

*Thai Sirloin
Steak Udon Bowl*

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

Meal Tip Chopped toasted nuts are a fun addition.

*Caper Tilapia with
Parsley and Potatoes*

35 Min to Table	10 Min Hands On	1 Whisk Super Easy
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From Your Pantry You will need 1 1/2 Tbsp butter per serving.

Getting Started Preheat your oven to 400.

Quick Tips



Meatball Döner Kebab

30 Min to Table	20 Min Hands On	1 Whisk Super Easy
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Getting Started Mix the veggies with the garlic crema.

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

Chicken Enchiladas Verde

25 Min to Table	45 Min Hands On	1 Whisk Super Easy
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From Your Pantry You'll need olive oil, salt and pepper

Getting Started Preheat your oven to 375. & put a pot of water on to boil.

*Spinach & Feta Risotto
with Roasted Tomatoes*

35 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.

Farro with Sautéed Asparagus & Roasted Pear

15 Min to Table	45 Min Hands On	1 Whisk Super Easy
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Getting Started Preheat your oven to 400, & put a pot of water on to boil.

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

Peach & Chipotle Glazed Salmon

30 Min to Table	20 Min Hands On	1 Whisk Super Easy
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Getting Started Heat olive oil in large skillet.

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

Pappardelle with Chicken & Herby Cream Sauce

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 a boil.

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

Arugula and Cherry Tomato Pizza

40 Min to Table	15 Min Hands On	1 Whisk Super Easy
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Getting Started Preheat your oven to 450.

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

NOLA Shrimp Etouffee

30 Min to Table	30 Min Hands On	1 Whisk Super Easy
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Getting Started Bring a medium saucepan of water to a boil.

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

Honey-Glazed Halloumi Salad & Lemon Pepper Dressing

15 Min to Table	15 Min Hands On	1 Whisk Super Easy
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Getting Started Squish the grape tomatoes.

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

Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmndd daily)	
Honey-Glazed Halloumi Salad & Lemon Pepper Dressing	930	33	66	58 CC 37	4	1290	25	32	90% Vitamin D	140% Vitamin K
(use 1/2 the roll & 1/2 the dressing)	660		43					23		
Chicken Enchiladas Verde	720	56	16	88	8	1200	6	16	23% Calcium	33% Iron
(use half the rice)	630		16					13		
NOLA Shrimp Etouffee	520	23	23	61 CC 29	5	680	10	15	170% Vitamin C	70% Vitamin A
Farro With Sautéed Asparagus & Roasted Pear	610	23	32	71	17	545		14	50% Vitamin C	58% Folate
Spinach & Feta Risotto with Roasted Tomatoes	880	19	61	56	5	980	29	35	80% Vitamin A	45% Vitamin C
(use 1/2 the pesto & 1/2 the cheese & onions)	700		49					29		
Meatball Döner Kebab	890	29	41	105	9	1820	30	30	38% Vitamin C	50% Vitamin B12
(use 1/2 the tortilla & potatoes, and 3/4 of the dressing)	680		35					23		

Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmndd daily)	
Pappardelle with Chicken and Herby Cream Sauce (use 2/3 pasta, parm, butter, & cream sauce)	850	57	132	45 CC 35	13	1400	50	25	35% Vitamin A	30% Calcium
	660		92					18		
Thai Sirloin Steak Udon Bowl (½ udon, 1/2 sauce)	730	45	40	55 CC 28	7	1450		21	419% Vitamin C	68% Vitamin B-12
	495		25					14		
Peach & Chipotle Glazed Salmon	440	23	5	80	7	950	51	13	120% Vitamin C	8% Iron
Caper Tilapia with Parsley and Potatoes (½ the butter and oil, and ¾ potatoes)	660	47	25	57	4	1166	6	19	115% Vitamin C	19% Iron
	515		14					14		
Arugula and Cherry Tomato Pizza	541	14	25	65	8	446	19	18	61% Vitamin A	55% Vitamin C
Add a Protein All-Natural Chicken Breast	220	41	5	0	0	85	0	3	90% Vitamin B6	4% Iron
Add a Pretein Bistro Chateau Steak	220	30	10	0	0	75	0	5	10% Iron	10% Potassium
Add a Protein Norwegian Salmon	220	35	0	0	0	130	0	4	60% Vitamin B6	15% Potassium
Add a Protein Premium Shrimp	120	28	0.5	0	0	170	0	1	8% Potassium	4% iron

Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmndd daily)	
Flourless Chocolate Cake	370	5	16	32	2	130	18	18	20% Iron	10% Vitamin A
Honduran Chocolate Brownies (Gluten-Free)	340	4	18	42	3	140	31	16	4% Vitamin C	15% Iron
Turtle Molten Bundt	500	6	30	53	3	370		27	25% Iron	6% Vitamin A
Chocolate Chunk Cookies	180	2	9	22	1	170	10	9	2% Calcium	4% Vitamin A
Kitchen Sink Cookies	380	5	19	49	2	400	10	17	20% Iron	8% Vitamin A

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

These are our best estimates for a single serving based on the recipes as written. The actual nutritional information may vary a bit. And, of course, if you have leftovers, the actual numbers will be lower.

Honey-Glazed Halloumi Salad & Lemon Pepper Dressing

15 Minutes to the Table

15 Minutes Hands On

1 Whisk *Super Easy*

This salad is all about bold contrast and big flavor. Golden-seared halloumi is coated in a sticky honey glaze that plays perfectly against its signature salty bite, then layered over crisp greens with juicy tomatoes and warm, crispy croutons. Tossed in a bright lemon pepper dressing, it's satisfying, unexpected, and ready in just 15 minutes.

Getting Organized

EQUIPMENT

Large Skillet
Mixing Bowl

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Rolls
Grape Tomatoes
Halloumi Cheese
Honey Glaze
Salad Greens
Lemon Pepper
Dressing

Add Protein Cooking Instructions

Integrate into recipe: After toasting the croutons in step 2, cook the protein (per instructions below) and then slice into 1/4" strips (*flake the salmon, leave shrimp whole*) and toss with the salad 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

If you ordered the **Carb Conscious version**, we sent you red bell peppers instead of French dinner rolls, reducing the **carbs per serving to 37g**. Skip cooking the croutons in step 2 and toss the peppers into the salad in step 4 in place of the croutons.

Health snapshot per serving – 930 Calories, 66g Fat, 59g Carbs, 33g Protein, and 32 Freestyle Points.

Lightened-up health snapshot per serving – 660 Calories, 43g Fat, 44g Carbs, and 23g Freestyle Points, by using half of the rolls and half of the lemon pepper dressing.

INGREDIENTS: Halloumi, Dinner Roll, Tomato, Mayonnaise, Honey, Arugula, Spinach, Red Cabbage, Red Wine Vinegar, Lemon, Apple Cider Vinegar, Savory, Black Pepper.

meez  meals

1. Get Organized

Cut the **Rolls** into ½" to 1" cubes. Place the **Grape Tomatoes** in a zip lock bag, squish and set aside until step 4.

2. Toast the Croutons

Heat 2 Tbsp olive oil in a large skillet over medium-high heat. When the oil is hot, add the cubed rolls and toss well until the rolls are well coated. Sprinkle with salt and pepper and cook, stirring occasionally, until the croutons are brown and crispy, about 4 to 5 minutes. Remove from the skillet and set aside until step 4. Wipe out the skillet.

3. Sear the Halloumi.

Place the **Halloumi Cheese** on a cutting board and cut in half length wise, then into rectangle slices about ¼" thick. You should have about 12 to 14 pieces after slicing.

Heat 1 Tbsp olive oil in the now-empty skillet over medium-high heat. When the oil is hot, add the halloumi in a single layer. Cook until one side is golden brown, about 3 minutes. Flip and repeat for the other side. Add the **Honey Glaze** to the seared halloumi and stir until well coated. Lower the heat to medium-low and continue to cook until the glaze thickens and is sticking to the halloumi. Remove from the heat.

4. Put It All Together

In a large mixing bowl, combine the **Salad Greens**, **Lemon Pepper Dressing**, squished tomatoes, and the toasted croutons. Toss and transfer to serving bowls. Top with the honey glazed halloumi and enjoy!

Instructions for two servings.

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

Chicken Enchiladas Verde

Classic enchiladas, on the table in a flash. With shredded chicken breast, sautéed bell peppers and a salsa verde that's fresh, flavorful, and unique. It's Mexican comfort food the family will love.

45 *Minutes to the Table*

25 *Minutes Hands On*

2 Whisk *Easy*

Getting Organized

EQUIPMENT

- 2 Large Skillets
- Casserole Dish
- Large Mixing Bowl

FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper

7 MEEZ CONTAINERS

- Chicken Breasts
- Veggies
- Chihuahua Cheese
- Salsa Verde
- Corn Tortillas
- Rice
- Lime

Make The Meal Your Own

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

Health Snapshot Per Serving- 720 Calories, 56g Protein, 16g Fat, 88g Carbs, 16 Freestyle Points

Lightened-up Health Snapshot Per Serving- 630 Calories, 16g Fat, 69g Carbs, 13 Freestyle Points, by using half of the rice.

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to view YouTube
cooking video**



INGREDIENTS: Chicken Breasts, Corn Tortillas, Green Chili Sauce, White Rice, Lime, Yellow Onion, Chihuahua Cheese, Red Bell Pepper, Green Bell Pepper, Sugar, Parsley, Cilantro, Garlic, Salt, Cumin, Coriander, Black Pepper

meez *meals*

1. Get Organized

Preheat your oven to 375 degrees and put a saucepan of water to boil over high heat. Spray or brush a 10x10 or similar casserole dish with oil.

2. Cook the Chicken

Heat 1½ Tbsp olive oil in a large skillet over medium high heat. Pat dry and generously salt and pepper the **Chicken Breasts** on both sides. Cook until crisp and 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. Do not wipe out skillet. Once the chicken has rested, hold the chicken in place with one fork and with a second fork, shred the chicken into pieces typical of the size used in chicken soup and put into a large bowl.

3. Cook the Veggies

While the chicken is resting, add the **Veggies** to the now-empty skillet over medium high heat. Sauté until the peppers start to char and the onions become translucent, about 2 to 3 minutes. Transfer the cooked veggies to the large mixing bowl with the shredded chicken. Add half of the **Chihuahua Cheese**. Add one-third of the **Salsa Verde** to the bowl. Mix well.

4. Bake the Enchiladas

Add half the remaining salsa verde to the bottom of the casserole dish. Wrap the **Corn Tortillas** in paper towels and microwave until soft, about 20 to 30 seconds. Fill the tortillas with as much of the filling as possible while still being able to roll into tubes. Place the rolled enchiladas on top of the salsa verde, folded side down. Spread any filling that wouldn't fit inside the tortillas around the bottom of the casserole dish. Top everything with the remaining salsa verde and remaining cheese. Bake until the cheese is melted and starts to brown, about 15 minutes. Remove from the oven and let rest for 5 minutes

5. Cook the Rice and Serve

While the enchiladas are baking, add the **Rice** to the boiling water and cook at a rolling boil until the rice is tender, about 15 minutes. Drain well and transfer directly to serving plates. Serve the enchiladas (and the extra cooked enchilada filling) on top of the rice with a squeeze of fresh **Lime**. Enjoy!

Instructions for two servings.

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

NOLA Shrimp Etouffee

Straight from New Orleans, this Cajun favorite is rich, hearty, and full of soul. Juicy shrimp are simmered in a velvety Etouffee sauce with onions, peppers, celery, and a touch of spice, then served over fluffy white rice. It's warm, comforting, and packed with bold Louisiana flavor.

30 *Minutes to the Table*

30 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet
Medium Saucepan

FROM YOUR PANTRY

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

5 MEEZ CONTAINERS

Rice
Shrimp
Mirepoix
Etouffee Sauce
Lemon

Good to Know

If you ordered the **Carb Conscious version**, we sent you cauliflower "rice" instead of the rice, reducing the **carbs per serving to 29g**. Skip steps 1 and 2. Prior to cooking the veggies and sauce in step 4, heat 1 Tbsp olive oil in the skillet and sauté the cauliflower until it starts to brown, about 4 to 5 minutes. Serve in place of the rice.

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

Health snapshot per serving – 520 Calories, 23g Fat, 61g Carbs, 23g Protein, and 15 Freestyle Point s.

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

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INGREDIENTS: Shrimp, White Rice, Bell Peppers, Yellow Onion, Carrot, Cream, Celery, Garlic, Chicken Stock, Lemon, Worcestershire Sauce, Franks Red Hot Sauce, Tomato, Bay Leaf, Cayenne Pepper.

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 tender, about 15 minutes. Drain and return to the saucepan. Fluff with a fork, cover, and set aside until step 5.

3. **Cook the Shrimp**

While the rice is cooking, pat dry the **Shrimp** and season with salt and pepper. Heat 1 Tbsp olive oil in a large skillet over medium-high heat. When the oil is hot, add the shrimp in a single layer and cook until opaque, about 1 minute each side. Remove from the skillet and set aside. Wipe out the skillet.

4. **Cook the Vegetables and Sauce**

Heat 1 Tbsp olive oil in the now-empty skillet over medium-high heat. When the oil is hot, add the **Mirepoix** veggies and cook until the onion are translucent, about 5 minutes. Add 2 Tbsp of butter and stir until melted, then add 2 Tbsp of flour. Stir continuously until the veggies are well coated and flour starts to turn brown, about 2 minutes. Add the **Etouffee Sauce** and two-thirds cup of water and stir well, making sure to scrape all the tasty bits on the bottom of the skillet.

Bring to a boil and reduce the heat to medium-low. Simmer until the liquid has reduced by about one-third and has the consistency of a thin gravy, about 10 to 12 minutes. Turn off the heat and stir in the cooked shrimp.

5. **Put It All Together**

Serve the etouffee on top of a bed of white rice and top with a squeeze of **Lemon**. Enjoy!

Instructions for two servings.

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

Farro with Sauteed Asparagus and Roasted Pear

40 Minutes to the Table

15 Minutes Hands On

1 Whisk Super Easy

Mention pears as part of a meal, and we get pretty excited. Pair them with farro, asparagus, kale and mixed greens and we're in heaven. Then top it with strawberry vinaigrette, fontina and pecans and it was a dinner we couldn't wait to dig into. The result? Even better than it sounds.

Getting Organized

EQUIPMENT

Rimmed Baking Sheet
Large Skillet
Saucepan
Large Mixing Bowl

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Pear
Farro
Asparagus
Kale & Mixed Greens
Strawberry Vinaigrette
Fontina & Pecans

Add Protein Cooking Instructions

Integrate into recipe: Prior to step 4, cook the protein (per instructions below) and then slice into strips (*flake the salmon, leave shrimp whole*) and stir into the farro and veggies 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 ordered the **Carb Conscious version**, we sent you cauliflower "rice" instead of farro, reducing the **carbs per serving to 40g**. In step 3. Heat a large skillet with 1 Tbsp olive oil over high heat. When the oil is hot cook the cauliflower until it starts to brown, about for 2 to 3 minutes. Use cooked cauliflower "rice" instead of farro in step 5. **Gluten-free version**-we're sending brown rice instead of farro. Cook the brown rice in boiling water for about 20 minutes, drain and let sit, covered, for 5 minutes.

Health snapshot per serving – 475 Calories, 14g Protein, 27g Fat, 55g Carbs, 12 Freestyle Points.

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to view YouTube
cooking video**



INGREDIENTS: Farro, Asparagus, Kale, Mixed Greens, Pear, Fontina, Pecans, Strawberry, White Vinegar, Lime, Garlic, Cayenne Pepper, Thyme, Olive Oil.

meez meals

1. **Getting Organized**

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

2. **Roast the Pear**

Cut the **Pear** in half, then half again. Cut the core out and discard. Now cut the pears in ½" pieces. Put the pieces onto a rimmed baking sheet and drizzle with olive oil, then toss to get them covered.

Bake until the skin begins to wrinkle, and the ends are golden brown, about 25 to 30 minutes.

3. **Cook the Farro**

While the pear is roasting, add a generous pinch of salt to the boiling water and add the **Farro**. Cook until the kernels pop, about 20 minutes. Drain, then return to the pan and cover for 5 minutes. Fluff with a fork and set aside.

4. **Sauté the Vegetables**

Heat 2 Tbsp olive oil in a large skillet over high heat. Add the **Asparagus** and cook until bright green and slightly charred, about 3 minutes. Transfer to a large mixing bowl. Do not wipe out the pan.

Add the **Kale & Mixed Greens** to the now-empty skillet and sauté until the kale turns bright green, about 3 minutes. Remove from the heat and add to the large mixing bowl.

5. **Put It All Together**

Combine the farro, asparagus, kale & mixed greens, roasted pear, with half of the **Strawberry Vinaigrette** and toss well.

Serve topped with the **Fontina & Pecans** and drizzle more strawberry vinaigrette to taste. Enjoy!

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois * Prepare by April 26

Spinach & Feta Risotto with Roasted Tomatoes

35 Minutes to the Table

15 Minutes Hands On

1 Whisk Super Easy

Creamy risotto, tangy feta, and sweet roasted tomatoes make this dinner a standout. We're combining white wine, caramelized onions, and a touch of cream, then finishing with fresh spinach and a drizzle of balsamic pesto. It's delicate, hearty, and absolutely delicious.

Getting Organized

EQUIPMENT

Large Oven-Safe
Skillet with Cover

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Grape Tomatoes
Arborio Rice
White Wine &
Cream Sauce
Feta & Seasoned
Onions
Spinach
Balsamic Pesto

Add Protein Cooking Instructions

Integrate into recipe: When the risotto has about 10 minutes left in step 3, cook the protein (per instructions below) and serve alongside the risotto 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 – 880 Calories, 61g Fat, 56g Carbs, 19g Protein, and 35 Freestyle Points.

Lightened-up health snapshot per serving – 700 Calories, 49g Fat, 43g Carbs, and 29g Freestyle Points, by using half of the Balsamic Pesto and half of the Cheese & Onions.

INGREDIENTS: Tomatoes, Cream, Arborio Rice, Yellow Onion, White Wine, Spinach, Feta, Asiago, Balsamic Vinegar, Brown Sugar, Vegetable Oil, Garlic, Parmesan, Lemon, Green Onion, Vegetable Stock, Almond, Miso, Oregano, Basil, Black Pepper.

meez  meals

1. Get Organized

Preheat the oven to 425. Place the **Grape Tomatoes** into a ziplock bag and seal tightly. Using your hands, squish the tomatoes until they burst.

2. Prepare the Risotto

Heat 1 Tbsp olive oil in a large oven-safe skillet over medium-high heat. When the oil is hot, add the **Arborio Rice** and stir until the rice is coated with oil. Cook until just starting to toast, about 1 minute. Add the **White Wine & Cream Sauce**, 1 cup of water, and the **Feta & Seasoned Onions** and stir well. Add the squished tomatoes and spread around the skillet. Turn the heat to high and bring to a boil and remove from the heat.

3. Bake the Risotto

Cover the skillet with an oven-safe lid and bake, undisturbed, until the rice is tender and the liquid has been absorbed, about 25 minutes. Remove from the oven and stir in the **Spinach**. Bake for an additional 5 minutes. Remove from the oven, uncover and allow to rest for 5 minutes before serving.

4. Put It All Together

Serve the risotto topped with the **Balsamic Pesto**. Enjoy!

The spinach will wilt in the hot risotto but you may have to add it in batches.

Instructions for two servings.

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

Meatball Döner Kebab

A delightful fusion of flavors. Turkish glazed meatballs, roasted potatoes, crisp veggies, and Garlic Crema wrapped in a spinach tortilla. This culinary creation is a symphony of taste that will leave you craving for more.

30 *Minutes to the Table*

30 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet
Mixing Bow
Small Bowl

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Garlic Crema
Potatoes
Spinach Tortillas
Veggie Mix
Meatballs
Turkish Glaze

Good to Know

Health snapshot per serving – 890 Calories, 41g Fat, 29g Protein, 105g Carbs, 30 Freestyle Points

Lightened-Up Health snapshot per serving –680 Calories, 35g Fat, 73g Carbs, and 23 Freestyle Points using half of the tortilla, half of the potatoes, and $\frac{3}{4}$ of the dressing.

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: Meatball, Spinach Tortilla, Red Potato, Ketchup, Sour Cream, Red Cabbage, Tomato, Cucumber, Red Onion, Mayonnaise, Worcestershire, Brown Sugar, Cilantro, Lemon, Garlic, Curry Powder, Paprika, Coriander, Allspice, Cinnamon

meez *meals*

1. Mix the Veggies and Garlic Crema

Remove 3 Tbsp of the **Garlic Crema** (white sauce) and set aside in a small bowl until step 3. Combine the rest of the garlic crema with the **Veggie Mix** in a mixing bowl and set aside.

2. Roast the Potatoes

Slice the **Potatoes** in half lengthwise and then cut each half into ½' wedges, about 8 to 10 per potato. Heat 1½ Tbsp of olive oil in a large skillet over medium heat. When the oil is hot, add the sliced potatoes with a sprinkle of salt and pepper. Cook the potatoes, stirring frequently, until they are golden brown on all sides and fork tender, about 12 to 14 minutes.

Layer the **Spinach Tortillas** out on a flat surface. Arrange the potatoes in the center of each tortilla, leaving a couple inches on all sides. Do not wipe out the skillet.

3. Cook the Meatballs

Return the now-empty skillet to the stove over medium heat. Add the **Meatballs** and the garlic crema set aside in step 1. Cook, stirring occasionally, until the crema forms a charred coating on the meatballs, about 3 to 4 minutes. Add the **Turkish Glaze** and cook until the meatballs are well coated and the sauce is hot, about 1 to 2 minutes. Layer the coated meatballs on top of the potatoes in the center of each tortilla. Wipe out the skillet.

4. Assemble the Wraps

Add the garlic crema veggies from step 1 on top of the meatballs. Join the front and bottom flaps and lift the tortilla in the air, open-faced. Pull the left and right flaps toward the center so they fold over about 1 to 2 inches and hold them in place with your fingers. Using your thumbs roll the wrap away from your body, keeping the left and right flaps underneath using the weight of the wrap to keep it closed. Press down gently on the top to hold everything in place. Repeat for each tortilla.

5. Finish the Kebabs

Place each wrapped kebab, seam side down, in the empty skillet over high heat. Cook until the tortilla starts to char, about 1 to 2 minutes per side. Cut each kebab in half and enjoy!

Stirring frequently and cooking over a lower heat allows the potatoes to cook through without burning.

Instructions for two servings.

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

Pappardelle with Chicken & Herby Cream Sauce

Wide ribbons of pappardelle pasta and tender chicken breast are coated in a flavorful herby cream sauce infused with white wine, fennel, herbs, and lemon. Finished with sweet peas, Parmesan, and a touch of black pepper, this comforting dish balances richness with bright, aromatic flavor.

25 Minutes to the Table

25 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Large Skillet
Medium Saucepan

FROM YOUR PANTRY

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

6 MEEZ CONTAINERS

Chicken
Pappardelle Pasta
Fennel & Onions
Herby Cream Sauce
Peas
Parmesan

Good to Know

If you ordered the **Carb Conscious version**, we sent you Red Peppers instead of Pappardelle, reducing the **carbs per serving to 35g**. Skip steps 1 and 3 and prior to step 3, heat 1 Tbsp olive oil in the empty skillet over medium-high heat and cook the peppers until charred, about 5 minutes. Use in place of the pasta.

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 – 850 Calories, 132g Fat, 45g Carbs, 57g Protein, and 25 Freestyle Points.

Lightened-up health snapshot per serving – 660 Calories, 92g Fat, 31g Carbs, and 18g Freestyle Points, by using two-thirds of the pappardelle, parmesan, and Herby Cream Sauce, and 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, Cream, Fennel, Yellow Onion, White Wine, Pappardelle, Peas, Parmesan, Chicken Stock, Lemon, Garlic, Black Pepper, Thyme, Oregano, Tarragon

meez^{meals}

1. Get Organized

Bring a medium saucepan of water to boil.

2. Cook the Chicken

While the water is coming to a boil, heat 1½ Tbsp olive oil in a large skillet over high heat. Pat dry and generously salt and pepper the **Chicken Breasts** on both sides. Cook until 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. After the chicken has rested, shred with two forks and set aside until step 4.

3. Cook the Pasta

While the chicken is resting, add the **Pappardelle Pasta** to the boiling water with a sprinkle of salt and cook until al dente, about 6 to 8 minutes. Drain well, return to the saucepan, cover and set aside.

4. Create the Sauce

While the pasta is cooking, heat 1 Tbsp olive oil in the now-empty chicken skillet over medium-high heat. Add the **Fennel & Onions** and cook until they start to soften, 5 to 6 minutes. Add the **Herby Cream Sauce** and bring the mixture to boil. Reduce the heat to medium-low and simmer, stirring frequently, until it thickens, about 5 to 6 additional minutes. Add the **Peas** and 2 Tbsp of butter and stir until the butter has melted. Remove from the heat and add the half the **Parmesan**, shredded chicken, and cooked pasta. Stir well.

5. Put It All Together

Serve the pasta with the remaining parmesan sprinkled over top. Enjoy!

Instructions for two servings.

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

Thai Sirloin Steak Udon Bowl

Thai flavors at their best. We're pairing an irresistible basil peanut sauce with sirloin steak and fresh peppers. Served over a bed of udon noodles, it's a dinner you'll crave again and again.

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

4 MEEZ CONTAINERS

Udon Noodles
Steak
Peppers & Onions
Thai Basil Peanut
Sauce

Good To Know

If you ordered the **Carb Conscious version**, we sent you zucchini "noodles" instead of the udon noodles, reducing the **carbs per serving to 27g**. In step 4., while the steaks are resting, pat dry the zucchini noodles and add them to the empty skillet (without wiping it out). Cook on medium-high heat until they start to brown, about 2 to 3 minutes. Place directly on serving plates and top with the Thai basil beef, peppers and onions.

If you ordered the **gluten-free version**, you received rice noodles. Add the rice noodles to boiling water and cook until tender, 5-6 minutes. Drain, rinse under cold water and set aside.

Health snapshot per serving – 800 Calories, 37g Fat, 46g Protein, 73g Carbs, 24 Smart Points

Lighten Up snapshot per serving - 610 Calories, 27g Fat, 41g Protein, 52g Carbs, 17 Smart Points by using two-thirds of the sauce and udon noodles.

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**SCAN QR CODE
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cooking video**



INGREDIENTS: Bell Peppers, Steak, Udon Noodles, Red Onion, Peanuts, Vegetable Oil, Rice Wine Vinegar, Tamari, Brown Sugar, Basil, Ginger, Garlic, Sesame Oil

meez meals

1. Getting Organized

Put a saucepan of water on to boil.

2. Cook the Udon

Salt the boiling water and add the **Udon Noodles**. Cook until they are soft, about 6 to 8 minutes, then drain.

3. Cook the Peppers

While the udon is cooking, heat 2 Tbsp olive oil in a large skillet over medium-high heat. When the oil is smoking, add the **Peppers & Onions** and cook until browned, 4 to 7 minutes. Remove to a bowl or plate.

4. Cook the Steak

Return the now-empty skillet to the stove over high heat. 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 ½ 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.

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). Toss the strips with the **Thai Basil Peanut Sauce**.

5. Put It All Together

Toss the udon noodles with Thai basil beef, peppers and onions.

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

Peach & Chipotle Glazed Salmon

Chipotle glaze, peach coulis, black beans, hominy, zucchini and corn salsa, make this a full-flavored, low-calorie, 15-minutes-to-the-table gem.

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

Seasoned Hominy &
Black Beans

Zucchini, Tomato &
Peppers

Salmon

Honey Chipotle Sauce

Cucumber Corn Salsa

Peach Coulis

Good to Know

Health snapshot per serving – 440 Calories, 5g Fat, 80g Carbs, 23g Protein, and 13 Freestyle Points.

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INGREDIENTS: Salmon, Hominy, Black Beans, Honey, Yellow Bell Pepper, Tomato, Zucchini, White Peach Puree, Corn, Cucumber, Lime, Orange, Red Onion, Chipotles in Adobo, Tamari, Garlic, Cilantro, Cumin, Coriander

meez  meals

1. Cook the Veggies

Heat 1 Tbsp olive oil in a large skillet over medium-high heat. When the oil is hot, add the **Seasoned Hominy & Black Beans** and cook until they just start to become tender, about 2 minutes. Add the **Zucchini, Tomato & Peppers** with a sprinkle of salt and pepper. Cook, stirring occasionally, until the peppers just start to soften, an additional 4 to 5 minutes. Transfer to serving plates and wipe out the skillet.

2. Cook the Salmon

Heat 1 Tbsp olive oil in the now-empty skillet over medium-high heat. Pat dry the **Salmon** with a paper towel. When the oil is hot, add the salmon and cook until it turns brown, about 4 minutes. Flip the salmon and add the **Honey Chipotle Sauce**. Continue cooking, spooning the sauce on top of the salmon continuously, until the sauce is thick enough to coat the back of a spoon, about 4 additional minutes. Remove from the heat.

3. Put It All Together

Serve the glazed salmon over the beans and veggies and top with the **Cucumber Corn Salsa**. Drizzle the entire dish with the **Peach Coulis** and enjoy!

Instructions for two servings.

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

Caper Tilapia with Parsley and Potatoes

Sophisticated made easy. We're serving seared tilapia with a classic beurre blanc sauce this week. It sounds fancy, but this parsley caper butter sauce comes together in a flash. Served over roasted potatoes, it's a recipe the whole family will love.

35 Minutes to the Table

10 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Rimmed Baking Sheet
Large Skillet

FROM YOUR PANTRY

3 Tbsp Butter
Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Potatoes
Tilapia
White Wine
Capers & Garlic
Parsley

Make The Meal Your Own

If you ordered the **carb conscious version**, you received broccoli instead of the potatoes reducing the **carbs per serving to 16g**. Preheat oven to 425 (rather than 400) and for step 2. place the broccoli on a baking sheet, drizzle with olive oil, salt and pepper and bake until the broccoli starts to brown, about 8 to 10 minutes.

To get your potatoes nice and crisp, arrange them skin-side up on your baking sheet.

Good To Know

The parsley caper butter sauce is our take on the classic French beurre blanc. It sounds complicated, but it's simple to make and adds great flavor to the dish.

Health snapshot per serving – 660 Calories, 25g Fat, 47g Protein, 57g Carbs, 19 Smart Points

Lighten Up snapshot per serving – 515 Calories, 14g Fat, 45g Protein, 44g Carbs, 14 Smart Points with ½ the butter and oil, and ¾ potatoes.

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INGREDIENTS: Potatoes, Tilapia, White Wine, Caper, Parsley, Garlic

meez meals

1. Getting Organized

Preheat your oven to 400 degrees.

2. Prep and Roast the Potatoes

Cut the **Potatoes** in half lengthwise. Toss with 2 Tbsp of oil and season generously with salt and pepper. Arrange in a single layer on a baking sheet and roast until deep brown and crispy, about 30 minutes.

For extra crispy potatoes, place them skin-side up.

3. Cook the Tilapia

When the potatoes have been cooking for 15 minutes, dry the **Tilapia**. Season the tilapia with ¼ tsp each salt and pepper. Heat 2 Tbsp oil in a large skillet over medium-high heat. When the oil is hot, add the tilapia and cook until browning on the bottom and coloring up the sides, about 3 to 4 minutes. Flip and cook an additional 3 to 4 minutes. Remove to a plate and let rest. Pour out any excess oil from the skillet.

Pour out extra oil but leave behind any browned bits on the bottom of the skillet - they add great flavor to your sauce.

4. Make the Sauce

Cut 3 Tbsp cold butter in small chunks. Add the **White Wine** to the now-empty skillet, return skillet to stove and cook over medium high heat. Continue to stir, scraping up any browned bits from the bottom of the pan. Cook the wine until about 1/3 of it has reduced, about 3 to 6 minutes. Add the **Capers & Garlic** and cook 1 minute. Turn off the heat and stir in butter and **Parsley**.

5. Put It All Together

Top the crispy potatoes with the fish and drizzle the white wine butter sauce over the top to serve.

Instructions for two servings.

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

Arugula and Cherry Tomato Pizza

Sophisticated comfort food cooked up in your own kitchen. With a ricotta and pecorino cream sauce, roasted fennel and leeks, cherry tomatoes, fresh arugula, and a pomegranate glaze, it's heaven on a plate.

40 Minutes to the Table

15 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

- 2 Rimmed Baking Sheets
- Zip lock bag

FROM YOUR PANTRY

- Flour
- Olive Oil
- Salt & Pepper

6 MEEZ CONTAINERS

- Pizza Dough
- Tomatoes
- Leeks & Fennel
- Pecorino & Ricotta Sauce
- Arugula
- Pomegranate Glaze

Add Protein Cooking Instructions

Integrate into recipe: While the pizza is baking in step 3., cook the protein (per instructions below) and then slice into strips (flake the salmon, leave shrimp whole) and place on top of the pizza before drizzling the 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 – 540 Calories, 26g Fat, 65g Carbs, 14g Protein, 18 Freestyle Points

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INGREDIENTS: Pizza dough, Tomatoes, Baby Arugula, Leeks, Fennel, Cream, Ricotta, Pecorino Romano, Basil, Pomegranate, Lime, Brown Sugar.

meez meals

1. Getting Organized

Preheat your oven to 450 and take the **Pizza Dough** out of the refrigerator.

2. Roast the Veggies

Place the **Tomatoes** in a zip lock bag and, using your hands, squish until each tomato has burst. Arrange the tomatoes in a single layer on one half of a rimmed baking sheet.

Add the **Leeks & Fennel** (the vegetables with white pieces in addition to green) to the other half of the baking sheet, keeping them separate from the tomatoes.

Drizzle everything with olive oil, sprinkle with salt and pepper, and bake until the leeks and fennel just begin to crisp around the edges, about 8 to 10 minutes, stirring once about halfway through cooking (but continue to keep the tomatoes separate).

3. Assemble the Pizza

While the veggies are cooking, shape the dough. Sprinkle your counter with a little flour and stretch the dough until it's about ¼" thick. Transfer the dough to a second baking sheet sprayed or coated with oil.

Spread the **Pecorino & Ricotta Sauce** over the dough leaving about ½" along the edges. Top with the tomatoes and then the roasted Leeks & Fennel.

4. Bake and Finish

Place the pizza in the oven for 15 minutes. While it is baking, add ½ Tbsp olive oil and a sprinkle of salt and pepper to the bag containing the **Arugula** (the one with the leafy greens only) and toss well. After the pizza has been baking for 15 minutes, top with the arugula and continue cooking until the crust is golden, about an additional 5 to 7 minutes. Let the pizza cool for at least 5 minutes.

Drizzle with the **Pomegranate Glaze** and enjoy!

Warmer dough is much easier to work with.

Don't let the veggies get too crispy when you first roast them. They'll be cooking on the flatbread too.

We usually make two-person pizzas and ours are about 8" wide and 14" long.

Instructions for two servings.

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