

Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of recommended daily)	
Creamy Pakistani Chicken with Warm Naan	620	53	21	55 CC 37	7	990	22	11	20% Vitamin C	15% Vitamin A
Roasted Red Pepper Gnocchi with Smoky Sausage (half the pesto cream and two-thirds of the gnocchi)	675	27	15	109	7	1930	9	19	71% Vitamin C	71% Vitamin A
Kung Pao Steak Tacos (½ tortillas, ½ kung pao sauce)	655	40	28	63	12	335	12	20	157% Vitamin C	61% Vitamin A
New England Shrimp Roll	615	36	16	79	4	1320	x	16	29% Vitamin A	14% Vitamin B6
Hot Honey Halloumi with Roasted Veggies & Tzatziki (use 1/2 pepitas, 1/2 white sauce, 2/3 hot honey glaze)	690	35	33	68	13	1030	39	22	80% Vitamin A	90% Vitamin D
Mexican Chicken Rice Bowl	535	72	17	28	8	722		9	266% Vitamin C	43% Vitamin A
Dijon Crusted Salmon with Miso Brussels Sprouts (use 1/3 panko, aioli & vinaigrette)	830	45	58	39	7	1520	9	19	93% Vitamin D	26% Iron
	650		42					13		

Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of recommended daily)	
Indian Grain Bowl with Mango Chili Sauce	580	30	26	57 CC 33	8	1030	10	19	31% Vitamin C	12% Vitamin A
Deconstructed Chicken Kiev (1/2 the panko & 2/3 the butter)	790	54	27	82	10	690	9	17	100% Vitamin A	15% Vitamin C
Cheesy Tomatillo Casserole	640		20					11		
Cheesy Tomatillo Casserole	330	13	6	60	13	281		10	14% Zinc	20% Iron
Thai Red Curry Soup	485	19	19	64	8	1351	x	17	207% Vitamin C	123% Calcium
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)
Belgian Chocolate Vegan Brownies	420	6	20	62	4	300			10% Iron
Molten Chocolate Cake	520	7	31	54	3	360		28	30% Iron 4% Vitamin A
Flourless Chocolate Cake	370	5	16	32	2	130	18	18	10% Vitamin A
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.

Cheesy Tomatillo Casserole

35 Min to Table	15 Min Hands On	1 Whisk Super Easy
---------------------------	------------------------------	---------------------------------

Omnivore Option	Chorizo tastes great with this recipe.
------------------------	---

Getting Started	Preheat your oven to 450.
------------------------	------------------------------

Mexican Chicken Rice Bowl

25 Min to Table	25 Min Hands On	1 Whisk Super Easy
---------------------------	------------------------------	---------------------------------

Getting Started	Put a saucepan of water on to bowl.
------------------------	--

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

Quick Tips



meez meals

Dijon Crusted Salmon with Miso Brussels Sprouts

30 Min to Table	10 Min Hands On	1 Whisk Super Easy
---------------------------	------------------------------	---------------------------------

Getting Started	Preheat oven to 400.
------------------------	----------------------

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

Kung Pao Steak Tacos

15 Min to Table	10 Min Hands On	1 Whisk Super Easy
---------------------------	------------------------------	---------------------------------

Getting Started	No pre-work needed.
------------------------	---------------------

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

Hot Honey Halloumi with Roasted Veggies & Tzatziki

30 Min to Table	10 Min Hands On	1 Whisk Super Easy
---------------------------	------------------------------	---------------------------------

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

Getting Started	Preheat your oven to 400.
------------------------	------------------------------

Deconstructed Chicken Kiev

25 Min to Table	25 Min Hands On	1 Whisk Super Easy
--------------------	-----------------------	--------------------------

Getting Started Preheat your oven to 425.

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

Roasted Red Pepper Gnocchi with Smoky Sausage

30 Min to Table	30 Min Hands On	1 Whisk Super Easy
--------------------	-----------------------	--------------------------

Getting Started Preheat your oven to 400 degrees.

Meal Tip For a softer texture, boil the gnocchi first.

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

Indian Grain Bowl with Mango Chili Sauce

15 Min to Table	15 Min Hands On	1 Whisk Super Easy
--------------------	-----------------------	--------------------------

Getting Started Slice up your Halloumi Cheese

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

Thai Red Curry Soup

25 Min to Table	10 Min Hands On	1 Whisk Easy
--------------------	-----------------------	-----------------

Getting Started Put a saucepan of water on to boil.

Omnivore Option Shrimp is great with this.

Creamy Pakistani Chicken with Warm Naan

20 Min to Table	20 Min Hands On	1 Whisk Super Easy
--------------------	-----------------------	--------------------------

Getting Started Heat olive oil in large skillet.

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

New England Shrimp Roll

20 Min to Table	20 Min Hands On	1 Whisk Super Easy
--------------------	-----------------------	--------------------------

Getting Started Preheat your oven to 425.

From your Pantry You'll need a little cooking oil.

Meal Tip Add a little Tabasco for an extra kick.

Creamy Pakistani Chicken with Warm Naan

This dinner is all about bold flavor without feeling intimidating. All-natural chicken breast is combined with a Pakistani tomato-cream-sauce spiced with cumin, coriander, turmeric, and fenugreek, giving it deep warmth and richness. Finished with cool cucumber mint crema and served with warm naan for scooping, it's comforting, flavorful, and ready in just 20 minutes.

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

5 MEEZ CONTAINERS

Naan Bread

Chicken Breast

Beets & Onions

Pakistani Tomato-

Cream Sauce

Cucumber Mint Crema

Good to Know

If you ordered the **Carb Conscious version**, we sent you cauliflower "Rice" instead of the Naan Bread, reducing the **carbs per serving to 37g**. Instead of toasting the Naan in step 2, sauté the cauliflower with olive oil, salt and pepper over medium-high heat until it starts to brown, about 3 to 4 minutes. Remove from the skillet and serve under the chicken, veggies and sauce.

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 – 620 Calories, 21g Fat, 55g Carbs, 53g Protein, and 11 Freestyle Points.

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

INGREDIENTS: Chicken Breast, Naan, Tomato, Beets, Sour Cream, Yellow Onion, Cream, Cucumber, Garlic, Ginger, Apple Cider Vinegar, Lime, Cilantro, Brown Sugar, Tomato Paste, Mint, Cumin, Salt, Coriander, Turmeric, Fenugreek.

meez meals

1. Cook the Chicken

Heat 1 Tbsp olive oil in a large skillet over medium-high heat. Pat dry and generously salt and pepper the **Chicken Breasts** on both sides. When the oil is hot, add the chicken and cook until crisp and brown, about 5 minutes. Flip, then cook until brown on the second side, about 4 to 5 additional minutes. Transfer the chicken to a cutting board and let rest for 5 minutes. Once the chicken has rested, slice into $\frac{1}{2}$ " strips. Wipe out the skillet.

2. Toast the Naan

Return the now-empty skillet to the stove over medium-high heat. Brush the **Naan Bread** with olive oil and sprinkle with salt and pepper. When the skillet is hot, toast the naan bread until it is warm and starts to brown, about 1 to 2 minutes. Flip and repeat for the other side. Remove from the skillet and set aside. Do not wipe out the skillet.

3. Cook the Veggies & Sauce

Heat 1 Tbsp olive oil in the now-empty skillet over medium-high heat. When the oil is hot, add the **Beets & Onions** with a sprinkle of salt and pepper. Cook, stirring occasionally, until the beets soften and onions are soft and start to brown, about 6 to 7 minutes. Add the **Chukander Sauce** and stir well. Lower the heat to low and continue to cook until the sauce has warmed through and the beets are tender, an additional 3 to 4 minutes. Turn off the heat and stir in the sliced chicken.

4. Put It All Together

Serve the chicken, beets, and sauce topped with the **Cucumber Mint Crema**. Tear off pieces of naan bread to scoop up what you can't get with a fork. Enjoy!

Instructions for two servings.

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

Roasted Red Pepper Gnocchi with Smoky Sausage

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

30 Minutes to the Table

30 Minutes Hands On

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet
Baking Sheet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

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

Make the Meal Your Own

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

Good to Know

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

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

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

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



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

meez
meals

1. Getting Organized

Preheat oven to 400 degrees.

2. Toast the Gnocchi

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

3. Cook the Sausage

While the gnocchi are cooking, cut the **Smoky Sausage** once down the middle lengthwise and then slice each of the two halves into $\frac{1}{4}$ " thick half-moons.

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

4. Make the Sauce

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

5. Put It All Together

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

Instructions for two servings.

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

Kung Pao Steak Tacos

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

15 Minutes to the Table

15 Minutes Hands On

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet
Small Skillet (optional)

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Steak
Kung Pao Sauce
Broccoli Slaw
Tortillas
Herbs & Sesame Seeds

Make The Meal Your Own

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

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

Good To Know

Be sure to generously season your steak with salt and pepper before cooking; the salt adds flavor while also keeping the meat tender. Chef Max recommends using $\frac{1}{2}$ tsp of each.

Health snapshot per serving – 655 Calories, 28g Fat, 40g Protein, 63g Carbs, 20 Smart Points

Lightened up snapshot – 495 Calories, 23g Fat, 14 Smart Points when you use $\frac{1}{2}$ the tortillas and $\frac{1}{2}$ the kung pao sauce.

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

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



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

meez
meals

1. Cook the Steak

Heat 1 Tbsp of oil in a skillet over high heat. While the skillet is heating, pat the **Steaks** dry with a towel and season generously with salt and pepper (we recommend $\frac{1}{2}$ tsp of each). When the skillet is very hot, add the steaks. Cook until the bottoms brown and the sides start to color, about 3 minutes.

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

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

After the steaks have rested, place them horizontally on a cutting board. Using a sharp knife cut the steaks into even strips (we aim for $\frac{1}{2}$ " x 1" pieces). Toss the strips with the sauce and broccoli slaw.

2. Heat the Tortillas

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

3. Put It All Together

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

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

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

Instructions for two servings.

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

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.

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

20 Minutes to the Table

20 Minutes Hands On

1 Whisk Super Easy

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

Hot Honey Halloumi with Roasted Veggies & Tzatziki

This dinner brings big flavor with barely any fuss. We're searing halloumi and glazing it in a sweet-and-spicy hot honey sauce that's totally addictive. It's served over oven-roasted carrots, parsnips, beets, and squash—no peeling needed—with a drizzle of creamy tzatziki and a sprinkle of crunchy pepitas. Easy, bold, and seriously delicious.

Getting Organized

EQUIPMENT

Baking Sheet
Large Skillet
Mixing Bowl

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Beets, Carrots &
Parsnips
Zucchini & Summer
Squash
Pepitas
Halloumi
Hot Honey Glaze
Tzatziki Sauce

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) & stir into the glaze with the halloumi 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

Health snapshot per serving – 690 Calories, 33g Fat, 68g Carbs, 35g Protein, and 22 Freestyle Points.

Lightened-up health snapshot per serving – 580 Calories, 30g Fat, 47g Carbs, and 17g Freestyle Points, by using half of the Pepitas, half of the White Sauce, and two-thirds of the Hot Honey Glaze.

SCAN QR CODE
to view YouTube
cooking video



INGREDIENTS: Halloumi, Beets, Carrots, Parsnips, Zucchini, Yellow Squash, Honey, Tomatoes, White Balsamic Vinegar, Eggplant, Cream, Yogurt, Pepita, Lemon, Cilantro, Tahini, White Pepper, Crushed Red Pepper, Kosher Salt.

 **meez**meals

1. Get Organized

Preheat the oven to 400.

2. Roast the Veggies

Toss the **Beets, Carrots & Parsnips** and **Zucchini & Summer Squash** with a healthy drizzle of olive oil, salt and pepper in a large mixing bowl. Arrange in a single layer on a baking sheet and bake until the veggies are starting to brown and are fork tender, about 20 to 25 minutes. Remove from the oven and toss with the **Pepitas** on the baking sheet.

3. Sear the Halloumi

After the veggies have been roasting for about 10 minutes, place the **Halloumi Cheese** on a cutting board and cut in half lengthwise, then slice into rectangles about $\frac{1}{4}$ " thick. You should have about 10 to 12 pieces per serving after slicing.

Heat 1 Tbsp olive oil in a large skillet over medium-high heat. When the oil is hot, add the halloumi in a single layer and lightly sprinkle with pepper. Cook until one side is golden brown, about 3 minutes, then flip and cook the other side until golden brown, an additional 3 minutes. Remove from the skillet and set aside. Wipe out the skillet.

4. Heat the Hot Honey Glaze

Return the now-empty skillet to the stove over medium-high heat. Bring the **Hot Honey Glaze** to a boil, then reduce the heat to low and cook until it thickens enough to coat the back of a spoon, 1 to 2 minutes. Turn off the heat, add back the seared halloumi, and stir until well coated.

5. Put It All Together

Pour the **Tzatziki Sauce** on the bottom of your serving plates and top with the veggies and pepitas. Layer the hot honey halloumi no top of the veggies and enjoy!

The beets and carrots take the longest, so make sure that they are fork tender before you stop cooking!

Instructions for two servings.

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

Mexican Chicken Rice Bowl

Cilantro Lime Crema marinated chicken over white rice (or try the carb conscious version over cauliflower "rice") with red salsa and plenty of poblano peppers, corn, beans, and Monterey Jack. It's a delicious new take on the Mexican rice bowl.

25 Minutes to the Table

25 Minutes Hands On

1 Whisks Super Easy

Getting Organized

EQUIPMENT

Saucepans
Large Skillet
Ziplock bag or small
marinating bowl

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Cilantro Lime Crema
Rice
Chicken
Poblanos
Salsa & Cheese

Good to Know

If you ordered the **Carb Conscious version**, we sent Cauliflower "Rice" instead of the white rice, reducing the **carbs per serving to 27g**. Combine the Cauliflower "Rice" with the poblano peppers and cook per the instructions in step 3.

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

Health snapshot per serving – 640 Calories, 71g Protein, 17g Fat, 54g Carbs, 11 Freestyle Points

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

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



INGREDIENTS: Chicken Breast, White Rice, Poblanos, Tomato, Corn, Black Bean, Sour Cream, Chihuahua, Monterey Jack, Garlic, Onion, Cilantro, Enchilada Sauce, Lime.

meez
meals

1. Getting Organized

Put a saucepan of water on to boil. Add the **Rice** to the boiling water. Reduce heat to medium and simmer uncovered for 15 to 20 minutes. Drain and return to the saucepan. Cover and set aside.

The amount of water you use doesn't matter as long as you have enough to keep the rice submerged while cooking.

2. Marinade the Chicken

Pour 2/3 of the white **Cilantro Lime Crema** in a ziplock bag. Set the remaining 1/3 aside until step 5.

Dry and generously sprinkle the **Chicken** with salt and pepper (we use $\frac{1}{4}$ tsp salt and $\frac{1}{4}$ tsp pepper, so use about half per side, or more if you like). Cut three slits in the chicken lengthwise about $\frac{1}{4}$ " deep on each side. Place chicken into the ziplock bag with the Cilantro Lime Crema and seal, then marinate for at least 5 minutes.

3. Sauté the Poblanos

Heat 2 Tbsp olive oil over medium-high heat. When the oil is hot, add the **Poblanos** and sauté until the vegetables start to soften and brown, about 4 to 6 minutes. Remove from the heat set aside. Do not wipe out the skillet.

If the marinade begins to burn, reduce the heat, and extend the cooking time to ensure the chicken center is fully cooked.

4. Cook the Chicken

Return the now-empty skillet to the stove with 1 Tbsp olive oil over medium-high heat. When the oil is very hot, add the chicken (dispose of the marinade in the ziplock bag) and cook until it is brown, about 4 minutes. Flip and cook the other side until it is also brown, about 4 additional minutes. Remove from the heat and place the chicken on a cutting board to rest for 5 minutes. After the chicken has rested slice it into $\frac{1}{4}$ " strips.

5. Heat the Sauce

While the chicken is resting, wipe-out the skillet and return it to the stove. Lower the heat to medium and add the red **Salsa & Cheese**. Stir the sauce until it is hot and lightly bubbling.

6. Put It All Together

Top the cooked rice with the poblanos, salsa & cheese and chicken. Drizzle with the remaining Cilantro Lime Crema. Enjoy!

Instructions for two servings.

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

Dijon Crusted Salmon with Miso-Brussels Sprouts

Everything is better with a crispy coating, especially salmon. Served with miso-mustard glazed brussels, it's a tasty dinner that's just ten minutes hands on.

30 Minutes to the Table

10 Minutes Hands On

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

2 Large Baking Sheets

FROM YOUR PANTRY

Olive Oil

Salt & Pepper

5 MEEZ CONTAINERS

Salmon

Dijon Aioli

Panko & Herbs

Brussels Sprouts

Miso Mustard

Vinaigrette

Good To Know

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

Health snapshot per serving – 830 Calories, 45g Protein, 58g Fat, 39g Carbs, 19 Freestyle Points

Lightened-Up Health snapshot per serving - 650 Calories, 42g Fat, 31g Carbs, 13 Freestyle Points using 1/3 of the panko, Dijon Aioli and Miso Mustard Vinaigrette.

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, Brussels Sprouts, Olive Oil, Mayonnaise, Panko, Green Onion, Rice Wine Vinegar, Dijon Mustard, Miso, Tamari, Lemon Juice, Garlic, Whole Grain Mustard, Black Pepper, Tarragon

meeZ
meals

1. Get Organized

Preheat the oven to 400. Spray or brush two baking sheets with oil.

2. Prepare and Cook the Salmon

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

Coat the top side of the **Salmon** with a thick layer of the **Dijon Aioli** (in a hard plastic tub) at least $\frac{1}{4}$ " thick. Put each piece of salmon onto the breading, Dijon aioli side down. Press down to make sure the breading adheres then repeat on the other, non-coated side.

Place onto a baking sheet, panko side up.

Bake the salmon until the panko breading is golden brown, about 18 to 20 minutes, then remove from the oven and allow to rest for at least 5 minutes.

3. Roast the Brussels Sprouts

While the salmon is baking, arrange the **Brussels Sprouts** on the second prepared baking sheet. Drizzle with olive oil salt and pepper toss and arrange in a single layer. Bake until they are crispy and brown, about 20 minutes.

4. Putting It All Together

Serve the salmon with the brussels sprouts on the side. Drizzle the entire dish with the **Miso Mustard Vinaigrette** (in a bag and contains green onions.) Enjoy!

Instructions for two servings

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

Indian Grain Bowl with Mango Chili Sauce

There's nothing traditional about this test-kitchen favorite. We're using a mango-chili sauce to give an Indian flair to this hearty seared halloumi and grain bowl. Finished with a fresh cucumber salsa, the result is a speedy dinner that's totally unique!

15 Minutes to the Table

15 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Large Skillet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Halloumi Cheese
Grape Tomatoes
5-Grain Blend
Seasoned
Hominy
Cucumber Salsa
Mango Chili
Sauce

INGREDIENTS: Halloumi Cheese, Hominy, Corn, Cucumber, Red Onion, Tomato, Mango, Mae Ploy, Barley, Wild Rice, Wheat Berries, White Quinoa, Red Quinoa, Olive Oil, Garlic, Cilantro, Ginger, Coriander, Turmeric, Garam Masala, Cumin, Fenugreek, Lime, Salt.

Add Protein Cooking Instructions

Integrate into recipe: Prior to step 1, cook the protein (per instructions below) and then slice into strips (flake the salmon, leave shrimp whole) and serve on top of the grains 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

If you're cooking the **Carb Conscious version**, we sent you cauliflower "rice" instead of the 5-Grain Blend reducing the **carbs to 33g per serving**. Heat 1 Tbsp olive oil in a large skillet over high heat and sauté until it starts to brown, about 3 to 4 minutes. Remove from the skillet use in place of the 5-Grain Blend as part of the bowl.

If you're making the **gluten-free version**, we've given you brown rice instead of the Five-Grain Blend. Prior to step 1, bring a saucepan of water to boil, then cook the brown rice brown rice for about 20 minutes, drain and let sit, covered, for 5 minutes. Remove from the skillet use in place of the 5-Grain Blend as part of the bowl.

Health snapshot per serving – 580 Calories, 30g Protein, 26g Fat, 57g carbs, 19 Freestyle Points.

SCAN QR CODE
to view YouTube
cooking video



meez
meals

1. Grill the Halloumi

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

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 to 3 minutes. Do not wipe out pan.

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

2. Make the 5-Grain Blend and Hominy

Put the **Grape Tomatoes** in a ziplock bag and squish.

Return the now-empty skillet to the stove over medium heat with 1 Tbsp olive oil. When the oil is hot, add the **5-Grain Blend** and **Seasoned Hominy**. Sauté until the grains are hot, about 2 minutes. Turn off the heat and stir in the squished tomatoes, including the juices from the ziplock bag.

Transfer the contents of the skillet directly to serving bowls.

3. Put It All Together

Serve the grilled Halloumi on top of the grains. Top with the **Cucumber Salsa** and a generous drizzle of the **Mango Chili Sauce**. Enjoy!

Instructions for two servings.

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

Deconstructed Chicken Kiev

We're bringing all the flavors of a chicken Kiev to a busy weeknight by skipping the fussy rolling and stuffing. With panko-crusted chicken breasts, chive butter and a roasted root vegetable pilaf, it's a perfect cozy dinner.

25 Minutes to the Table

25 Minutes Hands On

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet
Baking Sheet

FROM YOUR PANTRY

Egg (1)
Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Root Vegetables
Chive Butter
Chicken Breast
Seasoned Panko
Five Grain Blend

Good to Know

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

Health snapshot per serving – 790 Calories, 54g Protein, 27g Fat, and 17 Freestyle Points

Lightened-up health snapshot per serving – 640 Calories, 52g Protein, 20g Fat, and 11 Freestyle Points by using half of the seasoned panko and two-thirds of the butter.

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

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



INGREDIENTS: Chicken Breast, Carrots, Panko, Beets, Parsnips, 5 Grain Blend, Butter, Chive, Paprika, Garlic, Salt, White Pepper

meez
meals

1. Roast the Vegetables

Preheat your oven to 425. Place the **Root Vegetables** in a single layer on a rimmed baking sheet. Lightly drizzle with olive oil, salt and pepper, toss well, then arrange in a single layer. Cook until they start to brown, about 15 to 18 minutes. Remove from the oven and add half the **Chive Butter** to the veggies still on the baking sheet. Mix until the butter melts and veggies are coated, then set aside until step 4.

2. Prepare the Chicken

While the root vegetables are roasting, pat dry and very loosely wrap each **Chicken Breast** in plastic wrap and place on a cutting board. Using a meat tenderizer (mallet) or the bottom of a small pot, pound the thicker sections of the breast until each has doubled in size and reached uniform thickness, about $\frac{1}{4}$ ".

In a small bowl, beat one egg. Spread the **Seasoned Panko** evenly on a large plate. Dip each chicken breast completely into the egg. Then put each piece of chicken into the breading. Press down to make sure the breading adheres then repeat on the other side. Discard any unused breading.

3. Cook the Chicken

Heat 2 Tbsp olive oil in a large skillet over medium heat. When the oil is hot, add the chicken and cook until the panko crust is golden brown, about 3 to 4 minutes. Flip and cook the other side until it is also brown, an additional 3 to 4 minutes. Remove from the skillet and immediately spread the remaining chive butter evenly on top of the breaded chicken breasts. Wipe out the skillet.

4. Cook Five Grain Blend

In the now-empty skillet, heat 1 Tbsp olive oil over medium-high heat. When the oil is hot, add the **Five Grain Blend** and sauté until the grains start to pop, about 2 to 3 minutes. Turn off the heat and add the roasted root vegetables and the butter remaining on the baking sheet to the skillet. Mix well.

5. Put It All Together

Serve the five grain root vegetable pilaf topped with the chicken. Enjoy!

Instructions for two servings.

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

Cheesy Tomatillo Casserole

Simply said, this Mexican casserole is a cheesy bit of heaven. We're toasting up tortillas to form a crunchy base, then topping them with poblanos, beans, pepper jack cheese and a fresh tomatillo salsa. Easy and delicious - that's our kind of dinner!

35 Minutes to the Table

15 Minutes Hands On

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Baking Sheet
Large Skillet
Loaf Pan

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Corn Tortillas
Poblano Peppers
Corn & Beans
Creamy Tomatillo
Salsa
Pepper Jack
Cheese

Add Protein Cooking Instructions

Integrate into recipe: Prior to Step 3, cook the protine (per instructions below) and then slice into strips (cut shrimp in half/flake the salmon) and layer into the casserole before baking.

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 – 330 Calories, 13g Protein, 13g Fiber, 10 Smart Points.

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



INGREDIENTS: Poblano Peppers, Tomatillos, Corn Tortillas, Black Beans, Corn, Pepper Jack Cheese, Cream Cheese, Sundried Tomatoes, Lime, Garlic, Cilantro, Spices

meez
meals

1. Getting Organized

Preheat your oven to 450.

2. Bake the Corn Tortillas

Lay the **Corn Tortillas** on a baking sheet and brush with olive oil on each side. Bake until crisp, about 5 to 10 minutes.

3. Cook the Vegetables

Heat 1 Tbsp olive oil in a large skillet over high heat. Add the **Poblano Peppers** and sauté until browned, about 5 to 7 minutes.

Turn the heat down to medium-high and add the **Corn & Beans**. Cook until hot, about 2 minutes. Season with salt and pepper and set aside.

4. Assemble the Casserole

Turn your oven down to 375 and lay 2 of the corn tortillas on the bottom of your pan, breaking them into pieces to make them fit. Top with half of the cooked vegetables and half of the **Creamy Tomatillo Salsa**.

Add 1 more tortilla (break it up a bit so it resembles large chips) and the rest of the vegetables and salsa. Break the remaining tortilla into dime-size pieces, sprinkle on top and finish with the **Pepper Jack Cheese**. Bake until the cheese begins to bubble, about 15 minutes. If you'd like a crispier topping, cook under the broiler for an additional 5 minutes until the top is golden brown. Enjoy!

Use an 8x10 or similar sized casserole dish.

Love this recipe? #meezmagic

Instructions for two servings.

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

Thai Red Curry Soup

This gem is a fresh take on the Thai classic. We're cooking up our version of red curry soup with glass noodles, carrots, red peppers, mushrooms and tofu in a red curry and coconut milk base. It's rich and flavorful, and practically hands-free, not to mention an all-time member favorite.

Getting Organized

EQUIPMENT

2 Saucepans
Large Bowl

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Mushrooms
Red Peppers &
Carrots
Red Curry
Tofu
Ginger-Coconut
Broth
Glass Noodles

Add Protein Cooking Instructions

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 stir into the soup 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.

Make The Meal Your Own

If you're cooking the **carb conscious version**, we sent you zucchini "noodles" instead of glass noodles, reducing the **carbs per serving to 30g**. Skip steps 1 & 2. Dry the zucchini with a towel, add 1 Tbsp oil to a large skillet. When the oil is hot, place the zucchini in a single layer and cook, without stirring, until the zucchini are slightly charred, 2 to 3 minutes. Transfer to serving bowls.

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

SCAN QR CODE

to view



YouTube

cooking video

INGREDIENTS: Coconut Milk, Tofu, Glass Noodles, Carrots, Peppers, Mushrooms, Lime Juice, Soy Sauce, Brown Sugar, Red Curry Paste, Garlic, Basil, Concentrated Vegetable Base, Ginger

meeZ
meals

25 Minutes to the Table

10 Minutes Hands On

1 Whisk Super Easy

1. Getting Organized

Put a saucepan of water on to boil.

2. Soak the Glass Noodles

Put the **Glass Noodles** into a bowl and pour the boiling water over top. Let the noodles soak until they are soft, about 2 to 5 minutes. Drain and set aside.

It's important to let the glass noodles soak. If you don't, they can get clumpy and hard to manage.

3. Cook the Thai Vegetables

In a separate saucepan, heat 1 Tbsp olive oil over medium-high heat. Add the **Mushrooms** and **Thai Peppers & Carrots** and cook for 3 to 5 minutes. Add the **Red Curry** and cook until fragrant, about 1 minute. Add 1 ½ cups of water and bring to a boil. Reduce to a simmer and cook uncovered for 10 minutes.

The red curry has a kick. We use all of it, but if you don't love spice, you should start with just a touch.

4. Finish the Soup

Turn the heat back up to medium-high. Add the **Tofu** and **Ginger-Coconut Broth** to the vegetables and season with salt and pepper to taste. If you'd like a thinner soup, add more water. Cook until the vegetables are tender, about 2 to 5 minutes.

Put the noodles into each diner's bowl. Serve the soup over the noodles.

Love this recipe? #meezmagic

Instructions for two servings.

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