

Wasabi Salmon

25 Min
to Table

15 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.

Grilled Halloumi Gyros

10 Min
to Table

10 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Prepare the Broccoli & Zucchini Slaw.

From Your Pantry

You'll need olive oil, salt and pepper.

Quick Tips



meez meals

Acorn Squash & Herb Risotto

45 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.

Steak with Jalapeno-Lime-Butter and Cornbread

30 Min
to Table

30 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Melt the Jalapeno-Lime Butter.

From Your Pantry

You'll need olive oil, salt & pepper

Creamy Triple Mushroom & Spinach Soup

20 Min
to Table

15 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Heat your oil in a saucepan.

From Your Pantry

You'll need olive oil, salt and pepper

Mango Teriyaki Chicken

25 Min to Table	25 Min Hands On	1 Whisk Super Easy
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Getting Started	Put a pot of water on to boil.
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From your Pantry	You'll need olive oil, salt and pepper.
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Italian Sausage & Peppers with Penne Verde

20 Min to Table	20 Min Hands On	1 Whisk Super Easy
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Getting Started	Bring a saucepan of water on to boil.
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From Your Pantry	You'll need olive oil, and salt.
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Meal Tip	The sausage is fully cooked, so just heat and eat.
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Sweet & Sour Tofu Over Sesame Noodles

25 Min to Table	25 Min Hands On	1 Whisk Super Easy
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Getting Started	Put a saucepan of water on to boil.
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Meal Tip	You'll need olive oil, salt and pepper.
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BBQ Salmon with Loaded Mashed Potatoes

25 Min to Table	25 Min Hands On	1 Whisk 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 & pepper.
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Chicken Al Pastor Tacos

20 Min to Table	20 Min Hands On	1 Whisk Super Easy
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Getting Started	Heat olive oil over medium high heat.
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From Your Pantry	You'll need olive oil, salt and pepper
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New England Shrimp Roll

20 Min to Table	20 Min Hands On	1 Whisk Super Easy
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Getting Started	Preheat your oven to 425.
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From your Pantry	You'll need a little cooking oil.
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Meal Tip	Add a little Tabasco for an extra kick.
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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)	
Italian Sausage & Peppers with Penne Verde	980	47	60	63 CC 25	5	1760	14	32	120% Vitamin A	410% Vitamin C
(use 1/2 the pasta sauce & parmesan)	710		45					22		
Mango Teriyaki Chicken	630	51	9	86	7	1700	31	13	97% Vitamin A	84% Vitamin C
New England Shrimp Roll	615	36	16	79	4	1320	x	16	29% Vitamin A	14% Vitamin B6
Grilled Halloumi Gyros	610	35	37	35 CC 22	4	1410	10	20	50% Vitamin C	35% Vitamin A
Wasabi Salmon	600	46	30	37	6	265		16	31% Vitamin A	51% Vitamin C
Chicken Al Pastor Tacos	610	45	6	75 CC 39	8	950	30	13	25% Vitamin A	141% Vitamin C
Acorn Squash & Herb Risotto	710	13	44	57 CC 40	5	1335	9	26	58% Vitamin A	62% Vitamin C
(use all of squash and 1/3 of other ingredients)	495		30					17		

Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmndd daily)	
Sweet & Sour Tofu Over Sesame Noodles	621	33	14	92 CC 35	10	1624		12	167% Vitamin C	77% Calcium
Steak with Jalapeno-Lime-Butter and Cornbread	650	38	34	51 CC 21	4	800	9	19	76% Vitamin A	283% Vitamin C
BBQ Salmon with Loaded Mashed Potatoes	580	46	22	50 CC 39	5	890	25	13	90% Vitamin D	110% Vitamin C
Creamy Triple Mushroom & Spinach Soup	375	13	26	25	8	174		14	267% Vitamin A	46% Vitamin C
Add a Protein All-Natural Chicken Breast	220	41	5			85		3	90% Vitamin B6	4% Iron
Add a Protein Bistro Chateau Steak	220	30	10			75		5	10% Iron	10% Potassium
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

Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmndd daily)	
Flourless Chocolate Cake	370	5	16	32	2	130	18	18	20% Iron	10% Vitamin A
Tiramisu for Two	290	5	15	35	1	40	29		6% Calcium	2% Iron
Honduran Chocolate Brownies (Gluten-Free)	340	4	18	42	3	140	31	16	4% Vitamin C	15% 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.

Italian Sausage & Peppers with Penne Verde

We love traditional Italian sausage & peppers. This week, we created a delicious creamy spinach sauce and paired it with al dente penne and locally sourced sausage. It's a simple meal that's packed with flavor.

20 Minutes to the Table

20 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Large Skillet
Large Saucepan

FROM YOUR PANTRY

Olive Oil
Salt

5 MEEZ CONTAINERS

Italian Sausage
Penne
Red & Green Bell Peppers
Creamy Spinach Sauce
Parmesan & Black Pepper

Good to Know

If you ordered the **Carb Conscious version** we sent you zucchini "noodles" instead of the penne, reducing the **carbs per serving to 25g**. Skip steps 1 and 2 and prior to step 3, heat 1 Tbsp olive oil in a large skillet over high heat. When the oil is hot, add the zucchini noodles and cook until they start to char, about 2 to 3 minutes. Set aside and wipe out the skillet. Use the zucchini noodles in place of the pasta in step 4.

Health snapshot per serving – 980 Calories, 60g Fat, 47g Protein, 63g Carbs, and 32 Freestyle Points.

Lightened up health snapshot per serving – 710 Calories, 45g Fat, 38g Carbs, and 22 Freestyle Points, by using half of the pasta, sauce, and parmesan & black pepper.

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

INGREDIENTS: Italian Sausage, Red Bell Peppers, Green Bell Peppers, Penne Pasta, Cream, Parmesan, Spinach, Green Onion, Black Pepper, Lemon Pepper

meezmeals

1. **Get Organized**

Bring a large saucepan of water to boil.

2. **Cook the Pasta**

Add the **Penne** to the boiling water with a pinch of salt and cook until al dente, about 10 to 12 minutes. Drain and return the pasta to the saucepan with a cover.

3. **Cook the Sausage**

While the pasta is cooking, cut the **Italian Sausage** in half, lengthwise and then into ½" half-moon slices.

Heat a large skillet over medium high heat. Add the sausage and cook, stirring frequently, until brown and slightly crispy, about 2 to 3 minutes. Transfer to a paper towel lined plate. Do not wipe out the skillet.

The sausage will arrive fully-cooked. This step is to heat it and add charred flavor.

4. **Cook the Peppers and Sauce**

Heat 1 Tbsp olive oil and the oil remaining from cooking the sausage in the now-empty skillet over medium-high heat. When the oil is hot, add the **Red & Green Bell Peppers** and cook until they start to char, about 4 to 5 minutes. Turn off the heat and add the **Creamy Spinach Sauce** and stir until hot. Add the cooked penne and Italian sausage to the skillet and stir well.

5. **Put It All Together**

Serve the pasta topped with the **Parmesan & Black Pepper**. Enjoy!

Instructions for two servings.

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

= Mango Teriyaki Chicken

We love the sweet and salty combination of a classic teriyaki, and we're giving it a tropical note this week with juicy Mango. Paired with seared veggies, jasmine rice and tender chicken, it's a dinner that's super simple and super delicious.

Getting Organized

EQUIPMENT

Saucepan
Large Skillet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Jasmine Rice
Chicken Breast
Asian Veggies
Mango Teriyaki
Sauce
Cilantro & Mango

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 – 630 Calories, 51g Protein, 9g Fat, 86g Carbs, and 13 Freestyle Points.

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

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



25 *Minutes to the Table*

25 *Minutes Hands On*

1 Whisk *Super Easy*

INGREDIENTS: Chicken Breast, Bok Choy, Green Beans, Carrots, Jasmine Rice, Mango, Cilantro, Tamari, Garlic, Ginger, Sesame Oil, Brown Sugar.

meez meals

1. **Get Organized**

Bring a pot of water to boil.

2. **Cook the Rice**

Add the **Jasmine Rice** to the boiling water with a pinch of salt and cook, uncovered, until just tender, about 12 to 15 minutes. Drain, then return the rice to the saucepan. Cover and set aside.

3. **Cook the Chicken**

While the rice 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 1 Tbsp olive oil in a large skillet over medium high heat. When the oil is hot, add the chicken and cook until the bottom is crisp and brown, about 4 minutes. Turn the chicken and cook for another 4 minutes, until the other side is brown as well. Do not wipe out pan.

Transfer the chicken to a cutting board to rest for 5 minutes, then slice into ½" strips.

4. **Sauté the Veggies**

Return the now-empty skillet to the stove over high heat. Add the **Asian Veggies** and cook, stirring occasionally, until they start to char, about 4 to 5 minutes. Remove from the skillet and add to the rice in the saucepan. Stir well and set aside.

5. **Heat the Sauce**

Wipe out the now-empty skillet, then return to the stove over high heat. Add the **Mango Teriyaki Sauce** and bring to a boil. Cook until the sauce is thick enough to coat the back of a spoon, about 3 to 4 minutes.

Reduce the heat to medium and add the sliced chicken. Mix until it is well coated with sauce and cook for an additional minute.

6. **Put It All Together**

Serve the coated chicken over the rice and veggies and drizzle with a few spoonful's of sauce. Top with the **Cilantro & Mango** and enjoy!

Instructions for two servings.

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

New England Shrimp Roll

Inspired by the classic Maine lobster roll, then served up Meez style. It starts with sautéed shrimp tossed New England style with lemony mayonnaise. Add in a toasted roll, roasted red potato fries, and pickled veggies, and you've got something special.

20 Minutes to the Table

20 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Skillet

FROM YOUR PANTRY

Olive Oil

Salt & Pepper

6 MEEZ CONTAINERS

Shrimp

Roll

Lemony Mayo

Red Potatoes

Pickled Veggies

Dill & Chive

Make the Meal Your Own

If you like spicy food, add a little Tabasco or hot sauce to the creamy dressing for an extra kick.

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 – 615 Calories, 36g Protein, 16g Fat, 16 Smart Points

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

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



INGREDIENTS: Roll, Shrimp, Red Potatoes, Zucchini, Squash, Mayonnaise, Green Onion, Chives, Dill, Celery, Sriracha, Lemon, Garlic, Black Pepper

meez meals

1. Cook the Red Potato Fries

Preheat your oven to 425

Slice each **Red Potato** in half the long way, then slice each half again so you have four skinny fries per potato. Transfer them to a large mixing bowl, drizzle with olive oil, salt and pepper and toss. Arrange the coated fries on a baking sheet in a single layer. Roast until the outside of the potato is golden and slightly crispy, about 20 minutes.

2. Cook the Shrimp

After the potatoes have been baking for about 10 minutes, dry and lightly salt & pepper the **Shrimp**. Heat 1 Tbsp olive oil in a skillet over medium-high heat. Cook for a minute on each side until they are opaque and no longer grey in color. Place in the now-empty mixing bowl and set aside.

3. Prepare Your Rolls

Brush olive oil on both flat sides of each **Roll** and place in the now-empty skillet over medium-high heat. Grill bread until golden brown on one side, about 20 to 30 seconds using a small sauté pan to gently push down on the top of the bread while it's cooking. Flip and grill the other side until also golden brown using same process.

Remove from heat and place the rolls standing up on a plate (round top should be facing up and toasted sides should be facing out).

Carefully slice half way down into the bread from the front to the back creating a slit on the top. This will be the pocket for the shrimp to go into.

4. Put It All Together

Add the **Lemony Mayo** to the bowl with the cooked shrimp and toss. Using a spoon, fill the roll with the shrimp and lemony mayo mix (pressing down a bit to keep the shrimp in place). Generously top with the **Dill & Chive** mix. Serve roll alongside the **Pickled Veggies** and roasted red potato fries and enjoy!

Brush the olive oil for grilling the bread on the flat sides of the roll and not the round top or bottom.

Be sure not to slice the roll in half. You only want to go about half way down into the bread to create the opening for the filling.

Instructions for two servings.

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

Grilled Halloumi Gyros

Our spin on Greek street food. It all starts with grilled halloumi, the classic Greek cheese that gets charred and crispy when it's cooked. We're pairing it with an eggplant tapenade and fresh slaw, then wrapping everything up in warm naan. It might not be traditional, but it's so delicious it should be.

10 Minutes to the Table

10 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Large Skillet
Cutting Board

FROM YOUR

PANTRY

Olive Oil
Salt & Pepper

5 MEEZ

CONTAINERS

Tzatziki Sauce
Broccoli &
Zucchini Slaw
Halloumi Cheese
Naan
Eggplant
Tapenade

Add Protein Cooking Instructions

Integrate into recipe: Prior to step 2, cook the protein (per instructions below). Slice into strips (flake the salmon and leave the shrimp whole) and combine with the Halloumi to add to the gyro 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 ordered the **Carb Conscious version** we sent you romaine lettuce instead of the naan bread to make a grilled halloumi salad, reducing the **carbs per serving to 22g**. Skip step 3 and cut the romaine into one-inch strips.

Health snapshot per serving – 610 Calories, 35g Protein, 37g Fat, 35g Carbs, and 20 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: Halloumi Cheese, Broccoli, Zucchini, Eggplant, Tomato, Red Onion, Cucumber, Greek Yogurt, Cream, Lemon, Garlic, Kosher Salt, Dill.

meez meals

1. Create the Tzatziki Slaw

Combine two-thirds of the **Tzatziki Sauce** with the **Broccoli & Zucchini Slaw** in a bowl and place in the fridge until step 4.

2. Cook the Halloumi Cheese

Place the **Halloumi Cheese** on a cutting board and cut in half lengthwise, then slice into rectangles about 1/4" thick. You should have about 10 to 12 pieces per serving after slicing.

We're sending the halloumi uncut to maintain maximum taste and freshness.

Heat 1 Tbsp of olive oil in a large skillet over medium heat. When the oil is hot, add the Halloumi and lightly season with pepper. Cook until one side is golden brown, about 2 minutes, then flip and cook the other side until golden brown, an additional 2 minutes. Remove from the skillet and set aside. Wipe out the pan.

3. Warm the Naan

Very lightly brush both sides of the **Naan** with olive oil and sprinkle with salt and pepper. Return the now-empty skillet to the stove over medium high heat. Warm both sides of the naan, about a minute on each side.

4. Put It All Together

Spread a little of the remaining tzatziki sauce in the center of the Naan, then top with the grilled Halloumi, broccoli & zucchini slaw, and **Eggplant Tapenade**. Drizzle with additional tzatziki Sauce to taste. Enjoy!

Instructions for two servings.

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

Wasabi Salmon

With crispy, panko-crusted salmon, a Japanese-style wasabi cream that's packed with flavor and sautéed green beans, this recipe has it all. Best yet, dinner is on the table in less than half an hour.

25 *Minutes to the Table*

15 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet
Baking Sheet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Wasabi Cream
Panko Breading
Salmon
Green Beans
Tamari & Chive Dressing

Good To Know

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

The wasabi cream is not overly spicy so even if you don't normally eat wasabi, you might be pleasantly surprised by how mild ours is.

Health snapshot per serving – 600 Calories, 30g Fat, 265mg Sodium, 6g Fiber, 37g Carbs, 46g Protein and 16 Smart Points

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

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



INGREDIENTS: Salmon, Green beans, Breadcrumbs, Mayonnaise, Wasabi, Ginger, Tamari, Sesame Seeds, Sesame Oil, Chive, Garlic, Black Pepper, Onion

meez meals

1. Getting Organized

Preheat oven to 400.

2. Prepare and Cook the Salmon

Spread the **Panko Breading** evenly on a large plate.

Coat the top side of the **Salmon** with a thick layer of **Wasabi Cream** (which is in a plastic container) at least 1/4" thick. Put each piece of salmon onto the breading, cream side down. Press down to make sure the breading adheres then repeat on the other, non-wasabi side. Place onto a baking sheet, cream-and-panko side up.

Bake the salmon 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**, salt and pepper, and sauté until the green beans just starts to sear, about 4 to 5 minutes.

4. Putting It All Together

Serve the salmon on top of the green beans and drizzle the **Tamari & Chive Dressing** (thinner white sauce with visible green chives in a sealed bag) over the entire dish. Enjoy!

It is important that you create a nice thick layer of wasabi cream on the top of the salmon to get the full flavor of the dish.

The green beans will continue to cook after you remove it from the heat so be sure not to overcook it.

Love this recipe? #meezmagic

Instructions for two servings
Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois

Chicken Al Pastor Tacos

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

20 *Minutes to the Table*

20 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet

FROM YOUR PANTRY

Olive Oil

Salt & Pepper

6 MEEZ CONTAINERS

Chicken Breast

Tortillas

Red Cabbage & Onion

Al Pastor Sauce

Pineapple Salsa

Lime

Make The Meal Your Own

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

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

Good To Know

Health snapshot per serving – 610 Calories, 45g Protein, 6g Fat, 39g Carbs, and 13 Freestyle Points.

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

SCAN QR CODE
to view YouTube
cooking video



INGREDIENTS: Chicken Breast, Flour Tortillas, Pineapple, Lime, Tomato, Yellow Onion, Red Cabbage, Red Onion, Red Bell Pepper, Radish, Chipotles in Adobo, Ancho Chili, Cilantro, Tamari, Jalapeño, Honey, Garlic, Cumin, Oregano

meez meals

1. Cook the Chicken

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

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

2. Warm the Tortillas

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

3. Create the Filling

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

4. Put It All Together

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

Instructions for two servings.

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

Acorn Squash & Herb Risotto

The world's easiest risotto. We've found a trick for making creamy, hands-free risotto right in your oven. We're cooking it up with seared acorn squash and just the right blend of spices for a delicious dinner perfect any night of the week.

45 Minutes to the Table

10 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

Acorn Squash
Arborio Rice
White Wine
Sauce
Herbs, Onion & Garlic
Green Onions & Parsley
Pepitas

Add Protein Cooking Instructions

Integrate into recipe: While the risotto is cooking in step 3, cook the protein (per instructions below) and serve alongside the risotto.

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.

Make The Meal Your Own

If you ordered the **Carb Conscious version**, we sent you cauliflower "rice" instead of the arborio rice, reducing the **carbs per serving to 40g**. After searing the acorn squash in step 2, return the empty skillet to the stove with 1 Tbsp olive oil over high heat and sauté the cauliflower until it starts to brown, about 2 to 3 minutes. Continue with step 3. except don't add the water and reduce the total time in the oven to 15 minutes.

Health snapshot per serving – 710 Calories, 13g Protein, 57g Carbs, 44g Fat, 26 FS Points

Lightened-Up Health snapshot per serving – 495 Calories, 43g Carbs, 30g Fat, 17 Freestyle Points, reducing all the ingredients, except for the Acorn Squash by one-third.

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



INGREDIENTS: Arborio Rice, Acorn Squash, Pepitas (pumpkin seeds), Green Onions, White Wine, Cream, Parmesan, Asiago, Capers, Parsley Garlic, Miso, Lemon, Basil, Black Pepper.

meez meals

1. Getting Organized

Preheat your oven to 400.

2. Sear the Acorn Squash

Heat 1 Tbsp olive oil in a large, oven safe skillet on medium high heat. When oil is hot, add the **Acorn Squash**, to the pan in a single layer. Sprinkle with salt and pepper and cook, undisturbed until the squash starts to brown, about 2 to 3 minutes. Flip and cook the other side until it begins to brown, an additional 2 to 3 minutes. Remove from the skillet and set aside. Do not wipe out skillet.

This step is to sear the squash. It will finish cooking in Step 3.

3. Prepare and Bake the Risotto

Return the now empty skillet to the stove with 1 Tbsp olive oil over medium-high heat. When the oil is hot, add the **Arborio Rice** and stir until the rice is coated with oil. Stir in the **White Wine & Cream Sauce** (the component containing the white liquid), 1 cup of water, and the **Herbs, Onion & Garlic**. Turn heat to high and bring to a boil.

Remove the skillet from the heat and arrange the seared Acorn Squash gently on top of the rice mixture. Cover with an oven safe lid and bake, undisturbed until the rice is tender, and the water has been absorbed, about 25 minutes. After 20 minutes, 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. If the rice is tender but there is still liquid, uncover until it is absorbed.

If you don't have a cover you can use a baking sheet.

When the rice is cooked, sprinkle the **Green Onions & Parsley** on top, cover, and cook the casserole for an additional 5 minutes. Remove from the oven and let cool for at least 5 minutes.

4. Put It All Together

Serve the risotto topped with the **Pepitas** and enjoy!

Instructions for two servings.

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

Sweet & Sour Tofu Over Sesame Noodles

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

25 Minutes to the Table

25 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Saucepan
Large Skillet

FROM YOUR

PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

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

Add Protein Cooking Instructions

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

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

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

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

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

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

Good to Know

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

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

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

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



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

meez meals

1. **Get Organized**

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

2. **Prepare the Tofu**

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

3. **Make the Pineapple Ring**

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

4. **Sauté the Veggies**

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

5. **Cook the Noodles**

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

6. **Make the Sauce**

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

7. **Put It All Together**

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

Instructions for two servings.

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

Steak with Jalapeno-Lime-Butter and Cornbread

This dinner pairs tender, juicy steak with toasted cornbread and seared peppers, onions and tomatoes but the true magic comes from our jalapeno-lime butter, which adds a savory zing we just love.

30 Minutes to the Table

30 Minutes Hands On

1 Whisks Super Easy

Getting Organized

EQUIPMENT

Small Saucepan
Large Skillet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Jalapeno-Lime-Butter
Cornbread
Steak
Tomatoes
Peppers & Onions
Lime

Make The Meal Your Own

If you ordered the **Carb Conscious version**, we sent you cauliflower instead of the cornbread, reducing the **carbs per serving to 21g**. Instead of cooking the cornbread in step 2, add 1½ Tbsp olive oil to a large skillet over medium high heat. When the oil is hot, add the cauliflower with a pinch of salt and pepper. Cook undisturbed, until it browns about 4 to 5 minutes. Continue to stir and cook until the other sides are brown, about an additional 5 to 7 minutes.

Health snapshot per serving – 650 Calories, 38g Protein, 34g Fat, 51g Carbs, Freestyle Points 19

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, Cornbread, Grape Tomatoes, Red Bell Pepper, Poblano Pepper, Butter, Red Onion, Yellow Onion, Jalapeño, Cilantro, Lime.

meez meals

1. **Melt the Jalapeño-Lime-Butter**

Melt the **Jalapeño-Lime-Butter** in a small saucepan over medium low heat. Turn off the heat but leave the saucepan on the burner.

2. **Toast the Cornbread**

Cut the **Cornbread** into 1-inch cubes. Heat 1½ Tbsp olive oil in a large skillet over medium heat. Add the cornbread cubes to the skillet and stir gently to coat. Cook undisturbed until the bottoms turn golden brown, about 2 to 3 minutes. Gently stir the cornbread again and cook until another side turns golden brown, an additional 2 to 3 minutes. Remove the cornbread from the skillet and transfer directly to serving plates. Drizzle with half the melted Jalapeño-Lime-Butter. Wipe out the skillet.

3. **Cook the Steak**

Return the now-empty skillet to the stove over high heat and add 1 Tbsp of olive oil. When the oil is very hot, add the **Steaks** with a sprinkle of salt and pepper. Cook until the bottoms brown and the sides start to color, about 3 minutes. Flip and continue cooking for 3 minutes if you prefer your steak **medium-rare**. (Cook for 4 minutes for **medium**, and 5 to 6 for **well done**). When the steaks are done, set aside and allow to rest for 5 minutes. Wipe out the skillet. Once the steak has rested, slice into strips about ½ inch wide.

4. **Sear the Peppers & Onions and Tomatoes**

While the steaks are resting, place the **Tomatoes** in a ziplock bag and squish. Add 1 Tbsp olive oil to the now-empty skillet over medium high heat. When the oil is hot, add the **Peppers & Onions** with a pinch of salt and pepper and cook undisturbed until they char, about 3 minutes. Stir in the squished tomatoes and cook an additional 3 minutes.

5. **Put It All Together**

Serve the veggies over the cornbread and top with the sliced steak. Drizzle the remaining Jalapeño-Lime-Butter over everything. Slice the **Lime** in half and squeeze over the entire dish. Enjoy!

Instructions for two servings.

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

BBQ Salmon with Loaded Mashed Potatoes

Down-home cooking goes up a notch in this restaurant-worthy dinner. With bacon & broccoli mashed potatoes, a citrus slaw, and salmon smothered in BBQ sauce, it's sure to become a new classic.

25 *Minutes to the Table*

25 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

- Large Skillet
- Baking Sheet
- Large Mixing Bowl

FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper

6 MEEZ CONTAINERS

- Red Potatoes
- Bacon & Broccoli
- Cheesy Sour Cream &
Green Onion
- Salmon
- BBQ Sauce
- Citrus Slaw

Good to Know

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

If you ordered the Carb Conscious version, we sent you cauliflower florets instead of red potatoes, reducing the carbs to 39g. Skip the cutting into quarters, then treat the cauliflower as the potatoes throughout.

Health snapshot per serving – 580 Calories, 22g Fat, 50g Carbs, 46g Protein and 13 Freestyle Points.

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

INGREDIENTS: Salmon, Red Potatoes, Broccoli, BBQ Sauce, Cabbage, Red Onion, Sour Cream, Orange Juice, Lime Juice, Bacon, White Cheddar, Green Onion, Parmesan, Cilantro, Honey, Dijon Mustard, Kosher Salt.

meez *meals*

1. Get Organized

Preheat the oven to 400.

2. Roast the Potatoes

Slice the **Red Potatoes** into quarters and place on a baking sheet. Toss with olive oil, salt and pepper and arrange in a single layer. Bake until golden brown and fork tender, about 20 minutes.

Remove from the oven and while still on the baking sheet, mash with a fork or potato masher. Transfer the potatoes to the large mixing bowl with the cooked bacon and broccoli in step 3.

3. Create the Loaded Mashed Potatoes

While the potatoes are roasting, put the **Bacon & Broccoli** in a large skillet and cook over medium-high heat until the bacon is crispy about 5 minutes. Transfer to a large mixing bowl and set aside.

When the potatoes are done roasting, combine them with the cooked bacon and broccoli and **Cheesy Sour Cream & Green Onion**. Mix well until it has the consistency of lumpy mashed potatoes.

4. Cook the Salmon

After you've cooked the bacon and broccoli, heat 1 Tbsp of olive oil in the now-empty bacon skillet over medium-high heat. Pat dry the **Salmon** and season both sides with salt and pepper. When the oil is hot, add the salmon and cook until it turns brown, about 3 minutes. Flip and cook the other side for 3 additional minutes. Add the **BBQ Sauce** on top of each salmon filet. Cook for 1 minute while spooning any sauce that falls back on top of the salmon. Turn off the heat and let rest in the skillet for 5 minutes.

5. Put It All Together

Drain the liquid from the **Citrus Slaw** and serve alongside the BBQ salmon and the loaded mashed potatoes. Enjoy!

Creamy Triple Mushroom & Spinach Soup

Combine cremini, portobello, and button mushrooms, sautéed spinach, and our own creamy flavorful broth, you won't believe how delicious and healthy one soup can be.

20 Minutes to the Table

15 Minutes Hands On

1 Whisks Super Easy

Getting Organized

EQUIPMENT

Large Saucepan
With Cover

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

4 MEEZ CONTAINERS

Carrot, Onion & Garlic
Mushrooms
Broth Starter
Spinach

Add Protein Cooking Instructions

Integrate into recipe: While the soup is simmering in step 2, cook the protein (per instructions below) and then slice into strips (*flake the salmon, leave shrimp whole*) and stir into the soup in step 3.

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 – 375 Calories, 13g Protein, 26g Fat, 25g Carb, 14 Freestyle Points.

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

INGREDIENTS: Spinach, Half-and-Half, Cremini, Button & Portobello Mushrooms, Carrots, Onion, Garlic, Vegetable Stock, Black Pepper, Basil, Oregano, Rosemary, Dijon Mustard, Tomato

meezmeals

1. Sauté the Vegetables

Heat 1½ Tbsp olive oil in a large saucepan over high heat. When the oil is hot, add the **Carrot, Onion & Garlic** to the pot and sauté until they start to brown, about 2 minutes. Add the **Mushrooms** and cook until they start to brown, another 2 minutes. Reduce heat to medium.

2. Cook the Soup

Add the **Broth Starter** and stir thoroughly, making sure to scrape the bits off the bottom of the pot. Bring to a boil, reduce heat to medium, cover and simmer for 8 minutes.

3. Add the Spinach, Finish and Serve

Stir in the **Spinach** and cook until it is soft and wilted, but still bright green, about 2 minutes.

Ladle the soup into serving bowls and enjoy!

Instructions for two servings.

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