

Tuscan Cabbage & Kale Soup

40 Min
to Table

10 Min
Hands
On

1 Whisk
Super
Easy

Getting Started Cook the Mirepoix.

From Your Pantry

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

Chimichurri Steak with Skillet Potatoes

30 Min
to Table

25 Min
Hands
On

1 Whisk
Easy

Getting Started No prework needed.

Leftover Tip

Layer everything to make a casserole.

Quick Tips



Mediterranean Flatbread

40 Min
to Table

10 Min
Hands
On

2 Whisks
Easy

Getting Started Preheat your oven to 425 & take dough out of fridge.

From your Pantry

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

Omnivore Option

Shrimp works well in this meal.

Pomegranate-Glazed Chicken with Cheesy Smashed Potatoes

30 Min
to Table

30 Min
Hands
On

1 Whisk
Easy

Getting Started Preheat your oven to 425.

From Your Pantry

You'll need olive oil, salt and pepper

Japanese Chicken Poria

35 Min
to Table

20 Min
Hands
On

2 Whisks
Easy

From Your Pantry You'll need some olive oil, salt and pepper.

Getting Started

Preheat oven to 375 and bring a saucepan of water to boil.

Butternut Squash Tacos with Ancho Crema

25 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 Gnocchi with Smoky Sausage

30 Min to Table	30 Min Hands On	1 Whisk Super Easy
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Getting Started	Preheat your oven to 400 degrees.
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Meal Tip	For a softer texture, boil the gnocchi first.
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From your Pantry	You'll need olive oil, salt and pepper
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Truffle Mac-n-Cheese

45 Min to Table	25 Min Hands On	1 Whisk Super Easy
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Getting Started	Preheat oven to 375 and bring a saucepan of water to boil.
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From Your Pantry	You'll need olive oil, flour, butter, salt, & pepper.
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Huli Huli Chicken

30 Min to Table	30 Min Hands On	2 Whisks Easy
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Meal Tip	Cut portion size chicken strips for the kids.
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Getting Started	Set your oven to broil and put 2 cups of water in a saucepan to boil
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Add Spice	You'll need some olive oil, ¼ cup flour per serving, salt and pepper
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Tomato Basil Shrimp Scampi

15 Min to Table	15 Min Hands On	1 Whisk Super Easy
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Getting Started	Put a large saucepan of water on to boil.
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From Your Pantry	You'll need olive oil, butter, salt and pepper
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Mediterranean Lemon Chai Salmon with Pearl Couscous

20 Min to Table	20 Min Hands On	1 Whisk Super Easy
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Leftovers Tip	Serve leftovers over lettuce
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Getting Started	Put a saucepan of water on to boil.
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From Your Pantry	You'll need about 1/4 cup of flour per serving
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Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmndd daily)	
Japanese Chicken Doria	820	65	30	73 CC 39	6	930	11	18	40% Calcium	50% Vitamin C
(use 2/3 rice, cream sauce & cheese)	640		22					12		
Tomato Basil Shrimp Scampi	500	37	11	66 CC18	6	220	8	11	46% Vitamin C	23% Vitamin B6
Mediterranean Lemon Chai Salmon with Pearl Couscous	790	47	50	45 CC 36	6	291	6	15	262% Vitamin C	54% Vitamin A
Pomegranate-Glazed Chicken with Cheesy Smashed Potatoes	775	74	22	63 CC 32	3	752		18	73% Vitamin C	34% Calcium
(use 1/2 the potatoes, cheese and sour cream)	605		15					12		
Roasted Red Pepper Gnocchi with Smoky Sausage	675	27	15	109	7	1930	9	19	71% Vitamin C	71% Vitamin A
(half the pesto cream and 2/3 of the gnocchi)	490		12					13		
Chimichurri Steak with Skillet Potatoes	530	36	18	59	6	112		15	124% Vitamin C	71% Vitamin B-12

Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmndd daily)	
Truffle Mac-n-Cheese	980	39	63	69	7	695	15	38	156% Vitamin C	90% Calcium
(use all the veggies and half of everything else)	610		42					32		
Butternut Squash Tacos with Ancho Crema	610	14	20	99	12	1140	30	18	138% Vitamin A	62% Vitamin C
Huli Huli Chicken	810	64	4	134	2	577		23	34% Vitamin A	11% Vitamin B-6
(Use 1/2 the sauce, 2/3 of the rice, and no flour on the chicken)	585		4					16		
Mediterranean Flatbread	900	22	61	71	9	1369		32	285% Vitamin A	11% Vitamin B12
(½ cheese, ½ date glaze)	590		32					21		
Tuscan Cabbage and Kale Soup	150	8	1	28	8	796	9	1	117% Vitamin A	40% Vitamin C
Add a Protein All-Natural Chicken Breast	220	41	5			85		3	90% Vitamin B6	4% Iron
Add a Pretein Bistro Chateau Steak	220	30	10			75		5	10% Iron	10% Potassium

Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmndd daily)	
Add a Protein Norwegian Salmon	120	28	0.5			170		1	8% Potassium	4% iron
Add a Protein Premium Shrimp	220	35				130		4	60% Vitamin B6	15% Potassium
Rockslide Brownie	550	5	35	56	2	230		31	25% Vitamin A	8% Calcium
Oreo Mousse Pie	760	8	49	78	3	390	52		6% Calcium	6% Iron
THE Carrot Cake	540	6	34	49	2	440	36	13	6% Vitamin C	6% Calcium
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.

Japanese Chicken Doria

A Western take on Japanese flavors, chicken doria is comfort food in a casserole dish. With rice, Asian veggies and chicken cooked in a miso-and-cream sauce, it's a cozy dinner you'll love.

35 *Minutes to the Table*

20 *Minutes Hands On*

2 Whisks *Easy*

Getting Organized

EQUIPMENT

Medium Saucepan
Large Skillet
Casserole Dish

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Jasmine Rice
Doria Sauce
Seasoned Cheese &
Panko
Chicken Breast
Mushrooms
Baby Corn, Snow Peas
& Carrots

Good to Know

If you ordered the **Carb Conscious version**, we sent you cauliflower "rice" instead of jasmine rice, reducing the **carbs per serving to 39g**. Skip step 1. Instead of step 2, heat 1 Tbsp olive oil in the saucepan and cook the cauliflower "rice" until browning, about 3 to 4 minutes and use in place of the rice.

Health snapshot per serving- 820 Calories, 65g Protein, 30g Fat, 73g Carbs, and 18 Freestyle Points

Lightened-up health snapshot per serving- 640 Calories, 22g Fat, 53g Carbs, 12, and Freestyle Points, by using two-thirds of the rice, cream sauce, AND seasoned cheese.

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

INGREDIENTS: Chicken Breasts, Cream, Mushrooms, Snow Peas, Baby Corn, Jasmine Rice, Carrot, Green Onion, Monterrey Jack, White Cheddar, Panko, Tamari, Garlic, Ginger, Miso, Black Pepper

meez *meals*

1. Get Organized

Preheat your oven to 375. Bring a saucepan of water to boil. Lightly brush or spray a casserole dish with oil.

2. Cook the Rice

Add the **Jasmine Rice** to the boiling water with a pinch of salt and cook until tender, about 12 to 14 minutes. Drain well and return to the pot, then add the **Doria Sauce** and half the **Seasoned Cheese & Panko**. Stir and set aside.

3. Cook the Chicken

While the rice is cooking, heat 1½ Tbsp olive oil in a large skillet over medium-high heat. Pat dry and generously salt and pepper the **Chicken Breasts** on both sides. When the oil is hot, add the chicken and cook until crisp and brown on one side, about 4 to 5 minutes. Flip, then cook until brown on the second side, about 4 additional minutes. Transfer the chicken to a cutting board and let rest for 5 minutes. Wipe out the skillet.

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

4. Cook the Mushrooms

While the chicken is resting, heat 1 Tbsp olive oil in the now-empty chicken skillet over medium-high heat. When the oil is hot, add the **Mushrooms** with a sprinkle of salt and pepper. Cook until the mushrooms brown, about 5 to 6 minutes. Add to the rice and chicken and mix well, then transfer to the oiled casserole dish in a single layer and set aside until step 5.

5. Cook the Veggies

Heat 1 Tbsp olive oil in the now-empty mushroom skillet over high heat. When the oil is hot, add the **Baby Corn, Snow Peas & Carrots** with a sprinkle of salt and pepper. Sauté until veggies start to sear, about 2 to 3 minutes. Distribute over the rice, chicken & mushrooms as a single top layer.

6. Bake and Serve

Sprinkle the remaining Seasoned Cheese & Panko in a single layer on top of the casserole and bake until the sauce thickens and the cheese is brown and bubbly, about 12 to 14 minutes. Let cool for at least 5 minutes before serving. Enjoy!

*We
recommend
an 8"x8" or
similar
sized dish.*

Instructions for two servings.

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

Tomato Basil Shrimp Scampi

Linguini and shrimp are a match made in Italian heaven, and we're serving them up this week with a buttery, garlicky basil sauce that's pure magic. Tossed with sautéed tomatoes, fresh arugula, and a lemon-oil drizzle, it's a speedy dinner that an Italian grandma would be proud to serve.

15 Minutes to the Table

15 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Large Skillet
Large Saucepan

FROM YOUR PANTRY

Olive Oil
Salt & Pepper
Butter (3 Tbsp)

6 MEEZ CONTAINERS

Linguine
Shrimp
Grape Tomatoes
Garlic, Onion & Herbs
Arugula
Lemon

Good To Know

If you ordered the **Carb Conscious version** we sent you zucchini noodles instead of the pasta, reducing the **carbs per serving to 18g**. Skip steps 1 and 2. Prior to step 3, heat 1 Tbsp olive oil in a large skillet over high heat. When the oil is hot, add the zucchini noodles and cook until they start to char, about 2 to 3 minutes. Set aside and wipe out the skillet. Use the zucchini noodles in place of the pasta in step 4.

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

Health snapshot per serving – 500 Calories, 11g Fat, 37g Protein, 66g Carbs, 11 Freestyle Points.

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

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YouTube cooking video**



INGREDIENTS: Shrimp, Tomato, Arugula, Onion, Linguine, Garlic, Lemon, Basil, Tarragon.

meez meals

1. **Get Organized**

Bring a large Saucepan of water to boil over high heat.

2. **Cook the Pasta**

Add the **Linguine** to the boiling water with a pinch of salt and cook until al dente, about 7 to 9 minutes. Drain and set aside until step 4.

3. **Cook The Shrimp**

While the pasta is cooking, heat 1 Tbsp olive oil in a large skillet over medium high heat and pat dry the **Shrimp**. When the oil is hot, add the shrimp and cook for a minute on each side until they are opaque and no longer grey in color. Transfer the shrimp to a cutting board and cut each shrimp in half. Do not wipe out the skillet.

4. **Cook the Veggies and Sauce**

Return the now-empty skillet to the stove over high heat and add the **Grape Tomatoes**. Cook until they start to blister, about 5 to 6 minutes. Reduce the heat to medium and add the **Garlic, Onion & Herbs**, 3 Tbsp of butter, and a generous sprinkle of salt and pepper.

Sauté until the onions soften, about 4 to 5 minutes. Add the **Arugula**, cooked shrimp, and linguine to the skillet and stir until arugula has wilted, about a minute. Transfer directly to serving bowls.

5. **Prepare the Lemon-Oil Drizzle and Serve**

While the tomatoes are cooking, cut the **Lemon** in half and squeeze as much juice as possible into a small bowl. Eyeball how much juice you produced, then add about twice as much olive oil to the same bowl and whisk thoroughly.

Drizzle the lemon-oil over the entire dish and enjoy!

Instructions for two servings.

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

Mediterranean Lemon Chai Salmon with Pearl Couscous

Back by popular demand, Meez's signature lemon chai dressing brings a sunny flavor to seared salmon. Served up with tomatoes, broccoli and pearl couscous, it's an easy dinner the whole family will love.

20 Minutes to the Table

20 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Saucepan
Shallow Pie Dish or
Plate
Large Skillet

FROM YOUR PANTRY

½ Cup of Flour
Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Couscous
Salmon
Broccoli
Lemon Chai Sauce
Feta Cheese

Make The Meal Your Own

If you're making the **carb conscious version** we sent you cauliflower "rice" instead of couscous, reducing the **carbs per serving to 31g**. Skip Steps 1 and 2. Prior to Step 3, heat 1 Tbsp olive oil in a large skillet. When the oil is hot, add the cauliflower and sauté until brown, 3 to 4 minutes. Serve in place of the couscous.

If you ordered the **gluten-free version**, we've sent you quinoa. Bring 2 ½ cups of water to a boil, and then add the quinoa and a dash of salt. Cover and lower the heat to a simmer. Cook for 12 to 15 minutes, until the grain looks spiraled. Fluff and let sit covered for 5 minutes.

Good To Know

If you want to test the doneness of the salmon, use a thermometer. You want the internal temperature to be at least 140 degrees. If you don't have a thermometer, you can cut the fish in half to check the doneness.

Health snapshot per serving – 940 Calories, 46g Fat, 53g Protein, 80g Carbs, 24 Freestyle Points

Lightened up snapshot - 660 Calories, 30g Fat, 51g Carbs, 14 Freestyle Points by using 1/2 of the couscous AND ½ the sauce.

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to view YouTube
cooking video**



INGREDIENTS: Broccoli, Salmon, Couscous, Grape Tomatoes, Feta Cheese, Vegetable Oil, Lemon Juice, Green Onion, Brown Sugar, Garlic, Herbs and Spices

meez meals

1. Getting Organized

Put a saucepan of water on to boil.

2. Cook the Couscous

Salt the boiling water and add the **Couscous**. Cook 7 to 8 minutes until al dente. Drain and set aside.

3. Dredge and Cook the Salmon

While the couscous is cooking, pour ½ cup flour in a shallow pie pan or on a plate and add a generous pinch of salt and pepper. Coat the **Salmon** with the flour, making sure each fillet is covered.

Heat 2 Tbsp of oil in a large skillet on high heat. Add the salmon and cook 4 minutes. Flip and cook an additional 2 minutes. Turn off the heat and let sit for 5 minutes. Remove from the pan and set aside.

4. Cook the Broccoli

Heat the same skillet that you used to cook the salmon over medium-high heat. (Don't wipe it out. You want all those bits of flavor.) Add the **Broccoli** and cook until bright green but still crisp, about 3 to 5 minutes. Add the **Lemon Chai Sauce** to the pan and cook until hot, about 1 minute.

Serve the couscous topped with salmon, broccoli and **Feta Cheese**. Enjoy!

Love this recipe? #meezmagic

Instructions for two servings.

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

Any kind of flour will work here: all-purpose, rice flour, even tapioca flour. Use your favorite.

If you want to check the doneness of the fish, use a thermometer (you're looking for 140 degrees or higher) or cut the fish in half.

Pomegranate-Glazed Chicken with Cheesy Smashed Potatoes

Think classic American dinner taken to the next level. With Cheesy Sour Cream Smashed Potatoes that are even more delicious than you can imagine, sautéed green beans and seared chicken breast glazed with a sweet and savory pomegranate basil sauce, it's a family friendly dinner that's on the table in just thirty minutes.

30 Minutes to the Table

30 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Baking Sheet
Large Skillet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Red Potatoes
Cheesy Sour Cream
Green Beans
Chicken Breast
Pomegranate Glaze
Basil Oil

Good To Know

If you ordered the **Carb Conscious version**, we sent you cauliflower instead of the potatoes reducing the **carbs per serving to 40g**. In Step 1, spread the cauliflower on a baking sheet and drizzle with olive oil salt and pepper. Bake until the cauliflower starts to brown and is fork tender, about 12 to 15 minutes. Transfer to serving plate and top with cheesy sour cream.

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

Health snapshot per serving – 770 Calories, 57g Protein, 33g Fat, 59g Carbs, and 21 Freestyle Points.

Lightened-Up Health snapshot per serving – 600 Calories, 22g Fat, 46g Carbs, and 15 Freestyle Points using half the potatoes and half the cheesy sour cream.

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

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to view YouTube
cooking video**



INGREDIENTS: Chicken Breast, Green Beans, Red Potatoes, Gouda, White Cheddar, Sour Cream, Chive, Pomegranate, Lime, White Wine, Dijon Mustard, Vegetable Oil, Basil, Black Pepper, Brown Sugar.

meez meals

1. Create the Cheesy Sour Cream Smashed Potatoes

Preheat oven to 425 degrees. Lightly brush or spray a baking sheet with oil.

Cut the **Red Potatoes** in half and place, cut side down, on the baking sheet. Lightly drizzle with olive oil and sprinkle with salt and pepper. Bake until the potatoes are soft and brown, about 25 minutes. Remove from the oven and then immediately use the flat bottom of a measuring cup or pot to squash them right on the baking sheet to about ½" to ¾" tall. Top with the **Cheesy Sour Cream**, then let sit until step 5.

2. Cook the Green Beans

While the potatoes are baking, heat 1 Tbsp olive oil in a large skillet over medium-high heat. When the oil is hot, add the **Green Beans** and sprinkle lightly with salt and pepper. Cook, stirring occasionally, until they start to brown, about 5 to 6 minutes. Transfer directly to serving plates. Wipe out the pan.

3. Cook the Chicken

Return the now-empty skillet to the stove with 1½ Tbsp olive oil over medium-high heat. When the oil is very hot, add the **Chicken Breasts** and cook until crisp and brown, about 4 to 5 minutes. Flip and cook until the other side is crisp and brown, about an additional 4 minutes. Transfer to the serving plates alongside the green beans.

4. Make the Glaze

Return the now-empty skillet to the stove over high heat and add the **Pomegranate Glaze** and bring to a boil. Cook for 5 minutes, stirring occasionally to keep from burning, until it thickens enough to coat the back of a spoon. Turn off the heat and let the glaze sit in the pan for a minute. Add the **Basil Oil** and stir continuously for another minute.

5. Put It All Together

Drizzle the glaze to completely cover the chicken and serve with the Cheesy Sour Cream Smashed Potatoes and green beans on the side. Enjoy!

It is important to smash and top the potatoes while they are very hot right out of the oven so the cheese can melt.

Instructions for two servings.

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

Roasted Red Pepper Gnocchi with Smoky Sausage

We go wild for roasted red pepper sauce. It has a mellow, creamy flavor that has us coming back for seconds. We're serving it up this week over toasted gnocchi and sautéed smoky sausage. Finished with fresh basil pesto cream, it's a sophisticated dinner that's on the table in just thirty minutes.

30 *Minutes to the Table*

30 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet
Baking Sheet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Gnocchi
Smoky Sausage
Peas & Red Peppers
Roasted Red Pepper
Sauce
Basil Pesto Cream

Make the Meal Your Own

We love the crunchy texture of toasted gnocchi but if you prefer it softer you can boil the gnocchi for 6 to 8 minutes.

Good to Know

Health snapshot per serving – 675 Calories, 27g Protein, 15g Fat, 19 Freestyle Points.

Lightened-Up Health snapshot per serving – 490 Calories, 21g Protein, 12g Fat, 13 Freestyle Points with half the pesto cream and two-thirds of the gnocchi.

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: Gnocchi, Sausage, Red Peppers, Peas, Ricotta, Garlic, Basil, Lemon, Cream, Wine, Parmesan, Oregano.

meez meals

1. Getting Organized

Preheat oven to 400 degrees.

2. Toast the Gnocchi

Place the **Gnocchi** on a baking sheet and toss with olive oil, salt and pepper. Bake the gnocchi until slightly crunchy on the outside, about 16 to 18 minutes, stirring once after 10 minutes of cooking. Remove from oven and set aside.

3. Cook the Sausage

While the gnocchi are cooking, cut the **Smoky Sausage** once down the middle lengthwise and then slice each of the two halves into ¼" thick half-moons.

Heat a large skillet over medium-high heat and when the pan is hot, add the sausage and sauté until they are slightly crispy, about 4 minutes. Remove the sausage from the skillet and place on a paper-towel-lined plate.

4. Make the Sauce

Wipe out the skillet and warm over medium heat. Add the **Peas & Red Peppers** and **Roasted Red Pepper Sauce** (the red sauce), and heat until warm, about 2 minutes. Stir in the toasted gnocchi and cooked sausage and remove from heat.

5. Put It All Together

Spoon into bowls and drizzle with the **Basil Pesto Cream**. Enjoy!

Instructions for two servings.

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

Chimichurri Steak with Skillet Potatoes

An irresistible update on an Argentinian classic. With a zesty chimichurri puree, mouthwatering steak and skillet roasted potatoes, it's a sinfully delicious meal without all the calories. Seconds, anyone?

30 *Minutes to the Table*

25 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet

FROM YOUR PANTRY

Olive Oil

Salt & Pepper

4 MEEZ CONTAINERS

Diced Potatoes

Onions & Garlic

Steak

Chimichurri

Make The Meal Your Own

If you ordered the **Carb Conscious** version, you received broccoli instead of the potatoes reducing the **carbs per serving to 30g**. Replace Step 1. with these instructions: Preheat your oven to 400. Toss the Broccoli in 2 Tbsp oil and season with salt and pepper. Spread evenly on a rimmed baking sheet. Roast until tender and starting to brown, about 15 to 17 minutes.

The leftovers from this meal make a great casserole. Layer everything in a casserole dish, top with your favorite cheese (Chef Max recommends Chihuahua) and bake for 10 minutes in a 375-degree oven.

Good To Know

Be sure to generously season your steak with salt and pepper before cooking; the salt adds flavor while also keeping the meat tender. Chef Max recommends using ½ tsp of each.

Health snapshot per serving – 530 Calories, 18g Fat, 36g Protein, 59g Carbs, 15 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: Steak, Potatoes, Onion, Grape Tomatoes, Corn, Red Wine Vinegar, Lime Juice, Olive Oil, Parsley, Garlic, Cilantro, Spices

meez meals

1. Cook the Potatoes and Onions

Heat 2 Tbsp of oil in a large skillet over high heat. Add the **Diced Potatoes** and cook, stirring occasionally, until starting to brown, about 7 to 9 minutes. Add the **Onions & Garlic** to the skillet and continue cooking until the onions are translucent and the potatoes are fork tender, about 5 more minutes. Remove to a bowl and set aside.

2. Cook the Steak

Return the now-empty skillet to the stove with 1 Tbsp oil over high heat. While the skillet is heating, pat the **Steak** dry with a towel and season generously with salt and pepper (we recommend ½ tsp of each). When the skillet is very hot, add the steak. Cook it until the bottom browns and the sides start to color, about 3 minutes.

- **If you prefer your steak medium-rare**, flip and continue cooking 3 minutes. Remove from the heat and let rest for 5 minutes.
- **If you prefer your steak medium**, flip and continue cooking for 4 minutes. Remove from the heat and let rest for 5 minutes.
- **If you prefer your steak medium-well or well done**, flip and continue cooking for 5 to 6 minutes. Remove from the heat and let rest for 5 minutes.

After 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).

3. Put It All Together

Mix the **Chimichurri** in a bowl with 3 tbsp olive oil and top the steak and potatoes to taste. Enjoy!

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

Beef continues to cook as it rests, so remove it from the heat when it's a little less done than you like to prevent it from overcooking.

Instructions for two servings.

Mez Mez * 1459 N. Elmwood Avenue * Evanston * Illinois *

Truffle Mac-n-Cheese

There's no confusing this mac-n-cheese with the stuff in a box. We are combining gruyere and white cheddar with mushrooms, brussels, shell pasta and REAL truffle butter to create a dinner that's rich, sophisticated, and out of this world good.

45 Minutes to the Table

25 Minutes Hands On

1 Whisk Super-Easy

Getting Organized

EQUIPMENT

Large Saucepans
Casserole Dish
Mixing Bowl

FROM YOUR PANTRY

Flour (1/2 Tbsp per svg.)
Butter (1/2 Tbsp per svg.)
Olive Oil
Salt and Pepper

6 MEEZ CONTAINERS

Shell Pasta
Mushrooms
Brussels Sprouts
Cream Sauce
Cheese & Breadcrumbs
Truffle Butter

Add Protein Cooking Instructions

CHICKEN -Prior to Step 3, heat 1 Tbsp of olive oil in a large skillet on medium-high heat. Salt and pepper the Chicken Breasts and, when the oil is hot, cook until crisp and brown, about 4 to 5 minutes on each side. Let rest for 5 minutes. Shred with two forks and stir into the mac and cheese before it bakes in Step 5.

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

If you added shrimp, we recommend serving it separately with salt & pepper. Cook in a skillet with 1 Tbsp oil over medium-high heat to an internal temperature of 145 degrees..

Good to Know

Health snapshot per serving – 980 Calories, 39g Protein, 63g Fat, 69g Carbs.

Lightened Up Health snapshot per serving – 610 Calories, 42g Fat, 41g Carbs, using all the veggies and half of everything else.

SCAN QR CODE
to view YouTube
cooking video



INGREDIENTS: Shell Pasta, Brussel Sprouts, Mushrooms, Half & Half, Gruyere, White Cheddar, Panko Breadcrumbs, Vegetable Stock, Salted Butter, Black Truffle Pate, Black Pepper, Paprika, Garlic, Onion Powder.

meez *meals*

It doesn't matter how much water you use as long as it will comfortably cover the shells.

1. Getting Organized

Preheat oven to 375 degrees. Bring a large saucepan of water to boil with a pinch of salt. Spray or lightly brush a casserole dish with oil.

2. Cook the Shell Pasta

Add the **Shell Pasta** to the boiling water and cook until slightly firmer than al dente, about 7 to 8 minutes (it will finish cooking in step 5). Drain and set aside in the colander until step 4.

3. Sauté the Mushrooms and Brussels

Return the now-empty saucepan to the stove, with 1 Tbsp olive oil, over medium high heat. Add the **Mushrooms** and two-thirds of the **Brussels Sprouts** and cook until the mushrooms have softened and the Brussels are bright green, about 4 minutes.

4. Create the Cheese Sauce

Add 1 Tbsp plain butter (not the Truffle Butter we sent you) to the pan. Mix to coat the vegetables. Add 1 Tbsp flour and mix until the vegetables are coated in flour. Cook until the flour starts to brown, about 2 minutes. Add the **Cream Sauce** and bring to a boil, stirring continuously. Continue stirring and cook until the sauce thickens, about an additional 3 minutes. Turn off the heat. Add half the **Cheese & Breadcrumbs** and stir until cheese melts and there are no clumps. Add the cooked shells and mix well.

5. Bake the Dish

Pour the entire contents of the saucepan into the oiled casserole dish. Combine the remaining cheese & breadcrumbs and remaining uncooked brussels in a mixing bowl. Spread in a single layer, edge-to-edge on top of the mac-n-cheese. Bake until the sauce is bubbly and the breadcrumbs are golden brown, about 12 to 15 minutes.

6. Top with the Truffle Butter

Remove the casserole dish from the oven and immediately top with small dollops of the **Truffle Butter**. Let the dish rest for at least 5 minutes. Enjoy!

Instructions for two servings.

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

Butternut Squash Tacos with Ancho Chile Crema

Taco night made easy. This gem is just ten minutes hands on and packed with flavor thanks to our Ancho Chile Crema. It's rich and smoky and turns roasted butternut squash and sweet potatoes into something truly magical. Topped with our pickled onions, it's a dinner we just love.

25 *Minutes to the Table*

10 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Baking Sheet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Butternut Squash &
Sweet Potatoes
Corn Tortillas
Pickled Red Onion &
Jalapeño
Ancho Chile Crema
Cotija Cheese

Add Protein Cooking Instructions

CHICKEN - While the veggies are roasting in Step 2, heat 1 Tbsp of olive oil in a large skillet on medium-high heat. Salt and pepper the Chicken Breasts and, when the oil is hot, cook until crisp and brown, about 4 to 5 minutes on each side. Let rest for 5 minutes. Slice into strips and place in the tacos before the veggies in Step 4.

STEAK - While the veggies are roasting in Step 2, heat 1 Tbsp olive oil in a large skillet over high heat. Salt and Pepper the steaks and when the skillet is very hot, add the **Steaks** to the pan. Cook until the bottoms brown and the sides start to color, about 4 minutes each side for **medium** (3 min **med-rare** and 5-6 min for **well done**). Let rest for 5 minutes. Slice into strips and place in the tacos before the veggies in Step 4.

SHRIMP -While the veggies are roasting in Step 2, heat 1 Tbsp of olive oil in a large skillet on medium-high heat. Salt and pepper the Shrimp and, when the oil is hot, cook until they are opaque and no longer grey in color, about 1 minute on each side. Place in the tacos before the veggies in Step 4.

Good To Know

Health snapshot per serving – 610 Calories, 14g Protein, 20g Fat, 99g Carbs, and 18 Freestyle Points.

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



INGREDIENTS: Sweet Potato, Butternut Squash, Corn Tortilla, Red Onion, Apple Cider Vinegar, Cotija Cheese, Green Cabbage, Sugar, Celery, Mayonnaise, Ancho Chili, Cilantro, Lime, Garlic, Salt, Cumin, Coriander

meez meals

1. **Get Organized**

Preheat the oven to 425.

2. **Roast the Veggies**

Add the **Butternut Squash & Sweet Potatoes** to a baking sheet and toss with olive oil salt and pepper. Arrange in a single layer and roast until the veggies start to brown and become crisp, about 18 to 20 minutes. Remove from the oven and transfer the veggies to a bowl.

3. **Warm the Tortillas**

Place the **Corn Tortillas** in a single layer on the now-empty baking sheet and warm in the oven for about 2 minutes.

4. **Put It All Together**

Drain the excess liquid from the **Pickled Red Onion & Jalapeño**.

Arrange the roasted veggies on each warmed tortilla and drizzle with the **Ancho Chile Crema**. Add the drained pickled veggies and finish with the **Cotija Cheese**. Enjoy!!

Instructions for two servings.

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

Huli Huli Chicken

You can find huli-huli chicken all over Hawaii, from high end restaurants to roadside stands, and after one taste you'll know why. With a teriyaki inspired sauce on tender chicken and grilled pineapple rings, this recipe is going to be a family favorite. After you serve it with basmati rice and a pickled cucumber salad, get ready to fall in love.

Getting Organized

EQUIPMENT

Saucepan
Large Skillet
Baking Sheet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper
Flour (about ¼ cup
per serving)

5 MEEZ CONTAINERS

Basmati Rice
Chicken Breast
Pineapple Rings
Huli Huli Sauce
Pickled Cucumber
Salad

30 *Minutes to the Table*

30 *Minutes Hands On*

2 Whisks *Easy*

Make The Meal Your Own

Shout “huli” as you cook. This dish was originally made on a grill with a make-shift spit and Hawaiians would scream “huli,” which means turn, when they rotated the chicken.

Good To Know

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 – 810 Calories, 4g Fat, 64g Protein, 134g Carbs, 23 Smart Points

Lighten Up snapshot per serving – 585 Calories, 3g Fat, and 16 Smart Points by using two-thirds of the rice, half the sauce, and eliminating the flour

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: Free-Range Chicken, Basmati Rice, Pineapple, Cucumber, Red Onion, Carrot, Tamari Sauce, Ketchup, Rice Wine Vinegar, Ginger, Sambal, Sugar, Kosher Salt, Garlic

*meez*meals

1. **Getting Organized**

Put 2 cups of water in a saucepan to boil. Set oven to broil.

2. **Cook the Rice**

Add the **Basmati Rice** to the boiling water, reduce heat to low, cover and simmer for 15-20 minutes or until desired tenderness. Let stand for 5 minutes and then fluff with a fork and set aside.

3. **Prep and Cook the Chicken**

While the rice is cooking, pour ½ cup flour in a shallow pan or plate and add a generous pinch of salt and pepper. Coat the **Chicken Breast** with the flour, making sure each piece is covered.

Heat a large skillet with 1 Tbsp olive oil on medium high heat. Add the coated chicken to the pan and cook for 3 to 4 minutes, until the chicken is crisp & brown. Turn the chicken over, cook for 3 to 4 minutes more, until this side is brown as well. Remove from heat and set aside.

4. **Broil the Pineapple Rings**

Lightly apply olive oil or cooking spray to a baking sheet and spread out **Pineapple Rings**. Place on the top rack of the oven and broil for 7-10 minutes or until rings begin to turn brown.

5. **Put it All Together**

Turn stove to medium-high, add **Huli Huli Sauce** and bring to a slight boil. Add cooked chicken breast and cook for 2 minutes.

Place the chicken on the rice and then top with the broiled pineapple rings. Drizzle a few large spoonfuls of the remaining sauce. Serve alongside the **Pickled Cucumber Salad** and enjoy!

Start by using just a little bit of the extra huli huli sauce and give it a try. You

Instructions for two servings.

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

*can always add
more till it
tastes just right!*

INGREDIENTS: Free-Range Chicken, Basmati Rice, Pineapple, Cucumber, Red Onion, Carrot, Tamari
Sauce, Ketchup, Rice Wine Vinegar, Ginger, Sambal, Sugar, Kosher Salt, Garlic

meezmeals

Mediterranean Flatbread

How many yummy flavors can you put on one flatbread? We're rubbing a delicious sage glaze over fresh pizza dough, and then topping it with crispy kale, dates, capers and plenty of gouda cheese. A final drizzle of glaze on top finishes off this sunny, sophisticated flatbread.

35 *Minutes to the Table*

10 *Minutes Hands On*

2 Whisks *Easy*

Getting Organized

EQUIPMENT

Rimmed Baking Sheet

FROM YOUR PANTRY

Flour
Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Kale
Pizza Dough
Sage Glaze
Gouda &
Mozzarella
Dates & Capers

Add Protein Cooking Instructions

CHICKEN - Heat 1 Tbsp of olive oil in a large skillet on medium-high heat. Salt and pepper the Chicken Breasts and, when the oil is hot, cook until crisp and brown, about 4 to 5 minutes on each side. Let rest for 5 minutes and slice into strips. Add to the flatbread when it comes out of the oven.

If you added steak, we recommend serving it separately with salt & pepper. Cook in a skillet with 1 Tbsp oil over high heat to internal temperature of 145 (for medium doneness).

If you added shrimp, we recommend serving it separately with salt & pepper. Cook in a skillet with 1 Tbsp oil over medium-high heat to an internal temperature of 145 degrees.

Good To Know

If you're making the vegan version, we've left the cheese out of your meal.

Health snapshot per serving – 900 Calories, 22g Protein, g Fiber, 32 Smart Points

Lightened up snapshot – 590 Calories, 32g Fat and 21 Smart Points with half the cheese and half of the glaze.

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



INGREDIENTS: Kale, Whole Wheat Pizza Dough, Olive Oil, Gouda Cheese, Mozzarella Cheese, Dates, Cider Vinegar, Brown Sugar, Capers, Herbs and Spices

meez meals

1. Getting Organized

Preheat your oven to 400 and take the pizza dough out of the refrigerator.

2. Bake the Kale

Put the **Kale** on a baking sheet and drizzle with olive oil and a generous pinch of salt. Toss well and bake until it starts to crisp, about 12 to 15 minutes.

3. Assemble the Flatbread

While the kale is cooking, shape your **Pizza Dough**. Sprinkle the baking sheet with lots of flour and stretch the dough into shape. The size and thickness are up to you, but we target about 1/4" thickness.

Spread 1/3 of the **Sage Glaze** over the dough, rubbing it in with your fingers and making sure to spread it all the way to the edges. Top with the baked kale, pushing it down on to the dough a bit.

Top with the **Gouda & Mozzarella, Dates & Capers** and half of the remaining sage glaze. Bake until the crust is golden brown and the cheese melts, about 15 to 20 minutes.

Drizzle extra glaze on top to taste. Enjoy!

Don't forget to take out the dough. Warmer dough is easier to work with!

We usually make two-person pizzas - ours are about 8" wide and 14" long.

We may have given you extra toppings, (like kale) don't worry! They make a great side dish!

Love this recipe? #meezmagic

Instructions for two servings.

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

Tuscan Cabbage and Kale Soup

Cold weather calls for soup, and this Italian classic is one of our favorites. With white beans, fresh kale and cabbage cooked up in a rich tomato broth. Served up with a sprinkling of Pecorino Romano, it's cooked from scratch in less than thirty minutes.

25 *Minutes to the Table*

10 *Minutes Hands On*

1 Whisks *Super Easy*

Getting Organized

EQUIPMENT

Large Saucepan with a cover

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Mirepoix
Broth Starter
Beans & Tomatoes
Cabbage & Kale
Pecorino Romano

Good to Know

Health snapshot per serving – 150 Calories, 8g Protein, 28g Carbs, 1g Fat, 1 Freestyle Point.

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: Cabbage, Kale, Great Northern Beans, Tomatoes, Onions, Celery, Carrots, Pecorino Romano
Garlic, Vegetable Stock, Miso, Black Pepper, Thyme, Liquid Smoke.

meez meals

1. Cook the Mirepoix

Heat 1 Tbsp olive oil to a large saucepan over medium-high heat. When the oil is hot add the **Mirepoix** (onions, celery, carrots & garlic) to the saucepan and cook, stirring continuously, until the onions start to brown, about 2 minutes.

2. Make the Broth

Stir in the **Broth Starter, Beans & Tomatoes**, and 2 cups of water, cover, and bring to a boil. Once the soup is boiling, reduce heat to medium and let simmer, covered for 8 minutes.

3. Cook the Cabbage & Kale

Add the **Cabbage & Kale** and cook until it softens but the kale still maintains its green color, about 3 minutes.

4. Serve and Enjoy

Ladle the soup into bowls and top with the **Pecorino Romano**. Enjoy!

Instructions for two servings.

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