

Sweet Asian BBQ Chicken

15 Min
to Table

15 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Heat 1 Tbsp olive oil in a large skillet.

From Your Pantry

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

Maui Salmon Rice Bowl

20 Min
to Table

15 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Put a saucepan of water on to boil.

From Your Pantry

You'll need olive oil.

Quick Tips



Rotini with Basil Oil and Pecorino

25 Min
to Table

25 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Put a saucepan of water on to boil.

Omnivore Option

Baked Chicken breast would be delicious!

Bistro Steak with Pesto Penne

20 Min
to Table

25 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Put a saucepan of water on to boil.

Meal Tip

Cook up to 2 days in advance for an easy dinner or lunch.

Nut-Crusted Salmon with Roasted Zucchini

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

Andouille Sausage & Bean Feijoada

25 Min to Table	25 Min Hands On	1 Whisk Super Easy
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Getting Started

Bring a medium saucepan of water to boil.

From Your Pantry

You'll need olive oil.

Tikka Masala

20 Min to Table	20 Min Hands On	1 Whisk Super Easy
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Getting Started

Slice the Halloumi Cheese.

From Your Pantry

You'll need salt and pepper.

Meal Tip

Halloumi will not melt when cooked.

Honey & Tamari Glazed Mushrooms with Udon Noodles

25 Min to Table	20 Min Hands On	1 Whisk Super Easy
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Getting Started

Bring a medium saucepan of water to boil.

From Your Pantry

You'll need olive oil, salt and pepper

Shrimp Tortilla Soup with Cheesy Nachos

30 Min to Table	15 Min Hands On	1 Whisk Super Easy
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Getting Started

Preheat your oven to 425.

From Your Pantry

You'll need olive oil, salt and pepper

Lemon-Chai Brussels Sprouts Over Pearl Couscous

20 Min to Table	10 Min Hands On	1 Whisk Super Easy
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Omnivore Option

Halibut tastes great with this recipe.

Getting Started

Preheat your oven to 400 and boil some water.

Maple Roasted Chicken Thighs with Cheesy Biscuits

40 Min to Table	15 Min Hands On	1 Whisk Super Easy
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Getting Started

Preheat the oven to 425.

From Your Pantry

You'll need olive oil, milk, butter, salt and pepper.

Meal Tip

Add thighs should reach a temp of 165.

Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmndd daily)	
Bistro Steak with Pesto Penne	555	45	25	40	7	387		16	72% Vitamin B12	25% Calcium
Andouille Sausage & Bean Feijoada	540	21	23	64 31 CC	8	1200	7	13	100% Vitamin C	25% Iron
Sweet Asian BBQ Chicken	660	51	7	103	4	950	69	19	107% Vitamin B6	20% Vitamin C
Rotini with Basil Oil & Pecorino	400	19	6	72	16	218		11	190% Vitamin C	14% Calcium
Mau Salmon Rice Bowl	530	40	16	57	6	1540	25	10	80% Vitamin D	70% Iron
Honey & Tamari Glazed Mushrooms with Udon Noodles	440	13	8	93	6	2030	37	14	30% Vitamin C	10% Iron
Maple Roasted Chicken Thighs with Cheesy Biscuits	860	37	41	85	8	860	25	27	100% Vitamin A	100% Vitamin C
(eat 1/2 the cheesy biscuit & 1/2 the maple glaze)	650		37					20		

Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmndd daily)	
Lemon-Chai Brussels Sprouts Over Pearl Couscous	865	19	7	44	10	518	7	29	34% Vitamin A	41% Folate
(½ cheese, nuts and vinaigrette)	515		37					17		
Nut-Crusted Salmon with Roasted Zucchini	430	38	26	12	4	74		4	49% Vitamin A	41% Vitamin C
Tikka Masala	745	20	61	37	10	992		26	151% Vitmain A	88% Vitamin C
(Use 2/3 butter and tikka masala sauce)	560		42					18		
Shrimp Tortilla Soup with Cheesy Nachos	730	47	36	59	9	2140	13	18	43% Calcium	35% Vitamin A
(use 2/3 of the chips and cheese)	600		27					14		
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 rcmndd daily)	
Turtle Molten Bundt	500	6	30	53	3	370		27	25% Iron	6% Vitamin A
Rockslide Brownie	550	5	35	56	2	230		31	25% Vitamin A	8% Calcium
Tiramisu for Two	290	5	15	35	1	40	29		6% Calcium	2% Iron
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.

Bistro Steak with Pesto Penne

An Italian classic. We're tossing sirloin steak with a creamy basil pesto. With sautéed spinach, mushrooms and penne pasta, it's a meal we can't stop eating.

25 Minutes to the Table

20 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Saucepan
Mixing Bowl
Skillet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Penne Pasta
Basil Pesto Cream
Mushrooms
Sirloin
Spinach
Parmesan

Make The Meal Your Own

If you ordered the **Carb Conscious version**, we sent you zucchini "noodles" instead of the pasta, reducing the **carbs per serving to 14g**. Skip step 1. Prior to step 2., heat 1 Tbsp olive oil in a large skillet over high heat. When the oil is hot, add the zucchini and cook until it starts to brown, about 2 to 3 minutes. Transfer the zucchini "noodles" to a mixing bowl and combine with half of the Basil Pesto Cream. Serve instead of the pasta in step 6.

Picky Eater Tip – The mushrooms are packaged separately, so you can serve them just to the diners who love them.

Good To Know

Be sure to generously season your steak with salt and pepper before cooking; the salt adds flavor while also keeping the meat tender. Chef Max recommends using ½ tsp of each.

Health snapshot per serving – 650 Calories, 51g Protein, 23g Fat, 57g Carbs, 17 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: Sirloin Steak, Spinach, Cremini Mushrooms, Penne Pasta, Parmesan, Heavy Cream, Basil, White Wine, Lemon Juice, Garlic

meezmeals

1. Get Organized

Put a saucepan of water on to boil.

2. Cook the Pasta

Add the **Penne Pasta** to the boiling water and cook until al dente, about 12 to 14 minutes. Drain and return to the saucepan. Stir half of the **Basil Pesto Cream** into the warm pasta to coat.

3. Brown the Mushrooms

While the pasta is cooking, heat 1 Tbsp oil in a large skillet over high heat. Add the **Mushrooms** and cook, stirring occasionally, until golden brown, about 3 to 5 minutes. Remove the mushrooms to a bowl.

4. Cook the Steaks

Return the now-empty skillet to the stove with 1 tsp oil over high heat. While the skillet is heating, pat the **Sirloin** dry with a towel and season generously with salt and pepper (we recommend ½ tsp of each). When the skillet is very hot, add the sirloin. Cook until the bottoms brown & 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**). Set aside to rest for 5 min.

After the steaks have rested, place them horizontally on a cutting board. Using a sharp knife, cut the steaks into even strips (we aim for ½" x 1" pieces).

5. Cook the Spinach

Return the skillet to the stove over medium heat. Add the **Spinach** and cook until lightly wilted, about 2 minutes.

6. Put It All Together

Serve the pasta topped with spinach, mushrooms and sliced steak. Sprinkle the **Parmesan** over the top and drizzle with extra pesto cream to taste.

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.

Beef 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

Andouille Sausage & Bean Feijoada

This hearty bowl is inspired by the deep, savory flavors of Brazilian feijoada. Charred andouille sausage is served over rice with tender beans simmered in a rich, savory broth, finished with a bright squeeze of lime. It's bold, cozy, and deeply satisfying.

Getting Organized

EQUIPMENT

- Large Skillet
- Medium Saucepan

FROM YOUR PANTRY

- Olive Oil

5 MEEZ CONTAINERS

- Rice
- Andouille Sausage
- Seasoned Beans
- Au Jus
- Lime

Good to Know

If you ordered the **Carb Conscious version**, we sent you cauliflower "rice" instead of white rice, reducing the **carbs per serving to 31g**. Skip steps 1 and 2. Heat 1 tbsp olive oil in a large skillet over medium-high heat. Cook the cauliflower until seared, about 3 to 4 minutes. Serve in place of the rice.

Health snapshot per serving – 540 Calories, 23g Fat, 64g Carbs, 21g Protein, and 13 Freestyle Points.

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

25 *Minutes to the Table*

25 *Minutes Hands On*

1 Whisk *Super Easy*

INGREDIENTS: Andouille Sausage, Beef Au Jus, Tomato, White Rice, Black Beans, Great Northern Beans, Yellow Onion, Red Bell Pepper, Celery, Lime, Cumin, Coriander.

meez  meals

1. Get Organized

Bring a medium saucepan of water to a boil.

2. Cook the Rice

Add the **Rice** to the boiling water and cook until the rice is tender, about 12 to 14 minutes. Drain well and return the saucepan. Fluff with a fork, cover, and set aside.

3. Char the Sausage

While the rice is cooking, cut each **Andouille Sausage** into ½" slices. Heat a large skillet over medium-high heat. When the skillet is hot, add the sausage and cook, stirring occasionally, until it starts to brown and crisp, about 4 to 5 minutes. Remove from the skillet with a slotted spoon and set aside. Do not wipe out the skillet.

4. Cook the Ingredient

Add 1 Tbsp olive oil to the remaining oil from the andouille sausage in the now-empty skillet and heat on medium-high. When the oil is hot, add the **Seasoned Beans** and cook, stirring occasionally, until the celery starts to soften, about 4 to 5 minutes. Add the **Au Jus** and bring to a boil. Reduce the heat to medium-low and simmer until the sauce has thickened slightly, about 7 to 8 minutes. Remove from the heat.

5. Put It All Together

Serve the seasoned beans and sauce over the rice and top with the andouille sausage and a generous squeeze of **Lime** juice. Enjoy!

You want to keep the oil from the andouille sausage in the skillet to add full flavor to the seasoned beans.

Instructions for two servings.

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

Sweet Asian BBQ Chicken

Our test kitchen couldn't get enough of this sweet Asian BBQ sauce. With mae ploy sauce, tamari, honey and ginger, it's addictive. We're serving it with all-natural chicken breast, fresh green beans, and served over Yaki Soba Noodles. Yum!

20 *Minutes to the Table*

20 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet
Saucepan

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Yaki Soba Noodles
Green Beans
Chicken Breasts
Sweet Asian BBQ Sauce
Herbs & Sesame Seeds

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 – 660 Calories, 7g Fat, 103g Carbs, 51g Protein and 19 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, Green Beans, Yaki Soba Noodles, Mae Ploy, Brown Sugar, Tamari, Honey, Green Cilantro, Onion, Ginger, Garlic, Sesame Seed, Basil, Crushed Red Pepper

meez *meals*

1. Cook the Noodles

Bring a large saucepan of water to boil. Add the **Yaki Soba Noodles** to the boiling water with a few pinches of salt and cook until al dente, about 3 minutes. Drain the noodles and set aside until step 4.

2. Char the Green Beans

Heat 1 Tbsp olive oil in a large skillet over high heat. When the oil is hot, add the **Green Beans** in a single layer with a sprinkle of salt and pepper. Cook, undisturbed until they start to char, about 2 to 3 minutes. Stir and cook for an additional 1 to 2 minutes. Remove from the skillet and transfer to serving plates. Wipe out the skillet.

3. Cook the Chicken

Return the now empty skillet to the stove over medium high heat and add 1½ Tbsp of olive oil. 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 to 5 minutes. Flip and add the **Sweet Asian BBQ Sauce**. Cook until the sauce thickens enough to coat the back of a spoon, about 5 additional minutes. While it cooks, spoon the sauce on top of the chicken consistently so it does not burn.

4. Put It All Together

Place the noodles next to the green beans on serving plates. Top the noodles with the chicken and drizzle a bit of sauce from the pan over top. Sprinkle the entire dish with the **Herbs & Sesame Seeds**. Enjoy!

Rotini with Basil Oil & Pecorino

25 Minutes to the Table

25 Minutes Hands On

1 Whisk *Super Easy*

So simple, so delicious. We're sautéing broccoli and cauliflower together with fresh grape tomatoes, then tossing it together with a fresh basil oil and pecorino cheese. Topped with marinated butter beans, it's a tribute to the Mediterranean the whole family will love.

Getting Organized

EQUIPMENT

Large Skillet
Saucepan
Bowl

FROM YOUR

PANTRY

Olive Oil
Salt & Pepper

5 MEEZ

CONTAINERS

Rotini
Pecorino
Cheese
Grape
Tomatoes
Broccoli &
Cauliflower
Cannellini Bean
Marinade

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 combine with everything 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

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

If you're making the vegan version, we've left out the cheese.
Add an extra pinch of salt and pepper for extra seasoning.

Health snapshot per serving –400 Calories, 19g Protein, 6g Fat, 72g Carbs, 16 g Fiber, 11 Smart Points.

SCAN QR CODE
to view YouTube
cooking video



INGREDIENTS: Cannellini Beans, Cauliflower, Broccoli, Rotini, Pecorino Cheese, Grape Tomatoes, Basil, Garlic

meez *meals*

1. Get Organized

Put a saucepan of water on to boil.

2. Marinate the Beans

Put the **Cannellini Bean Marinade** into a bowl and cover with olive oil. You could use as little as a ¼ cup as much as ¾ cup. Let sit on the counter for at least 20 minutes.

The amount of oil is up to you. The marinade has great flavor, so you could use extra oil and save for another meal.

3. Cook the Veggies

Heat 3 Tbsp olive oil in a large skillet over medium high heat. Add the **Broccoli & Cauliflower**, and cook until lightly golden brown at the edges, about 7 to 10 minutes, stirring frequently.

Add the **Grape Tomatoes** and cook until the skin bursts and the edges turn golden brown, about 5 to 7 minutes.

4. Cook the Rotini

Once the veggies are cooking, get the pasta going. Salt the boiling water, then add the **Rotini**. Cook until al dente, about 10 to 12 minutes, then drain.

Salt your water generously!

5. Put It All Together

Add the cooked rotini to the veggies and mix well. Add the marinated beans – but reserve the oil. Toss again, then add salt and pepper to taste. Serve topped with the **Pecorino Cheese** and as much of the marinade oil as you'd like. Enjoy!

Instructions for two servings.

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

Maui Salmon Rice Bowl

Meez's version of a poke bowl, it's fast, filling, and a flavor sensation. We're making ours with a teriyaki and pineapple sauce that's a perfect match for seared salmon, edamame and crunchy fresh veggies.

20 *Minutes to the Table*

15 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

- Large Skillet
- Saucepan

FROM YOUR PANTRY

- Olive Oil

6 MEEZ CONTAINERS

- Jasmine Rice
- Green Onions
- Salmon
- Pineapple Teriyaki
- Cucumber, Edamame & Shredded Veggies
- Sesame Seeds

Good To Know

If you ordered the **Carb Conscious version** we sent you zucchini noodles instead of jasmine rice. Skip step 1. Heat 1 Tbsp olive oil in a large skillet. When the oil is hot, add the zucchini and sear for 2 minutes, then stir in half of the Green Onions & Sesame Seeds as in step 2.

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

Health snapshot per serving – 530 Calories, 16g Fat, 57g Carbs, 40g Protein and 10 Freestyle Points.

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

**SCAN QR CODE
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cooking video**



INGREDIENTS: Salmon, Jasmine Rice, Cucumber, Edamame, Green Onion Carrot, Red Cabbage, Tamari, Pineapple, Ginger, Garlic, Cilantro, Sesame Oil, Black Sesame Seeds, Toasted Sesame Seeds, Lime

*meez*meals

1. **Get Ready**

Bring a saucepan of water to a boil.

2. **Cook the Rice**

Add the **Jasmine Rice** to the boiling water and cook until tender, about 12 to 15 minutes. Drain well and return to the saucepan. Stir in half the **Green Onions** then cover and set aside.

3. **Cook the Salmon**

While the rice is cooking, heat 1 Tbsp olive oil in a large skillet over medium-high heat. Dry the **Salmon** with a paper towel. When the oil is hot, add the salmon and cook until it turns brown, about 3 minutes. Flip the salmon and add the **Pineapple Teriyaki** sauce. Continue cooking, spooning the sauce on top of the salmon frequently, until the sauce is thick enough to coat the back of a spoon, about 4 additional minutes.

4. **Put It All Together**

Serve the salmon and **Cucumber, Edamame & Shredded Veggies** alongside each other and on top of the rice (poke bowl style). Drizzle the entire dish with the Pineapple Teriyaki sauce still left in the skillet, and sprinkle with the remaining green onions and the **Sesame Seeds**. Enjoy!

Maple Roasted Chicken Thighs with Cheesy Biscuits

40 Minutes to the Table

40 Minutes Hands On

2 Whisks *Easy*

This dinner is pure comfort. Crispy chicken thighs get finished in a rich maple glaze, then served over roasted kale and sweet butternut squash. Add warm, buttery cheddar biscuits on the side and you've got a cozy, craveable meal that feels like a hug on a plate.

Getting Organized

EQUIPMENT

Large Skillet
2 Baking Sheets

FROM YOUR PANTRY

Olive Oil
Salt & Pepper
Milk (1/4 cup/svg.)
Butter (1 Tbsp/svg.)

5 MEEZ CONTAINERS

Chicken Thighs
Cheesy Biscuit Mix
Butternut Squash
Kale
Maple Glaze

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 – 860 Calories, 41g Fat, 85g Carbs, 37g Protein, and 27 Freestyle Points.

Lightened-up health snapshot per serving – 650 Calories, 37g Fat, 50g Carbs, and 20g Freestyle Points, by eating half of the cheesy biscuit and half of the maple glaze.

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

INGREDIENTS: Chicken Thighs, Butternut Squash, Kale, Biscuit Mix, Maple Syrup, White Cheddar, Apple Juice, Apple Cider Vinegar, Fontina, Chive, Paprika, Garlic, Onion Powder, Cinnamon, Thyme, Black Pepper, Cayenne Pepper.

meez meals

1. Get Organized

Preheat the oven to 425. Spray or brush a baking sheet with oil.

2. Cook the Chicken Thighs

Pat dry the **Chicken Thighs** with a paper towel and season with salt and pepper on both sides. Heat 1 Tbsp olive oil in a large skillet over medium heat. When the oil is hot, add the thighs, skin side down and cook undisturbed until the skin is brown and crispy, about 20 to 25 minutes. Flip and continue cooking undisturbed until the other side is also crispy and brown, an additional 4 to 6 minutes. Remove from the skillet and place on a cutting board to rest. Leave a light coating of the chicken fat in the skillet (for flavor) but use a tongs and paper towel to dab any areas where excess fat has pooled. Do not wipe out the skillet.

Check the skin on the thighs occasionally to prevent them from burning. Lower the heat if they start to burn.

3. Make the Biscuits

While the chicken is cooking, combine the **Cheesy Biscuit Mix** with ¼ cup of milk. Stir well making sure there are no pockets of dry flour. Using your hands, separate the dough into two portions and shape into roughly ½" tall biscuits by 4" to 5" wide pucks and add to the oiled baking sheet. Bake until golden brown, 18 to 20 minutes. Remove from the oven and immediately spread 1 Tbsp of butter on top of each biscuit.

4. Roast the Kale and Squash

As soon as the biscuits are in the oven, add the **Butternut Squash** to a second baking sheet. Toss with olive oil salt and pepper and arrange in a single layer on one half. Add the **Kale** to the other half of the baking sheet and toss with olive oil salt and pepper, then arrange in a single layer. Bake until the squash starts to brown and is fork tender and the kale starts to brown and get crispy, about 18 to 20 minutes.

The thighs should reach a minimum temp of 165.

5. Make the Glaze

Add the **Maple Glaze** to the now-empty chicken skillet and bring to a boil over medium-high heat. Lower the heat to medium-low and simmer, stirring occasionally, until it thickens enough to coat the back of a spoon, 3 to 4 minutes. Turn off the heat & return the chicken thighs to the skillet. Using tongs, slide both sides of the chicken in and out of the glaze getting as much coverage as possible until the thighs are well coated.

6. Put It All Together

Combine the kale and squash and serve topped with the glazed chicken thighs. Drizzle the remaining glaze over top of the dish and serve the cheesy biscuits on the side. Enjoy!

Instructions for two servings.

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

Honey & Tamari Glazed Mushrooms with Udon Noodles

Umami-rich cremini mushrooms are a perfect pairing for a savory honey and tamari sauce. With snow peas, cabbage, and udon noodles, it's a speed Asian-inspired dinner the whole family will love.

25 Minutes to the Table

20 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Medium Saucepan
Large Skillet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Udon Noodles
Seasoned Onions
Snow Peas &
Cabbage
Cremini Mushrooms
Honey & Tamari
Glaze
Green Onion &
Cilantro

Add Protein Instructions

Integrate into recipe: Prior to step 4, cook the protein and let rest, then slice into ½" strips (flake the salmon and cut the shrimp in half.) Stir into the mushrooms and glaze 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 – 440 Calories, 8g Fat, 93g Carbs, 13g Protein, and 14 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: Mushrooms, Udon Noodles, Snow Peas, Cabbage, Mae Ploy, Yellow Onion, Tamari, Brown Sugar, Honey, Green Onion, Ginger, Garlic, Cilantro, Sesame Oil, Vegetable Stock, Miso, Parsley, White Pepper

meez  meals

1. Get Organized

Bring a medium saucepan of water to a boil.

2. Cook the Udon

Add the **Udon Noodles** to the boiling water and cook until tender, about 10 to 14 minutes. Place the noodles in a colander and rinse thoroughly with hot water. 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 **Seasoned Onions**. Cook until the onions begin to soften, about 1 to 2 minutes. Add the drained udon noodles back and stir. Cover and set aside.

3. Sauté the Asian Veggies

While the noodles are cooking, heat 1 Tbsp olive oil in a large skillet over medium-high heat. When the oil is hot, add the **Snow Peas & Cabbage** with a sprinkle of salt and pepper. Sauté, stirring frequently, until the edges of the cabbage char, about 4 to 5 minutes. Transfer the veggies to the saucepan with the udon and onions and stir. Cover and set aside until step 5. Wipe out the skillet.

4. Cook the Mushrooms

Heat 1 Tbsp olive oil in the now-empty skillet over medium-high heat. When the oil is hot, add the **Cremini Mushrooms** and cook until they brown and the liquid is evaporated, about 5 to 6 minutes. Add the **Honey & Tamari Glaze** and cook, stirring occasionally, until the glaze thickens enough to coat the mushrooms, an additional 3 to 4 minutes.

5. Put It All Together

Serve the noodles and veggies topped with the glazed cremini mushrooms. Sprinkle the **Green Onion & Cilantro** over top and enjoy!

Be sure to get all the seasoned onions out of the saucepan to not miss any deliciousness.

Instructions for two servings.

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

Lemon Chai Brussels Sprouts Over Pearl Couscous

We crave the sunny flavors of the Mediterranean this time of year. One bite of this gem, and we were transported. The magic comes from lemon-chai vinaigrette, which has a depth of flavor that pairs perfectly with crispy Brussels sprouts. We're serving it over pearl couscous with feta and walnuts.

20 Minutes to the Table

10 Minutes Hands On

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Rimmed
Baking Sheet
Saucepan

FROM YOUR

PANTRY

Olive Oil
Salt & Pepper

5 MEEZ

CONTAINERS

Brussels Sprouts
Couscous
Lemon Chai
Vinaigrette
Feta Cheese
Walnuts

Make The Meal Your Own

Integrate into recipe: While the brussels sprouts are roasting in step 2, cook the protein (per instructions below) and then slice into strips (*shred the chicken, flake the salmon, leave shrimp whole*) and serve on top of the couscous before topping with the Feta and Walnuts.

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

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

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

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

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

Good To Know

If you ordered the **Carb Conscious** version we sent you cauliflower "rice" instead of the couscous reducing the **carbs per serving to 35g**. Don't set water to boil in step 1, skip step 3 and while the brussels sprouts are roasting heat 1 Tbsp oil in a large skillet over medium-high heat and cook the cauliflower until it starts to brown, about 3 to 4 minutes. Use in place of the couscous. **If you're making the gluten-free version**, bring 2.5 cups of water to a boil, add the quinoa and a dash of salt. Cover and lower the heat to a simmer. Cook for 12 to 15 minutes, until the grain blooms and most of the liquid is absorbed. Fluff it up and let it sit covered for 5 minutes more.

Health snapshot per serving – 990 Calories, 63g Fat, 83g Carbs, and 25 Smart Points

Lightened up snapshot – 700 Calories, 44g Fat, 61g Carbs, and 17 Smart Points with 2/3 of the couscous, Vinaigrette, and Feta Cheese.

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to view YouTube
cooking video



INGREDIENTS: Brussels Sprouts, Couscous, Feta Cheese, Vegetable Oil, Walnuts, Lemon, Green Onions, Brown Sugar, Garlic, Herbs & Spices

meez *meals*

1. **Get Organized**

Preheat your oven to 400 and put a saucepan of water on to boil.

2. **Roast the Brussels Sprouts**

Put the **Brussels Sprouts** on to a rimmed baking sheet and drizzle with olive oil, salt and pepper. Toss well, then arrange in a single layer and bake until brown and crispy, 12 to 15 minutes.

3. **Cook the Couscous**

While the sprouts are cooking, salt your boiling water generously and add the **Couscous**. Cook until al dente, 5 to 10 minutes. Drain, return to the saucepan and set aside until the sprouts are done cooking.

4. **Put It All Together**

When the sprouts are done, add them to the saucepan with the couscous and stir in the **Lemon-Chai Vinaigrette**. Heat over medium until warm throughout, about 2 minutes.

Top with the **Feta Cheese** and **Walnuts** and enjoy!

Instructions for two servings.

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

Nut-Crusted Salmon with Roasted Zucchini

You won't believe how easy this sophisticated dinner is to prepare. We're putting a carb-conscious spin on baked salmon by topping it with a delicious nut and cauliflower crust and just the right amount of pecorino. Served on top of roasted zucchini and finished with lemon chive dressing. It's simple, sophisticated and naturally low in calories.

25 *Minutes to the Table*

15 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Baking Sheet

FROM YOUR PANTRY

Olive Oil

Salt & Pepper

5 MEEZ CONTAINERS

Cauliflower & Nuts

Salmon

Cream Sauce

Zucchini

Lemon Chive Dressing

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 – 430 Calories, 26g Fat, 12g Carbs, 38g Protein and 4 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, Zucchini, Cauliflower, Almond, Walnut, Pecorino Romano, Mayonnaise, Buttermilk, Garlic, Chive, Lemon, Onion, Black Pepper

meez meals

1. Getting Organized

Preheat oven to 400.

2. Prepare the Salmon

Spread the **Cauliflower & Nuts** evenly on a large plate.

Coat one side of the **Salmon** with a thick ¼" to ½" layer of the white **Cream Sauce** (the slightly thicker one without the visible green chives).

Put the salmon onto the cauliflower & nuts, cream-side-down. Press down to make sure the crust adheres to the cream, then flip and press the non-cream side into the cauliflower & nuts to create the crust on both sides. Place onto a baking sheet with the cream side up, repeating with each salmon filet.

Leave room on the baking sheet for the zucchini which will get added in step 3, after the salmon is partially cooked.

3. Cook the Zucchini and Salmon

Bake the salmon for 8 minutes, then add the **Zucchini** to the baking sheet next to the salmon and drizzle it with olive oil, salt and pepper. Return the salmon and zucchini to the oven and bake until the cauliflower nut crust is golden brown, and the zucchini just starts to sear, about 4 to 5 additional minutes.

4. Putting It All Together

Serve the salmon on top of the zucchini and drizzle everything with the **Lemon Chive Dressing**. Enjoy!

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

Love this recipe? #meezmagic

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

Tikka Masala

Creamy, complex, and flat out delicious, tikka masala is one of our favorite Indian recipes. We're making our version this week with seared halloumi cheese, tender chickpeas, and fresh greens. Cooked up in just one pan, it's a twenty-minute dinner we love.

Getting Organized

EQUIPMENT

Large Skillet

FROM YOUR PANTRY

Salt and Pepper

5 MEEZ CONTAINERS

Halloumi Cheese

Seasoned Butter

Tikka Masala

Sauce

Chickpeas &

Tomatoes

Arugula &

Spinach

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 stir into the sauce 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 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 – 745 Calories, 20g Protein, 61g Fat, 37g Carbs, 26 Freestyle Points.

Lightened up health snapshot per serving – 560 Calories, 42g Fat, 33g Carbs, 18 Freestyle Points using 2/3 of the Butter and 2/3 of the Tikka Masala Sauce.

20 Minutes to the Table

20 Minutes Hands On

1 Whisk Super-Easy

SCAN QR CODE
to view YouTube
cooking video



INGREDIENTS: Halloumi, Spinach, Arugula, Chickpeas, Tomato, Butter, Cream, Cilantro, Garlic, Ginger, Garam Masala, Cayenne Pepper, Turmeric, Coriander, Lime, Sugar.

meez meals

1. Sear the Halloumi

Slice the **Halloumi Cheese** into ½ inch cubes. Add half the **Seasoned Butter** to a large skillet over medium heat. Once the butter is melted, add the cubed Halloumi in a single layer. Lightly sprinkle with pepper and cook, undisturbed, until the bottoms brown, about 3 minutes. Turn the cheese and cook until that side also browns, about 3 additional minutes. Remove the Halloumi from the skillet and set aside. Do not wipe out the skillet.

We are sending the Halloumi uncut to maintain its freshness and taste.

2. Make the Tikka Masala Sauce

Return the now-empty skillet to the stove over medium-high heat. Add the **Tikka Masala Sauce, Chickpeas & Tomatoes**, and remaining seasoned butter, and bring the entire mixture to a boil. Reduce the heat to medium and simmer until the sauce thickens slightly, about 4 minutes.

Halloumi will not melt when cooked.

Add the **Arugula & Spinach** and stir, coating the veggies in the sauce. Work in batches if necessary and cook until the arugula & spinach has wilted. Remove from the heat.

The Arugula & Spinach is bulky when uncooked but it reduces quickly. Add it to the skillet in batches.

3. Put It All Together

Add the seared Halloumi to the cooked veggies and sauce and mix well. Enjoy!

Shrimp Tortilla Soup with Cheesy Nachos

Tortilla soup is one of the fastest, most delicious Mexican dinners. We're serving our version with tender shrimp, white beans, and sour cream, then topping it with freshly baked cheesy nachos. The result is a fun and flavorful meal the whole family will love.

30 *Minutes to the Table*

15 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Baking Sheet
Large Saucepan or Dutch
Oven

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Shrimp
Beans, Corn & Onion
Soup Broth
Cheese & Sour Cream
Tortilla Chips

Good To Know

Like it hot? Add a pinch or two of crushed red pepper once it's cooked.

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

Health snapshot per serving – 730 Calories, 47g Protein, 36g Fat, 59g Carbs, 18 Freestyle Points

Lightened up Health Snapshot per serving- 600 Calories, 27g Fat, 51 Carbs 14 Freestyle Points, by using 2/3 of the chips and cheese

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

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



INGREDIENTS: Shrimp, Enchilada Sauce, Cream, Corn, Sour Cream, Tomato, Onion, Tortilla Strips, Chihuahua Cheese, White Cheddar, Green Onion, Great Northern Beans, Vegetable Broth, Cilantro, Tomato Paste, Lime Juice, Coriander, Cumin

meez*meals*

1. Get Organized

Preheat the oven to 425.

2. Make the Soup

Heat 1 Tbsp of olive oil in a large saucepan over medium-high heat. When the oil is hot, add the **Beans, Corn & Onion** and cook until the onions are translucent and the vegetables have softened, about 4 minutes.

Add the **Soup Broth** (orange in color) and 1 cup of water and bring the mixture to a boil. Reduce heat to low and simmer, uncovered, until the broth thickens, about 15 minutes.

Once the broth has thickened, pat dry the **Shrimp** and cut into thirds. Add the cut shrimp to the broth and simmer for an additional 5 minutes. Stir in the remaining **Cheese & Sour Cream** (the portion not used for the nachos) then remove from the heat.

3. Create the Nacho Topper

When the broth is first simmering, arrange the **Tortilla Chips** into two equal sized circles on a rimmed baking sheet. Spread two-thirds of the cheese & sour cream over the top of the tortilla chips and bake until the cheese starts to turn brown and bubbly, about 10 to 12 minutes.

4. Put It All Together

Serve the soup with the nachos over top. Enjoy!

You don't need to eat it right away just be sure to remove from the heat so the shrimp doesn't get overcooked.

Instructions for two servings.

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