

### *Breaded Salmon Sandwich*

<b>20 Min</b> to Table	<b>25 Min</b> Hands On	<b>1 Whisk</b> Super Easy
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**Getting Started** Preheat your oven to 400.

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**From your Pantry** You'll need olive oil, salt and pepper.

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### *Mexican Chicken Rice Bowl*

<b>25 Min</b> to Table	<b>25 Min</b> Hands On	<b>1 Whisk</b> 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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# Quick Tips



### *Asiago Chicken Creme with Crispy Onions*

<b>20 Min</b> to Table	<b>20 Min</b> Hands On	<b>1 Whisks</b> Easy
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**Getting Started** Heat olive oil in a large skillet.

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

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### *Kung Pao Steak Tacos*

<b>15 Min</b> to Table	<b>10 Min</b> Hands On	<b>1 Whisk</b> Super Easy
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**Getting Started** No pre-work needed.

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**Leftovers Tip** Serve beef and slaw over rice and noodles.

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### *Creamy Shrimp Bisque*

<b>35 Min</b> to Table	<b>35 Min</b> Hands On	<b>1 Whisk</b> Super Easy
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**Getting Started** Put a saucepan of water onto boil.

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**From Your Pantry** You'll need olive oil, butter, flour, salt and pepper

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### *Bacon Onion Swiss Burger*

<b>25 Min</b> to Table	<b>25 Min</b> Hands On	<b>1 Whisk</b> Super Easy
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<b>Getting Started</b>	Preheat your oven to 425.
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<b>From Your Pantry</b>	You'll need olive oil, salt and pepper.
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### *Mushroom and Goat Cheese Risotto*

<b>40 Min</b> to Table	<b>20 Min</b> Hands On	<b>1 Whisk</b> Super Easy
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<b>Getting Started</b>	Preheat your oven to 400.
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<b>From Your Pantry</b>	You'll need olive oil, salt & pepper
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<b>Meal Tip</b>	The cheese will become warm and soft but will not melt.
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### *Thai Red Curry Soup*

<b>25 Min</b> to Table	<b>10 Min</b> Hands On	<b>1 Whisk</b> Easy
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<b>Getting Started</b>	Put a saucepan of water on to boil.
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<b>Omnivore Option</b>	Shrimp is great with this.
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### *Bacon & Smoked Gouda Chicken*

<b>25 Min</b> to Table	<b>25 Min</b> Hands On	<b>1 Whisk</b> Super Easy
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<b>Getting Started</b>	Cook the bacon and onions in a large skillet.
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<b>From Your Pantry</b>	You'll need some butter, olive oil, salt and pepper.
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<b>Meal Tip</b>	Use two pots and shave off 10 minutes.
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### *Toasted Gnocchi with Maple-Chive Butternut Squash*

<b>30 Min</b> to Table	<b>20 Min</b> Hands On	<b>1 Whisk</b> Super Easy
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<b>Getting Started</b>	Preheat your oven to 400.
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<b>From Your Pantry</b>	You'll need olive oil, salt & pepper
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### *Loaded Baked Sweet Potato Soup*

<b>30 Min</b> to Table	<b>30 Min</b> Hands On	<b>1 Whisk</b> Super Easy
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<b>Getting Started</b>	Bring 4 cups of water to a boil in a large saucepan.
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<b>From Your Pantry</b>	You'll need olive oil, salt and pepper
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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)	
Mushroom and Goat Cheese Risotto	750	24	51	40 CC 29	3	690	9	28	70% Vitamin A	35% Calcium
(use 3/4 of the rice, goat cheese and white wine sauce)	600		40					24		
Mexican Chicken Rice Bowl	535	72	17	28	8	722		9	266% Vitamin C	43% Vitamin A
Kung Pao Steak Tacos	655	40	28	63	12	335	12	20	157% Vitamin C	61% Vitamin A
(½ tortillas, ½ kung pao sauce)	495		23					14		
Creamy Shrimp Bisque	890	43	42	86	7	960	15	28	68% Vitamin C	44% Iron
(use 1/2 the bread)	630		40					15		
Asiago Chicken Crème with Crispy Onions	510	55	21	25	4	510	9	9	35% Calcium	25% Vitamin C
Thai Red Curry Soup	485	19	19	64	8	1351	x	17	207% Vitamin C	123% Calcium
Bacon Onion Swiss Burger	1270	56	74	93	6	2210	34	44	108% Calcium	185% Vitamin B12
Use 2/3 of the potatoes, bacon & onion, cheese, sauce, and open faced	840		51					28		

# Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmndd daily)	
Breaded Salmon Sandwich	850	47	46	62	6	1110	13	19	92% Vitamin D	Vitamin C 37%
1/2 the sauce and open face	600		27					11		
Toasted Gnocchi with Maple-Chive Butternut Squash	650	14	32	83	12	300		22	118% Vitamin A	177% Vitamin C
Bacon & Smoked Gouda Chicken	860	77	45	40	5	1260		21	31% Calcium	59% Vitamin C
(no butter, 2/3 of cheese, bacon and onion mix, and bbq sauce)	650		28					13		
Loaded Baked Sweet Potato Soup	720	20	37	77	9	1119	28	22	42% Calcium	29% Vitamin A
Use ½ the sour cream, cheese, and no bread	520		27					15		
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
Tiramisu for Two	290	5	15	35	1	40	29		6% Calcium	2% Iron
Turtle Molten Bundt	500	6	30	53	3	370		27	25% Iron	6% 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.*

# Mushroom & Goat Cheese Risotto

Rich, creamy and delicious is what we look for in a risotto, and this one checks all the boxes. With cremini and button mushrooms, and goat cheese, it's comfort food at its best. And because we're cooking it in the oven, you have time to do something else while dinner takes care of itself.

**40** Minutes to the Table

**20** Minutes Hands On

**1 Whisk** Super Easy

## Getting Organized

### EQUIPMENT

Large Oven-Safe  
Skillet & Lid

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### 6 MEEZ CONTAINERS

Mushrooms  
Arborio Rice  
White Wine Sauce  
Seasoned Cheese  
& Onion  
Arugula  
Goat Cheese &  
Green Onions

## Add Protein Cooking Instructions

**Integrate into recipe:** When the risotto has about 10 minutes cooking time remaining in step 4, cook the protein (per instructions below) and serve alongside the risotto when finished.

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

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

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

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

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

## Good to Know

If you ordered the **Carb Conscious version**, we sent you cauliflower "rice" instead of the Arborio rice, reducing the **carbs per serving to 29g**. Add the cauliflower to the skillet with the mushrooms for the last 3 minutes of sautéing in step 2. Continue with step 3, except don't add the water. Reduce the total time baking time to 15 minutes in step 4.

**Health snapshot per serving** – 750 Calories, 24g Protein, 40g Carbs, 51g Fat, 28 Freestyle Points

**Lightened-up health snapshot per serving** – 600 Calories, 33g Carbs, 40g Fat, 22 Freestyle Points, by using  $\frac{3}{4}$  of the Arborio rice, White Wine sauce, AND goat cheese.

INGREDIENTS: Mushrooms, Cream, Arborio Rice, White Wine, Yellow Onion, Goat Cheese, Arugula, Asiago, White Balsamic Vinegar, Garlic, Parmesan, Vegetable Stock, Green Onion, Lemon, Savory, White Pepper

meez *meals*

## 1. Get Organized

Preheat the oven to 400.

## 2. Sear the Mushrooms

Heat 1 Tbsp olive oil in a large oven-safe skillet on medium-high heat. When the oil is hot, add the **Mushrooms** with a sprinkle of salt and pepper and cook, stirring occasionally, until they start to brown, about 5 to 6 minutes.

## 3. Prepare the Risotto

Add the **Arborio Rice** to the mushrooms and stir until the rice is coated with oil, about 1 minute. Add the **White Wine Sauce**, 1 cup of water, and the **Seasoned Cheese & Onion** (the bag that contains some shredded cheese and doesn't contain green onions). Mix well, then turn the heat to high and bring to a boil. Remove from the heat.

*Use a baking sheet if you don't have a cover.*

## 4. Cook the Risotto

Cover the skillet and transfer to the oven. Bake, undisturbed, for 20 minutes, then check the water level. If it's been absorbed but the rice isn't fully cooked, add a little more water and continue cooking until the rice is tender, about 5 minutes. If there is still liquid, cook for 5 more minutes. If there is still liquid after those 5 minutes, uncover and bake until it is absorbed.

*The cheese will become warm and soft but will not melt.*

## 5. Put It All Together

When the rice is cooked, remove the skillet from the oven and stir in the **Arugula**. Smooth the risotto into an even layer and dollop the **Goat Cheese & Green Onions** around the pan, then replace the cover, and let rest for 5 minutes.

Serve and enjoy!

Instructions for two servings.

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

# 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**

# Kung Pao Steak Tacos

Can't decide between Chinese or Mexican? You won't have to choose with our kung pao sauce drizzled sirloin strips, wrapped in warm tortillas and topped with basil cilantro sesame crunch. Who says you can't have everything?

**15** *Minutes to the Table*

**15** *Minutes Hands On*

**1 Whisk** *Super Easy*

## Getting Organized

### EQUIPMENT

- Large Skillet
- Small Skillet (optional)

### FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper

### 5 MEEZ CONTAINERS

- Steak
- Kung Pao Sauce
- Broccoli Slaw
- Tortillas
- Herbs & Sesame Seeds

## Make The Meal Your Own

If you ordered the **Carb Conscious version**, we sent you romaine lettuce instead of the tortillas, reducing the **carbs per serving to 28g**. Skip step 2. and instead cut the romaine heads in 1" slices and use as a base to make a Kung Pao Steak Salad.

**Leftovers tip** – This makes a great leftover lunch. Serve the steak and slaw over your favorite rice or noodle.

## 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** – 655 Calories, 28g Fat, 40g Protein, 63g Carbs, 20 Smart Points

**Lightened up snapshot** – 495 Calories, 23g Fat, 14 Smart Points when you use ½ the tortillas and ½ the kung pao sauce.

**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: Broccoli Slaw, Steak, Corn Tortillas, White Wine, Soy Sauce, Sesame Seeds, Sambal, White Vinegar, Brown Sugar, Sesame Oil, Carrots, Basil, Cilantro, Garlic

*meez* meals

### 1. Cook the Steak

Heat 1 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 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.

While the steaks are resting, return the skillet to the stove over medium heat. Add the **Kung Pao Sauce** and cook just until slightly thickened, about 3 to 4 minutes. Remove from the heat and stir in **Broccoli Slaw**.

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). Toss the strips with the sauce and broccoli slaw.

### 2. Heat the Tortillas

Heat the **Tortillas** in a small, dry skillet on the stove or directly over a gas burner until soft and pliable, about 30 seconds per side.

### 3. Put It All Together

Serve the tortillas filled with sliced steak and slaw and top with **Herbs & Sesame Seeds** to taste. Enjoy! *Love this recipe? #meezmagic*

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

*Steak 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.

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

# Creamy Shrimp Bisque

Our spin on a lobster bisque. We cook ours with orzo and jasmine rice for added texture and serve topped with a ratatouille of French vegetables. With grilled French bread on the side, it's upscale comfort food that we love.

**45** Minutes to the Table

**45** Minutes Hands On

**2 Whisks** *Easy*

## Getting Organized

### EQUIPMENT

Medium Saucepan  
Large Saucepan with  
Cover  
Large Skillet

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper  
Butter (1½ Tbsp)  
Flour (1 ½ Tbsp)

### 6 MEEZ CONTAINERS

Orzo & Jasmine Rice  
Mirepoix  
Bisque Starter  
Shrimp  
French Bread  
Ratatouille

## 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-** 890 Calories, 43g Protein, 42g Fat, 86g Carbs, 28 Freestyle points

**Lightened-up health snapshot per serving-** 630 Calories, 40g Fat, 39g Carbs, by skipping the bread.

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

SCAN QR CODE  
to view YouTube  
cooking video



INGREDIENTS: Shrimp, Tomatoes, Yellow Onion, Celery, Zucchini, Tomato, Yellow Pepper, Carrot, Red Onion, Orzo, Jasmine Rice, Roll, Cream, Garlic, Vegetable Stock, Basil, Old Bay, Thyme

*meez* meals

### 1. Cook the Orzo & Jasmine Rice

Set a medium saucepan of water to boil. Add the **Orzo & Jasmine Rice** to the boiling water and cook until tender, about 15 minutes. Drain well and set aside.

### 2. Create the Bisque

While the orzo & rice are cooking, heat 1 Tbsp olive oil in a large saucepan over medium high heat. When the oil is hot, add the **Mirepoix** (look for carrots, onions, and celery) and cook until the veggies start to brown, about 5 to 7 minutes. Add 1½ Tbsp of butter and once melted add in 1½ Tbsp of flour and stir well. Cook until the flour starts to brown, about 2 to 3 minutes.

Add the **Bisque Starter** (the bag with liquid) and 2 cups of water. Stir the mixture, making sure to scrape the tasty bits off the bottom. Bring to a boil, then reduce the heat to medium low, cover and simmer for 20 minutes. Remove the cover and simmer for an additional 10 minutes until the soup thickens. Remove from the heat and stir in the cooked orzo & rice. Let rest for 5 minutes.

### 3. Cook The Shrimp

Once the bisque is simmering, dry and lightly salt & pepper the **Shrimp**. Heat 1 Tbsp olive oil in a large skillet over medium-high heat. Cook for a minute on each side until they are opaque and no longer grey in color. Remove from the heat and transfer to a cutting board. Cut each shrimp piece into thirds and transfer directly to serving bowls. Do not wipe out the skillet.

### 4. Grill the Bread

Cut the **French Bread** in half lengthwise and drizzle with olive oil, salt and pepper. Heat the now-empty skillet over medium high heat. Add the sliced French bread halves, cut-side-down and cook until they turn golden brown, about 1 to 2 minutes. Set the grilled bread aside. Wipe out the skillet.

### 5. Cook the Ratatouille

Heat 1 Tbsp olive oil in the now-empty skillet over medium high heat. Add the **Ratatouille** (look for tomatoes & yellow peppers) and cook until charred slightly, about 2 to 3 minutes.

### 6. Put It All Together

Serve the bisque over the shrimp & top with the ratatouille. Enjoy alongside the grilled bread!

*Use  
enough  
water to  
submerge  
the orzo  
and rice by  
one inch.*

Instructions for two servings.

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

# Asiago Chicken Creme with Crispy Onions

This dinner is comfort food transformed thanks to our fuss-free Asiago creme. We're topping all-natural chicken breast, green beans and mushrooms with our house-made Italian cheese crema. The result is savory, sophisticated, and simple!

**20** *Minutes to the Table*

**20** *Minutes Hands On*

**1** *Whisk Easy*

## Getting Organized

### EQUIPMENT

2 Large Skillets

### FROM YOUR PANTRY

Olive Oil

Salt & Pepper

### 6 MEEZ CONTAINERS

Chicken Breast

Mushrooms

Onions

Seasoned Flour

Green Beans

Asiago Crema

## Good To Know

**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** – 510 Calories, 21g Fat, 25g Carbs, 55g Protein and 9 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, Green Beans, Yellow Onion, Button Mushroom, Cremini Mushroom, Cream, Sour Cream, Asiago, Flour, Parmesan, Lemon, Chive, Paprika, White Pepper

**meez***meals*

### 1. Cook the Chicken

Generously sprinkle the **Chicken Breasts** with salt and pepper.

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

### 2. Cook the Mushrooms and Crispy Onions.

While the chicken is cooking, heat 1 Tbsp olive oil in a second 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.

Toss the **Onions** and **Seasoned Flour** on a plate or small bowl, until the onions are well-coated. Heat 2 Tbsp olive oil in the now-empty mushroom skillet over high heat. When the oil is hot, add the coated onions and fry, stirring occasionally until they turn brown and slightly crispy, about 3 to 4 minutes. Turn off the heat and add the cooked mushrooms back to the skillet. Stir well and set aside.

### 3. Cook the Green Beans

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 **Green Beans** with a sprinkle of salt and pepper. Cook until bright green and just starting to char, about 5 to 6 minutes.

### 4. Put It All Together

Serve the chicken with the **Asiago Crema** on top, then the mushrooms and crispy onions over that and the green beans on the side. Enjoy!

*Use the larger of your two large skillets needed for the chicken.*

# 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

**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 and add to the soup before serving in Step 4.

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

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).

## 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 and 2 and dry the zucchini with a paper towel. Add 1 Tbsp olive oil to a large skillet. When the oil is very hot, place the zucchini in the pan in a single layer spread evenly across the entire skillet. Cook, without stirring, until the zucchini noodles are slightly charred, 2 to 3 minutes. Remove from the pan and put directly in bowl.

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

INGREDIENTS: Coconut Milk, Tofu, Glass Noodles, Carrots, Peppers, Mushrooms, Lime Juice, Soy Sauce, Brown Sugar, Red Curry Paste, Lemongrass, 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.

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

# Bacon Onion Swiss Burger

This recipe is exactly what it sounds like. An indulgent dinner of a one-third-pound angus beef burger smothered with bacon, sautéed onions, Swiss cheese, burger sauce, and served with a heaping pile of roasted fingerling potatoes. It's classic American and will soon be on your list of "must-have" burgers.

**25** *Minutes to the Table*

**25** *Minutes Hands On*

**1 Whisk** *Super Easy*

## Getting Organized

### EQUIPMENT

- 2 Large Skillets
- Large Mixing Bowl

### FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper

### 6 MEEZ CONTAINERS

- Fingerling Potatoes
- Bacon & Onions
- Seasoned Swiss & Provolone
- Angus Beef Burger
- Potato Roll
- Meez Burger Sauce

## Good To Know

**Health snapshot per serving** – 1270 Calories, 56g Protein, 74g Fat, 93g Carbs, 44 Freestyle Points

**Lightened-Up Health snapshot per serving** – 840 Calories, 51g Fat, 56g Carbs, 28 Freestyle Points by using two-thirds of the Potatoes, Bacon & Onion, cheese, and sauce and serving the burger open-faced.

**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: Angus Beef Burger, Fingerling Potatoes, Potato Roll, Onion, Bacon, Swiss, Provolone, Green Onions, Carolina BBQ Sauce, Ketchup, Mayonnaise, Sweet Relish, Dijon Mustard, Worcestershire Sauce.

*meez* meals

### 1. Roast the Potatoes

Preheat your oven to 425. Cut the **Fingerling Potatoes** in half, drizzle with olive oil, salt, and pepper. Place cut side down on baking sheet. Roast until potatoes are crispy on the bottom, about 16 to 18 minutes, then set aside.

### 2. Cook the Bacon & Onions

Once the potatoes are roasting, heat 1 Tbsp olive oil in a large skillet over medium heat. Add the **Bacon & Onions** and cook, stirring occasionally, until the onions are soft and translucent and the bacon is slightly crispy, about 8 to 10 minutes. Reduce the heat to low and divide the bacon and onions into two equal portions still in the skillet. Top each portion with **Seasoned Swiss & Provolone**, cover and cook until the cheese is completely melted, about 3 to 4 minutes.

### 3. Cook the Angus Beef Burger

Once the Bacon & Onions are cooking, heat a second large skillet over high heat. When the pan is hot, cook the **Angus Beef Burger** until the bottom and sides are brown, about 3 minutes. Flip and continue cooking for 2 minutes if you prefer your burger **medium rare**. (Cook for 3 minutes for **medium**, and 4 to 5 for **well done**). Remove from the skillet and set aside to rest for 5 minutes.

### 4. Grill the Potato Rolls

While the burgers are resting, use a paper towel to wipe excess oil out of the burger skillet. Place the **Potato Rolls** cut-side-down and grill until they start to brown, about 1 to 2 minutes.

### 5. Put It All Together

Spread the **Meez Burger Sauce** on both the cut sides of the rolls, then top with the burger and the Bacon & Onions/melted cheese. Use the extra sauce as a dip for the roasted potatoes. Enjoy!

*The cheese should finish melting just as the burgers finish resting. If the cheese melts too quickly, turn off the heat and leave the Bacon & Onions/melted cheese covered until ready to top the burgers.*

Instructions for two servings.

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

# Breaded Salmon Sandwich

The Meez take on the classic breaded fish sandwich. We've upgraded it to a premium salmon filet and paired with a chive tartar sauce that's bursting with cucumbers, tomatoes, and dill seasoning. Served on a soft, fresh sandwich roll with sautéed green beans, it's a speedy dinner that's flat out delicious.

**20** *Minutes to the Table*

**20** *Minutes Hands On*

**1 Whisk** *Super Easy*

## Getting Organized

### EQUIPMENT

Large Skillet  
Baking Sheet

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### MEEZ CONTAINERS

Salmon  
Chive Tartar Sauce  
Panko Breading  
Green Beans  
Sandwich Bun  
Arugula

## 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** – 850 Calories, 46g Fat, 47g Protein, 62g Carbs, and 19 Freestyle Points

**Lightened-Up Health snapshot per serving** – 600 Calories, 27g Fat, 44g Carbs, and 11 Freestyle Points serving open-faced with half the Chive Tartar Sauce.

**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, Sandwich Roll, Green Beans, Arugula, Panko Breadcrumbs, Tomato, Sweet Relish, Red Onion, Cucumber, Mayonnaise, Dijon Mustard, Chives, Lemon Pepper, Garlic, Onion Powder, Paprika, Black Pepper, Lemon.

**meez** *meals*

## 1. Getting Organized

Preheat your oven to 400. Spray or brush a baking sheet with oil.

## 2. Prepare and Cook the Salmon

Using a paper towel, pat dry the **Salmon** and place on the oiled baking sheet. Coat the top of each salmon filet with a thick layer of **Chive Tartar Sauce** at least ¼" thick. (Save the remaining sauce for step 5).

Sprinkle the **Panko Breading** over each filet and press down to make sure the breading adheres to the sauce. Wipe off any panko that falls onto the baking sheet.

Bake until the panko breading is golden brown, approximately 12 to 14 minutes.

## 3. Cook the Green Beans

While the salmon is baking, heat 1 Tbsp olive oil in a large skillet over medium-high heat. Add the **Green Beans** with a sprinkle of salt and pepper, and sauté until they start to sear, about 4 to 5 minutes. Transfer directly to serving plates. Wipe out the skillet.

## 4. Grill the Sandwich Bun

Return the now-empty skillet to the stove over medium-high heat. Lightly brush the insides of each **Sandwich Bun** with olive oil and place, oiled-side-down, in the skillet. Grill until the bun is golden brown and starts to crisp, about a minute.

## 5. Putting It All Together

Spread a generous helping of the Chive Tartar Sauce on the bottom bun, then add the **Arugula**. Top with the baked salmon and remaining bun. Use the remaining tartar sauce as a dip for the green beans. Enjoy!

*Create a nice thick layer of Chive Tartar Sauce and get as much breading to stick as you can to get the full flavor of the dish.*

# Toasted Gnocchi with Maple-Chive Butternut Squash

We love the crispy outside-tender inside texture that gnocchi gets when it's baked. We're cooking it up this week with butternut squash, kale and a delectable maple-chive-butter that brings a touch of magic to this speedy dinner.

**30** Minutes to the Table

**20** Minutes Hands On

**1 Whisk** Super Easy

## Getting Organized

### EQUIPMENT

- 2 Baking Sheets
- Large Skillet

### FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper

### 6 MEEZ CONTAINERS

- Gnocchi
- Kale
- Butternut Squash
- Maple Chive Butter
- Seasoned Onions
- Lemon

## Add Protein Cooking Instructions

**Integrate into recipe:** While the gnocchi and veggies are roasting, cook the protein (per instructions below) and serve alongside the gnocchi.

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

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

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

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

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

## Good to Know

**If you're making the gluten-free version**, we've given you gluten-free gnocchi.

**Health snapshot per serving** – 650 Calories, 14g Protein, 32g Fat, 83g Carb, 22 Freestyle Points.

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



INGREDIENTS: Gnocchi, Butternut Squash, Kale, Butter, Red Onion, Chive, Maple Syrup, Ginger, White Pepper, Lemon.

*meez* meals

### 1. **Get Organized**

Preheat your oven to 400 degrees.

### 2. **Toast the Gnocchi**

Arrange the **Gnocchi** on a baking sheet and toss with olive oil, salt and pepper. Bake until the gnocchi is slightly crunchy on the outside, about 16 to 18 minutes, stirring once after 10 minutes of cooking. Remove from the oven and set aside until Step 5.

### 3. **Roast the Kale and Squash**

Once the gnocchi is in the oven arrange the **Kale** and **Butternut Squash** side-by-side in a single layer on a second baking sheet. Drizzle with olive oil, salt and pepper, then bake until the kale is very crispy and the squash is starting to brown, about 14 to 16 minutes. Remove from the oven and toss together on the baking sheet, then transfer directly to serving bowls.

### 4. **Melt the Butter**

While the kale and squash are cooking, melt the **Maple Chive Butter** in a large skillet over medium low heat. Transfer to a small bowl and set aside until step 6. Do not wipe out the skillet.

### 5. **Sauté the Seasoned Veggies**

Return the now-empty skillet to the stove over medium heat and add 1 Tbsp olive oil. When the oil is hot, add the **Seasoned Onions** and cook until they start to turn translucent, about 2 to 3 minutes. Remove from the heat.

### 6. **Putting it All together**

Top the kale and squash with the toasted gnocchi and seasoned onions. Drizzle the melted maple chive butter over everything and add a squeeze of **Lemon** on top. Enjoy!

Instructions for two servings.

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

# Bacon & Smoked Gouda Chicken

We took our inspiration from the cozy cafes of the Netherlands, where Gouda is king and chicken is a favorite. We're pairing smoked Gouda with savory bacon on top of juicy chicken breast. Served up over sautéed cabbage and leeks with a honey-mustard BBQ sauce that had us coming back for seconds.

**25** *Minutes to the Table*

**25** *Minutes Hands On*

**2 Whisks** *Easy*

## Getting Organized

### EQUIPMENT

Large Skillet with a Cover  
Meat Tenderizer (mallet) or  
Small Pot

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper  
Butter (1/2 tbs per svg.)

### 5 MEEZ CONTAINERS

Bacon & Onions  
Cabbage & Leeks  
Chicken Breast  
Smoked Gouda Cheese  
Honey Mustard BBQ Sauce

## Make The Meal Your Own

**In a hurry?** You can shave 10 minutes off this recipe if you use two pots and cook the chicken while the veggies are cooking.

**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** – 860 Calories, 45g Fat, 77g Protein, 40g Carbs, 28 Freestyle Points.

**Lightened-Up Health snapshot per serving** – 650 Calories, 28g Fat, 31g Carbs, 13 Freestyle Points by using 2/3 of the cheese, Bacon & Onions, 2/3 of the BBQ Sauce and not including the butter.

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

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



INGREDIENTS: Chicken Breast, Cabbage, Leeks, Smoked Gouda, Bacon, Onion, BBQ Sauce, Dijon Mustard, Honey, Apple Cider Vinegar, Black Pepper.

*meez* meals



### 1. Cook the Bacon & Onions

Cook the **Bacon & Onions** in a large skillet over medium heat until the bacon is slightly crisp, and the onions are translucent, about 4 minutes. Take the bacon and onions out of the skillet and set aside until Step 3. Do not wipe out skillet.

### 2. Cook the Cabbage and Leeks

Add 1 Tbsp butter to the now-empty skillet over medium heat. When the butter has melted, add the **Cabbage & Leeks** with a light sprinkle of salt and pepper. Cook, stirring occasionally, until the cabbage starts to soften and turns a light, almost translucent green, about 7 to 8 minutes. Transfer directly to serving plates. Do not wipe out the skillet.

### 3. Cook the Chicken

While the cabbage & leeks are cooking, very loosely wrap each **Chicken Breast** in plastic wrap and place on a cutting board. Pound it until it starts to spread, using a meat tenderizer (mallet) or bottom of a small pot. Flip the chicken over and continue to pound until it is less than ¼" thick and has doubled in size. Generously season with salt and pepper. (We use ¼ tsp salt and ¼ tsp pepper, so use about half per side, or more if you like.)

Once the cabbage & leeks are finished cooking, heat 1½ Tbsp olive oil in the now-empty skillet over medium-high heat. When the oil is hot, add the chicken and cook, without moving, until the sides brown, about 2 minutes. Flip and continue cooking until the chicken just starts to get golden, about 1 minute longer. Spread the **Smoked Gouda Cheese** on top of the chicken in a single layer, edge-to-edge. Then arrange the cooked bacon and onions over the cheese, also in a single layer, edge-to-edge.

Cover the skillet and cook until the cheese is completely melted, about 2 to 3 additional minutes.

### 4. Put It All Together

Serve the smothered chicken breasts on top of the cabbage & leeks and drizzle with the **Honey Mustard BBQ Sauce**. Enjoy!

*The oil from the bacon and onions will add flavor to the veggies in step 2.*

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

Instructions for two servings.

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

# Loaded Baked Sweet Potato Soup

With vitamin-rich sweet potatoes, sweet-tart sun-dried tomatoes, lots of smoked gouda, and French roll cheese bread on the side, this soup is like your favorite loaded baked potato, only more delicious.

**30** *Minutes to the Table*

**30** *Minutes Hands On*

**1 Whisk** *Super Easy*

## Getting Organized

### EQUIPMENT

- Large Saucepan (with a cover)
- Small Baking Sheet

### FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper

### 5 MEEZ CONTAINERS

- French Roll
- Cheese & Sour Cream
- Sweet Potatoes
- Vegetable Broth Starter
- Sundried Tomatoes,  
Garlic & Onion

## Add Protein Cooking Instructions

**Integrate into recipe:** While the soup is simmering in step 3, cook the protein (per instructions below) and while it is resting complete step 3 and move on to 4. Serve the protein alongside the soup.

**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** – 720 Cal ories, 20g Protein, 37g Fat, 77g carbs, 22 Freestyle Points.

**Lightened up snapshot** (½ sour cream & cheese and without the French roll) 520 Calories, 58g Carbs, 27g Fat, 13g Protein, 15 Freestyle Points.

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



INGREDIENTS: Sweet Potatoes, Smoked Gouda, Sour Cream, Cream, French Roll, Red Onion, Green Onion, Sun Dried Tomatoes, Black Pepper, Vegetable Broth

*meez* meals

### 1. Getting Organized

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

Cut each **French Roll** in half and spread ½ Tbsp of the **Cheese & Sour Cream** on the top of each of the halves. Set aside for Step 4.

### 2. Roast the Potatoes

Add ¾ of the **Sweet Potatoes** to the boiling water and bring the entire mixture to a boil. Reduce heat to medium, cover and cook over a low boil until potatoes are fork tender, about 10 to 12 minutes. Remove from heat, drain the sweet potatoes and set aside. Wipe out the pot.

### 3. Create the Soup

Return the pot to the stove and heat 2 Tbsp olive oil over medium-high heat. Add the remaining ¼ uncooked sweet potatoes, stirring frequently to prevent sticking, and sauté until they start to brown, about 4 minutes. Stir in the **Sundried Tomatoes, Garlic & Onion** and cook until the onions brown, about 3 to 4 minutes. Add in the boiled sweet potatoes and mash with a large spoon (or potato masher) until they are the consistency of lumpy mashed potatoes.

Turn the heat to high and stir in 2/3's of a cup of water and the **Vegetable Broth Starter**. Bring to a boil, cover, reduce heat to medium-low, and cook for 5 minutes. Turn off heat and add 2/3 of the cheese & sour cream, stirring continuously until the cheese is melted.

### 4. Put It All Together

Using the “top brown” setting of your toaster oven or “broil” on your oven, heat the French rolls until the cheese starts to brown, about 2 to 3 minutes. Ladle the soup into serving bowls and top with the remaining cheese & sour cream. Serve alongside the French cheesebread and enjoy!

Instructions for two servings.

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