

*Moroccan Steak
with Spiced Rice Pilaf*

30 Min to Table	30 Min Hands On	1 Whisk Super Easy
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Getting Started Preheat your oven to 400.

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

Vegetarian BLT Panini

20 Min to Table	20 Min Hands On	2 Whisks Easy
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Getting Started Heat the Tomato Jam in a medium saucepan.

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

Quick Tips



*Black Bean &
Green Chile Enchiladas*

40 Min to Table	15 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, salt and pepper.

Steak Florentine

25 Min to Table	25 Min Hands On	1 Whisk Super Easy
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Getting Started Heat the olive oil in a large skillet.

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

*Kung Pao Edamame
with Udon Noodles*

15 Min to Table	15 Min Hands On	1 Whisk Super Easy
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Getting Started Bring a large pot of water to a boil.

Omnivore Option Shrimp is great in this dish.

Sesame-Peanut Chicken with Seared Pineapple

25 Min
to Table

25 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Put a saucepan of water on to boil.

From Your Pantry

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

Gyros Kreatopita

45 Min
to Table

20 Min
Hands
On

1 Whisk
Easy

Getting Started

Preheat oven to 400.

From Your Pantry

You'll need olive oil, salt and pepper

Chicken Al Pastor Tacos

20 Min
to Table

20 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Heat olive oil over medium high heat.

From Your Pantry

You'll need olive oil, salt and pepper

Brown Butter Gnocchi

30 Min
to Table

20 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Preheat your oven to 400.

From Your Pantry

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

Meal Tip

This dish makes a great cold pasta salad.

Sheet Pan Brown Sugar Espresso Salmon

20 Min
to Table

5 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Preheat your oven to 425.

From Your Pantry

You'll need olive oil, salt & pepper.

Meal Tip

Make sure to clean your baking sheet immediately.

Shrimp Tostados

25 Min
to Table

25 Min
Hands
On

2 Whisks
Easy

Getting Started

Heat a large dry skillet to cook the tortillas.

From Your Pantry

You'll need a little olive oil, salt and pepper.

Meal Tip

For a faster and neater dinner serve them as tacos, instead.

Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmndd daily)	
Sheet Pan Brown Sugar Espresso Salmon	500	21	23	51 CC 36	6	970	25	14	90% Vitamin A	45% Vitamin K
Chicken Al Pastor Tacos	610	51	12	75 CC 39	8	950	30	13	25% Vitamin A	141% Vitamin C
Kung Pao Edamame with Udon Noodles	465	18	21	49	10	469		14	184% Vitamin C	170% Vitamin A
Gyros Kreatopita	1030	30	64	84	5	1350	8	35	110% Vitamin C	20% Iron
(use 1/2 the pie crusts)	880		53					29		
Shrimp Tostadas	500	39	14	57	11	708	x	15	48% Vitamin C	43% Vitamin D
Sesame-Peanut Chicken with Seared Pineapple	850	58	35	76 CC 40	7	1080	25	21	141% Vitamin C	36% Vitamin A
(2/3 of the rice, pineapple, & sauce)	650		26					15		

Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmndd daily)	
Steak Florentine	625	38	44	20	6	891	x	20	286% Vitamin A	84% Vitamin C
Black Bean & Green Chile Enchiladas	640	24	22	87	10	1200	10	19	180% Vitamin C	35% Calcium
Vegetarian BLT Panini	760	13	39	90	7	1260	41	24	100% Vitamin A	20% Calcium
(use 2/3 of the aioli)	640		27					20		
Moroccan Steak with Spiced Rice Pilaf	600	40	23	63	4	2130	29	18	301% Vitamin C	61% Vitamin A
Brown Butter Gnocchi	600	15	19	88	10	350		18	68% Vitamin A	73% Vitamin C
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)	
Molten Chocolate Cake	520	7	31	54	3	360		28	30% Iron	4% Vitamin A
THE Carrot Cake	540	6	34	49	2	440	36	13	6% Vitamin C	6% Calcium
Belgian Chocolate Vegan Brownies	420	6	20	62	4	300			10% Iron	
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.

Sheet Pan Brown Sugar Espresso Salmon

This dinner proves that big flavor doesn't require big effort. Salmon is coated in a bold brown sugar espresso rub that caramelizes beautifully in the oven, then served over roasted sweet potatoes with bright lemon scallion aioli. Paired with crisp pickled vegetables, it's deeply flavorful and comes together with just five minutes of hands-on cooking..

20 Minutes to the Table

5 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Large Baking Sheet

FROM YOUR PANTRY

Olive Oil

Salt & Pepper

5 MEEZ CONTAINERS

Salmon

Brown Sugar Espresso Rub

Sweet Potatoes

Lemon Scallion Aioli

Pickled Veggies

Good to Know

If you ordered the **Carb Conscious version**, we sent you broccoli instead of sweet potatoes, reducing the **carbs per serving to 36g**. Toss the broccoli with olive oil, salt and pepper in step 3 and use in place of the sweet potatoes in step 4.

Health snapshot per serving – 500 Calories, 23g Fat, 51g Carbs, 21g Protein, and 14 Freestyle Points.

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

INGREDIENTS: Salmon, Sweet Potatoes, Green Beans, Red Onion, Apple Cider Vinegar, Mayonnaise, Green Onion, Sugar, Espresso Seasoning, Brown Sugar, Cream, Lemon, Kosher Salt, Black Pepper.

meez meals

1. Get Organized

Preheat the oven to 425. Lay down parchment paper on a large baking sheet (or if you don't have parchment paper, brush or spray the sheet with oil).

2. Prepare the Salmon

Pat dry each of the **Salmon** filets. Spread the **Brown Sugar Espresso Rub** on a large plate. Cover each of the salmon filets on all sides with the rub. Let sit for one minute then coat again. Press in seasoning to make sure each filet is completely coated. Place along the edge of one side of the baking sheet.

3. Cook the Salmon and Sweet Potatoes

Add the **Sweet Potatoes** to the other side of the baking sheet, toss with olive oil, salt and pepper and arrange in a single layer (taking up the rest of the room not used by the salmon). Roast the salmon and sweet potatoes until the sweet potatoes are starting to brown, about 16 to 18 minutes. Remove from the oven and transfer the sweet potatoes directly to serving plates. Let the salmon rest for 2 to 3 minutes.

4. Put It All Together

Top the sweet potatoes with the salmon and drizzle with the **Lemon Scallion Aioli**. Serve alongside the **Pickled Veggies** and enjoy!

Using oil on the baking sheet is fine but be sure to clean it immediately so Brown Sugar Espresso rub isn't too hard to clean later.

Instructions for two servings.

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

Chicken Al Pastor Tacos

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

20 Minutes to the Table

20 Minutes Hands On

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet

FROM YOUR PANTRY

Olive Oil

Salt & Pepper

6 MEEZ CONTAINERS

Chicken Breast

Tortillas

Red Cabbage & Onion

Al Pastor Sauce

Pineapple Salsa

Lime

Make The Meal Your Own

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

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

Good To Know

Health snapshot per serving – 610 Calories, 51g Protein, 12g Fat, 75g Carbs, and 13 Freestyle Points.

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

SCAN QR CODE
to view YouTube
cooking video



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

meezmeals

1. Cook the Chicken

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

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

2. Warm the Tortillas

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

3. Create the Filling

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

4. Put It All Together

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

Instructions for two servings.

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

Kung Pao Edamame with Udon Noodles

We're hooked on Kung Pao sauce. The spicy sweet flavor just makes stir-fry come to life. We're cooking our version with edamame, carrots and red peppers, then serving it over udon noodles with some peanuts to finish it all off. It's a speedy meal perfect for any night of the week.

15 Minutes to the Table

15 Minutes Hands On

1 Whisk Super Easy

Getting

Organized

EQUIPMENT

Large Skillet
Saucepan

FROM YOUR PANTRY

Olive Oil
Salt &
Pepper

4 MEEZ CONTAINERS

Asian
Vegetables
Sesame Soy
Sauce
Udon
Noodles
Peanuts

Add Protein Cooking Instructions

Integrate into recipe: Prior to step 3, cook the protein (per instructions below) and then slice into strips (*flake the salmon, leave shrimp whole*) and stir into the noodles 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're cooking the **Carb Conscious version**, we sent you zucchini "noodles" instead of udon reducing the **carbs to 34g per serving**. Skip Steps 1 and 2. Heat 1 Tbsp olive oil in a large skillet over high heat. Dry the zucchini noodles with a paper towel. When the oil is very hot, place them in the pan in a single layer. Cook, without stirring, until the zucchini noodles start to char, 2 to 3 minutes. Remove from the skillet and use in place of the noodles in Step 4.

If you're making the gluten-free version, we've given you rice noodles, instead. Cook until tender, about 5 minutes, drain and rinse under cold water.

Health snapshot per serving – 465 Calories, 18g Protein, 10g Fiber, 14 Smart Points

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cooking video



INGREDIENTS: Edamame, Udon Noodles, Carrots, Red Peppers, White Wine, Peanuts, Tamari Sauce, Sambal, White Vinegar, Brown Sugar, Sesame Oil, Garlic

meez *meals*

1. Getting Organized

Bring a large pot of water to a boil.

2. Cook the Udon Noodles

Salt the boiling water and add the **Udon Noodles**. Cook until they are soft, about 4 minutes, then drain.

3. Cook the Vegetables

As soon as the noodles are cooking, heat 1 Tbsp olive oil in a large skillet over high heat. When the oil is hot, add the **Asian Vegetables** and cook until the edamame is tender, about 5 to 7 minutes. Add the **Sesame Soy Sauce** and cook, stirring, until hot, about 2 to 3 minutes. Season with salt and pepper to taste.

4. Put It All Together

Serve the udon noodles topped with veggies and sauce and finish with a sprinkling of **Peanuts**. Enjoy!

A large pot of water gives the noodles lots of room to cook properly.

Love this recipe? #meezmagic

Instructions for two servings.

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

Gyros Kreatopita

Greek meat pies are a delight, but the work of rolling and folding filo is too much for a weeknight dinner. We're shortcutting that step with this genius blend of kreatopita filling and classic pot pie crust. The tender, flaky pastry and spiced beef and lamb gyros meat filling make for a savory joy.

45 Minutes to the Table

20 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Medium Saucepan
Casserole Dish
Baking Sheet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Rice
Seasoned Tomatoes,
Peppers & Onions
Gyros Meat
Puff Pastry
Tzatziki Sauce

Good to Know

Health snapshot per serving – 1030 Calories, 64g Fat, 84g Carbs, 30g Protein, and 35 Freestyle Points.

Lightened-up health snapshot per serving – 880 Calories, 53g Fat, 71g Carbs, and 29g Freestyle Points, by baking and using half of the puff pastry crusts.

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

INGREDIENTS: Gyro Meat, Tomato, Jasmine Rice, Yellow Bell Pepper, Yellow Onion, Red Onion, Puff Pastry, Greek Yogurt, Cream, Cucumber, Lemon Juice, Dill, Parsley, Garlic, Lemon Pepper, Oregano, Kosher Salt

meez meals

1. Get Organized

Preheat your oven to 400. Spray or brush a casserole dish with oil. Spray or brush a baking sheet with oil (or spread parchment paper). 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 well and set aside. Wipe out the saucepan.

3. Create the Filling and Bake

Heat 1 Tbsp olive oil in the now-empty saucepan over medium-high heat. When the oil is hot, add the **Seasoned Tomatoes, Peppers & Onions** and cook until they start to soften, about 2 minutes. Turn off the heat, add the cooked rice and **Gyros Meat** and stir.

Spread the cooked rice, veggies and gyros in an even layer in your oiled casserole dish. Bake until any liquid has mostly evaporated, about 20 minutes.

*We recommend
an 8x8 or
similar sized
casserole
dish.*

4. Bake the Crust

Immediately after putting the filling in the oven, place the **Puff Pastry** on the oiled baking sheet and brush the top lightly with olive oil. Bake until the pastry rises and turns golden brown, about 15 to 20 minutes.

5. Put It All Together

Serve the filling topped with the puff pastry and drizzle with the **Tzatziki Sauce**. Enjoy!

Instructions for two servings.

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

Shrimp Tostadas

Get ready for some fun. We're making crispy, crunchy tostadas this week with seasoned black beans, sautéed shrimp, salsa fresco and a delicious lime crema. It's a taste of Mexico right in your own kitchen.

25 *Minutes to the Table*

25 *Minutes Hands On*

2 Whisks *Easy*

Getting Organized

EQUIPMENT

Large skillet

FROM YOUR PANTRY

Olive Oil

Salt & Pepper

6 MEEZ CONTAINERS

Corn Tortillas

Shrimp

Seasoned Black
Beans

Salsa Fresca

Queso Fresco

Lime Crema

Good To Know

Want dinner even easier? Serve them as tacos, instead. Warm the tortillas for about 30 seconds in a dry skillet and stuff with the fillings. It's faster and neater, but not as much fun!

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

Health snapshot per serving – 500 Calories, 14g Fat, 57g Carbs, 39g Protein, 708mg Sodium, 15 Smart 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: Corn Tortillas, Shrimp, Queso Fresco Cheese, Tomatoes, Onions, Cilantro, Garlic, Sour Cream, Brown Sugar, Lime Juice, Cumin, Coriander, Crushed Red Pepper

meez meals

1. Prepare the Tortillas

Heat a large, dry skillet over medium-high heat. Spray or brush the **Corn Tortillas** with olive oil on both sides, then put onto the skillet. Cook two at a time until crisp on one side, about 3 minutes, then flip and cook until fully crisped, about 2 minutes more. Repeat for the other two tortillas.

Everyone's tortillas will cook differently, so use these cooking times as a guide. Watch them as they cook, until they are just the way you love them.

2. Cook the Shrimp

In the now empty skillet, heat 1 Tbsp olive oil over medium-high heat. Dry and lightly salt the **Shrimp**. Cook for a minute on each side until they are opaque and no longer grey in color. Place shrimp on a plate or cutting board and cut each shrimp in half and set aside.

3. Cook the Seasoned Black Beans

In the same skillet, heat 2 Tbsp of olive oil over medium-high heat. When the oil is very hot, add the **Seasoned Black Beans** and cook for 3-5 minutes, until they get a little crispy.

Remove from the heat and add $\frac{3}{4}$ cup of water. Return the pan to medium heat and mix and mash with the back of a fork or spatula until you have a smooth mix and salt and pepper to taste.

If you find the beans are thicker than you'd like, try mixing in about two tablespoons of water at a time until it's the consistency you want.

4. Build your Tostadas

Place crisp tortillas on a large plate or serving platter. For each tortilla, spread the beans on top, and spread the shrimp on top of the beans, pressing in slightly to keep them in place. Spoon out **Salsa Fresca** and **Queso Fresco** cheese on top and then drizzle with **Lime Crema**.

Instructions for two servings.

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

Sesame-Peanut Chicken with Seared Pineapple

We adore Thai flavors and this week and we're serving handmade sesame-peanut sauce with juicy, all-natural chicken breast, jasmine rice, bell peppers and seared pineapple. It's fresh and fun and on the table in the flash.

25 Minutes to the Table

25 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Medium Saucepan
Large Skillet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Sesame Peanut
Sauce
Jasmine Rice
Red Pepper, Onion
& Sesame Seeds
Pineapple
Chicken Breasts

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.

If you ordered the **Carb Conscious version**, we sent you cauliflower "rice" instead of the Jasmine Rice, reducing the **carbs per serving to 40g**. Skip step 1. Prior to Step 2, add 1 Tbsp olive oil to a large skillet over high heat. When the oil is hot, add the cauliflower "rice" and sauté until it starts to brown about 3 to 4 minutes. Remove from skillet and treat the same as you would the rice. Wipe out the skillet.

Health snapshot per serving – 850 Calories, 35g Fat, 76g Carbs, 58g Protein and 21 Freestyle Points.

Lightened-up Health snapshot per serving – 650 Calories, 26g Fat, 52g Fat, by using 2/3 of the rice, pineapple, and sauce.

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cooking video**



INGREDIENTS: Chicken Breast, Pineapple, Jasmine Rice, Bell Pepper, Peanut Butter, Green Onion, Coconut Milk, Tamari, Rice Wine Vinegar, Honey, Sesame Oil, Cilantro, Basil, Garlic, Sesame Seeds, Ginger

*meez*meals

1. Get Started

Bring a medium saucepan of water to a boil.

2. Cook the Rice

Add the **Jasmine Rice** to the boiling water and cook until the rice is tender, about 15 minutes. Drain well and return to the empty saucepan. Add half of the **Red Pepper, Onion & Sesame Seeds** and mix. Transfer the rice and veggies directly to serving bowls. Wipe out the saucepan to use in step 5.

3. Char the Pineapple

While the rice is cooking, heat a large skillet over high heat. When the skillet is hot, add the **Pineapple** and sear until both sides are charred, about 2 to 3 minutes per side. Remove the pineapple and set aside. Do not wipe out the skillet.

4. Cook the Chicken

Heat 1½ Tbsp of olive oil in the now-empty skillet over medium high heat. Pat dry and generously salt and pepper the **Chicken Breasts** on both sides. When the oil is hot, add the chicken and cook until the bottom is brown, about 4 minutes. Flip and cook for another 4 minutes on the other side. Spread about 1 Tbsp of **Sesame-Peanut Sauce** over each breast in a thick layer. Flip and cook until the sauce sears onto the chicken, about 1 minute. Add another 1 Tbsp of sesame-peanut sauce to the top of each breast, flip and cook until the sauce is seared onto the second side. Transfer the chicken to a cutting board. Let rest for 5 minutes, then slice into ½" strips.

5. Put it All Together

While the chicken is resting, add the remaining Sesame-Peanut Sauce to the empty saucepan and cook over medium low heat until warm, about 2 minutes. Add the sliced chicken to the serving bowls with a few healthy drizzles of the warmed Sesame-Peanut Sauce. Layer the charred pineapple rings on top and sprinkle with the remaining red pepper, onion and sesame seeds. Enjoy!

*We cook
our rice
like pasta
so you
just need
enough
water to
completely
cover the
rice.*

Steak Florentine

Caper butter steak on a bed of sautéed spinach and Italian white beans. And a made-from-scratch Rosemary sauce. Yep, this is a dinner worthy of your favorite Italian restaurant that you can make from scratch without hiring a sitter. Get ready to fall in love.

25 Minutes to the Table

25 Minutes Hands On

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet

FROM YOUR PANTRY

Olive Oil

Salt & Pepper

6 MEEZ CONTAINERS

Steak

Lemon

Caper Butter

Spinach

Rosemary Sauce

White Beans

Good To Know

The sauce has a wine base, but alcohol cooks off as it cooks, leaving just the great wine flavor.

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

Health snapshot per serving – 625 Calories, 38g Protein, 44g Fat, 20g Carbs, 20 Freestyle Points

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

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



INGREDIENTS: Steak, Spinach, White Wine, Great Northern Beans, Lemon, Garlic, Rosemary, Parsley, Black Pepper, Capers, Butter, Cream, Vegetable Stock, Onion.

meez meals

1. Cook the Steak and Lemon

Heat 1 Tbsp oil in a large skillet over high heat. Pat dry the **Steak** and lightly salt and pepper. When the oil is very hot, add the steaks (spiced side up) and **Lemon** (sliced in half with peel side up) right next to the steaks.

Cook Lemon until it is well browned on the bottom, about 1 to 2 minutes. Continue cooking steak until the bottoms brown & sides start to color, about 3 minutes total. Flip and continue cooking for another 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 heat (but do not wipe out the skillet) and immediately top with the **Caper Butter** and set aside to rest.

2. Create Sauce and Cook Spinach

While the steaks are resting, return the skillet to the stove over medium-high heat. Add the **Spinach** and sauté until it wilts, about 4 to 5 minutes. Stir in the **Rosemary Sauce** and cook until it thickens, about 3 to 4 minutes. Add the **White Beans** and cook until they are warm, about 1 minute.

Remove the spinach and beans from skillet and place directly on serving plates.

3. Put it All Together

Place the steak on the bed of spinach and beans and squeeze some lemon juice over top of the dish. Enjoy!

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.

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.

Black Bean & Green Chile Enchiladas

40 Minutes to the Table

25 Minutes Hands On

2 Whisks Easy

We're rolling sauteed red peppers, spiced black beans, rice and red enchilada sauce up with monterey jack in a corn tortilla. Smothered with our signature green chile sauce and baking to perfection, it takes black bean enchiladas from good to great.

Getting Organized

EQUIPMENT

Medium Saucepan
Casserole Dish

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Mexican Cheese
Black Beans &
Chipotles
Rice
Seasoned Veggies
Corn Tortillas
Green Chile Crema

Add Protein 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 layer into the enchiladas before baking 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

Health snapshot per serving – 640 Calories, 22g Fat, 87g Carbs, 24g Protein, and 19 Freestyle Points.

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

INGREDIENTS: Corn Tortillas, Green Chile Sauce, Black Beans, Red Bell Pepper, Monterrey Jack, White Rice, Red Enchilada Sauce, Corn, Yellow Onion, Sour Cream, Carrot, Cilantro, Orange Juice, Chipotles in Adobo, Lime, Tomato Paste, Vegetable Stock, Ancho Chile, Garlic, Paprika, Cumin, Coriander, Oregano

meez meals

1. Get Organized

Preheat the oven to 375. Bring a medium saucepan of water to a boil. Spray or brush a casserole dish with oil.

2. Cook the Rice

Add the **Rice** to the boiling water and cook until tender, about 15 minutes. Drain and set aside in a colander.

3. Cook the Veggies

Heat 1 Tbsp olive oil in the now-empty saucepan over medium-high heat. When the oil is hot, add the **Seasoned Veggies** and 3 Tbsp water. Cook, stirring frequently, until the red peppers and carrots soften, about 4 to 5 minutes. Turn off the heat and add back the cooked rice. Stir well and set aside.

4. Create the Enchiladas

Mix two-thirds of the **Cheese** with the **Black Beans & Chipotles** in a mixing bowl. Wrap the **Corn Tortillas** in a moist paper towel and microwave until pliable, about 20 to 30 seconds.

Layer each tortilla with the rice and seasoned veggies, followed by the beans and cheese. Once filled, roll the tortillas to close and place, seam-side-down, in the oiled casserole dish. Cover with the **Green Chile Crema** and sprinkle with the remaining cheese. Bake until the tortillas start to crisp and cheese starts to brown, about 15 minutes.

5. Put It All Together

Allow the enchiladas to rest for 5 minutes. Enjoy!

*We recommend
8" x 8" or similar
sized dish.*

Instructions for two servings.

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

Vegetarian BLT Panini

This sandwich isn't a vegetarian version of a BLT sandwich. It's a superpowered panini dinner that delivers the essence of a hearty BLT without the pork, plus so much more. With tomato jam, fried egg, arugula, and a smoky sweet potato "bacon," it's a sandwich everyone will adore.

20 Minutes to the Table

20 Minutes Hands On

2 Whisks *Easy*

Getting Organized

EQUIPMENT

Large Skillet
Medium Saucepan

FROM YOUR PANTRY

Olive Oil
Salt & Pepper
Egg (1 per serving)

6 MEEZ CONTAINERS

Tomato Jam
Panini Bread
Aioli
Sweet Potatoes
Smoky Sauce
Arugula

Add Protein Cooking Instructions

Integrate into recipe: Prior to step 4, cook the protein (per instructions below) and include on top of the arugula prior to adding the egg 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.

Good to Know

Health snapshot per serving – 760 Calories, 39g Fat, 90g Carbs, 13g Protein, and 24 Freestyle Points.

Lightened-up health snapshot per serving – 640 Calories, 27g Fat, 90g Carbs, and 20 Freestyle Points by using two-thirds of the Aioli.

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cooking video



INGREDIENTS: Panini Bread, Sweet Potato, Tomato, Mayonnaise, Red Onion, Arugula, Maple Syrup, White Vinegar, Brown Sugar, Tamar, Cream Cheese, Mozzarella, Balsamic Vinegar, Liquid Smoke, Chipotles in Adobo, Basil, Paprika, Black Pepper, Lemon Zest, Oregano.

meez  meals

1. **Make the Tomato Jam**

Heat a medium saucepan over medium heat. Add the **Tomato Jam** and cook, stirring occasionally, until the mix has a jam-like consistency, about 10 to 12 minutes. Turn off the heat and set aside until step 5.

2. **Toast the Panini Bread**

While the jam is cooking, lightly brush both sides of the **Panini Bread** with olive oil. Heat a large skillet or griddle over medium-high heat and toast both sides of each slice, about 2 to 3 minutes per side. (You may need to work in batches depending on the size of your pan.) Spread a generous helping of **Aioli** on half the toasted bread and transfer these slices to the serving plates. They will be the sandwich bottoms. Set the other pieces (the tops) aside. Wipe out the skillet.

3. **Create the Smoky Sweet Potato “Bacon”**

Heat 1 Tbsp olive oil in the now-empty skillet over medium-high heat. When the oil is hot, add the **Sweet Potatoes** and cook until they soften and start to brown, about 6 to 7 minutes. Add the **Smoky Sauce** and cook, stirring continuously, until the sweet potatoes are well coated, 2 to 3 additional minutes. Remove from the heat and arrange the sweet potatoes in a single layer on the sandwich bottoms (the half with the aioli). Then layer the **Arugula** on top of the smoky sweet potato “bacon.” Wipe out the skillet.

4. **Fry the Eggs**

Heat 1 Tbsp olive oil in the now-empty skillet over medium-high heat. When the oil is hot, crack 2 eggs into the skillet and cook until the whites are opaque and the yolk has set, about 1 to 2 minutes. Salt and pepper to taste. Remove from the skillet and place on top of the arugula.

5. **Put It All Together**

Spread the tomato jam on the sandwich tops and then press them down firmly to close the sandwich. Use a knife to slice in half and enjoy!

Instructions for two servings.

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

Moroccan Steak with Spiced Rice Pilaf

We're putting a fresh twist on steak night with our blend of Moroccan spices. Served up with fluffy seasoned basmati rice, seasoned vegetables and cucumber yogurt, it's a delicious dinner that's packed with flavor.

30 *Minutes to the Table*

30 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Saucepan
Large Oven-Safe Skillet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Basmati Rice
Garlic, Onions & Raisins
Steak
Moroccan Spices
Zucchini & Bell Peppers
Cucumber Garlic Yogurt

Good To Know

If you ordered the **Carb Conscious** version, we sent you cauliflower "rice" instead of rice, reducing the carbs to 39g. Cook the cauliflower with the garlic, onions and raisins in Step 2.

Health snapshot per serving – 520 Calories, 38g Protein, 20g Fat, 50g Carbs, 15 Freestyle Points

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

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to view YouTube
cooking video**



INGREDIENTS: Steak, Zucchini, Red Bell Pepper, Basmati Rice, Yogurt, Yellow Onion, Golden Raisins, Cream, Cucumber, Cilantro, Ginger, Garlic, Chicken Broth, Lemon, Salt, Coriander, Cumin, Paprika, White Pepper, Cardamon, Turmeric, Clove, Cinnamon

meez *meals*

1. Getting Organized

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

2. Cook the Rice

Add the **Basmati Rice** to the boiling water and reduce the heat to medium. Simmer, uncovered, until the rice is tender, about 15 to 20 minutes. Drain well and set aside in the colander.

Heat 1 Tbsp olive oil in the now-empty saucepan over medium high heat. When the oil is hot, add the **Garlic, Onions & Raisins** and sauté until the onions soften, about 2 to 3 minutes. Add the drained rice to the saucepan and mix well, then cover and set aside.

3. Cook the Steak

While the rice is cooking, pat dry the **Steak** with a paper towel, then put them in a ziplock bag with the **Moroccan Spices**. Shake well so that the steaks are totally coated in seasoning.

Heat 1 Tbsp oil in a large oven-safe skillet over high heat. When the oil is hot, add the seasoned steaks. Cook undisturbed until the seasoning starts to darken on the bottom, about 45 seconds. Flip the steaks and continue cooking until the other side has browned, another 45 seconds. Transfer the skillet to the oven and cook for 4 minutes if you like your steak **medium-rare**. (Cook for 5 to 6 minutes for **medium**, and 7 to 8 for **well done**). Transfer to a cutting board to rest for 5 minutes. After the steaks have rested, place them horizontally on the cutting board and cut into even strips (we aim for ½" x 1" pieces). Wipe out the skillet.

4. Cook the Veggies

Heat 1 Tbsp olive oil in the now-empty skillet over medium-high heat. Once the oil is hot, add the **Zucchini & Bell Peppers** and sprinkle with salt and pepper. Cook until the vegetables start to char, about 3 to 4 minutes.

5. Put it All Together

Serve the steak and vegetables over the rice and finish with some generous dollops of the **Cucumber Garlic Yogurt**. Enjoy!

Instructions for two servings.

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

Brown Butter Gnocchi

Hello, Summer! We're tossing sautéed zucchini and squash with toasted gnocchi and fresh tomatoes. With a super-easy brown butter sauce, this dinner is simple and delicious!

30 Minutes to the Table

20 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Baking Sheet
Large Skillet

FROM YOUR PANTRY

Butter (1½ Tbsp
per serving)
Olive Oil
Salt & Pepper

4 MEEZ CONTAINERS

Gnocchi
Grape Tomatoes
Garlic & Onions
Zucchini & Squash

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 alongside the gnocchi.

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

Hot & Cold: This dish makes a great pasta salad. Cook everything in advance and chill. Just wait to add the tomatoes in the final step until you're ready to serve.

Health snapshot per serving – 600 Calories, 16g Protein, 19g Fat, 18 Freestyle Points.

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INGREDIENTS: Gnocchi, Zucchini, Squash, Tomato, Garlic, Onion, Butter.

meez *meals*

1. Getting Organized

Preheat oven to 400 degrees.

2. Toast the Gnocchi

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

3. Cook the Tomatoes

While the gnocchi is cooking, heat 1 Tbsp olive oil in a large skillet over medium-high heat. Place the **Grape Tomatoes** into a ziplock bag and seal tightly. Using your hands, squish the tomatoes until they burst. Carefully pour the entire contents of the ziplock bag into the skillet. Add the **Garlic & Onions** and cook, stirring occasionally, until most of the liquid has evaporated and the tomatoes have softened, about 7 to 9 minutes. Remove the tomatoes, garlic & onions from the heat and set aside.

4. Cook the Veggies & Make the Butter Sauce

Wipe out the skillet and return to the stove over medium-high heat with 1 Tbsp olive oil. When the oil is hot, add the **Zucchini & Squash** and cook until the edges are brown, about 2 to 3 minutes.

Reduce heat to medium and add 3 Tbsp butter. Cook until the butter turns brown and then immediately remove from the heat.

5. Put It All Together

Add the gnocchi to the skillet and stir until they are well coated with butter. Stir-in the tomatoes, garlic & onions and enjoy!

Instructions for two servings.

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