

*Sweet Potato Kale and Rice Bowl
with Peanut Sauce*

40 Min to Table	20 Min Hands On	1 Whisk Easy
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Getting Started Preheat your oven to 450 & put a saucepan on to boil.

Omnivore Option We like this dish as is.

*Truffle-Butter
Steak Frites*

25 Min to Table	35 Min Hands On	2 Whisks Easy
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Getting Started Preheat your oven to 450.

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

Quick Tips



Tilapia Milanese

20 Min to Table	20 Min Hands On	1 Whisk Super Easy
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Getting Started Preheat your oven to 375.

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

Marry Meez Chicken

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

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

*Smoky Creole Bean
Jambalaya & Cornbread*

40 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, butter, salt & pepper

Shrimp Pad Thai

20 Min to Table	20 Min Hands On	1 Whisk Super Easy
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Getting Started	Put a saucepan of water on to boil.
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From Your Pantry	You'll need olive oil, eggs, salt and pepper.
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Italian Sausage & Peppers with Penne Verde

20 Min to Table	20 Min Hands On	1 Whisk Super Easy
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Getting Started	Bring a saucepan of water on to boil.
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From Your Pantry	You'll need olive oil, and salt.
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Meal Tip	The sausage is fully cooked, so just heat and eat.
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Miso Butter Salmon over Tamari-Ginger Rice

20 Min to Table	20 Min Hands On	1 Whisk Super Easy
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Getting Started	Put a saucepan of water on to boil.
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From Your Pantry	You'll need olive oil, salt and pepper
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Black Bean Quesadilla

20 Min to Table	5 Min Hands On	1 Whisk Super Easy
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Getting Started	Preheat your oven to 400.
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From Your Pantry	You'll need olive oil.
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Caramelized Butternut Squash Rotini

30 Min to Table	20 Min Hands On	1 Whisk Super Easy
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Getting Started	Bring a large pot of water onto boil and preheat oven to 400.
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From Your Pantry	You'll need butter, olive oil, salt & pepper
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Ramen Chicken

45 Min to Table	25 Min Hands On	2 Whisks Easy
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Getting Started	Bring a saucepan of water to a boil
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Meal Tip	Add Sriracha, Gochujang, or Jalapenos to spice it up.
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From Your Pantry	You'll need olive oil, salt, pepper and one egg per serving.
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Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmndd daily)	
Miso Butter Salmon over Tamari-Ginger Rice	590	25	23	72 33 CC	5	850	18	17	60% Vitamin A	60% Vitamin K
Marry Meez Chicken	870	58	48	56 CC 37	17	620	23	26	50% Vitamin A	50% Vitamin K
(use 1/3 of the orzo, cheese & cream)	670		32					17		
Black Bean Quesadilla	720	26	40	70	12	1224		18	46% Calcium	17% Vitamin C
½ the tortillas and two- thirds of the cheese	525		32					12		
Sweet Potato, Kale & Rice Bowl with Peanut Sauce	570	28	16	85	11	235	x	16	753% Vitamin A	127% Vitamin C
Italian Sausage & Peppers with Penne Verde	980	47	60	63 CC 25	5	1760	14	32	120% Vitamin A	410% Vitamin C
(use 1/2 the pasta sauce & parmesan)	710		45					22		
Smoky Creole Bean Jambalaya & Cornbread	770	24	19	128	11	1360	8	19	60% Vitmain C	40% Iron
(use 1/2 the cornbread & 1/2 sour cream topper)	610		10					14		

Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmndd daily)	
Shrimp Pad Thai	710	45	20	91	7	360	36	18	27% Iron	22% Potassium
(use 1/2 the eggs, and peanuts)	550		8					15		
Truffle-Butter Steak Frites	520	38	27	32 CC 15	6	310	3	15	145% Vitamin C	44% Vitamin A
Tilapia Milanese	630	55	10	82	7	1280	9	11	45% Vitmin C	35% Iron
Caramelized Butternut Squash Rotini	590	25	21	80 CC 31	8	520	9	16	40% Calcium	120% Vitamin A
Ramen Chicken	695	80	14	63 CC 11	8	3315	2	10	10% Vitamin C	0.5% Vitamin A
(Use 2/3 noodles, and omit the egg)	545		8					7		
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)	
Tiramisu for Two	290	5	15	35	1	40	29		6% Calcium	2% Iron
Rockslide Brownie	550	5	35	56	2	230		31	25% Vitamin A	8% Calcium
THE Carrot Cake	540	6	34	49	2	440	36	13	6% Vitamin C	6% Calcium
Chocolate Chunk Cookies	180	2	9	22	1	170	10	9	2% Calcium	4% Vitamin A
Peanut Butter Cookies	400	8	22	45	2	330		18	4% Iron	6% 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.

Miso Butter Salmon over Tamari-Ginger Rice

This dinner is all about layered flavor and quiet sophistication. Seared salmon is finished with rich miso butter, then served over tamari-ginger rice with lightly charred vegetables. It's comforting, polished, and restaurant-worthy — all ready in just 20 minutes.

20 *Minutes to the Table*

20 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet
Medium Saucepan

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Jasmine Rice
Tamari-Ginger Sauce
Salmon
Miso Butter
Asian Veggies

Good to Know

If you ordered the **Carb Conscious version**, we sent you cauliflower "rice" instead of jasmine rice, reducing the **carbs per serving to 33g**. Skip steps 1 and 2. Prior to step 3 heat 1 tbsp olive oil in a large skillet over medium high heat. Cook the cauliflower until seared, about 3 to 4 minutes. Remove from the heat and add the sauce. Use in place of the rice.

Health snapshot per serving – 590 Calories, 23g Fat, 72g Carbs, 25g Protein, and 17 Freestyle Points.

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

INGREDIENTS: Salmon, Jasmine Rice, Snow Peas, Baby Corn, Carrot, Cabbage, Butter, Rice Wine Vinegar, Miso, Brown Sugar, Tamari, Sugar, Mirin, Green Onion, Ginger, Sesame Oil.

meez ^{meals}

1. Get Organized

Bring a medium saucepan of water to a boil.

2. Cook the Rice

Add the **Jasmine rice** to the boiling water and cook until tender, about 10 to 12 minutes. Drain well and immediately combine with the **Tamari-Ginger Sauce** in the saucepan. Stir until the rice is well coated, cover and set aside until step 5.

3. Cook the Salmon

While the rice is cooking, pat dry the **Salmon** with a paper towel and sprinkle each side with salt and pepper. Heat 1 Tbsp olive oil in a large skillet over high heat. When the oil is hot, add the salmon and cook until the bottom is seared, about 3 to 4 minutes. Flip and cook until the second side is brown, an additional 3 to 4 minutes. Remove from the skillet and immediately spread the **Miso Butter** on the top of each filet. Wipe out the skillet.

4. Cook the Asian Veggies

Heat 1 Tbsp olive oil in the now-empty skillet over medium-high heat. When the oil is hot, add the **Asian Veggies** and cook until the pea pods char and carrots soften, about 5 minutes. Remove from the heat.

5. Put It All Together

Serve the charred Asian veggies on top of the tamari-ginger rice followed by the miso-butter salmon. Enjoy!

Instructions for two servings.

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

Marry Meez Chicken

Rich and delicious, this is Meez's take on Delish's viral sensation, "Marry Me Chicken." The secret is a creamy sun-dried tomato, parmesan and lemon sauce. Paired with parmesan green beans and orzo, it's comfort food at its best.

25 Minutes to the Table

25 Minutes Hands On

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet
Medium Saucepan
Mixing Bowl

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Orzo Pasta
Chicken
Green Beans
Seasoned Parmesan
Sun-Dried Tomato,
Celery & Onion
Lemon Cream Sauce

Good to Know

If you ordered the **Carb Conscious version**, we sent you cauliflower "rice" instead of orzo pasta, reducing the **carbs per serving to 37g**. Skip steps 1 and 2. After step 3, heat 1 Tbsp olive oil in the now-empty skillet over medium-high heat. When the oil is hot, cook the cauliflower until it starts to brown. Set aside until step 5 and use in place of the orzo.

If you are cooking the **gluten-free version**, we sent you gluten-free penne instead of orzo pasta. Follow the instructions for step 2 and use in place of the orzo.

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 – 870 Calories, 48g Fat, 56g Carbs, 58g Protein, and 26 Freestyle Points.

Lightened-up health snapshot per serving – 670 Calories, 32g Fat, 45g Carbs, and 17g Freestyle Points, by using one-third of the orzo, seasoned parmesan, and Lemon Cream Sauce.

SCAN QR CODE
to view YouTube
cooking video



INGREDIENTS: Chicken Breast, Cream, Green Beans, Orzo Pasta, Celery, Sun-Dried Tomatoes, Parmesan, Yellow Onion, Lemon, Chicken Stock, Garlic, Black Pepper, Paprika, Basil, Oregano,

meez  meals

1. Get Organized

Bring a medium saucepan of water to boil.

2. Cook the Orzo Pasta

Add the **Orzo Pasta** to the boiling water with a pinch of salt. Cook until al dente, about 10 to 12 minutes. Remove from the heat, drain and return the cooked orzo to the saucepan. Cover and set aside.

3. Cook the Chicken

While the orzo is cooking, heat 1½ Tbsp of olive oil in a large skillet over medium-high heat. Pat dry and generously salt and pepper the **Chicken** on both sides. When the oil is hot, add the chicken and cook until crisp and brown, about 4 to 5 minutes. Flip, then cook until brown on the second side, about 4 additional minutes. Transfer the chicken to a cutting board and let rest for 5 minutes. Wipe out the skillet. Once the chicken has rested, slice into ½" strips.

4. Cook the Vegetables and Make the Sauce

While the chicken is resting, heat 1 Tbsp olive oil in the now-empty skillet over medium-high heat. Add the **Green Beans** and cook until they start to char, about 4 to 5 minutes. Remove from the skillet, transfer to a mixing bowl and toss with one-third of the **Seasoned Parmesan**. Set aside until step 5.

Return the now-empty skillet to the stove over medium-high heat and add the **Sun-Dried Tomato Celery & Onion**. Sauté until the onions start to char, about 2 to 3 minutes. Add the **Lemon Cream Sauce** and bring to a boil, reduce the heat to low and simmer until sauce thickens, about 2 to 3 minutes. Remove from the heat, add the remaining seasoned parmesan and sliced chicken and stir.

5. Put It All Together

Serve the cooked orzo topped with the chicken, veggies and sauce alongside the parmesan green beans. Enjoy!

Instructions for two servings.

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

Black Bean Quesadilla

Classic, simple and delicious. With Mexican-spiced corn and black beans, plenty of Chihuahua cheese and Jicama Salsa, this is what a quesadilla should be.

20 Minutes to the Table

5 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Baking Sheet

FROM YOUR PANTRY

Olive Oil

4 MEEZ CONTAINERS

Tortillas

Spiced Corn &

Beans

Chihuahua

Cheese

Jicama Salsa

Add Protein Cooking Instructions

Integrate into recipe: Prior to step 2, cook the protein (per instructions below). Slice the protein into strips (flake the salmon and cut shrimp in half) and layer into the quesadilla 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 – 640 Calories, 30g Protein, 32g Fat, 63g Carbs, 21 Freestyle Points.

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

INGREDIENTS: Flour Tortillas, Chihuahua Cheese, Corn, Black Beans, Jicama, Tomato, Red Onion, Red Radish, Cilantro, Queso Fresco, Sour Cream, Onion Powder, Cumin, Coriander, Garlic, Lime, Olive Oil.

meez *meals*

1. Getting Organized

Preheat your oven to 400.

2. Prep the Tortillas

Oil the baking sheet with 1 Tbsp of olive oil. Take one **Tortilla** and wipe it through the oil to coat one side. Repeat for the other tortilla, leaving them both on the baking sheet, oiled sides down.

3. Build the Quesadilla

Sprinkle half the **Spiced Corn & Beans** on the first tortilla then top with half the **Chihuahua Cheese**. Fold the tortilla over in half and press down to keep it closed, encasing the cheese, and corn & beans. Repeat for the second tortilla.

4. Put It All Together

Bake the quesadillas until the tops are golden brown, about 6 to 8 minutes. Flip and cook until the other side is also brown, another 3 to 5 minutes. Cut into wedges and serve with the **Jicama Salsa** on top. Enjoy!

Instructions for two servings.

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

Sweet Potato, Kale & Rice Bowl with Peanut Sauce

This gem is humble and oh-so delicious. It's all about the Asian peanut butter sauce, which we could eat with a spoon. But since we're supposed to be grown ups, we're restraining ourselves. (Mostly.) Instead, we're tossing it with roasted sweet potatoes, toasted organic tofu, wilted kale and brown rice. The result is crazy good.

Getting Organized

EQUIPMENT

Saucepan
Large Skillet
Rimmed Baking Sheet
Mixing Bowl

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Baked Tofu
Brown Rice
Kale
Peanut Sauce
Sweet Potatoes

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 serve on top of the rice bowl 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

Chef's Note -- You'll see our method for cooking brown rice is a little unusual. It's faster than the traditional method, and we think the rice ends up fluffier.

Health snapshot per serving – 570 Calories, 28g Protein 11g Fiber,
16 Smart Points

40 Minutes to the Table

20 Minutes Hands On

1 Whisk Super Easy

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to view YouTube
cooking video



INGREDIENTS: Sweet Potatoes, Kale, Baked Tofu, Brown Rice, Peanut Butter, Rice Vinegar, Tamari, Brown Sugar, Garlic, Ginger, Spices

meez *meals*

1. Getting Organized

Preheat your oven to 450 and put a saucepan of water on to boil.

2. Cook the Rice

Add the **Brown Rice** to the saucepan of boiling water and simmer uncovered over medium heat for 30 minutes. Drain, then return it to the pot. Cover and let sit 5 minutes.

We cook our brown rice like pasta. Make sure the water is boiling and you're good to go. Remember: brown rice has a firmer texture than white rice.

3. Roast the Sweet Potatoes

While the rice is cooking, put the **Sweet Potatoes** 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 tender, about 20 to 25 minutes.

4. Cook the Kale & Tofu

Heat 2 Tbsp olive oil in a large skillet over medium-high heat. Add the **Kale** and cook, stirring, until it's bright green and lightly wilted, about 3 to 5 minutes. Season with salt and pepper and transfer to a bowl.

If you prefer softer kale, cook it for a few extra minutes.

Heat another 2 Tbsp olive oil in the now-empty skillet over medium-high heat. Add the **Baked Tofu** to the pan and cook until it crisps in places, about 3 to 5 minutes on each side.

5. Put It All Together

Put the **Peanut Sauce** into a mixing bowl and thin with a little water. Serve the rice topped with kale, tofu and sweet potatoes. Drizzle with the peanut sauce and enjoy!

We found 2 to 4 Tbsp water is just right.

Instructions for two servings.

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

Italian Sausage & Peppers with Penne Verde

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

20 Minutes to the Table

20 Minutes Hands On

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet
Large Saucepan

FROM YOUR PANTRY

Olive Oil
Salt

5 MEEZ CONTAINERS

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

Good to Know

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

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

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

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

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cooking video**



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

meez meals

1. **Get Organized**

Bring a large saucepan of water to boil.

2. **Cook the Pasta**

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

3. **Cook the Sausage**

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

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

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

4. **Cook the Peppers and Sauce**

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

5. **Put It All Together**

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

Instructions for two servings.

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

Smoky Creole Bean Jambalaya & Cornbread

With just fifteen minutes of hands-on cooking, this is New Orleans cuisine at its best. A smoky tomato base, two types of beans and toasted cornbread on the side, it's filling and fun.

40 Minutes to the Table

15 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Large Saucepan w/Lid
Baking Sheet

FROM YOUR PANTRY

Olive Oil
Butter (1/2 Tbsp per serving)
Salt & Pepper

6 MEEZ CONTAINERS

Peppers, Tomatoes & Celery
Rice
Creole Sauce
Cajun-Seasoned Beans
Cornbread
Cilantro & Sour Cream

Add Protein Cooking Instructions

Integrate into recipe: When there is about 15 minutes left on the jambalaya, cook the protein (per instructions below) and then slice into strips (*flake the salmon, leave shrimp whole*) and stir in before serving.

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 – 770 Calories, 19g Fat, 128g Carbs, 24g Protein and 19 Freestyle Points

Lightened up health snapshot per serving – 610 Calories, 10g Fat, 109g Carbs, by using half of the Cornbread and half of the Cilantro & Sour Cream.

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to view YouTube
cooking video



INGREDIENTS: White Rice, Tomato, Green Bell Pepper, Kidney Beans, Black Eyed Peas, Corn Bread, Sour Cream, Celery, Cream, Yellow Onion, White Vinegar, Vegetable Stock, Tamari, Cilantro, Garlic, Chipotle in Adobo, Black Pepper, Bay Leaf, Fennel, Paprika, Cumin, Thyme, Oregano, Cayenne

meez *meals*

1. Get Ready

Preheat the oven to 425.

2. Make the Jambalaya

Heat 1 Tbsp of olive oil in a large saucepan over medium-high heat. When the oil is hot, add the **Peppers, Tomatoes & Celery** and cook until fragrant, about 2 to 3 minutes.

Add the **Rice, Creole Sauce, Cajun-Seasoned Beans** and 1½ cups water to the saucepan. Stir and bring to a low boil. Reduce the heat to low, cover, and simmer until the rice is cooked and most of the liquid has been absorbed, 25 to 30 minutes. Remove from the heat and stir in 1 Tbsp of butter. Salt and pepper to taste.

3. Toast the Cornbread

Once the jambalaya has been simmering for about 15 minutes, slice the **Cornbread** into 1" cubes and arrange on a baking sheet. Bake until golden brown, about 7 to 8 minutes. Remove from the oven and set aside.

4. Serve and Enjoy!

Drizzle the **Cilantro & Sour Cream** over the jambalaya and top with the cornbread. Enjoy!

*The bites that
include cornbread on
your fork are our
favorites!*

Shrimp Pad Thai

We love Pad Thai, but we're often left wondering where all the vegetables are. Enter the Meez test kitchen. This dish has veggies galore plus the classic flavors of a traditional Pad Thai. Sautéed shrimp and crushed peanuts are the perfect finish.

20 *Minutes to the Table*

20 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

- Large Skillet
- Large Saucepan

FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper
- Eggs (1 per serving)

7 MEEZ CONTAINERS

- Shrimp
- Rice Noodles
- Peanuts
- Broccoli & Snow Peas
- Daikon & Green Onion
- Pad Thai Sauce
- Lime

Make The Meal Your Own

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

Good To Know

Health snapshot per serving – 710 Calories, 20g Fat, 45g Protein, 91g Carbs.

Lightened- Up Health snapshot per serving – 550 Calories, 8g Fat, 35g Protein, 86g Carbs without using the eggs and only using half the peanuts.

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, Rice Noodles, Broccoli, Snow Peas, Peanuts, Daikon Radish, Green Onion, Garlic, Fish Sauce, Tamarind, Garlic, Sugar.

meez meals

1. Get Started

Set a pot of water to boil in a large saucepan.

2. Cook Rice Noodles

Add the **Rice Noodles** to the boiling water. As they cook, use a fork to separate the strands. Continue boiling until the noodles are almost soft, about 4 to 6 minutes. Transfer to a colander and rinse under cold water. Drain very well until step 5.

The noodles will soften further in step 5 so be sure not to overcook them.

3. Cook The Shrimp

While the noodles are cooking, heat 1 Tbsp olive oil in a large skillet over medium high heat and pat dry the **Shrimp**. When the oil is hot, add shrimp and cook for a minute on each side until they are opaque and no longer grey in color. Transfer the shrimp to a cutting board. Do not wipe out the skillet. When they are cool enough to touch, cut the shrimp into thirds and set aside until step 5.

4. Cook The Veggies and Eggs

Return the now-empty skillet to the stove over medium high heat. Add all of the **Broccoli & Snow Peas** (the produce bag that you can clearly see the snow peas inside) and half **Daikon & Green Onions**. Cook, undisturbed until the green onions start to char, about 2 minutes. Stir and then push all the veggies to one side of the skillet and crack 2 eggs into the other side. Cook until the eggs begin to set and then use a spatula to mix the eggs in place until fully cooked, about 2 minutes. Stir together the scrambled eggs and veggies.

5. Put It All Together

Add the cooked rice noodles and **Pad Thai Sauce** to the skillet over medium high heat and gently stir everything together. Heat until the noodles are warm and most of the liquid has been absorbed, about 3 minutes. Place the **Peanuts** in a ziplock bag and crush using a mallet or small pot.

Turn off the heat and gently stir in the cooked shrimp.

Transfer to serving bowls and top with the remaining daikon & green onions and crushed peanuts. Squeeze the **Lime** on top and enjoy!

Instructions for two servings.

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

Truffle Butter Steak Frites

Classic French flavors in a single recipe: oven-roasted potatoes coated in truffle-butter and Parmesan cheese, roasted broccoli and a juicy, truffle-buttery steak. It's bistro food cooked in your own kitchen.

35 Minutes to the Table

25 Minutes Hands On

2 Whisks Easy

Getting Organized

EQUIPMENT

- 2 Baking Sheets
- Large Skillet
- Large Mixing Bowl

FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper

5 MEEZ CONTAINERS

- Fingerling Potatoes
- Truffle Butter
- Parmesan Cheese
- Broccoli
- Steak

Make The Meal Your Own

If you ordered the **Carb Conscious version**, we sent you cauliflower instead of the potatoes reducing the **carbs per serving to 15g**. Use the cauliflower in place of the potatoes and in step 2 and reduce the cooking time to 15 minutes.

It's important to let the steaks rest to keep them tender and juicy. Give them at least 5 minutes off the heat before you slice and serve.

Be sure to generously season your steaks with salt and pepper before cooking; the salt adds flavor while also keeping the meat tender.

Good To Know

Health snapshot per serving – 520 Calories, 38g Protein, 27g Fat, 32g Carbs, 15 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: Steak, Fingerling Potatoes, Broccoli, Parmesan, Parsley, Chives, Truffle Pate, Butter.

meez meals

1. Getting Organized

Preheat your oven to 450 degrees.

2. Make the Frites

Slice each **Fingerling Potato** in half the long way, then slice each half again so you have four long skinny frites (French fries) per potato. Transfer the frites to a large mixing bowl, drizzle with olive oil, salt and pepper and toss. Arrange the coated frites on a baking sheet in a single layer. Roast until the outside of the potato is golden and slightly crispy, about 25 minutes.

Remove from the oven and immediately transfer to the now-empty mixing bowl and add half the **Truffle Butter** and half of the **Parmesan Cheese**. Stir until the butter melts completely and the frites are coated in Parmesan. Transfer directly to serving plates.

3. Roast the Broccoli

While the frites are cooking, transfer the **Broccoli** to the now-empty large mixing bowl and drizzle with olive oil, salt and pepper. Toss well and arrange in a single layer on a second baking sheet. After the frites have been cooking for about 10 minutes, place the broccoli in the oven. Roast until it starts to brown and is fork tender, about 15 minutes.

Remove the broccoli from the oven, sprinkle with the remaining parmesan cheese and transfer directly to serving plates.

4. Cook the Steak

While the frites and broccoli are cooking, heat 1 Tbsp oil in large skillet over high heat. When the oil is very hot, add the **Steaks** to the pan. Cook until the bottoms brown and the sides start to color, about 3 minutes. Flip and continue cooking for 3 minutes if you prefer your steak **medium-rare**. (Cook for 4 minutes for **medium**, and 5 to 6 for **well done**). Remove the steaks from the skillet to rest for 5 minutes, then transfer to serving plates. Do not wipe out the skillet.

5. Put It All Together

Once the now-empty pan has cooled slightly, add the remaining Truffle Butter and stir until it is melted. Spoon the melted Truffle Butter on top of the steak. Enjoy!

You'll be multi-tasking in this recipe. The potatoes, broccoli and steak will all be cooking at the same time, so be sure to read the recipe all the way through before you begin.

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

Letting the pan cool slightly will avoid burning the Truffle Butter.

Instructions for two servings.

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

Tilapia Milanese

A delicious Milanese dinner with tasty linguine pasta, crispy breaded tilapia, and a lemony buttery herb sauce. Our version is faster than you'd expect for such a restaurant-worthy dinner...ready in 20 minutes!

20 *Minutes to the Table*

20 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

- Large Skillet
- Saucepan
- Large Mixing Bowl

FROM YOUR PANTRY

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

6 MEEZ CONTAINERS

- Tomatoes
- Linguine
- Tilapia
- Panko Breading
- Garlic & Herbs
- Lemon

Good To Know

Health snapshot per serving – 630 Calories, 10g Fat, 55g Protein, 82g Carbs, 11 Smart Points

Have questions? The dinner hotline is standing

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



INGREDIENTS: Tilapia, Tomatoes, Linguine, Panko, Pecorino Romano, Yellow Onion, Capers, Garlic, Lemon, Basil, Parsley, Paprika, Kosher Salt, Oregano, Black Pepper

meez *meals*

1. Getting Organized

Put a saucepan of water to boil.

2. Cook the Pasta

Add the **Linguini** to the boiling water with a generous sprinkle of salt. Cook until al dente, about 10 to 12 minutes. Drain well and set aside. Wipe out the saucepan.

3. Cook the Tilapia

While the pasta is cooking, pat dry the **Tilapia** and lightly spray or brush with olive oil then generously season with salt and pepper.

Spread the **Panko Breading** evenly on a large plate and put one piece of tilapia onto the breading. Press down to make sure the as much breading as possible adheres then repeat on the other side and remaining pieces.

Heat 1 Tbsp olive oil in a large skillet over medium-high heat. When the oil is hot, add the breaded tilapia to the pan and cook, without moving, until the bottom is brown, about three minutes. Flip and continue cooking until other side is brown as well, about 3 more minutes. Remove from the heat and set aside to rest for 5 minutes. Wipe out the skillet.

4. Cook the Tomatoes

Squish the **Tomatoes** in a zip lock plastic bag. Heat 1 tbsp olive oil in the now-empty skillet and when the oil is hot, add the squished tomatoes. Cook until they start to char, about 5 to 6 minutes. Turn off the heat and add the cooked pasta to the skillet. Set aside.

5. Make the Sauce

Melt 2 Tbsp butter in the saucepan used for the pasta over medium heat. Add the **Garlic & Herbs** and cook until the garlic and capers just start to brown, about 3 to 4 minutes. Turn off the heat. Add 2 Tbsp olive oil and mix well. Spread about 2 Tbsp of the mixture on top of the cooked tilapia. Add the rest of the herb and butter mixture to the skillet with the pasta and tomatoes and stir.

6. Put It All Together

Serve the tilapia over the pasta and tomatoes. Squeeze lemon juice over the entire dish. Enjoy!

Instructions for two servings.

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

Caramelized Butternut Squash Rotini

We challenged the test kitchen for an evolution of winter comfort food, and they produced this gem. Cozy roasted and caramelized butternut squash and tricolor rotini make it cozy, and arugula and chives keep it light. Topped with Parmesan, it's flat out delicious.

30 *Minutes to the Table*

20 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Baking Sheet
Large Saucepan
Large Skillet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper
Butter (1 Tbsp. per
svg.)

6 MEEZ CONTAINERS

Butternut Squash
Tricolor Rotini
Zucchini, Carrots &
Onions
Arugula
Parmesan & Chives
Lemon

Add Protein Cooking Instructions

Integrate into recipe: While the pasta is cooking in step 3, cook the protein (per instructions below) and then slice into strips (*flake the salmon, leave shrimp whole*) and stir into the pasta and veggies 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 zucchini "noodles" instead of the rotini, reducing the **carbs per serving to 31g**. Skip the boiling water in step 1. Prior to step 4, heat 1 Tbsp olive oil in a large skillet over medium-high heat. When the oil is hot, cook the zucchini until it starts to char, about 4 to 5 minutes. Use in place of the rotini noodles at the end of step 4.

Health snapshot per serving – 590 Calories, 25g Protein, 21g Fat, 80g Carb, 16 Freestyle Points.

INGREDIENTS: Butternut Squash, Tricolor Rotini, Zucchini, Lemon, Arugula, Yellow Onion, Carrot, Parmesan, Garlic, Chive, Black Pepper, Savory

meez *meals*

1. **Get Organized**

Bring a large saucepan of water to a boil with a pinch of salt. Preheat the oven to 400.

2. **Roast the Squash**

Add the **Butternut Squash** to a baking sheet and drizzle with olive oil, salt and pepper. Toss and arrange single layer. Bake until the squash just starts to brown, about 12 to 14 minutes.

3. **Cook the Pasta**

While the squash is roasting, add the **Tricolor Rotini** to the boiling water and cook until al dente, 10 to 12 minutes. Drain and set aside.

4. **Make the Brown Butter Veggies**

When the squash is out of the oven, melt 2 tbsp butter in a large skillet over medium heat. Add the **Zucchini, Carrots & Onions** and the roasted squash, and sauté stirring occasionally, until the veggies start to caramelize about 8 to 10 minutes. Turn off the heat and immediately add 1 Tbsp of olive oil and the **Arugula**. Stir until the arugula wilts, then add the cooked pasta and two-thirds of the **Parmesan & Chives**. Mix all the ingredients together.

5. **Putting it All together**

Serve the pasta topped with the remaining cheese and finish with a squeeze of **Lemon**. Enjoy!

Instructions for two servings.

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

Ramen Chicken

Forget that instant ramen soup you survived on in college. This is Japan's classic soup cooked up the way it was intended: flavorful broth, tender bok choy, juicy bites of chicken and of course plenty of noodles. We're not sure if it's our broth, the fresh cilantro finish, or the authentic egg ribbons that make this dish magic, but whatever it is, it's a recipe you don't want to miss.

40 *Minutes to the Table*

25 *Minutes Hands On*

2 Whisks *Easy*

Getting Organized

EQUIPMENT

- 2 Large Saucepans
- Small Bowl
- Medium Bowl

FROM YOUR PANTRY

- Salt & Pepper
- 1 Egg Per Serving

6 MEEZ CONTAINERS

- Chicken Broth Starter
- Chicken
- Bok Choy
- Tamari Marinade
- Ramen Noodles
- Green Onions, Cilantro
& Sesame Seeds

Make the Meal Your Own

If you ordered the **Carb Conscious version**, we sent you zucchini noodles instead of the ramen noodles, reducing the **carbs per serving to 11g**. Add the zucchini noodles at the beginning of Step 4, prior to stirring in the egg.

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 – 695 Calories, 80g Protein, 14g Fat, 10 Freestyle Points.

Lighten Up snap shot per serving – 545 Calories, 71g Protein, 8g Fat, 7 Freestyle Points using two-thirds of the noodles and not including the eggs.

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, Ramen Noodles, Bok Choy, Tamari, Chicken Base, Garlic, Ginger, Miso, Green Onions, Cilantro, Sesame Seeds

meez meals

1. Cook the Noodles and Create the Chicken Broth

Bring the **Chicken Broth Starter** (the one that is the color of chicken soup) and 3½ cups water to a boil in a large saucepan. Add the **Chicken**, cover, and turn to medium-high. Cook on a low boil for 20 minutes.

In a second large saucepan, bring 5 cups of water to a boil. Add the **Ramen Noodles** and cook for 3 minutes. Drain the noodles and place in 2 soup bowls.

2. Prep the Bok Choy, Marinade, and Eggs

Place one **Bok Choy** bulb flat onto cutting board, remove the bottom end, and cut remainder into thirds crosswise – repeat for each bulb.

Place the **Tamari Marinade** (the thin brown sauce) in a medium mixing bowl.

Crack 2 eggs into a separate small bowl. Whisk the eggs thoroughly.

Set both bowls aside.

3. Finish the Chicken and Add the Bok Choy

After 20 minutes, remove the chicken and place on a cutting board. 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). Repeat for each breast. Place chicken into tamari marinade & stir for just long enough to ensure marinade had covered the chicken.

Using a fork, add the shredded chicken only (NOT the remaining marinade) into the broth.

Add the bok choy to the broth, cover, and cook for an additional 3 minutes on a low boil.

4. “Drop” the Egg and Serve

Stir soup vigorously to create a whirlpool. Pour the eggs through the tines of a fork into the swirling soup to form little ribbons. Allow 10 seconds for egg to set then break up egg ribbons with a with spoon.

Ladle soup on top of noodles and finish with **Green Onions, Cilantro & Sesame Seeds**. Enjoy!

It is very important the broth is covered while cooking so it doesn't all evaporate.

Bok Choy is a delicate green and wouldn't hold up if we cut it in advance in the Meez Kitchen.

Try cutting the breasts lengthwise and shredding each half separately.

Instructions for two servings.

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