

French Onion Soup

30 Min
to Table

30 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Preheat your oven to 400.

From Your Pantry

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

Golden Honey BBQ Shrimp & Cornbread

20 Min
to Table

10 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Preheat your oven to 400.

From Your Pantry

You'll need olive oil,
salt and pepper

Quick Tips



Gochujang Chicken with Udon Noodle

20 Min
to Table

20 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Bring a saucepan of
water to a boil.

From Your Pantry

You'll need olive oil,
salt and pepper.

Gyros Mini Tacos

10 Min
to Table

10 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Heat 1½ Tbsp olive oil
in a large skillet over
medium high heat.

From Your Pantry

You'll need a little bit
of olive oil.

Espresso-Rubbed Steak with Au Gratin Sweet Potatoes

25 Min
to Table

25 Min
Hands
On

1 Whisk
Easy

Getting Started

Preheat your oven to 425.

From Your Pantry

You'll need olive oil,
salt and pepper.

Lemon Chicken Milanese

25 Min to Table	25 Min Hands On	2 Whisk Super Easy
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Getting Started Put a saucepan of water on to boil.

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

Za'atar Chicken

25 Min to Table	15 Min Hands On	1 Whisk Super Easy
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Getting Started Bring a saucepan of water on to boil.

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

Meal Tip Top your chicken with the remaining Garlic Yogurt Sauce

Black Bean & Green Chile Enchiladas

40 Min to Table	15 Min Hands On	1 Whisk Super Easy
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Getting Started Preheat your oven to 375.

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

Chana Masala Flatbread

25 Min to Table	20 Min Hands On	1 Whisk Super Easy
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Getting Started Preheat your oven to 400.

From Your Pantry You'll need olive oil.

Smoky Salmon Salad

10 Min to Table	10 Min Hands On	1 Whisk Super Easy
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Getting Started Heat olive oil in a large skillet.

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

Parmesan Lemon-Chai Rigatoni with Broccoli

15 Min to Table	15 Min Hands On	1 Whisk Super Easy
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Getting Started Preheat your oven to 400 and put water on to boil.

Omnivore Option Sausage tastes great with this recipe.

From your Pantry Olive oil, salt & pepper; sugar & cayenne optional.

Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmndd daily)	
Golden Honey BBQ Shrimp & Cornbread	470	23	18	60 CC 40	5	850	27	13	220% Vitamin C	50% Vitamin A
Lemon Chicken Milanese	585	61	17	47	4	743		14	32% Vitamin	13% Folate
Espresso-Rubbed Steak with Au Gratin Sweet Potatoes	978	45	59	70	7	2071		32	491% Vitamin A	79% Vitamin C
(2/3 of the finished potatoes)	694		35					20		
Za'atar Chicken	970	45	51	97	13	590		26	106% Calcium	70% Vitamin A
(use 2/3 of the couscous)	680		35					15		
Parmesan Lemon-Chai Rigatoni with Broccoli	630	31	40	57	9	760	x	19	292% Vitamin C	67% Calcium
Gyros Mini Tacos	665	55	21	59	9	991	8	17	63% Vitamin C	21% Vitamin A
(use 1/2 the tortillas and 1/2 the greek sauce)	545		18					15		
Black Bean & Green Chile Enchiladas	640	24	22	87	10	1200	10	19	180% Vitamin C	35% Calcium

Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmndd daily)	
Gochujang Chicken with Udon Noodles (use 1/2 the noodles, 2/3 the sauce & broth)	770	61	34	56 CC 29	4	1240	7	19	50% Vitamin C	25% Iron
	600		25					13		
Smoky Salmon Salad	670	22	43	52 CC 38	6	2320	26	22	45% Vitamin A	35% Vitamin C
Chana Masala Flatbread	640	27	30	68 CC 39	8	830	13	16	130% Vitamin C	45% Calcium
French Onion Soup	280	19	13	24	6	369	12	6	112% Vitamin C	54% Calcium
Add a Protein All-Natural Chicken Breast	220	41	5	0	0	85	0	3	90% Vitamin B6	4% Iron
Add a Pretein Bistro Chateau Steak	220	30	10	0	0	75	0	5	10% Iron	10% Potassium
Add a Protein Norwegian Salmon	220	35	0	0	0	130	0	4	60% Vitamin B6	15% Potassium
Add a Protein Premium Shrimp	120	28	0.5	0	0	170	0	1	8% Potassium	4% iron

Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmndd daily)	
Oreo Mousse Pie	760	8	49	78	3	390	52		6% Calcium	6% Iron
Flourless Chocolate Cake	370	5	16	32	2	130	18	18	20% Iron	10% Vitamin A
Belgian Chocolate Vegan Brownies	420	6	20	62	4	300			10% Iron	
Kitchen Sink Cookies	380	5	19	49	2	400	10	17	20% Iron	8% Vitamin A
Chocolate Chunk Cookies	180	2	9	22	1	170	10	9	2% Calcium	4% Vitamin A

Below some of the recipes you will see Lighten Up Options. Those meals can easily be prepared without all of the calorie-dense ingredients and still keep their magic.

These are our best estimates for a single serving based on the recipes as written. The actual nutritional information may vary a bit.

And, of course, if you have leftovers, the actual numbers will be lower.

Golden Honey BBQ Shrimp & Cornbread

We're pairing Carolina BBQ flavor with crisp, satisfying textures in this shrimp dinner. A golden, honey BBQ sauce coats the shrimp and vegetables, while roasted kale adds contrast and freshness. Served with toasted cornbread, it's full-flavored, unfussy, and completely weeknight friendly.

20 Minutes to the Table

10 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Large Skillet
2 Baking Sheets

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Kale
Cornbread
Shrimp
Mirepoix
Creamy BBQ Sauce

Good to Know

If you ordered the **Carb Conscious version**, we sent you yellow peppers instead of cornbread, reducing the **carbs per serving to 40g**. Skip step 2. Add the yellow peppers with the mirepoix 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 – 470 Calories, 18g Fat, 60g Carbs, 23g Protein, and 13 Freestyle Points.

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

INGREDIENTS: Shrimp, Kale, Cornbread, Tomato, Carolina BBQ Sauce, Red Bell Pepper, Yellow Onion, Cream, Honey, Garlic, Black Pepper.

meez meals

1. Get Organized

Preheat the oven to 400.

2. Roast the Kale

Add the **Kale** to a baking sheet and toss with olive oil, salt and pepper. Arrange in a single layer and cook until brown and crispy, about 16 to 18 minutes.

3. Toast the Cornbread

Place the **Cornbread** on a second baking sheet. Toast until golden brown, about 6 to 8 minutes. Remove from the oven and set aside until step 5.

4. Cook the Pepper Shrimp

While the kale and cornbread are toasting, heat 1 tbsp olive oil in a large skillet over medium-high heat. Pat dry the **Shrimp** and season with salt and pepper. When the oil is hot, add the shrimp and cook until opaque, about 1 minute each side. Remove from the skillet and set aside. Do not wipe out the skillet.

Return the now-empty skillet to the stove over medium-high heat with 1 Tbsp olive oil. When the oil is hot, add the **Mirepoix** and cook until the peppers start to char, about 3 to 4 minutes. Reduce the heat to medium-low and add the **Creamy BBQ Sauce**. Simmer until the sauce is hot and the peppers and onions are soft, an additional 2 to 3 minutes. Remove from the heat and stir in the cooked shrimp.

5. Put It All Together

Serve the shrimp, veggies, and sauce over top of the kale alongside the cornbread. Enjoy!

If you have a large baking sheet, you may be able to use just one baking sheet. Remember to note the starting times for each item.

Instructions for two servings.

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

Lemon Chicken Milanese

You know that crispy breadcrumb coating that makes chicken so delicious? We're cooking it up at home this week and serving it over rotini. With capers, lemon and pecorino romano, it's classic Italian at its best. Served with a simple Arcadian Lettuce salad. Heaven.

Getting Organized

EQUIPMENT

Large Skillet
Saucepan
Large Mixing Bowl
Meat mallet (or small pot)

FROM YOUR PANTRY

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

6 MEEZ CONTAINERS

Chicken Breast
Panko Breading
Tri-Color Rotini
Garlic & Herbs
Arcadian Lettuce
Lemon

Make The Meal Your Own

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

Good To Know

Be sure to generously season your chicken with salt and pepper before cooking. We recommend using ¼ tsp of each.

Health snapshot per serving – 585 Calories, 17g Fat, 61g Protein, 47g Carbs, 14 Smart Points

Have questions? The dinner hotline is standing

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



25 Minutes to the Table

25 Minutes Hands On

2 Whisks Easy

INGREDIENTS: Cage-Free Chicken, Tri-Color Rotini, Arcadian Lettuce, Panko Breadcrumbs, Capers, Lemon, Garlic, Pecorino, Romano, Basil, Parsley, Black Pepper, Kosher Salt, Oregano, Onion, Paprika

meez meals

1. Getting Organized

Put a saucepan of water on to boil.

2. Prep the Chicken

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

Spread the **Panko Breading** evenly on a large plate and put each piece of chicken onto the breading. Press down to make sure the breading adheres then repeat on the other side.

3. Cook the Pasta

When the water is boiling, generously salt and add **Tri-Color Rotini**. Cook till al dente, 8 to 10 minutes. Drain well and set aside. Don't clean the pot – you'll use it in step 5.

4. Cook the Chicken

While the pasta is cooking, heat 1 Tbsp olive oil in a large skillet over medium-high heat. When the oil is hot, add the chicken to the pan and cook, without moving, until the sides brown, about two minutes. Flip and continue cooking until other side is brown as well, about two more minutes. Remove from heat and set aside to rest for 5 minutes.

5. Finish the Pasta and Sauce

Melt 2 Tbsp butter in the same pot you cooked the pasta, over low heat. Turn the heat off and add 2 Tbsp olive oil and HALF the **Garlic & Herbs**. Mix well. Spread about 2 Tbsp of the mixture on top of the cooked chicken breasts. Add the remaining garlic & herbs to the pot along with the cooked pasta and mix everything together thoroughly.

6. Prepare Salad and Serve

Put the **Arcadian Lettuce** in a large mixing bowl and cut the lemon in half. Add a little olive oil, salt, pepper, and a squeeze of **Lemon** and toss.

Serve the chicken over the pasta, accompanied by the salad. Squeeze lemon over the entire dish.

*Just use enough
water to cover
the pasta*

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

Instructions for two servings.

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

Espresso-Rubbed Steak with Au Gratin Sweet Potatoes

This week we're mixing up something really special with a chili and espresso rub that give the steak a zip that we fell in love with. The star, though, are our au gratin sweet potatoes, made with three cheeses and a breadcrumb crunch. Served with sautéed green beans, it's a restaurant worthy recipe on the table in less than 30 minutes.

25 *Minutes to the Table*

25 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Oven Safe Skillet
Loaf Pan or Casserole
Dish

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Sweet Potatoes
Cream Sauce
Seasoned Cheese
Chile Espresso Rub
Steak
Green Beans

Good To Know

It's important to let the steaks rest to keep them tender and juicy. Give them at least 3 to 5 minutes off the heat before you slice and serve.

Health snapshot per serving – 980 Calories, 59g Fat, 45g Protein, 70g Carbs, 32 Freestyle Points

Lightened-Up Health snapshot per serving – 695 Calories, 35g Fat, 57g Carbs, 20 Freestyle Points with two-thirds of the Sweet Potatoes, Cream Sauce, and Seasoned Cheese.

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, Green Beans, Sweet Potato, Cream, Cheddar, Monterey Jack, Pecorino Romano, Panko Breadcrumbs, Mustard, Chicken Stock, Espresso Rub Spices.

meez *meals*

1. Getting Organized

Preheat your oven to 425 degrees.

2. Make the Au Gratin Sweet Potatoes

Heat 1 Tbsp olive oil in a large skillet over medium-high heat. When the oil is hot, add the **Sweet Potatoes** and cook until they start to brown, about 4 minutes.

Add the **Cream Sauce** and bring to a boil, stirring constantly until the sauce thickens enough to coat the back of a spoon, about 3 minutes. Remove from the heat and stir in $\frac{3}{4}$ of the **Seasoned Cheese**.

Transfer the contents of the skillet into a loaf pan or casserole dish and cover with the remaining seasoned cheese. Bake until the seasoned cheese starts to brown, about 10 to 15 minutes. Remove from the oven and set aside to cool.

3. Cook the Steak

While the potatoes are cooking, spread the **Chile Espresso Rub** on a plate. Pat dry the **Steaks** with a paper towel and firmly press one side into the rub until it is well coated. Flip and coat the other side.

Heat 1 Tbsp oil in an oven-safe skillet over high heat. When the oil is very hot, add the steaks. Cook undisturbed until the seasoning starts to darken on the bottom, about 45 seconds. Flip the steaks and continue cooking until the other side has browned, another 45 seconds.

- **If you prefer your steak medium-rare**, transfer the skillet to the oven and cook 4 minutes. Remove to a plate and let rest for 5 minutes.
- **If you prefer your steak medium**, transfer the skillet to the oven and cook 5 to 6 minutes. Remove to a plate and let rest for 5 minutes.
- **If you prefer your steak medium-well or well done**, transfer the skillet to the oven and cook 7 to 8 minutes. Remove to a plate and let rest for 5 minutes.

4. Sauté the Green Beans

While the steaks are resting, wipe out the skillet and return it to the stove with 1 Tbsp olive oil over medium-high heat. Add the **Green Beans** with a sprinkle of salt and pepper and cook until they start to char, about 3 to 4 minutes.

5. Put It All Together

Serve the steak alongside the au gratin sweet potatoes and sautéed green beans. Enjoy!

Test if the skillet is hot enough by holding your hand about 6 inches above the skillet. If you can feel serious heat, it's ready to go.

Instructions for two servings.

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

Za'atar Chicken

We're serving garlic-yogurt-charred chicken breast with rice pilaf, Za'atar seasoned veggies, and golden raisins for a cozy Middle-Eastern dinner that's herby, savory, and just plain delicious.

25 *Minutes to the Table*

15 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet
Saucepan

FROM YOUR PANTRY

Olive Oil
Salt & Pepper
Butter (1 Tbsp per
serving)

4 MEEZ CONTAINERS

Rice Pilaf
Chicken
Garlic Yogurt
Za'atar Seasoned
Veggies

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.

If you ordered the **Carb Conscious** version we sent you cauliflower "rice" instead of rice, reducing the **carbs per serving to 36g**. Skip step 1, then after step 2, wipe out the skillet and heat 1 Tbsp olive oil, over high heat in the skillet that was used for the chicken. When the oil is hot, add the cauliflower "rice" and sauté until it starts to brown, about 2 to 3 minutes. Stir in 1 Tbsp of butter per serving and set the Cauliflower aside in a mixing bowl. Cook the Za'atar Seasoned Veggies in Step 3 and then, stir the cauliflower back into the skillet in place of the rice at the end of Step 3.

Health snapshot per serving- 700 Calories, 51g Protein, 21g Fat, 76g Carbs

Lightened Up Health Snapshot per serving- 580 Calories, 16g Fat, 62g Carbs by using two-thirds of the Rice Pilaf and two-thirds of the Garlic Yogurt

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YouTube cooking video**



INGREDIENTS: Chicken Breast, Yogurt, Red Onion, Red Pepper, Celery, Cream, Jasmine Rice, Orzo, Golden Raisins, Cilantro, Lemon, Salt, Garlic, Cumin, Coriander, Sumac, Thyme

meez meals

1. Cook the Rice Pilaf

Bring a saucepan of water to boil over high heat. Add the **Rice Pilaf** to the boiling water with a pinch of salt. Cook at a rolling boil until the pilaf is the desired texture, 12 to 15 minutes. Remove from the heat and drain then return the rice pilaf to the saucepan and stir in 2 Tbsp butter. Cover and set aside until Step 4.

2. Cook the Chicken

While the rice pilaf is cooking, pat dry the **Chicken Breasts** and 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).

Heat a large skillet with 1 Tbsp of olive oil over medium-high heat. When the oil is hot, add the Chicken Breast to the skillet, and cook until crisp and brown, about 4 minutes, then turn. Cook until the second side starts to brown, about 3 additional minutes.

After the second side has seared, spoon 1 Tbsp of the **Garlic Yogurt** on top of each chicken breast, flip, and sear until the yogurt chars, about 30 seconds. Then spread 1 more Tbsp of the yogurt on top of each chicken breast, flip and sear until the yogurt chars on that side, another 30 seconds.

Transfer the chicken to a cutting board and wipe out the skillet. After the chicken has rested for 5 minutes, cut into ½" strips.

*Keep the
remaining
Garlic Yogurt
Sauce to top
the chicken
in Step 4*

3. Sauté the Veggies

Return the now-empty skillet to the stove with 1 Tbsp olive oil over medium high heat. When the oil is hot, add the **Za'atar Seasoned Veggies** and cook, stirring occasionally, until the peppers start to char and the onions become translucent, about 3 to 4 minutes. Add the cooked rice to the skillet and mix well.

4. Put It All Together

Top the rice pilaf and veggies with the sliced chicken and add additional Garlic Yogurt sauce as desired. Enjoy!

Instructions for two servings.

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

Parmesan Lemon-Chai Rigatoni with Broccoli

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

15 Minutes to the Table

15 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Saucepan
Large Skillet
Baking Sheet
Mixing Bowl

FROM YOUR PANTRY

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

5 MEEZ CONTAINERS

Walnuts
Broccoli
Rigatoni
Lemon-Chai
Vinaigrette
Parmesan
Cheese

Add Protein Cooking Instructions

Integrate into recipe: Before Step 3, cook the protein (per instructions below) and then slice into strips (*flake the salmon, leave shrimp whole*) then serve with the broccoli and sauce in Step 5.

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

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

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

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

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

Good To Know

If you're making the **vegan version**, we've left the parmesan out. For the **Carb Conscious version**, we sent you zucchini "noodles" instead of pasta, reducing the **carbs per serving to 23g**. Prior to step 3, heat 1 Tbsp oil in a large skillet and cook the zucchini noodles, stirring frequently, for about 4 to 5 minutes. Place immediately in your serving bowls and continue to Step 3.

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

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

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cooking video



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

meez *meals*

1. Getting Organized

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

2. Make the Spiced Nuts

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

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

3. Sauté the Broccoli

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

4. Cook the Rigatoni

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

5. Put It All Together

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

Love this recipe? #meezmagic

Instructions for two servings.

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

Gyros Mini Tacos

A classic Gyros with a Meez twist. Our Greek Sauce, served up over tomatoes and onions and gyros meat then served up in a mini-taco.

10 *Minutes to the Table*

10 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet

FROM YOUR PANTRY

Olive Oil

4 MEEZ CONTAINERS

Gyros Meat

Tortillas

Greek Sauce

Onions

Good To Know

If you're a huge cucumber fan, slip some in. It's a great way to bulk these tacos up even more.

Health snapshot per serving – 665 Calories, 21g Fat, 55g Protein, 59g Carbs, 17 Freestyle Points

Lightened-Up Health snapshot per serving – 545 Calories, 18g Fat, 52g Protein, 41g Carbs, 15 Freestyle Points with two tortillas per serving and two-thirds of the 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: Gyros meat, Tortillas, Onion, Tomato, Sour Cream, Cilantro, Lime, Pineapple, Garlic, Vinegar, Kosher Salt

meez *meals*

1. Cook the Gyros Meat

Heat 1½ Tbsp olive oil in a large skillet over medium high heat. Add the **Gyros Meat** and cook until edges are slightly crispy, 3 to 4 minutes. Remove from heat and set aside.

2. Warm the Tortillas

Wipe out the skillet used for the gyros meat and return to stove over medium heat. Place each **Tortilla** in the pan until warm and soft, about 15 to 25 seconds per side.

3. Assemble the Gyros

Fill the tortilla with the gyros meat and top with the **Onions** and **Greek Sauce**. Enjoy!

Instructions for two servings.

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

Black Bean & Green Chile Enchiladas

40 *Minutes to the Table*

25 *Minutes Hands On*

2 Whisks *Easy*

We're rolling sauteed red peppers, spiced black beans, rice and red enchilada sauce up with monterey jack in a corn tortilla. Smothered with our signature green chile sauce and baking to perfection, it takes black bean enchiladas from good to great.

Getting Organized

EQUIPMENT

Medium Saucepan
Casserole Dish

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Mexican Cheese
Black Beans &
Chipotles
Rice
Seasoned Veggies
Corn Tortillas
Green Chile Crema

Add Protein 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 layer into the enchiladas before baking in step 5.

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

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

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

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

Good to Know

Health snapshot per serving – 640 Calories, 22g Fat, 87g Carbs, 24g Protein, and 19 Freestyle Points.

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

INGREDIENTS: Corn Tortillas, Green Chile Sauce, Black Beans, Red Bell Pepper, Monterrey Jack, White Rice, Red Enchilada Sauce, Corn, Yellow Onion, Sour Cream, Carrot, Cilantro, Orange Juice, Chipotles in Adobo, Lime, Tomato Paste, Vegetable Stock, Ancho Chile, Garlic, Paprika, Cumin, Coriander, Oregano

meez *meals*

1. Get Organized

Preheat the oven to 375. Bring a medium saucepan of water to a boil. Spray or brush a casserole dish with oil.

*We recommend
8" x 8" or similar
sized dish.*

2. Cook the Rice

Add the **Rice** to the boiling water and cook until tender, about 15 minutes. Drain and set aside in a colander.

3. Cook the Veggies

Heat 1 Tbsp olive oil in the now-empty saucepan over medium-high heat. When the oil is hot, add the **Seasoned Veggies** and 3 Tbsp water. Cook, stirring frequently, until the red peppers and carrots soften, about 4 to 5 minutes. Turn off the heat and add back the cooked rice. Stir well and set aside.

4. Create the Enchiladas

Mix two-thirds of the **Cheese** with the **Black Beans & Chipotles** in a mixing bowl. Wrap the **Corn Tortillas** in a moist paper towel and microwave until pliable, about 20 to 30 seconds.

Layer each tortilla with the rice and seasoned veggies, followed by the beans and cheese. Once filled, roll the tortillas to close and place, seam-side-down, in the oiled casserole dish. Cover with the **Green Chile Crema** and sprinkle with the remaining cheese. Bake until the tortillas start to crisp and cheese starts to brown, about 15 minutes.

5. Put It All Together

Allow the enchiladas to rest for 5 minutes. Enjoy!

Instructions for two servings.

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

Gochujang Chicken with Udon Noodles

The star of this dish is our own mildly spicy gochujang sauce. Served with all-natural chicken breast, udon noodles and Asian veggies, it is a wow-meal that is on the table in a flash.

20 Minutes to the Table

20 Minutes Hands On

1 Whisks Super Easy

Getting Organized

EQUIPMENT

Large Saucepan
Large Skillet
Medium Bowl

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Udon Noodles
Asian Veggies
Chicken
Gochujang Sauce
Cilantro, Radish &
Sesame Seeds

Good to Know

If you ordered the **Carb Conscious version** we sent you zucchini "noodles" instead of the Udon noodles reducing the **carbs per serving to 29g**. Prior to Step 2, sauté the zucchini with olive oil over medium high heat until brown, about 3 to 4 minutes. Use the zucchini "noodles" in place of the udon.

Health snapshot per serving – 770 Calories, 61g Protein, 34g Fat, 56g Carbs, 19 Freestyle Points.

Lightened up health snapshot per serving – 600 Calories, 25g Fat, and 35g Carbs, by using half the Glass Noodles and two-thirds of the Gochujang Sauce and two-thirds of the Coconut Broth

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

SCAN QR CODE
to view YouTube
cooking video



INGREDIENTS: Chicken Breast, Udon Noodles, Baby Corn, Green Cabbage, Snow Peas, Red Radish, Daikon Radish, Green Onion, Coconut Milk, Gochujang, Miso, Honey, Sesame Oil, Rice Wine Vinegar, Tamari, Sesame Seeds, Cilantro

meez meals

1. Cook the Noodles

Bring a saucepan of water to a boil. Add the **Udon Noodles** to the boiling water and cook until tender, about 10 to 14 minutes. Drain well and set aside.

2. Sauté the Asian Veggies

While the noodles are cooking, heat 1 Tbsp olive oil in a large skillet over medium-high heat. When the oil is hot, add the **Asian Veggies** and sprinkle with salt and pepper. Sauté, stirring occasionally, until the cabbage edges start to char, about 4 minutes. Transfer the veggies to a bowl and set aside. Wipe out the skillet.

3. Cook the Chicken

Pat dry the **Chicken** and season with salt and pepper. Heat 1 Tbsp olive oil in the now-empty skillet over high heat. When the oil is hot, add the chicken and cook until it starts to brown, about 4 to 5 minutes. Flip and cook for an additional 4 minutes. Let the chicken rest for 5 minutes and then slice into half inch strips. Wipe out the skillet.

4. Create the Glaze

Add the **Gochujang Sauce** to the now-empty skillet and cook until it is hot and slightly thickened, about 3 minutes. Turn off the heat and add the sliced chicken and stir until well coated. Remove the coated chicken from the skillet. Add the cooked udon noodles to the skillet and stir until coated in the rest of the sauce.

5. Put It All Together

Serve the Asian veggies on top of the coated noodles and then the coated chicken. Top with the **Cilantro, Radish & Sesame Seeds**. Enjoy!

Instructions for two servings.

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Smoky Salmon Salad

This salad combines the flavor of smoked salmon with the tender bite of a freshly seared filet. The trick is a smoky glaze that packs a flavor punch, plus crisp greens, crunchy pita chips and a cucumber dill dressing. It's sophisticated and simple. Not to mention delicious.

10 *Minutes to the Table*

10 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet
Large Mixing Bowl

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Salmon
Smoky Glaze
Spinach & Arugula
Pita Chips
Cucumber Dill Dressing

Good to Know

If you ordered the **Carb Conscious version**, we sent you Red Peppers instead of Pita Chips, reducing the **carbs per serving to 38g**. Use in place of the pita chips in step 2.

Health snapshot per serving – 670 Calories, 43g Fat, 52g Carbs, 22g Protein, and 22 Freestyle Points.

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INGREDIENTS: Salmon, Spinach, Cucumber, Mayonnaise, Sour Cream, Arugula, Radicchio, Pita Chips, Brown Sugar, Water, Lemon, Red Onion, Yellow Onion, Capers, Liquid Smoke, Tamari, Horseradish, Salt, Dill, Black Pepper, Paprika.


meez *meals*

1. Cook the Salmon

Pat dry the **Salmon** with a paper towel. Heat 2 Tbsp olive oil in a large skillet over medium-high heat. When the oil is hot, add the salmon and cook until it turns brown, about 3 to 4 minutes. Flip and cook for another 2 minutes.

Add the **Smoky Glaze** and cook, continuously spooning the glaze on top of the salmon as it cooks and thickens, an additional 2 minutes. Remove from the heat and transfer the salmon to a plate. Spoon any additional marinade on top the salmon and let it rest for 5 minutes.

Once you have spooned the remaining marinade on the salmon, you will want to rinse out the skillet right away.

2. Create the Salad

While the salmon is resting, combine the **Spinach & Arugula**, **Pita Chips**, and two-thirds of the **Cucumber Dill Dressing** in a large mixing bowl and toss.

3. Put It All Together

Serve the tossed salad topped with the smoky salmon and drizzle with the remaining Cucumber Dill Dressing.

Enjoy!

Instructions for two servings.

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Chana Masala Flatbread

Indian chana masala meets Italian pizza in this fun recipe. We're topping individual naan breads with flavorful tomato chickpea curry, mozzarella and provolone cheeses, and fresh arugula. With a mango yogurt drizzle on top, it's an East-meets-West fusion that is a wow!

Getting Organized

EQUIPMENT

Large Skillet
Baking Sheet

FROM YOUR PANTRY

Olive Oil

6 MEEZ

CONTAINERS

Chickpeas &
Peppers
Garam Masala
Sauce
Naan Bread
Mozzarella &
Provolone
Arugula
Mango Raita

Add Protein Cooking Instructions

Integrate into recipe: While the flatbread is baking in step 3, cook the protein (per instructions below). Slice into strips (*flake the salmon, leave the shrimp whole*) and place immediately on top of the flatbread when removed from the oven.

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 bread, reducing the **carbs per serving to 29g**. Skip step 1. Prior to step 2, heat 1 tbsp olive oil in a large skillet. When the oil is hot, add the cauliflower and sauté until browning, about 4 to 5 minutes. Place straight on your serving plates. After step 2, turn off the heat and stir in the arugula. Serve the chickpeas, sauce, and arugula on top of the cauliflower rice and top with the cheese and mango raita.

Health snapshot per serving – 640 Calories, 30g Fat, 68g Carbs, 27g Protein, and 16 Freestyle Points.

25 Minutes to the Table

20 Minutes Hands On

1 Whisk Super Easy

SCAN QR CODE
to view YouTube
cooking video



INGREDIENTS: Naan Bread, Tomatoes, Garbanzo Beans, Mozzarella, Provolone, Red Bell Pepper, Arugula, Red Onion, Mayonnaise, Cucumber, Yellow Bell Pepper, Mango, Yogurt, Garlic, Ginger, Lime, Buttermilk, Tomato Paste, White Vinegar, Chive, Cilantro, Coriander, Crushed Red Pepper, Fenugreek, Garam Masala, Miso, Black Pepper, Turmeric, Cumin, Parsley

meez^{meals}

1. Get Organized

Preheat your oven to 400.

2. Cook the Spiced Chickpeas

Heat 1 Tbsp olive oil in a large skillet over medium-high heat. When the oil is hot, add the **Chickpeas & Peppers** and cook until chickpeas begin to brown and the peppers start to char, about 4 to 5 minutes. Add the **Garam Masala Sauce** and cook until the sauce is hot and thickens slightly, about 3 to 4 minutes.

3. Assemble the Flatbread and Bake

Spread the spiced chickpeas evenly on each **Naan Bread**, then top with the shredded **Mozzarella & Provolone**, from edge to edge. Bake until the cheese melts, about 7 to 8 minutes then remove from the oven and top with the **Arugula**. Bake until the arugula is wilted and the cheese is starting to brown, about 5 additional minutes.

4. Put It All Together

Allow to cool for 5 minutes, then drizzle with the **Mango Raita** and enjoy!

Instructions for two servings.

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French Onion Soup

Not your mother's French Onion Soup. Sure, it has the same rich flavor that comes from slow-cooked onions. And it has the same indulgent topping of melted cheese. But in place of the traditional bread, we're cooking this up with a carb-conscious roasted cauliflower "crouton" and topping it with roasted leeks. It's a sophisticated dinner that's low in calories and high on flavor.

Getting Organized

EQUIPMENT

- Large Saucepan
- Large Baking Sheet

FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper
- Flour (1/2 Tbsp per serving)

5 MEEZ CONTAINERS

- Leeks
- Cauliflower
- Triple Cheese Blend
- Onions
- Broth Starter

INGREDIENTS: Cauliflower, Onion, Swiss, Gruyere, Mozzarella, Bay Leaf, Thyme, Black Pepper, Vegetable Stock, Tamari.

Add Protein Instructions

Integrate into recipe: Prior to step 5 cook the protein (per instructions below) and while it is resting move on to step 6. 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 – 280 Calories, 19g Protein, 24g Carbs, 13g Fat, 6 Freestyle Points.

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30 *Minutes to the Table*

30 *Minutes Hands On*

1 Whisks *Super Easy*

meez *meals*

1. Getting Started

Preheat oven to 425 degrees.

2. Roast the Leeks and Cauliflower

Arrange the **Leeks** and **Cauliflower** in a single layer on a large baking sheet (or 2 if needed) keeping them separated. Lightly salt and pepper just the leeks and drizzle both with olive oil. Bake until the leeks are slightly brown, and the cauliflower starts to turn brown, about 15 to 17 minutes. Remove the leeks and set aside until step 5.

*After 12 minutes
watch the leeks
closely to make
sure they don't
burn.*

3. Make the Cauliflower "Crouton"

While still on the baking sheet, using a spoon form the cauliflower into two separate rectangles about 4" by 5". Top each rectangle with half the **Triple Cheese Blend** and return to the oven until the cheese is bubbly and starts to brown, about 8 to 10 minutes. Turn off the heat but leave the "croutons" in the oven until step 5.

4. Cook The Onions

While the cauliflower and leeks are roasting, heat 2 Tbsp olive oil in a large saucepan over medium heat. Add the **Onions** and sauté, stirring every few minutes, until the onions become soft and decrease in volume, making sure to keep the heat low enough so they don't turn brown, about 15 minutes.

*After 7 minutes
keep an eye on
the cauliflower
and cheese, so
it doesn't burn.*

5. Make the Stock

Raise the heat to medium high and sprinkle the onions with 1 Tbsp flour. Cook until the flour starts to brown, about 2 minutes. Add the **Broth Starter** and combine, scraping the brown bits off the bottom of the pan.

Add 2 cups water and bring to a rapid boil. Lower the heat to medium and simmer until the soup thickens slightly, about 5 to 7 minutes.

6. Put It All Together

Ladle the soup into serving bowls. Use a spatula to remove the cauliflower and cheese from the baking sheet and place in the soup. Top with the crisp leeks and enjoy!

Instructions for two servings.

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