

*Bourbon and Bacon
Steak Sliders*

25 Min to Table	25 Min Hands On	1 Whisk Super Easy
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Getting Started	Preheat oven to 350.
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From Your Pantry	You'll need olive oil, butter, salt and pepper
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Green Chile Mac-n-Cheese

25 Min to Table	25 Min Hands On	1 Whisk Super Easy
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Getting Started	Bring a saucepan of water to boil.
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From your Pantry	You'll need olive oil, salt and pepper
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Quick Tips



Mish Mosh Chicken Soup

40 Min to Table	25 Min Hands On	2 Whisks Super Easy
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Getting Started	Bring 8 cups of water to a boil.
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From Your Pantry	You'll need vegetable oil, olive oil, salt, pepper and an egg.
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*Chive Beurre Blanc
Salmon & Mushrooms*

25 Min to Table	25 Min Hands On	1 Whisk Super Easy
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Getting Started	Heat olive oil in large skillet.
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From Your Pantry	You'll need olive oil, salt and pepper.
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*Carolina Pulled Pork
& Cornbread*

25 Min to Table	20 Min Hands On	1 Whisk Super Easy
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Getting Started	Toast the cornbread.
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From your Pantry	You'll need olive oil, salt and pepper.
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Shrimp & Fettuccine with Spinach Alfredo Sauce

20 Min to Table	5 Min Hands On	1 Whisk Super Easy
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Getting Started Put a saucepan of water onto boil.

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

Loaded Baked Sweet Potato Soup

30 Min to Table	30 Min Hands On	1 Whisk Super Easy
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Getting Started Bring 4 cups of water to a boil in a large saucepan.

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

Mozambican Yellow Curry Rice Bowl

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

Getting Started Preheat your oven to 400 and put a pot of water on to boil.

Blackened Tilapia Mexican Rice Bowl

20 Min to Table	20 Min Hands On	1 Whisk Super Easy
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Getting Started Put a saucepan of water onto boil.

From Your Pantry You'll need olive oil.

Savory Zucchini Pancakes

40 Min to Table	40 Min Hands On	2 Whisks Easy
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Getting Started Preheat your oven to 375 and heat your skillet

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

Omnivore Option This is great with bacon.

Ginger Scallion Chicken

20 Min to Table	20 Min Hands On	1 Whisk Super Easy
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Getting Started Put a saucepan of water onto boil.

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

Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of recommended daily)	
Blackened Tilapia Mexican Rice Bowl	660	49	40	31	12	720	9	13	50% Vitamin A	30% Vitamin C
Shrimp & Fettuccine with Spinach Alfredo Sauce (use 2/3 pasta and sauce)	780	55	29	77 CC 28	6	910	11	22	45% Calcium	50% Vitamin A
Ginger Scallion Chicken	640		25					16		
	450	47	9	47 CC 38	5	960	21	6	130% Vitamin K	30% Vitamin A
Chive Beurre Blanc Salmon & Mushrooms	460	35	28	16	4	490	7	10	80% Vitamin D	30% Vitamin A
Bourbon and Bacon Steak Sliders (use 1/2 the buns, and cheese)	970	66	46	69 CC 24	4	1600	20	34	40% Calcium	25% Vitamin A
	700		34					23		
Carolina Pulled Pork & Cornbread (2/3 ranch dressing, bbq sauce, & cornbread)	890	39	24	134	7	2490		30	61% Vitamin B12	30% Vitamin C
	690		19					22		
Mish Mosh Chicken Soup	570	68	7	62	6	3610	2	12	26% Vitamin A	15% Iron

Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of recommended daily)	
Mozambican Yellow Curry Rice Bowl	660	15	23	103	11	570	26	22	131% Vitamin C	52% Vitamin B6
Green Chile Mac-n-Cheese (use 1/2 the corn bread, 2/3 of the pasta, cheese, & tomato sauce)	830	27	41	99	8	920	12	26	80% Vitamin A	240% Vitamin C
Savory Zucchini Pancakes	430	15	23	42	7	551		16	47% Vitamin A	19% Vitamin C
Loaded Baked Sweet Potato Soup	720	20	37	77	9	1119	28	22	42% Calcium	29% Vitamin A
Use 1/2 the sour cream, cheese, and no bread	520		27					15		
Add a Protein All-Natural Chicken Breast	220	41	5	0	0	85	0	3	90% Vitamin B6	4% Iron
Add a Protein 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 rcmnded daily)	
Molten Chocolate Cake	520	7	31	54	3	360		28	30% Iron 4% Vitamin A	
Tiramisu for Two	290	5	15	35	1	40	29		6% Calcium 2% Iron	
Flourless Chocolate Cake	370	5	16	32	2	130	18	18	20% Iron 10% Vitamin A	
Chocolate Chunk Cookies	180	2	9	22	1	170	10	9	2% Calcium 4% Vitamin A	
Kitchen Sink Cookies	380	5	19	49	2	400	10	17	20% Iron 8% 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.

Blackened Tilapia Mexican Rice Bowl

This fresh Mexican-inspired rice bowl brings bold seasoning and cool, creamy balance together in every bite. Blackened tilapia is served over warm rice and beans with melted cheese, then finished with a crisp slaw tossed in creamy avocado dressing. It's cozy, satisfying, and ready in just 20 minutes.

20 Minutes to the Table

20 Minutes Hands On

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet

Medium Saucepan

Large

FROM YOUR PANTRY

Olive Oil

6 MEEZ CONTAINERS

Fresh Slaw

Creamy Avocado Dressing

Rice

Spiced Beans & Cheese

Mexican Seasoning

Tilapia

Good to Know

Health snapshot per serving – 660 Calories, 40g Fat, 31g Carbs, 49g Protein, and 13 Freestyle Points.

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

INGREDIENTS: Tilapia, Black Beans, White Rice, Tomato, Avocado, Mayonnaise, Red Onion, Red Cabbage, Green Cabbage, Cotija, Chihuahua, Lemon, Cilantro, Garlic, Cumin, Coriander, Brown Sugar, Paprika, Onion Powder, Chili Powder, Crushed Red Pepper



1. Get Organized

Bring a medium saucepan of water to a boil. Combine the **Fresh Slaw** and **Creamy Avocado Dressing** in a large mixing bowl and refrigerate until step 4.

The amount of water doesn't matter as long as it is enough to completely cover the rice while cooking.

2. Cook the Rice

Add the **White 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 saucepan. Add the **Spiced Beans & Cheese** and warm over low heat, stirring frequently until the cheese is melted and everything is well combined, about 2 minutes. Remove from the heat.

3. Sear the Tilapia

While the rice is cooking, spread the **Mexican Seasoning** on a plate. Pat dry the **Tilapia** and press each filet into the seasoning until they are fully coated on both sides.

Heat 2 Tbsp olive oil in a large skillet over medium-high heat. When the oil is hot, add the seasoned tilapia and cook until the coating just starts to blacken, about 3 to 4 minutes. Flip and cook the other side until it just starts to blacken, an additional 3 to 4 minutes. Remove from heat and set aside.

4. Put It All Together

Serve the seasoned tilapia over the rice and beans and top with the creamy avocado slaw. Enjoy!

Instructions for two servings.

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

Shrimp & Fettuccine with Spinach Alfredo Sauce

The best alfredo sauces are rich and creamy with a squeeze of lemon juice. This recipe is all that, but we challenged the test kitchen for something more, and they delivered with the addition of spinach, arugula and basil. It's bright and packed with vitamins, and even better with sauteed shrimp and tender fettuccine.

Getting Organized

EQUIPMENT

Large Skillet
Large Saucenpan

FROM YOUR PANTRY

Olive Oil
Salt & Pepper
Butter (1 Tbsp)

6 MEEZ CONTAINERS

Fettuccine
Tomato & Zucchini
Shrimp
Sweet Paprika
Spinach Alfredo
Sauce
Pecorino & Parmesan

Good to Know

If you ordered the **Carb Conscious version** we sent you green beans instead of the pasta, reducing the **carbs per serving to 28g**. 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 green beans with a sprinkle of salt and pepper, and cook until they start to char, about 4 to 5 minutes. Set aside and wipe out the skillet. Use the green beans in place of the pasta in step 5.

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

Health snapshot per serving – 780 Calories, 29g Fat, 55g Protein, 77g Carbs, 22 Freestyle Points.

Lightened-up health snapshot per serving – 640 Calories, 25g Fat, and 56g Carbs by using two-thirds of the pasta 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: Shrimp, Tomato, Cream, Zucchini, Fettuccine, Spinach, Parmesan, Pecorino Romano, Arugula, Garlic, Basil, Lemon, Brown Sugar, Paprika, Annatto, Black Pepper

meeZ
meals

20 Minutes to the Table

15 Minutes Hands On

1 Whisk Super Easy

1. Get Organized

Bring a large saucepan of water to boil.

2. Cook the Pasta

Add the **Fettuccine** to the boiling water with a pinch of salt and cook until al dente, about 10 to 12 minutes. Drain and set aside until step 4.

3. Sear the Veggies

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 **Tomato & Zucchini** and cook until they start to char, about 2 to 3 minutes. Remove from the skillet and set aside until step 5. Do not wipe out the skillet.

4. Cook the Shrimp

Heat 1 Tbsp olive oil in the now-empty skillet over medium-high heat. 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.

Return the now-empty skillet to the stove with 1 Tbsp of butter and the **Sweet Paprika** over low heat. Stir continuously until the butter is melted, about a minute. Remove from the heat and stir in the cooked shrimp. Set the skillet aside until step 6.

5. Cook the Sauce

Heat the now-empty Fettuccine saucepan over medium heat and add the **Spinach Alfredo Sauce**. Bring to a low boil and then simmer for 1 to 2 minutes until it thickens slightly, then remove from the heat. Add the **Pecorino & Parmesan**, cooked Tomato & Zucchini, and cooked Fettuccine to the skillet. Stir gently.

6. Put It All Together

Serve the pasta, veggies and sauce with the shrimp on top. Enjoy!

Instructions for two servings.

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

Ginger Scallion Chicken

Big flavor, low calories—this dinner brings comfort without the heaviness. Sautéed chicken breast, tender-crisp veggies, and a warm ginger-forward sauce come together over jasmine rice in just 20 minutes. It's cozy, minus the guilt, and just enough sweetness from honey and mirin to keep you coming back for more.

20 Minutes to the Table

20 Minutes Hands On

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet

Medium Saucepan

Cutting Board

FROM YOUR PANTRY

Olive Oil

Salt & Pepper

4 MEEZ CONTAINERS

Jasmine Rice

Cabbage, Carrots &

Celery

Chicken Breast

Ginger Scallion Glaze

Good to Know

If you ordered the **Carb Conscious version**, we sent you Cauliflower "rice" instead of the Jasmine Rice, reducing the **carbs per serving to 38g**. Skip cooking the jasmine rice and cook the cauliflower along with the cabbage, carrots and celery in the second part of step 2. Use the combined veggie mix as the veggie rice in step 5.

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 – 450 Calories, 9g Fat, 47g Carbs, 47g Protein, and 6 Freestyle Points.

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

INGREDIENTS: Chicken Breast, Green Onion, Celery, Jasmine Rice, Carrot, Cabbage, Yellow Onion, Honey, Tamari, Mirin, Ginger, Garlic, Sesame Oil, Miso, White Pepper, Parsley.

meez meals

1. Get Organized

Bring a medium saucepan of water to boil.

2. Make the Veggie Rice

Add the **Jasmine Rice** to the boiling water and cook until the rice is tender, about 12 to 15 minutes. Drain well and set aside in the colander. Wipe out the saucepan.

Heat 1 Tbsp olive oil in the now-empty saucepan over medium-high heat. When the oil is hot, add the **Cabbage, Carrots & Celery** and cook until the cabbage softens, about 3 to 4 minutes. Turn off the heat and stir in the cooked rice. Cover and set aside until step 5.

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 the bottom is brown, about 4 minutes. Flip and cook for another 4 minutes on the other side. Transfer the chicken to a cutting board to rest for 5 minutes, then slice into ½" strips. Wipe out the skillet.

4. Create the Glaze

Return the now-empty skillet to the stove over medium-high heat. Add the **Ginger Scallion Glaze** and bring to a boil, then reduce the heat to low. Simmer, stirring occasionally, until it thickens and reduces by about 1/3. Turn off the heat and add the sliced chicken to the skillet. Stir until the chicken is well coated.

5. Put It All Together

Serve the chicken and remaining ginger scallion glaze on top of the veggie rice. Enjoy!

*We cook our
rice like pasta
so you just
need enough
water to
completely
cover the rice.*

Instructions for two servings.

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

Chive Beurre Blanc Salmon & Mushrooms

French white sauces have a reputation for being tricky, but the light, creamy Beurre Blanc is easier than you'd think. It's perfect with premium salmon, sautéed mushrooms and seared green beans.

25 Minutes to the Table

25 Minutes Hands On

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

2 Large Skillets
Small Bowl

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Mushrooms
Salmon
Green Beans & Leeks
Chive Butter
Beurre Blanc Sauce

Good to Know

Health snapshot per serving – 460 Calories, 28g Fat, 16g Carbs, 35g Protein and 10 Freestyle Points.

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

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cooking video



INGREDIENTS: Salmon, Green Beans, Cream, Button Mushrooms, Cremini Mushrooms, Leeks, Butter, White Wine, Chives, Vegetable Stock, Dijon Mustard, Black Pepper

meeZ
meals

1. Cook the Mushrooms

Heat 1 Tbsp olive oil in a large skillet over medium-high heat. Add the **Mushrooms** and cook, stirring occasionally, until they brown, about 7 to 8 minutes. Remove from the skillet and set aside in a small bowl. Do not wipe out the skillet. You'll use it in step 4 for the sauce.

2. Cook the Salmon

While the mushrooms are cooking, lightly sprinkle the **Salmon** with salt and pepper.

Heat 1 Tbsp olive oil in a second large skillet over high heat. When the oil is hot, add the salmon and cook until the bottom is browned and each piece begins to color up the side, about 3 to 4 minutes. Flip and continue cooking until the other side is well browned, about 3 more minutes. Remove from the skillet and let rest for 5 minutes. Wipe out the skillet. You'll use it in step 3 for the green beans.

3. Cook the Green Beans & Leeks

While the salmon is resting, heat 1 Tbsp olive oil in the now-empty salmon skillet over medium-high heat. When the oil is hot, add the **Green Beans & Leeks** with a light sprinkle of salt and pepper. Cook until the green beans are bright green and just starting to char, about 5 to 6 minutes.

4. Create the Sauce

While the green beans are cooking, melt the **Chive Butter** in the now-empty mushroom skillet over medium heat. Add the **Beurre Blanc Sauce** and simmer, stirring frequently, until the sauce has thickened enough to coat the back of a spoon, about 3 to 4 minutes. Turn off the heat and stir in the cooked mushrooms.

5. Put It All Together

Serve the salmon topped with the mushrooms and Beurre Blanc sauce, and the green beans & leeks on the side. Enjoy!

Instructions for two servings

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

Bourbon & Bacon Steak Sliders

Bourbon and apple cider add a depth of flavor to sauces that's uniquely American. Paired with bacon and grilled onions, and our sliced bistro chateau steak, then smothered with melted cheese, it makes a slider that's a down-home favorite.

25 Minutes to the Table

25 Minutes Hands On

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet

Baking Sheet

FROM YOUR PANTRY

Olive Oil

Salt & Pepper

Butter (½ Tbsp per svg)

6 MEEZ CONTAINERS

Steak

Slider Buns

Gouda & Cheddar

Bacon & Onions

Bourbon & Cider

Arugula

Good to Know

If you ordered the **Carb Conscious version**, we sent you red bell peppers instead of the slider buns, reducing the **carbs per serving to 24g**. After step 2, sauté the peppers in the large skillet until charred, about 5 to 6 minutes. Remove and place directly on your serving plates and top with the cheese. Serve the steak, sauce, and arugula on top of the cheesy peppers.

Health snapshot per serving – 970 Calories, 46g Fat, 69g Carbs, 66g Protein, and 34 Freestyle Points.

Lightened-up health snapshot per serving – 700 Calories, 34g Fat, 41g Carbs, and 23g Freestyle Points, by using half of the buns and half of the cheese and eating the sliders open face.

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

INGREDIENTS: Steak, Slider Buns, Apple Cider, Yellow Onion, Gouda, White Cheddar, Bacon, Arugula, Dijon Mustard, Bourbon, Brown Sugar, Apple Cider Vinegar, Black Pepper

1. Get Organized

Preheat your oven to 350.

2. Cook the Steaks

Heat 1 Tbsp of olive oil in a large skillet over high heat. Pat the **Steaks** dry with a towel and season generously with salt and pepper. When the oil is very hot, add the steaks and cook until the bottoms brown and sides start to color, about 3 minutes. If you prefer your steak **medium-rare**, flip and continue cooking 3 minutes (**medium** 4 minutes, **well done** 5 to 6 minutes).

Set aside to rest for 5 minutes, then place horizontally on a cutting board and cut into $\frac{1}{2}$ " strips. Wipe out the skillet.

3. Toast the Buns

While the steaks are resting, place each set of **Slider Buns** cut-side up on a baking sheet. Spread an even layer of **Gouda & Cheddar** over the buns, edge to edge. Bake until the cheese is melted, about 5 minutes.

4. Create the Bourbon Bacon Sauce

While the buns are toasting, heat the now-empty skillet over medium-high heat. Add the **Bacon & Onions** and cook until the bacon is crispy, about 4 minutes. Remove from the skillet and set aside. Do not wipe out the skillet.

Add the **Bourbon & Cider** to the skillet and bring to a boil. Lower the heat to medium and simmer until it thickens enough to coat the back of a spoon, about 3 to 4 minutes. Remove from the heat and add 1 Tbsp butter and the cooked bacon and onions. Stir well.

5. Put It All Together

Place sliced steak on the bottom slider buns, then top with the bourbon bacon sauce, **Arugula**, and top bun. Enjoy!

Instructions for two servings.

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

Carolina Pulled Pork & Cornbread

Carolina BBQ is an American classic. We're cooking up our version this week with pulled pork, seared green beans and toasted cornbread. With a drizzle of buttermilk ranch, it's a speedy dinner that's packed with flavor.

25 Minutes to the Table

20 Minutes Hands On

1 Whisks *Super Easy*

Getting Organized

EQUIPMENT

Baking Sheet

Large Skillet with a Cover

FROM YOUR PANTRY

Olive Oil

Salt & Pepper

6 MEEZ CONTAINERS

Cornbread

Green Beans

Corn

Buttermilk Ranch Dressing

Pulled Pork

Carolina BBQ Sauce

Make The Meal Your Own

Carolina BBQ sauce is not spicy, if you want to add a kick, try a couple shakes of your favorite hot sauce.

Good to Know

Health snapshot per serving – 890 Calories, 39g Protein, 24g Fat, 134g Carbs, 30 Freestyle Point

Lightened Up Health snapshot per serving – 690 Calories, 36g Protein, 19g Fat, 99g Carbs, 22 Freestyle Point with two-thirds of the buttermilk ranch dressing, two-thirds of the BBQ Sauce and two-thirds of the cornbread.

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: Pulled Pork, Green Beans, Corn, Cornbread, Carolina BBQ Sauce, Buttermilk, Mayonnaise, Sour Cream, White Vinegar, Chives, Black Pepper, Garlic, Onion Powder, Parsley, Miso, Lemon.

meez
meals

1. Toast the Cornbread

Cut the **Cornbread** into 1" cubes and arrange in a single layer on your toaster's baking sheet. Toast until it starts to brown on the edges, then transfer directly to serving plates.

If you don't have a toaster oven, bake the cornbread at 425 for 8 to 10 minutes.

2. Sear the Green Beans and Corn

While the cornbread is toasting, heat 1 Tbsp olive oil in a large skillet over high heat. When the oil is hot, add the **Green Beans** and cook, undisturbed until they char, about 2 minutes. Stir and cook for an additional minute. Remove from the heat and set aside until step 4. Do not wipe out the skillet.

Don't overcook the green beans. You want them to maintain their crunch.

Drain the **Corn** and add to the now-empty skillet over high heat. Cook, undisturbed, until the kernels start to char, about 2 minutes. Shake the skillet a bit to move the corn around and cook for an additional minute. Turn off the heat and add 3 Tbsp of the **Buttermilk Ranch Dressing** to the skillet. Stir gently until the corn is completely coated. Remove the creamy corn from the skillet and set aside until step 4. Wipe out the skillet.

3. Heat the Pulled Pork and Carolina BBQ Sauce

Return the now-empty skillet to the stove over low heat. Add the **Pulled Pork** and cook until it is warm, about 2 minutes. Add the **Carolina BBQ Sauce** and stir until the pork is completely coated in BBQ sauce. Cover and cook, stirring occasionally, for 8 minutes.

4. Put It All Together

Serve the pulled pork over the cornbread and topped with the creamy corn and seared green beans. Drizzle the additional Buttermilk Ranch Dressing over top. Enjoy!

Instructions for two servings.

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

Mish Mosh Chicken Soup

For the uninitiated, Mish Mosh soup is a combination of some of the best items soup has to offer all in one bowl. Of course we are doing it up Meez style, with cage-free chicken breast, freshly cooked matzo balls, egg noodles, wild rice and barley in a classic chicken broth. It is a hearty dinner for all appetites.

40 Minutes to the Table

25 Minutes Hands On

2 Whisks *Easy*

Getting Organized

EQUIPMENT

2 Large Saucepans ,
both with covers
Large Mixing Bowl

FROM YOUR PANTRY

Vegetable Oil
Olive Oil
Salt & Pepper
1 Egg

6 MEEZ CONTAINERS

Matzo Ball Mix
Dill
Chicken Broth Starter
Egg Noodles
Chicken
5-Grain Blend

Good to Know

Health snapshot per serving – 570 Calories, 68g Protein, 70g Fat, 63g Carbs, 9 Freestyle Points.

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

INGREDIENTS: Chicken, Barley, Wheat Berry, Wild Rice, Red Quinoa, White Quinoa, Egg Noodle, Chicken Broth, Carrot, Onion, Celery, Matzo Mix, Vegetable Oil, Egg, Dill.

meez
meals

1. Cook the Matzo Balls

Set 8 cups of water to a boil in a large saucepan over high heat.

Crack one egg into a large mixing bowl. Add 1 Tbsp vegetable oil and blend. Then add the **Matzo Mix** (consistency similar to flour and in a plastic container) and **Dill** and mix until blended. Pat about $\frac{1}{4}$ of the mix into a golf-ball-sized ball using a gentle hand. Repeat for the rest of the mix so you have 4 matzo balls total. Place into the freezer for 5 minutes to set. Gently transfer the matzo balls into the pot of boiling water, cover and reduce heat to medium-high. Cook 25 minutes, then turn off the heat but leave the matzo balls in the covered pot until step 4.

The pot should be large enough for the matzo balls to have plenty of room to expand.

Don't over-mix the raw matzo balls. Once the ingredients are all combined quickly get into the freezer to set.

2. Cook the Broth and Noodles

In a second large saucepan, combine 4 cups of water and the **Chicken Broth Starter**. Bring to a boil over high heat. When the broth is boiling, stir in the **Egg Noodles**, cover, and reduce heat to medium-high. Keep at a low boil until the vegetables are soft, about 15 to 20 minutes.

The chicken will not be fully cooked at this point but will finish cooking in the boiling broth in step 4.

3. Sear the Chicken

As soon as the broth is boiling, dry and generously sprinkle the **Chicken** with salt and pepper (we use $\frac{1}{4}$ tsp salt and $\frac{1}{4}$ tsp pepper, so use about half per side, or more if you like). Heat 1 Tbsp olive oil in a skillet over high heat. When the oil is very hot, add the chicken and cook until it starts to brown, about 2 minutes. Flip and cook other side for 2 minutes. Remove from heat and place on a cutting board. When it is cool enough to handle, dice into $\frac{1}{4}$ " squares.

4. Put It All Together

When the broth is finished cooking, add the **5-Grain Blend**, diced chicken, and cooked matzo balls to the soup. Cover and let everything cook on a low boil for 2 minutes. Remove from the heat and ladle into serving bowls. Enjoy!

Instructions for two servings.

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

Mozambican Yellow Curry Rice Bowl

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

35 Minutes to the Table

20 Minutes Hands On

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Saucepan

Baking Sheet

Large Mixing Bowl

FROM YOUR PANTRY

Olive Oil

Salt & Pepper

5 MEEZ CONTAINERS

Himalayan Red &
Brown Rice

African Curry Sauce

Broccoli

Seasoned

Chickpeas

Radish, Tomato &
Cucumber

Add Protein Cooking Instructions

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

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

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

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

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

Good to Know

Health snapshot per serving – 660 Calories, 15g Protein,
23g Fat, 103g Carbs, 22 Freestyle Points.

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cooking video



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

meez
meals

1. Get Organized

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

2. Cook the Rice and Sauce

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

3. Warm the Sauce

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

4. Roast the Chickpeas and Broccoli

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

5. Put It All Together

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

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

Instructions for two servings.

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

Green Chile Mac-n-Cheese

Mac-n-Cheese meets vegetarian chili in this tasty spin on two American classics. With toasted cornbread crumbles, white cheddar and a green chile crema, this dish checks all the boxes for a family favorite.

Getting Organized

EQUIPMENT

- Medium Saucepan
- Large Oven-Safe Skillet
- Baking Sheet

FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper

6 MEEZ CONTAINERS

- Macaroni
- Cornbread
- Seasoned Beans, Corn & Peppers
- Tomato Cream Sauce
- White Cheddar
- Green Chile Crema

Add Protein Instructions

Integrate into recipe: While the mac-n-cheese is in the oven in step 5, cook protein (per instructions below). Slice it into strips (*flake the salmon, leave the shrimp whole*) and serve on top of the mac-n-cheese before drizzling with Green Chile Crema 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 – 830 Calories, 27g Protein, 41g Fat, 99g Carbs, 26 Smart Points

Lightened up health snapshot per serving – 570 Calories, 27g Fat, 70g Carbs, 18 Freestyle Points, by using half of the corn bread, and two-thirds of the macaroni, two-thirds of the cheese and two thirds of the tomato cream sauce.

INGREDIENTS: Macaroni, Cornbread, Red Bell Pepper, Green Bell Pepper, Black Beans, Green Chile Sauce, Cream, White Cheddar, Corn, Cream, Tomato Sauce, Cream Cheese, Sour Cream, Cilantro, Garlic, Lime Juice, Chili Powder, Cumin, Oregano, Vegetable Stock, Kosher Salt, White Pepper

25 Minutes to the Table

20 Minutes Hands On

1 Whisk *Super Easy*

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cooking video



meeZ *meals*

1. Get Organized

Preheat the oven to 350. Bring a medium saucepan of water to boil.

2. Cook the Macaroni

Add the **Macaroni** to the boiling water and cook until al dente, about 8 to 10 minutes. Drain and set aside until step 4.

3. Toast the Cornbread

While the macaroni are cooking, cut the **Cornbread** into about 1" pieces and arrange in a single layer on a baking sheet. Drizzle lightly with olive oil and bake until they start to brown, about 10 minutes. Remove from the oven and set aside until step 5.

4. Make the Cheese Sauce

While the cornbread is still toasting, heat 1 Tbsp olive oil in a large oven-safe skillet over medium-high heat. When the oil is hot, add the **Seasoned Beans, Corn & Peppers** and cook until the vegetables start to soften, about 4 minutes. Add ½ cup of water and simmer for an additional 3 to 4 minutes.

Add the **Tomato Cream Sauce** and bring to a low boil, then reduce the heat to low and simmer until the sauce thickens a bit, about 2 to 3 minutes. Turn off the heat and add the **White Cheddar** and the cooked macaroni. Mix gently, then spread in an even layer in the skillet.

5. Put It All Together

Crumble the toasted corn bread over top of the mac-n-cheese and bake until the top is brown and slightly crispy, about 5 to 6 minutes. Remove from the oven and let rest for at least 5 minutes before serving.

Drizzle with the **Green Chile Crema** and enjoy!

Instructions for two servings.

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

Savory Zucchini Pancakes

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

40 Minutes to the Table

40 Minutes Hands On

2 Whisks *Easy*

Getting Organized

EQUIPMENT

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

FROM YOUR PANTRY

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

4 MEEZ CONTAINERS

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

Add Protein Cooking Instructions

Integrate into recipe: Prior to step 3, cook the protein (per instructions below) and then slice into strips (flake the salmon, leave shrimp whole) and serve on top of the Apple Pumpkin Butter before adding the toasted pumpkin seeds in step 4.

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

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

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

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

Good To Know

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

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

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

meez
meals

1. Getting Organized

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

2. Mix the Pancake Batter

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

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

3. Cook the Pancakes

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

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

4. Put It All Together

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

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

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

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

Instructions for two servings.

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

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 Calories, 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.

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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 $\frac{1}{2}$ Tbsp of the **Cheese & Sour Cream** on the top of each of the halves. Set aside for Step 4.

2. Roast the Potatoes

Add $\frac{3}{4}$ 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 $\frac{1}{4}$ 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