        |                                     |
|------------------------|-------------------------------------|
| <b>Getting Started</b> | Put a saucepan of water on to boil. |
|------------------------|-------------------------------------|

|                 |   |
|-----------------|---|
| <b>Meal Tip</b> | You'll need olive oil, salt and pepper. |
|-----------------|---|

### *Crispy Bangkok Shrimp*

|                           |                              |                             |
|---------------------------|------------------------------|-----------------------------|
| <b>30 Min</b><br>to Table | <b>15 Min</b><br>Hands<br>On | <b>3 Whisks</b><br>Moderate |
|---------------------------|------------------------------|-----------------------------|

|                        |                               |
|------------------------|-------------------------------|
| <b>Getting Started</b> | Bring a pot of water to boil. |
|------------------------|-------------------------------|

|                         |   |
|-------------------------|---|
| <b>From Your Pantry</b> | You'll need eggs, olive oil, salt and pepper. |
|-------------------------|---|

|                 |  |
|-----------------|--|
| <b>Meal Tip</b> | To keep your shrimp crispy, toss them in the sauce right before you're ready to eat. |
|-----------------|--|

### *Chicken Al Pastor Tacos*

|                           |                              |                                 |
|---------------------------|------------------------------|---------------------------------|
| <b>20 Min</b><br>to Table | <b>20 Min</b><br>Hands<br>On | <b>1 Whisk</b><br>Super<br>Easy |
|---------------------------|------------------------------|---------------------------------|

|                        |                                       |
|------------------------|---------------------------------------|
| <b>Getting Started</b> | Heat olive oil over medium high heat. |
|------------------------|---------------------------------------|

|                         |  |
|-------------------------|--|
| <b>From Your Pantry</b> | You'll need olive oil, salt and pepper |
|-------------------------|--|

### *Italian Wedding Soup*

|                           |                              |                                 |
|---------------------------|------------------------------|---------------------------------|
| <b>30 Min</b><br>to Table | <b>25 Min</b><br>Hands<br>On | <b>1 Whisk</b><br>Super<br>Easy |
|---------------------------|------------------------------|---------------------------------|

|                        |   |
|------------------------|---|
| <b>Getting Started</b> | Heat a large saucepan over medium-high heat |
|------------------------|---|

|                         |                              |
|-------------------------|------------------------------|
| <b>From Your Pantry</b> | You'll need salt and pepper. |
|-------------------------|------------------------------|

|                 |  |
|-----------------|--|
| <b>Meal Tip</b> | Soup is always good warmed up for a lunch of leftovers |
|-----------------|--|

# Health Snapshot

| Recipe   | Calories | Protein<br>(grams) | Fat<br>(grams) | Carbs<br>(grams) | Fiber<br>(grams) | Sodium<br>(milligrams) | Sugar<br>(grams) | Smart<br>Points | Key Vitamins/Minerals<br>(% of rcmndd daily) |                   |
|--|----------|--------------------|----------------|------------------|------------------|------------------------|------------------|-----------------|--|-------------------|
| Roasted Red Pepper Steak<br>& Greek Potatoes     | 460      | 38                 | 18             | 38<br>CC 23      | 6                | 520                    | 8                | 11              | 210%<br>Vitamin C                            | 40% Vitamin<br>A  |
| Herb-Roasted Chicken With<br>Fingerling Potatoes | 640      | 46                 | 13             | 75<br>CC 28      | 8                | 1284                   | 7                | 16              | 125%<br>Vitamin C                            | 2% Vitamin<br>D   |
| Sweet & Sour Tofu Over<br>Sesame Noodles         | 621      | 33                 | 14             | 92<br>CC 35      | 10               | 1624                   |                  | 12              | 167 %<br>VitaminC                            | 77% Calcium       |
| Chicken Al Pastor Tacos                          | 610      | 51                 | 12             | 75<br>CC 39      | 8                | 950                    | 30               | 13              | 25% Vitamin<br>A                             | 141%<br>Vitamin C |
| Crispy Bangkok Shrimp                            | 625      | 34                 | 29             | 63               | 7                | 746                    |                  | 19              | 28% Vitamin<br>C                             | 25% Calcium       |
| Mozambican Yellow Curry<br>Rice Bowl             | 660      | 15                 | 23             | 103              | 11               | 570                    | 26               | 22              | 131%<br>Vitamin C                            | 52% Vitamin<br>B6 |
| Honey-Glazed Salmon                              | 560      | 39                 | 23             | 50<br>CC 40      | 8                | 121                    |                  | 12              | 52% Vitamin<br>C                             | 14% Vitamin<br>A  |

# Health Snapshot

| Recipe                           | Calories | Protein<br>(grams) | Fat<br>(grams) | Carbs<br>(grams) | Fiber<br>(grams) | Sodium<br>(milligrams) | Sugar<br>(grams) | Smart<br>Points | Key Vitamins/Minerals<br>(% of rcmndd daily) |                   |
|----------------------------------|----------|--------------------|----------------|------------------|------------------|------------------------|------------------|-----------------|--|-------------------|
| Queso Fiesta Casserole           | 440      | 16                 | 17             | 57               | 9                | 830                    | 10               | 12              | 147%<br>Vitamin C                            | 73% Calcium       |
| Indian Butter Chicken            | 840      | 53                 | 60             | 28               | 8                | 560                    | 14               | 24              | 302%<br>Vitamin A                            | 192%<br>Vitamin C |
| (½ the butter and ½ the<br>nuts) | 670      |                    | 43             |                  |                  |                        |                  | 17              |  |                   |
| Savory Zucchini Pancakes         | 430      | 15                 | 23             | 42               | 7                | 551                    |                  | 16              | 47% Vitamin<br>A                             | 19% Vitamin<br>C  |
| Italian Wedding Soup             | 265      | 13                 | 9              | 36               | 5                | 1645                   | 5                | 6               | 207%<br>Vitamin A                            | 44% Vitamin<br>C  |
| Add a Protein                    |          |                    |                |                  |                  |                        |                  |                 |  |                   |
| All-Natural Chicken Breast       | 220      | 41                 | 5              | 0                | 0                | 85                     | 0                | 3               | 90% Vitamin<br>B6                            | 4% Iron           |
| Add a Pretein                    |          |                    |                |                  |                  |                        |                  |                 |  |                   |
| Bistro Chateau Steak             | 220      | 30                 | 10             | 0                | 0                | 75                     | 0                | 5               | 10% Iron                                     | 10%<br>Potassium  |
| Add a Protein                    |          |                    |                |                  |                  |                        |                  |                 |  |                   |
| Norwegian Salmon                 | 220      | 35                 | 0              | 0                | 0                | 130                    | 0                | 4               | 60% Vitamin<br>B6                            | 15%<br>Potassium  |
| Add a Protein                    |          |                    |                |                  |                  |                        |                  |                 |  |                   |
| Premium Shrimp                   | 120      | 28                 | 0.5            | 0                | 0                | 170                    | 0                | 1               | 8%<br>Potassium                              | 4% iron           |

# Health Snapshot

| Recipe                                    | Calories | Protein<br>(grams) | Fat<br>(grams) | Carbs<br>(grams) | Fiber<br>(grams) | Sodium<br>(milligrams) | Sugar<br>(grams) | Smart<br>Points | Key Vitamins/Minerals<br>(% of recommended daily) |               |
|---|----------|--------------------|----------------|------------------|------------------|------------------------|------------------|-----------------|---|---------------|
| THE Carrot Cake                           | 540      | 6                  | 34             | 49               | 2                | 440                    | 36               | 13              | 6% Vitamin C                                      | 6% Calcium    |
| Honduran Chocolate Brownies (Gluten-Free) | 340      | 4                  | 18             | 42               | 3                | 140                    | 31               | 16              | 4% Vitamin C                                      | 15% Iron      |
| Flourless Chocolate Cake                  | 370      | 5                  | 16             | 32               | 2                | 130                    | 18               | 18              | 20% Iron  | 10% Vitamin A |
| 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.*

# Roasted Red Pepper Steak & Greek Potatoes

Big Mediterranean flavor in every bite. Seared steak and charred peppers are tossed in a creamy roasted red pepper sauce, then served alongside Greek-style potatoes coated in lemony tzatziki. A sprinkle of feta brings it all together for a dinner that's rich, bright, and full of sunshine.

**35** *Minutes to the Table*

**35** *Minutes Hands On*

**1 Whisk** *Super Easy*

## Getting Organized

### EQUIPMENT

Large Skillet  
Baking Sheet

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### 6 MEEZ CONTAINERS

Red Potatoes  
Lemon Tzatziki Sauce  
Steak  
Peppers & Onions  
Roasted Red Pepper Sauce  
Feta

## Good to Know

If you ordered the **Carb Conscious version**, we sent you cauliflower florets instead of red potatoes, reducing the **carbs per serving to 23g**. Roast the cauliflower in place of the potatoes in step 2 until brown and tender.

**Health snapshot per serving** – 460 Calories, 18g Fat, 38g Carbs, 38g Protein, and 11 Freestyle Points.

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

INGREDIENTS: Steak, Red Potatoes, Red Bell Pepper, Green Bell Pepper, Red Onion, Roasted Red Pepper, Feta, Yogurt, Great Northern Beans, Cream, Cucumber, Lemon, Olive Oil, White Wine Vinegar, Parsley, Garlic, Kosher Salt, Dill, White Pepper.

 meez meals

### 1. Get Organized

Preheat the oven to 425.

### 2. Make the Greek Potatoes

Slice the **Red Potatoes** into quarters (wedges). Add to a baking sheet and toss with olive oil, salt and pepper. Arrange in a single layer and bake until golden brown and fork tender, about 25 to 30 minutes. Remove from the oven and immediately toss with the **Lemon Tzatziki Sauce** and set aside.

*You can  
toss the  
potatoes and  
sauce right  
on the  
baking sheet.*

### 3. Cook the Steak

While the potatoes are cooking, heat 1 Tbsp olive oil in a large skillet over high heat. Pat dry the **Steak** and season both sides with salt and pepper. Cook until the bottoms char and sides start to brown, about 3 to 4 minutes. Flip and continue to cook for another 3 minutes if you prefer the steak medium-rare. (Cook for 4 minutes for **medium** and 5 to 6 for **well done**). Transfer the steaks to a cutting board and allow to rest for 5 minutes before slicing into ½" strips. Wipe out the skillet.

### 4. Cook the Veggies

Heat 1 Tbsp olive oil in the now-empty skillet over medium-high heat. When the oil is hot, add the **Peppers & Onions** with a sprinkle of salt and pepper. Cook until they start to char, about 5 to 6 minutes. Remove from the heat and add the **Red Pepper Sauce** and sliced steak and stir until the steak is well coated.

### 5. Put It All Together

Serve the red pepper steak alongside the Greek potatoes and sprinkle the entire dish with the **Feta Crumbles**. Enjoy!

Instructions for two servings.

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

## Herb-Roasted Chicken with Fingerling Potatoes

We're putting a fresh spin on classic roast chicken this week. With fingerling potatoes, cremini mushrooms, fresh herb rub and hands-free white wine sauce, it's a sophisticated one-pan dinner we just love. (Did we mention it's just 10 minutes hands on?)

**65** Minutes to the Table

**10** Minutes Hands On

**1 Whisk** Super Easy

### Getting Organized

#### EQUIPMENT

Deep Casserole Dish or  
Roasting Pan

#### FROM YOUR PANTRY

1 Tbsp Flour  
Olive Oil  
Salt & Pepper

#### 6 MEEZ CONTAINERS

Chicken Thighs  
Fingerling Potatoes  
Mushrooms  
Red Onion  
Herbs & Garlic  
White Wine Sauce

### Make The Meal Your Own

If you ordered the **Carb Conscious version**, we sent you cauliflower instead of the potatoes, reducing the **carbs to 28g per serving**. You can cook the cauliflower just like the potatoes but don't need to cut them in half.

**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** – 640 Calories, 13g Fat, 46g Protein, 75g Carbs, 16 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: Cage-Free Chicken Thighs, Fingerling Potatoes, Cremini Mushrooms, White Wine, Red Onion, Capers, Heavy Cream, Garlic, Miso, Herbs and Spices

*meez* meals



### 1. Getting Organized

Preheat your oven to 425 degrees.

### 2. Prep the Chicken and Potatoes

Pat the **Chicken Thighs** dry with a towel. If the chicken skin has bunched in places, pull it evenly over the chicken thighs so that it lays flat.

*This step ensures that the chicken skin gets nice and crispy.*

Cut the **Fingerling Potatoes** in half lengthwise.

### 3. Roast the Chicken

In a roasting pan or deep casserole dish, toss the chicken thighs, potatoes, **Mushrooms**, **Red Onion** and **Herbs & Garlic** with 2 Tbsp olive oil, ½ tsp salt and ¼ tsp pepper. Arrange the vegetables on the bottom of the pan and set the chicken thighs on top. Roast until the chicken skin is beginning to brown and crisp, about 40 to 45 minutes.

### 4. Finish the Sauce

Remove from the oven and sprinkle 1 Tbsp flour over everything. Return to the oven for 5 minutes. Remove again, toss well and add the **White Wine Sauce** to the pan. Stir well to incorporate.

*When you stir the sauce, mix in any dry pockets of flour.*

Return the pan to the oven and cook until the chicken is brown and crispy and the sauce is thick and bubbling, about 8 to 10 minutes.

*Love this recipe? #meezmagic*

Instructions for two servings.

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

# Sweet & Sour Tofu Over Sesame Noodles

Sweet and Sour might be the world's favorite stir fry sauce. Soy, brown sugar, pineapple, and spices come together magically with seared peppers and onions, tofu and noodles, then serving it topped with caramelized pineapple. It's a delicious dinner we can't get enough of.

**25** Minutes to the Table

**25** Minutes Hands On

**1 Whisk** Super Easy

## Getting Organized

### EQUIPMENT

Saucepan  
Large Skillet

### FROM YOUR

### PANTRY

Olive Oil  
Salt & Pepper

### 6 MEEZ CONTAINERS

Tofu  
Pineapple Rings  
Peppers &  
Onions  
Somen Noodles  
Sweet & Sour  
Sauce  
Herbs & Sesame  
Seeds

## Add Protein Cooking Instructions

**Integrate into recipe:** Prior to step 2, cook the protein (per instructions below) and then slice into strips (*flake the salmon, leave shrimp whole*) and stir into the sauce in step 6.

**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

For **Carb Conscious**, we sent you broccoli instead of noodles, reducing the total carbs to **35g per serving**. Before step 4, heat 1 Tbsp olive oil in a large skillet over high heat. When the oil is hot, add the broccoli and cook until it starts to char, about 2 to 3 minutes. Transfer directly to serving plates.

For **gluten-free**, cook rice noodles until tender, about 5 minutes, drain and rinse under cold water.

**Health snapshot per serving** – 621 Calories, 33g Protein, 14g Fat, 92g Carbs, 12 Freestyle Points.

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



INGREDIENTS: Tofu, Somen Noodles, Pineapple, Bell Peppers, Red Onion, Tomato, Ketchup, Sesame Seeds, Garlic, Basil, Mint, Red Wine Vinegar, Tamari, Brown Sugar.

*meez* meals

### 1. **Get Organized**

Bring a saucepan of water to boil with a few pinches of salt.

### 2. **Prepare the Tofu**

Heat 2 Tbsp of olive oil in the skillet over medium high heat. When the oil is hot, add the **Tofu** and cook until one side browns, about 3 to 4 minutes. Flip and cook until the other side is brown, an additional 3 to 4 minutes. Remove from the skillet and set aside. Do not wipe out the pan.

### 3. **Make the Pineapple Ring**

Pat dry the **Pineapple Rings**, then arrange in a single layer in the now empty skillet over medium high heat. Cook until the pineapple starts to brown and caramelize, about 3 minutes. Flip and cook until the other side starts to brown and caramelize, about another 2 minutes. (It is ok if ring breaks, you just want the pineapple to be seared on 2 sides.) Remove from the skillet and set aside. Do not wipe out the pan.

### 4. **Sauté the Veggies**

Turn the heat to high, add 1 Tbsp olive oil to the now empty skillet. When the oil is hot, add the **Peppers & Onions** with a light sprinkle of salt and pepper. Cook until the peppers start to char, about 2 to 3 minutes. Remove from the skillet and set aside. Do not wipe out the pan.

### 5. **Cook the Noodles**

Add the **Somen Noodles** to the boiling water and cook until al dente, about 3 minutes. Drain the noodles really well, return to the saucepan, and cover.

### 6. **Make the Sauce**

While the noodles are cooking, add the **Sweet & Sour Sauce** to the now empty skillet and bring it to a boil. Cook until the sauce starts to thicken and coats the back of a spoon, about 2 minutes. Stir in the tofu and the veggies and cook until they are warm, about 1 minute.

### 7. **Put It All Together**

Serve the tofu, veggies, and sauce over the noodles. Top with **Herbs & Sesame Seeds**, and cooked pineapple. Enjoy!

Instructions for two servings.

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

# Chicken Al Pastor Tacos

We love the smoky, tropical flavor of al pastor sauce. We're mixing ours up with shredded chicken, cabbage and red onion, then serving it in soft flour tortillas with a pineapple salsa. It's a speedy dinner that's on the table in a heartbeat.

**20** Minutes to the Table

**20** Minutes Hands On

**1 Whisk** Super Easy

## Getting Organized

### EQUIPMENT

Large Skillet

### FROM YOUR PANTRY

Olive Oil

Salt & Pepper

### 6 MEEZ CONTAINERS

Chicken Breast

Tortillas

Red Cabbage & Onion

Al Pastor Sauce

Pineapple Salsa

Lime

## Make The Meal Your Own

If you ordered the **Carb Conscious version**, we sent you lettuce instead of tortillas, reducing the **carbs per serving to 39g**. Skip step 2 and use the lettuce as a bed for the other ingredients to make a Chicken Al Pastor Salad.

**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** – 610 Calories, 51g Protein, 12g Fat, 75g Carbs, and 13 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, Flour Tortillas, Pineapple, Lime, Tomato, Yellow Onion, Red Cabbage, Red Onion, Red Bell Pepper, Radish, Chipotles in Adobo, Ancho Chili, Cilantro, Tamari, Jalapeño, Honey, Garlic, Cumin, Oregano

*meez* meals

### 1. Cook the Chicken

Heat 1 Tbsp olive oil over medium high heat. Pat dry and generously salt and pepper the **Chicken Breasts** on both sides. When the oil is hot, add the chicken breasts and cook until they are brown on one side, about 4 to 5 minutes. Flip, then cook until brown on the second side, about 4 additional minutes. Transfer the chicken to a cutting board and let rest for 5 minutes. Wipe out the skillet.

Once it has rested, hold the chicken in place with one fork and use a second fork to shred the chicken (into pieces typical of the size used in chicken soup).

### 2. Warm the Tortillas

While the chicken is resting, return the now-empty skillet to the stove over medium high heat. Warm each **Tortillas** for about 30 seconds on each side. Transfer the warm tortillas directly to serving plates.

### 3. Create the Filling

In the now-empty skillet, add 1 Tbsp of olive oil over medium high heat. When the oil is hot, add the **Red Cabbage & Onion** and sauté until the onions become translucent, about 4 to 5 minutes. Add the **Al Pastor Sauce** and cook until it starts to thicken, about 2 minutes. Turn off the heat and stir in the shredded chicken until it is well coated.

### 4. Put It All Together

Divide the filling between the tortillas and then top with the **Pineapple Salsa**. Finish with a generous squeeze of **Lime** and enjoy!

Instructions for two servings.

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

## Crispy Bangkok Shrimp

Get ready to amaze yourself. This gem is a restaurant-worthy dinner made right in your own kitchen. Crispy, pan-fried shrimp gets served up over stir-fried snow peas and bamboo shoots in an outrageously delicious creamy Thai sauce. It's a little bit spicy, a little bit Asian and totally delicious.

**30** *Minutes to the Table*

**15** *Minutes Hands On*

**3 Whisk** *A little more involved*

### Getting Organized

#### EQUIPMENT

Medium Sauce Pan  
Skillet  
2 Mixing Bowls

#### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper  
Eggs (1 per serving)

#### 6 MEEZ CONTAINERS

Brown Rice  
Shrimp  
Snow Peas and  
Bamboo Shoots  
Thai Sauce  
Cornstarch  
Toasted Walnuts

### 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** – 625 Calories, 29g Fat, 746mg Sodium, 7g Fiber, 63g Carbs, 34g Protein and 19 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: Brown Rice, Shrimp, Snow Peas, Bamboo Shoots, Mayonnaise, Mae Ploy, Sriracha, Peanut Butter, Garlic Powder, Walnuts

**meez***meals*

### 1. Getting Organized

Bring a pot of water to a boil.

Add the **Brown Rice** to the boiling water with a pinch of salt. Cook until tender, about 25 to 30 minutes. Drain the rice, fluff with fork and cover and let it steam for a few minutes, then transfer to a serving platter or individual bowls just before cooking the vegetables in step 3.

### 2. Prepare the Shrimp

While the rice is cooking, whisk 2 eggs in a small bowl and place the **Cornstarch** in a large zip-lock bag. Heat 2 tablespoons of oil in a skillet over medium-high heat. Dry and place all **Shrimp** into the zip-lock bag with the Cornstarch and shake until **Shrimp** are coated. Dip each **Shrimp** into the egg and place on a plate. When all shrimp have been coated carefully place into the hot oil. Cook for a minute on each side and remove to a paper-towel-lined-plate.

### 3. Cook the Veggies

Place **Snow Peas and Bamboo Shoots** in the still hot skillet pan and cook until the snow peas are bright green and tender, 3-5 minutes. Remove veggies from the pan and place on top of the **Brown Rice**. Turn off heat but leave the pan on the stove.

### 4. Combine Sauce, Shrimp, and Walnuts

Add the **Thai Sauce** to the hot skillet until it's warm, then add the cooked shrimp and **Walnuts**. Toss it to coat, then serve them over the rice and vegetables. Enjoy!

Love this recipe? #meezmagic

*The oil for the shrimp should be hot, but not too hot. Use a shrimp as your test. If it turns golden after 60 seconds, your temperature is right on. If it gets dark too fast or takes longer to cook, adjust and try another*

*Salt and pepper the shrimp right as it comes out of the pan. The hot coating will ensure the seasoning sticks to the shrimp.*

*Wait to toss the shrimp and walnuts in the sauce until right before you are going to eat so the shrimp stays crispy.*

# Mozambican Yellow Curry Rice Bowl

A simple curry that's packed with flavor. We're mixing roasted broccoli and toasted chickpeas with a mellow southern African yellow curry that's perfect with hearty Himalayan red and brown rice.

**35** *Minutes to the Table*

**20** *Minutes Hands On*

**1 Whisk** *Super Easy*

## Getting Organized

### EQUIPMENT

Large Saucepan  
Baking Sheet  
Large Mixing Bowl

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### 5 MEEZ CONTAINERS

Himalayan Red &  
Brown Rice  
African Curry Sauce  
Broccoli  
Seasoned  
Chickpeas  
Radish, Tomato &  
Cucumber

## Add Protein Cooking Instructions

**Integrate into recipe:** While the vegetables are roasting in step 4, cook the protein (per instructions below) and then slice into strips (*flake the salmon, leave shrimp whole*) and serve with the broccoli and chickpeas over the rice.

**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** – 660 Calories, 15g Protein, 23g Fat, 103g Carbs, 22 Freestyle Points.

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



INGREDIENTS: Broccoli, Himalayan Red Rice, Brown Rice, Chickpeas, Daikon Radish, Red Radish, Tomato, Persian Cucumber, Coconut Milk, Mae Ploy, Golden Raisins, Vegetable Stock, Yellow Curry Powder, Garlic, Ginger, Cilantro, Cumin, Garam Masala.

*meez* meals



### 1. Get Organized

Bring a large saucepan of water to boil over high heat and preheat your oven to 400.

### 2. Cook the Rice and Sauce

Add the **Himalayan Red & Brown Rice** to the boiling water with a pinch of salt. Cook, uncovered, until tender, about 25 to 30 minutes. Drain the rice.

### 3. Warm the Sauce

While the rice is still in the colander, put the **African Curry Sauce** in the now-empty saucepan and bring to a boil. Turn off the heat and stir the drained rice into the sauce, then cover and set aside.

### 4. Roast the Chickpeas and Broccoli

While the rice is cooking, combine the **Broccoli** and **Seasoned Chickpeas** in a large mixing bowl. Toss with olive oil, salt, and pepper, then arrange in a single layer on a baking sheet. Cook until the broccoli is fork tender and chickpeas are golden brown, about 15 minutes.

### 5. Put It All Together

Serve the roasted chickpeas and broccoli over the curry rice. Top with the **Radish, Tomato & Cucumber** and enjoy!

*It doesn't  
matter how  
much water  
you use in the  
pot as long as  
there is enough  
to keep the rice  
entirely  
submerged  
during cooking.*

Instructions for two servings.

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

# Honey-Glazed Salmon

Simple, fresh and delicious, this recipe has it all. Honey gives salmon a sweet, caramelized flavor that we love. It's just right with hands-free roasted root vegetables and a refreshing cucumber salad.

**30** *Minutes to the Table*

**20** *Minutes Hands On*

**1 Whisk** *Super Easy*

## Getting Organized

### EQUIPMENT

Large Skillet  
Baking Sheet  
Mixing Bowl

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### 5 MEEZ CONTAINERS

Beets & Parsnips  
Cucumber Salad  
Sour Cream Dressing  
Salmon  
Honey Glaze

## Good to Know

If you ordered the **Carb Conscious version**, we sent you cauliflower instead of the Beets & Parsnips reducing the **carbs per serving to 34g**. In step 2, cook the cauliflower according to those directions, except reduce the cooking time to 8 to 10 minutes.

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

**Health snapshot per serving** –540 Calories, 24g Fat, 38g Protein, 46g Carbs, 10 Freestyle Points.

**Cooking dairy free?** We've left the sour cream out of your dressing. Toss it with 3 Tbsp olive oil instead.

**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, Beets, Parsnips, Cucumbers, Radish, Red Onion, Honey, Sour Cream, Mustard, Olive Oil, Horseradish, Dill, Balsamic Vinegar.

*meez* meals

### 1. Getting Started

Preheat oven to 425.

### 2. Roast the Vegetables

Toss the **Beets & Parsnips** with a drizzle of olive oil, salt and pepper and arrange in a single layer on a baking sheet. Cook until the vegetables are tender and start to brown, about 16 to 18 minutes. Remove from the oven and set aside.

### 3. Make the Cucumber Salad

While the Beets & Parsnips are roasting, combine the **Cucumber Salad** with the **Sour Cream Dressing** in a mixing bowl, toss and place in the refrigerator until ready to serve.

### 4. Cook the Salmon

Dry the **Salmon** and place in a Ziplock bag or small bowl. Pour half of the **Honey Glaze** into the ziplock bag and let marinate for at least 5 minutes.

When the salmon is ready to cook, heat 1½ Tbsp olive oil in a large skillet over high heat. When the oil is very hot place the salmon – not the marinade - in the skillet. Discard the marinade inside the ziplock bag.

Cook the salmon until the bottom has a golden sear, about 3 minutes. Flip and cook until the other side also turns golden brown, another 3 minutes. Reduce the heat to medium and add the remaining glaze and cook for 1 to 2 additional minutes, frequently spooning the glaze over the top of the salmon as boils and thickens.

Turn off the heat and remove the salmon from the skillet – leaving the glaze - and set aside.

### 5. Put It All Together

Serve the salmon on top of the Beets & Parsnips and top with the glaze left in the skillet. Serve the cucumber salad on the side and enjoy!

*Save the remaining 1/2 of the honey glaze not used to marinate the salmon for the final section of step 4*

*Soak the skillet in water right away so the glaze doesn't get stuck on.*

Instructions for two servings.

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

# = Queso Fiesta Casserole

Love nachos? Get ready for a new favorite. We're making a nacho casserole with tortilla chips, two types of cheese, a lime crema, and a healthy dose of veggies to make a fun casserole that's naturally low in calories. Did we mention it's just one pan and ten minutes hands-on cooking?

## Getting Organized

### EQUIPMENT

Large Casserole  
Dish

### FROM YOUR PANTRY

Olive Oil  
Salt and Pepper

### 6 MEEZ CONTAINERS

Sweet Potatoes  
Peppers, Corn &  
Beans  
Enchilada Sauce  
Mexican Cheese  
Tortilla Chips  
Cilantro Lime  
Crema

## Add Protein Cooking Instructions

**Integrate into recipe:** While the casserole is baking in step 4, cook the protein (per instructions below) and serve alongside the casserole.

**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

**Health snapshot per serving** – 440 Calories, 16g Protein,  
18g Fat, 57g Carbs, 12 Freestyle Points.

**45** Minutes to the Table

**10** Minutes Hands On

**1 Whisk** Super-Easy

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



INGREDIENTS: Sweet Potato, Bell Peppers, Corn, Onion, Black Beans, Tortilla Chips, Monterey Jack, Provolone, Sour Cream, Enchilada Sauce, Cilantro, Lime, Garlic, Cumin, Coriander, Oregano.

*meez* meals

### 1. Getting Organized

Preheat oven to 425 degrees.

### 2. Roast the Sweet Potatoes

Place the **Sweet Potatoes** in a casserole dish and drizzle with olive, oil salt and pepper. Toss then arrange in a single layer and bake until the edges are golden brown and the sweet potatoes are almost fork tender, about 20 minutes, stirring once halfway through.

### 3. Create the Casserole and Bake

Transfer half of the cooked sweet potatoes to a plate or bowl and arrange the remaining potatoes in a single layer. Top with half the **Peppers, Corn & Beans**, followed by half the **Enchilada Sauce** and one-third of the **Mexican Cheese**. Spread each layer edge-to-edge as best you can. Create additional layers as follows:

- Remaining cooked sweet potatoes
- Remaining peppers, corn & beans
- Remaining enchilada sauce
- Half of the remaining cheese (one-third of the total cheese provided)

Bake until the cheese is fully melted, about 10 minutes.

### 4. Top with Chips and Cheese and Finish Baking

Top the casserole with the **Tortilla Chips** and remaining cheese. Bake until the cheese is brown and bubbly, about 10 additional minutes. Remove from oven and let cool for at least 5 minutes. Serve topped with the **Cilantro Lime Crema**. Enjoy!

Instructions for two servings.

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

# Indian Butter Chicken

Tender chicken cooked up in a creamy tomato sauce with just the right blend of Indian spices and sweet butter. We're serving this classic recipe with roasted cauliflower.

**25** *Minutes to the Table*

**25** *Minutes Hands On*

**2 Whisk** *Easy*

## Getting Organized

### EQUIPMENT

2 Large Skillets  
Sheet Pan

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### 6 MEEZ CONTAINERS

Cauliflower  
Chicken  
Tomato Cream Sauce  
Spiced Butter  
Spinach  
Cashew

## Good to Know

Butter chicken originated in Delhi, sometime during the 1950s. Today it can be found in all over the world.

**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** – 840 Calories, 53g Protein, 60g Fat, 28g Carbs, 24 Freestyle Points.

**Lighten-Up snapshot per serving** – 670 Calories, 43g Fat, 23g Carbs, 17 Freestyle Points using half the butter and half the nuts.

**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, Spinach, Cauliflower, Tomato, Cream, Cashew, Butter, Cilantro, Garlic, Ginger, Garam Masala, Cayenne Pepper, Turmeric, Coriander, Lime, Sugar.

meez *meals*

### 1. Roast the Cauliflower

Preheat oven to 425. Spread the **Cauliflower** on a baking sheet in a single layer and drizzle with olive oil, salt and pepper. Cook until it starts to brown, about 15 to 17 minutes. Remove from oven and set aside.

### 2. Cook the Chicken

While the cauliflower is roasting, dry the **Chicken** with a paper towel and lightly salt and pepper. 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, 3 to 4 minutes. Turn the chicken and cook for another 3 to 4 minutes, until the other side is brown as well.

Remove from the heat and place on a cutting board. Once the chicken has rested for 5 minutes, use a sharp knife to cut the chicken breast evenly into ½" cubes and set aside. Do not wipe out the pan.

### 3. Make the Indian Butter Sauce

Bring the **Tomato Cream Sauce** to a boil in the now-empty skillet over medium-high heat. Reduce the heat to medium and simmer, uncovered until the sauce thickens slightly, about 5 minutes. Add ¾ of the **Spiced Butter** and stir until melted, then turn off the heat. Add the cubed chicken and stir to coat.

### 4. Cook the Spinach

While the sauce is cooking, heat 1 Tbsp olive oil in a separate skillet on medium-high heat. When the oil is hot, add the **Spinach** and cook until it wilts, about 3 to 4 minutes. Add the remaining Spiced Butter to the pan and cook until the butter is melted, and the spinach is coated. Remove from the heat and place directly on serving plates.

### 5. Put It All Together

Top the spinach with the chicken and **Cashews**. Serve the roasted cauliflower along the edges of the plate and drizzle sauce from the pan over top of the entire dish. Enjoy!

*The spinach is bulky when uncooked but will reduce once wilted so you may need to add it a bit at a time.*

Instructions for two servings.

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

# Savory Zucchini Pancakes

40 Minutes to the Table

40 Minutes Hands On

2 Whisks *Easy*

Super easy, super delicious. This recipe starts like a delicious pancake filled with zucchini, onion, melty mozzarella cheese and just the right spices. But what makes these pancakes so craveable is that were topping them with a savory apple-pumpkin butter and crunchy pumpkin seeds.

## Getting Organized

### EQUIPMENT

2 Mixing Bowls  
Baking Sheet  
Griddle or Skillet  
Electric Mixer  
(optional)

### FROM YOUR PANTRY

Salt & Pepper  
Milk (3/8 cup per svg.)  
Eggs (1 per svg.)  
Butter (1 Tbsp per svg.)

### 4 MEEZ CONTAINERS

Zucchini & Onions  
Mozzarella & Flour  
Apple Pumpkin Butter  
Pepitas (pumpkin  
seeds)

## 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 serve on top of the Apple Pumpkin Butter before adding the toasted pumpkin seeds 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

**The size of the pancakes is up to you.** Jen thinks smaller ones are easier to turn, so she makes four small pancakes at a time. We like the look of bigger pancakes for dinner, so we make one big one at a time. They are great as waffles too! **Kid's Tip** – If your kids are old enough, put them in charge of making the pancakes. The pancakes may not all be the same size, but your kids will get a kick out of eating their creation.

**Health snapshot per serving** – 430 Calories, 15g Protein, 23g Fat, 16 Smart Points

INGREDIENTS: Zucchini, Flour, Red Onion, Pumpkin, Mozzarella, Pepitas, Apple, Pineapple, Brown Sugar, Cinnamon, Garlic, Ginger, Lemon, Nutmeg, Sage, Baking Powder

meez *meals*



### 1. Getting Organized

Preheat your oven to 375 and heat your griddle or skillet.

### 2. Mix the Pancake Batter

Melt 2 Tbsp butter in the microwave or on the stove, then pour into a large mixing bowl. Drain any water from the **Zucchini & Onions** and add to the butter in the large bowl. Separate the whites from the yolks of 2 eggs into 2 separate bowls. Whisk the yolks and add to the zucchini and onions and butter.

Add the **Mozzarella & Flour**, 1 tsp salt and  $\frac{3}{4}$  cup milk to the zucchini mix and mix well. This should make a thick batter. If it's too stiff, add a little more milk. Beat the egg whites into soft peaks using an electric mixer or whisk, then gently fold into the batter.

### 3. Cook the Pancakes

Melt 2 Tbsp butter on your griddle or skillet over medium high heat. Ladle the batter on to the griddle and cook the pancakes until golden, 2 to 3 minutes per side. Transfer the cooked pancakes to a baking sheet and bake until the pancakes bounce back when you touch the middle, about 7 to 10 minutes.

While pancakes are in the oven, wipe out the skillet, and on medium high heat, add the **Pepitas** to the skillet and toast until lightly brown, about 2-3 minutes. Stir every minute or so to prevent them from burning.

### 4. Put It All Together

Serve the pancakes topped with the **Apple Pumpkin Butter** and top with toasted pumpkin seeds. Enjoy!

*It's natural for zucchini to shed excess water after it's cut. Just drain before cooking.*

*Our pancake secret is to beat the egg whites separately. It lightens up the batter and makes the pancakes extra delicious.*

*Don't have an electric mixer? Beat the whites by hand with a whisk or, if your arm gets tired, mix the eggs in without beating. The texture will be a little different, but they'll still be delicious.*

Instructions for two servings.

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

# Italian Wedding Soup

For the un-initiated, Italian wedding soup is named for the “marriage” of flavorful chicken broth, tender carrots, fresh spinach, al dente pasta and, most important, delectable meatballs. This gem is on the table in just 30 minutes and perfect for a chilly winter night.

**30** *Minutes to the Table*

**25** *Minutes Hands On*

**1 Whisk** *Super Easy*

## Getting Organized

### EQUIPMENT

Large Saucepan

### FROM YOUR PANTRY

Salt & Pepper

### 5 MEEZ CONTAINERS

Italian Meatballs

Broth Starter

Orzo Pasta

Spinach

Pecorino Cheese

## Make the Meal Your Own

Soup is always just as good warmed up the next day so make sure to order enough for leftovers to help with an easy lunch too.

## Good to Know

We're sending you the meatballs pre-shaped for a fuss-free dinner.

**Health snapshot per serving** – 240 Calories, 12g Protein, 7g Fat, 7 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: Italian Meatballs, Orzo, Spinach, Pecorino Cheese, Carrot, Onion, Parsnip, Tomato, Garlic, Oregano, Basil, Thyme, Black Pepper, Chicken broth.

**meez** *meals*

### 1. Cook the Meatballs

Heat a large saucepan over medium-high heat. When the pan is hot, add the **Italian Meatballs** and sauté until they begin to brown, about 2 minutes. Remove the meatballs from the pan and place on a paper-towel-lined plate.

### 2. Create the Soup

Without wiping out the saucepan, return it to medium-high heat. When it is hot, add ½ cup water and the **Broth Starter**. Cook until the carrots and parsnips are fragrant and slightly browned, about 6 to 7 minutes.

Add an additional 3 cups of water, turn heat up to high, cover, and bring to a boil. Add the **Orzo Pasta** and **Spinach**, replace the cover, and cook on a rapid boil for 4 minutes.

Reduce heat to medium and add the cooked Italian meatballs. Cover and simmer on a low boil until the pasta is al dente and the vegetables are soft, about 7 to 9 additional minutes.

### 3. Finish It Off

Ladle the soup into serving bowls and sprinkle with a generous helping of **Pecorino** cheese. Enjoy!

Instructions for two servings.

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