

*Chicken Scallopini
with Hazelnut Whipped Butter*

30 Min to Table	30 Min Hands On	2 Whisks Easy
---------------------------	------------------------------	-------------------------

Getting Started Put a saucepan of water on to boil.

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

Vegetable Primavera Rotini

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

Getting Started Put a saucepan of water onto boil.

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

Quick Tips



Classic Shawarma

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

Getting Started Heat olive oil in a large skillet.

Meal Tip You'll need olive oil, salt and pepper

Grilled Halloumi Souvlaki

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

Getting Started Heat 1 Tbsp of olive oil in a large skillet.

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

*Espresso-Rubbed Steak
with Au Gratin Sweet Potatoes*

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

Getting Started Preheat your oven to 425.

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

Citrusy Salmon with Green Bean Almondine

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

Getting Started	Heat 1 Tbsp olive oil in a large skillet.
------------------------	---

Omnivore Option	You'll need olive oil, butter, salt & pepper
------------------------	--

Green Chile Mao-n-Cheese

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

Getting Started	Preheat oven to 350 & Put a pot of water on to boil..
------------------------	---

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

Thai Curry Tilapia & Cucumber Salad

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

Getting Started	Heat 1 Tbsp. olive oil in a large skillet.
------------------------	--

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

Korean Street Toast

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

Meal Tip	Scramble your eggs if you prefer
-----------------	----------------------------------

Getting Started	Toss the veggies with the Sesame-Miso Dressing.
------------------------	---

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

Chicken Flautas Ahogadas

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

Getting Started	Put a saucepan of water onto boil and preheat oven to 425.
------------------------	--

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

Shrimp DeJonghe

40 Min to Table	25 Min Hands On	2 Whisks Easy
---------------------------	------------------------------	-------------------------

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

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

Meal Tip	Cook this in single serve ramekins for a restaurant feel.
-----------------	---

Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmndd daily)	
Thai Curry Tilapia & Cucumber Salad	480	42	19	39	7	860	25	13	60% Vitamin C	20% Vitamin A
Chicken Scallopini with Hazelnut Whipped Butter (half the noodles and half the butter)	795	71	36	49 CC 14	5	1131	4	19	229% Vitamin A	57% Vitamin C
Espresso-Rubbed Steak with Au Gratin Sweet Potatoes (2/3 of the finished potatoes)	565		20					11		
	978	45	59	70	7	2071		32	491% Vitamin A	79% Vitamin C
	694		35					20		
Citrusy Salmon and Green Bean Almondine (omit the butter, use 1/2 the cranberries & almonds)	700	44	28	76	10	180	42	26	92% Vitamin D	81% Vitamin C
	570		21					14		
Vegetable Primavera Rotini (Use 2/3rd of the sauce & 2/3rd of cheese)	800	35	44	73	10	1010	12	28	143% Vitamin C	48% Vitamin A
	660		33					21		
Chicken Flautas Ahogadas (use 1/2 the cheesy filling & 1/2 the tomatillo salsa)	940	64	32	101	11	820	12	23	45% Calcium	35% Iron
	790		20					16		
Shrimp De Jonghe	485	33	25	35	8	546		17	160% Vitamin C	42% Vitamin A

Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmndd daily)	
Grilled Halloumi Souvlaki	480	26	49	21	6	1854	x	17	433% Vitamin C	77% Vitamin A
Green Chile Mac-n-Cheese (use 1/2 the corn bread, 2/3 of the pasta, cheese, & tomato sauce)	830 570	27	41 27	99	8	920	12	26 18	80% Vitamin A	240% Vitamin C
Classic Shawarma	380	14	18	44 CC 12	3	668		11	34% Vitamin C	18% Iron
Korean Street Toast	700	30	43	53 CC 26	7	920	10	17	54% Vitamin A	64% Calcium
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
THE Carrot Cake	540	6	34	49	2	440	36	13	6% Vitamin C	6% Calcium
Honduran Chocolate Brownies (Gluten-Free)	340	4	18	42	3	140	31	16	4% Vitamin C	15% Iron
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.

Thai Curry Tilapia & Cucumber Salad

Our simplest and speediest Thai dinner yet. The secret is our fresh Thai Red Curry Sauce with coconut milk, basil, lime and fish sauce. Paired with sautéed Asian veggies, seared Tilapia and a fresh cucumber salad, it's a one-pot meal that's on the table in a flash.

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

4 MEEZ CONTAINERS

Thai Veggies

Tilapia

Thai Red Curry Sauce

Pickled Cucumber Salad

Good to Know

Health snapshot per serving – 480 Calories, 19g Fat, 39g Carbs, 42g Protein, and 13 Freestyle Points.

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

INGREDIENTS: Tilapia, Coconut Milk, Cucumber, Napa Cabbage, Snow Peas, Bok Choy, Rice Wine Vinegar, Green Onion, Red Onion, Carrot, Sugar, Yellow Curry, Ginger, Garlic, Lime, Brown Sugar, Basil, Fish Sauce, Red Curry, Sugar, Kosher Salt.

meez meals

1. Sauté the Vegetables

Heat 1 Tbsp olive oil in a large skillet over medium-high heat. When the oil is hot, add the **Thai Veggies** with a sprinkle of salt and pepper. Cook until the peapods start to char, about 3 to 4 minutes. Remove from the skillet and transfer directly to serving plates. Wipe out the skillet

2. Cook the Tilapia

Pat dry the **Tilapia**. Heat 1 Tbsp olive oil in the now-empty skillet over medium-high heat. When the oil is hot, add the tilapia and cook until the bottom starts to brown, about 3 to 4 minutes. Flip and add the **Thai Red Curry Sauce** to the skillet. Cook, spooning the sauce from the skillet on top of the tilapia continuously, until the sauce has thickened, an additional 4 minutes.

3. Put It All Together

Serve the tilapia on the bed of vegetables along with any remaining Thai Red Curry Sauce over the tilapia. Drain the liquid from the **Pickled Cucumber Salad** and serve alongside the veggies and fish. Enjoy!

Instructions for two servings.

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

Chicken Scaloppini with Hazelnut Whipped Butter

Arguably one of our favorite Italian recipes. With thin chicken breast coated with a hazelnut and breadcrumb crust, egg noodles, sautéed spinach, crispy capers and hazelnut whipped butter, it's comfort food taken up a notch.

30 *Minutes to the Table*

30 *Minutes Hands On*

2 Whisks *Easy*

Getting Organized

EQUIPMENT

Large Skillet
Saucepan
Meat tenderizer (or small pot)

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Chicken Breast
Hazelnut Crust
Egg Noodles
Hazelnut Whipped Butter
Spinach
Capers

Make The Meal Your Own

If you're cooking the **carb conscious version**, we sent you zucchini "noodles" instead of egg noodles, reducing the **carbs per serving to 14g**. Skip step 1, then before step 5, heat 1½ Tbsp oil in the skillet on medium high heat. Cook the zucchini until it starts to brown, about 2-3 minutes. Remove from the pan and set aside and then continue with adding the spinach and the rest of the recipe instructions as written.

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 – 795 Calories, 36g Fat, 71g Protein, 49g Carbs, 19 Freestyle Points

Lightened-Up Health snapshot per serving – 565 Calories, 20g Fat, 29g Carbs, 11 Freestyle Points with half the egg noodles and half the Hazelnut Whipped Butter

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

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



INGREDIENTS: Chicken Breast, Egg Noodle, Spinach, Hazelnuts, Capers, Butter, Hazelnut Oil, Panko Breadcrumbs, Pecorino Romano, Black Pepper, Oregano, Basil, Onion, Paprika.

meez meals

1. Getting Organized

Put a saucepan of water on to boil.

2. Prep the Chicken

Very loosely wrap each **Chicken Breast** in saran wrap and place on a cutting board. Pound it until it starts to spread, using a meat tenderizer (mallet) or bottom of a small pot. Flip the chicken over and continue to pound until it is about ¼" thick and has doubled in size. Generously season with salt and pepper (we use ¼ tsp salt and ¼ tsp pepper, so use about half per side, or more if you like).

Spread the **Hazelnut Crust** evenly on a large plate and put each piece of chicken onto the breading. Press down to make sure the breading adheres then repeat on the other side.

3. Cook the Pasta

As soon as the water is boiling, add the **Egg Noodles** with a generous sprinkle of salt. Cook until the noodles are al dente, 5 to 6 minutes. Drain very thoroughly and return to the now empty saucepan with the heat off. Add half the **Hazelnut Whipped Butter** and stir until the butter is melted and has coated the noodles. Set aside until step 6.

4. Cook the Chicken

While the pasta is cooking, heat 1½ Tbsp olive oil in a large skillet over medium-high heat. When the oil is hot, add the chicken to the pan and cook, without moving, until the sides brown, about two minutes. Flip and continue cooking until other side is brown as well, about two more minutes. Transfer the chicken to a cutting board and top with the remaining Hazelnut Whipped Butter. Set aside to rest for 5 minutes.

5. Cook the Spinach and Capers

While the chicken is resting, wipe out the now-empty skillet and heat 1 Tbsp olive oil over medium high heat. Sauté the **Spinach** until it starts to wilt but is still green, about 2 to 3 minutes. Transfer the cooked spinach to the saucepan with the drained egg noodles and mix well. Do not wipe out the skillet.

Drain the **Capers** of any excess liquid and add to the now-empty skillet. Cook over medium-high heat, undisturbed, until they start to get brown and crispy, about 3 to 4 minutes.

6. Put It All Together

Spread the capers evenly over the noodles and spinach and top with the chicken. Enjoy!

*Don't worry
about the
amount of water.
Just ensure you
have enough to
cook the pasta*

*Don't be afraid
to get your
aggression out
on the chicken!*

Instructions for two servings.

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

Espresso-Rubbed Steak with Au Gratin Sweet Potatoes

This week we're mixing up something really special with a chili and espresso rub that give the steak a zip that we fell in love with. The star, though, are our au gratin sweet potatoes, made with three cheeses and a breadcrumb crunch. Served with sautéed green beans, it's a restaurant worthy recipe on the table in less than 30 minutes.

25 *Minutes to the Table*

25 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Oven Safe Skillet
Loaf Pan or Casserole
Dish

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Sweet Potatoes
Cream Sauce
Seasoned Cheese
Chile Espresso Rub
Steak
Green Beans

Good To Know

It's important to let the steaks rest to keep them tender and juicy. Give them at least 3 to 5 minutes off the heat before you slice and serve.

Health snapshot per serving – 980 Calories, 59g Fat, 45g Protein, 70g Carbs, 32 Freestyle Points

Lightened-Up Health snapshot per serving – 695 Calories, 35g Fat, 57g Carbs, 20 Freestyle Points with two-thirds of the Sweet Potatoes, Cream Sauce, and Seasoned Cheese.

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

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



INGREDIENTS: Steak, Green Beans, Sweet Potato, Cream, Cheddar, Monterey Jack, Pecorino Romano, Panko Breadcrumbs, Mustard, Chicken Stock, Espresso Rub Spices.

meez meals

1. Getting Organized

Preheat your oven to 425 degrees.

2. Make the Au Gratin Sweet Potatoes

Heat 1 Tbsp olive oil in a large skillet over medium-high heat. When the oil is hot, add the **Sweet Potatoes** and cook until they start to brown, about 4 minutes.

Add the **Cream Sauce** and bring to a boil, stirring constantly until the sauce thickens enough to coat the back of a spoon, about 3 minutes. Remove from the heat and stir in $\frac{3}{4}$ of the **Seasoned Cheese**.

Transfer the contents of the skillet into a loaf pan or casserole dish and cover with the remaining seasoned cheese. Bake until the seasoned cheese starts to brown, about 10 to 15 minutes. Remove from the oven and set aside to cool.

3. Cook the Steak

While the potatoes are cooking, spread the **Chile Espresso Rub** on a plate. Pat dry the **Steaks** with a paper towel and firmly press one side into the rub until it is well coated. Flip and coat the other side.

Heat 1 Tbsp oil in an oven-safe skillet over high heat. When the oil is very hot, add the 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.

- **If you prefer your steak medium-rare**, transfer the skillet to the oven and cook 4 minutes. Remove to a plate and let rest for 5 minutes.
- **If you prefer your steak medium**, transfer the skillet to the oven and cook 5 to 6 minutes. Remove to a plate and let rest for 5 minutes.
- **If you prefer your steak medium-well or well done**, transfer the skillet to the oven and cook 7 to 8 minutes. Remove to a plate and let rest for 5 minutes.

4. Sauté the Green Beans

While the steaks are resting, wipe out the skillet and return it to the stove with 1 Tbsp olive oil over medium-high heat. Add the **Green Beans** with a sprinkle of salt and pepper and cook until they start to char, about 3 to 4 minutes.

5. Put It All Together

Serve the steak alongside the au gratin sweet potatoes and sautéed green beans. Enjoy!

Test if the skillet is hot enough by holding your hand about 6 inches above the skillet. If you can feel serious heat, it's ready to go.

Instructions for two servings.

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

Citrusy Salmon with Green Bean Almondine

Simple and sophisticated, this is a dinner that has it all: seared salmon in a lime and passion-fruit glaze, charred green beans with almonds, and a flavor that's out of this world. All that and on the table in less than fifteen minutes. That's the magic of Meez.

15 *Minutes to the Table*

15 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet

FROM YOUR PANTRY

Butter (1 Tbsp.)

Olive Oil

Salt & Pepper

5 MEEZ CONTAINERS

Orange

Green Beans

Almonds & Cranberries

Salmon

Citrus Glaze

Good To Know

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

Health snapshot per serving – 700 Calories, 28g Fat, 76g Carbs, 44g Protein and 26 Freestyle Points

Lightened-up health snapshot per serving – 570 Calories, 21g Fat, 62g Carbs, 14 Freestyle Points, by omitting the butter and using half of the Cranberries & Almonds.

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

INGREDIENTS: Salmon, Green Beans, Orange, Cranberries, Almond, Brown Sugar, Lime, Passion Fruit.

meezmeals

1. Create the Green Bean Almondine

Heat 1 Tbsp olive oil in a large skillet over high heat. When the oil is hot, add the **Green Beans** and cook until they start to char, about 6 to 7 minutes. Turn off the heat. Add the **Almonds & Cranberries** and 1 Tbsp of butter to the skillet and stir until the butter is melted. Transfer directly to serving plates. Do not wipe out the skillet.

2. Cook the Salmon

Dry the **Salmon** with a paper towel and slice the **Orange** in half.

Heat 1 Tbsp of olive oil in the now-empty skillet over medium high heat. When the oil is hot, place the salmon in the center of the skillet and the orange halves around the edges, cut-side down. Cook until the salmon turns brown, about 4 minutes. Flip the salmon and remove the oranges. Add the **Citrus Glaze** to the skillet and continue to cook while spooning the sauce over the top of the salmon until it thickens enough to coat the back of a spoon, an additional 3 to 4 minutes.

3. Put It All Together

Serve the salmon alongside the green bean almondine. Use a spoon to scoop some of the grilled orange flesh onto the salmon. . Enjoy!

Vegetable Primavera Rotini

Think red peppers and summer squash infused with a light basil cream sauce and you've got an idea of the magic of this dinner. With seared zucchini, toasted capers and crunchy pepitas, it's a restaurant-worthy dinner that's on the table in just 15 minutes.

Getting Organized

EQUIPMENT

Large Skillet
Large Saucepan

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Rotini
Zucchini
Capers & Pepitas
Primavera Sauce
Parmesan

Add Protein Cooking Instructions

Integrate into recipe: Prior to step 2, cook the protein (per instructions below) and then slice into strips (*flake the salmon, leave shrimp whole*) and combine with the ingredients 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 – 800 Calories, 35g Protein, 44g Fat, 73 Carbs, 27 Freestyle Points.

Lightened-Up Health snapshot per serving – 660 Calories, 33g Fat, 69 Carbs, 21 Freestyle Points using two-thirds of the sauce and two-thirds of the cheese.

15 Minutes to the Table

15 Minutes Hands On

1 Whisk Super Easy

SCAN QR CODE
to view
YouTube
cooking video



INGREDIENTS: Rotini, Zucchini, Summer Squash, Red Onions, Bell Peppers, Basil, Parmesan, Cream, Pepitas, Capers, Garlic, White Pepper, Oregano, Vegetable Stock, Lemon Juice, Lemon Peel.

meez meals

1. Cook the Rotini

Bring a large saucepan of water to boil. Add the **Rotini** to the boiling water and cook until al dente about 8 to 10 minutes. Drain the water using a colander and combine with sauce and vegetables as described in step 4.

2. Sear the Zucchini

While the rotini is cooking, heat 1 Tbsp olive oil in a large skillet over high heat. When the oil is hot, add the **Zucchini** and sauté until it starts to char, about 2 minutes. Remove the zucchini and set aside. Do not wipe out the skillet.

3. Cook the Capers & Pepitas

Return the now-empty skillet to the stove over medium high heat. Add the **Capers & Pepitas** and cook, stirring very frequently, until the pepitas brown and capers begin to pop, about 3 to 5 minutes. Remove from the skillet and set aside. Do not wipe out the skillet.

4. Warm the Sauce and Combine the Ingredients

Return the now-empty skillet to the stove over medium high heat. Add the **Primavera Sauce** and bring to a boil. Cook until the sauce thickens enough to coat the back of a spoon, about 3 minutes.

Reduce the heat to low and add the seared zucchini and cooked rotini (as soon as it is finished.)

5. Put It All Together

Transfer the contents of the skillet to serving bowls and top with the **Parmesan** and capers & pepitas. Enjoy!

Instructions for two servings.

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

Chicken Flautas Ahogadas

These “drowned” flautas are all about the tomatillo salsa, and ours is just plain delicious. Made from tomatillos, cilantro, and other Mexican spices, it's a test kitchen favorite. We're serving it with crispy chicken flautas and gently spiced rice and beans for a fresh Mexican dinner we just love.

35 *Minutes to the Table*

35 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet
Baking Sheet
Saucepan
Mixing Bowl

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Rice
Chicken Breasts
Seasoned Cheese &
Sour Cream
Corn Tortillas
Spiced Beans
Creamy Tomatillo Salsa

Good to Know

Health Snapshot Per Serving- 940Calories, 64g Protein, 32g Fat, 101g Carbs, 23Freestyle Points

Lightened-up Health Snapshot Per Serving- 790 Calories, 20g Fat, 95g Carbs, 16 Freestyle Points, by using half of the Cheesy Filling and half of the Tomatillo Salsa.

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

INGREDIENTS: Chicken Breasts, Corn Tortillas, Tomatillos, Tomatoes, Black Beans, Yellow Onion, White Rice, Sour Cream, Monterey Jack Cheese, Corn, Carrot, Cream, Orange Juice, Cilantro, Lime, Cotija, Tomato Paste, Ancho Chile, Vegetable Stock, Garlic, Sugar, Coriander, Cumin, White Pepper, Paprika, Oregano.

meez *meals*

1. **Get Organized**

Preheat your oven to 425 degrees and bring a saucepan of water to boil. Spray or brush a baking sheet with oil.

2. **Cook the Rice**

Add the **Rice** to the boiling water with a sprinkle of salt and cook until tender, about 15 minutes. Drain well and set aside in the colander. Wipe out the saucepan.

3. **Cook the Chicken**

While the rice is cooking, 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 mixing bowl. Stir in the **Seasoned Cheese & Sour Cream** (the thicker sauce without tomatoes).

4. **Make the Flautas**

Wrap the **Corn Tortillas** in paper towels and microwave until warm and pliable, about 20 to 30 seconds. Fill the tortillas with the chicken and cheese mix. Place the rolled flautas on the baking sheet, folded side down, and brush the top of the flautas with oil. Bake until the tortillas become crispy, about 15 minutes.

5. **Make the Rice and Beans**

While the flautas are baking, heat 1 Tbsp olive oil in the now-empty saucepan over medium heat. Add the **Spiced Beans** and cook, stirring occasionally, until the onions are tender, about 4 to 5 minutes. Turn off the heat and stir in the cooked rice.

6. **Put it All Together**

Serve the flautas on top of the rice and beans. Generously top with the **Creamy Tomatillo Salsa** and enjoy!

Instructions for two servings.

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

Shrimp De Jonghe

Shrimp De Jonghe is a Chicago classic — tender shrimp, buttery bread crumbs and plenty of garlic. We're putting a healthy spin on our version by adding fresh cauliflower and serving seared asparagus on the side, making it just right for the 21st Century.

40 *Minutes to the Table*

25 *Minutes Hands On*

2 Whisks *Easy*

Getting Organized

EQUIPMENT

Large Skillet
Casserole Dish

FROM YOUR PANTRY

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

6 MEEZ CONTAINERS

Cauliflower
Shrimp
Lemon & Wine Sauce
Garlic & Herbs
Seasoned Breadcrumbs
Asparagus

Good to Know

Make this a restaurant-style dinner by cooking in single-serving ramekins rather than a family-style loaf pan.

Shrimp de Jonghe was named for Henri de Jonghe's Monroe Street hotel and restaurant deJonghe's, where the dish was created in the late 19th century.

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

Health snapshot per serving – 480 Calories, 37g Protein, 25g Fat, 13 Smart Points

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

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



INGREDIENTS: Shrimp, Cauliflower, Asparagus, Breadcrumbs, Garlic, Wine, Lemon, Paprika, Black Pepper, Parsley, Cayenne Pepper.

meez meals

1. Getting Started

Preheat oven to 400 degrees.

2. Roast The Cauliflower

Add the **Cauliflower** to a loaf pan and toss with a generous drizzle of olive oil. Bake for 15 to 20 minutes until the cauliflower begins to brown. Remove the cauliflower from the oven and set aside, still in the loaf pan.

Set your oven to broil (or 500, if you don't have a broil setting).

3. Create the De Jonghe

Pat dry and generously salt and pepper the **Shrimp**.

Add 4 Tbsp butter to a skillet over medium-high heat. Once the butter is melted, add the shrimp, **Lemon & Wine Sauce** and **Garlic & Herbs** to the pan. Sauté for 2 minutes.

Remove from heat and stir in the **Seasoned Breadcrumbs** until they are completely moistened by the sauce.

Add this mixture on top of the roasted cauliflower in the loaf pan but do not stir it. We want to keep the cauliflower on the bottom.

Place the loaf pan on the top rack of the oven and broil until the top is golden brown, about two minutes. (Every oven is different, so watch it closely the entire time so that it doesn't burn.)

Remove from oven and set aside.

4. Cook the Asparagus

In the now empty skillet, add 1 Tbsp olive oil over medium-high heat. When oil is hot, add the **Asparagus** and sauté until the asparagus is bright green and slightly charred, about 3 to 4 minutes.

5. Serve and Enjoy!

Use a large serving spoon to serve the Shrimp De Jonghe with the asparagus alongside. Enjoy!

The shrimp will not be completely cooked after this step but will finish cooking in the oven.

Instructions for two servings.

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

Grilled Halloumi Souvlaki

Something magical happens to halloumi cheese when it's grilled. It gets a crispy, crunchy, salty flavor that's flat out delicious. We're serving the Greek classic with sautéed squash, veggie "rice" and arugula pesto for a speedy dinner that's naturally low in calories and high in flavor.

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

5 MEEZ CONTAINERS

Halloumi Cheese

Veggie "Rice"

Zucchini & Summer

Squash

Red Pepper

Arugula Pesto

Good To Know

Integrate into recipe: Prior to step 31 cook the protein (per instructions below) and then slice into strips (*flake the salmon, leave shrimp whole*) and serve on top of the veggie rice 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 – 630 Calories, 30g Protein, 50g Fat, 21g Carbs, and 19 Freestyle Points.

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

SCAN QR CODE
to view YouTube
cooking video



INGREDIENTS: Halloumi Cheese, Cauliflower, Red Pepper, Summer Squash, Zucchini, Vegetable Oil, Artichoke, Arugula, Red Onion, Lemon Pepper, Chive, Lemon, Garlic.

meez *meals*

1. **Cook the Halloumi Cheese:**

Slice the **Halloumi Cheese** into ½" cubes (they don't need to be perfect cubes).

Heat a 1 Tbsp olive oil in a large skillet over medium heat. When the oil is hot, add the Halloumi and lightly season with pepper. Cook until one side is golden brown, about 2 minutes, then flip and cook the other side until golden brown, an additional 1 to 2 minutes. Remove from the skillet and set aside. Wipe out the pan.

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

2. **Cook the Veggie Rice**

Return the now-empty skillet to the stove with 1 Tbsp olive oil over high heat. When the oil is hot, add the **Veggie "Rice"** and cook until it starts to soften, about 2 to 3 minutes. Transfer directly to serving plates. Wipe out the pan.

3. **Cook the Veggies**

Return the empty skillet to the stove with 1 Tbsp olive oil over high heat. Pat dry **Zucchini & Summer Squash**. When the oil is hot, add the Zucchini & Summer Squash and **Red Peppers** to the skillet and cook until edges of the squash start to char, about 5 minutes. Transfer to the serving plates on top of the veggie rice.

4. **Put It All Together**

Place the Halloumi Cheese on top of the veggies and drizzle with the **Arugula Pesto**. Enjoy!

Instructions for two servings.

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

Green Chile Mac-n-Cheese

Mac-n-Cheese meets vegetarian chili in this tasty spin on two American classics. With toasted cornbread crumbles, white cheddar and a green chile crema, this dish checks all the boxes for a family favorite.

25 Minutes to the Table

20 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Medium Saucepan
Large Oven-Safe Skillet
Baking Sheet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Macaroni
Cornbread
Seasoned Beans, Corn
& Peppers
Tomato Cream Sauce
White Cheddar
Green Chile Crema

Add Protein Instructions

Integrate into recipe: While the mac-n-cheese is in the oven in step 5, cook protein (per instructions below). Slice it into strips (*flake the salmon, leave the shrimp whole*) and serve on top of the mac-n-cheese before drizzling with Green Chile Crema 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 – 830 Calories, 27g Protein, 41g Fat, 99g Carbs, 26 Smart Points

Lightened up health snapshot per serving – 570 Calories, 27g Fat, 70g Carbs, 18 Freestyle Points, by using half of the corn bread, and two-thirds of the macaroni, two-thirds of the cheese and two thirds of the tomato cream sauce.

INGREDIENTS: Macaroni, Cornbread, Red Bell Pepper, Green Bell Pepper, Black Beans, Green Chile Sauce, Cream, White Cheddar, Corn, Cream, Tomato Sauce, Cream Cheese, Sour Cream, Cilantro, Garlic, Lime Juice, Chili Powder, Cumin, Oregano, Vegetable Stock, Kosher Salt, White Pepper

meez*meals*

1. **Get Organized**

Preheat the oven to 350. Bring a medium saucepan of water to boil.

2. **Cook the Macaroni**

Add the **Macaroni** to the boiling water and cook until al dente, about 8 to 10 minutes. Drain and set aside until step 4.

3. **Toast the Cornbread**

While the macaroni are cooking, cut the **Cornbread** into about 1" pieces and arrange in a single layer on a baking sheet. Drizzle lightly with olive oil and bake until they start to brown, about 10 minutes. Remove from the oven and set aside until step 5.

4. **Make the Cheese Sauce**

While the cornbread is still toasting, heat 1 Tbsp olive oil in a large oven-safe skillet over medium-high heat. When the oil is hot, add the **Seasoned Beans, Corn & Peppers** and cook until the vegetables start to soften, about 4 minutes. Add ½ cup of water and simmer for an additional 3 to 4 minutes.

Add the **Tomato Cream Sauce** and bring to a low boil, then reduce the heat to low and simmer until the sauce thickens a bit, about 2 to 3 minutes. Turn off the heat and add the **White Cheddar** and the cooked macaroni. Mix gently, then spread in an even layer in the skillet.

5. **Put It All Together**

Crumble the toasted corn bread over top of the mac-n-cheese and bake until the top is brown and slightly crispy, about 5 to 6 minutes. Remove from the oven and let rest for at least 5 minutes before serving.

Drizzle with the **Green Chile Crema** and enjoy!

Instructions for two servings.

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

Classic Shawarma

Possibly our fastest Meez Meal yet. One pot, ten minutes to the table, low in calories and high in flavor, this dinner is a crowd pleaser. Our special simmer sauce gives the gyros style sliced beef and lamb shawarma an authentic flavor. Served in a warm pita with a zesty Mediterranean dressing and fresh veggies.

10 Minutes to the Table

10 Minutes Hands On

1 Whisks *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet

FROM YOUR PANTRY

Olive Oil

Salt & Pepper

5 MEEZ CONTAINERS

Pita

Simmer Sauce

Beef & Lamb Shawarma

Mediterranean Dressing

Veggies

Make the Meal Your Own

If you ordered the **Carb Conscious version**, we sent you an arcadian lettuce blend instead of the pita, reducing the **carbs per serving to 12g**. Toss the lettuce with the other ingredients for a shawarma salad.

Good to Know

Health snapshot per serving 380 Calories, 14g Protein, 18g Fat, 44g Carbs, 11 Freestyle Points.

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

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



INGREDIENTS: Beef & Lamb Shawarma, Pita, Bell Pepper, Radish, Yellow Squash, Zucchini, Red Onion, Great Northern Beans, Tahina, Olive Oil, Parsley, White Wine Vinegar, Shawarma Spices, Lemon, Kosher Salt, White Pepper.

meez meals

1. Warm the Pita

Heat a large skillet over medium heat. Cook the Pita until warm, about 30 seconds per side. Cut each pita in half and wrap in aluminum foil or cover with a towel.

2. Heat the Shawarma

Mix 2 Tbsp olive oil with the **Simmer Sauce** (the thin, smooth, orange sauce) in a small bowl.

Combine the simmer sauce and **Beef & Lamb Shawarma** in a large skillet over medium-high heat. Cook, stirring occasionally, until the edges are slightly crispy, and meat is warm, about 2 to 3 minutes. Remove from heat and set aside.

3. Put It All Together

Fill each pita half with beef & lamb shawarma, a layer of **Mediterranean Dressing**, **Veggies** and an additional drizzle of dressing on top. Enjoy!

The Beef and Lamb is already fully cooked, so you are just adding flavor and warming it in this step.

Instructions for two servings.

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

Korean Street Toast

Korea is famous for its street food, and this recipe combines some of our favorite elements. We're serving five-spice tofu on toasted panini bread with a fried egg and generous helping of Sesame-Miso vegetables. It's one part speed-meal, one part comfort food and hands-down delicious.

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

Eggs (1 per serving)

4 MEEZ

CONTAINERS

Vegetables

Sesame-Miso Dressing

Panini Bread

5-Spice Tofu

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 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

If you ordered the **Carb Conscious version** we sent you romaine lettuce instead of the bread reducing the **carbs per serving to 26g**. Skip step 2 and prior to step 3, spread a generous drizzle of Sesame-Miso Dressing on one or two lettuce leaves per serving and continue with the instructions using the lettuce in place of the bread to create a lettuce boat.

Health snapshot per serving – 700 Calories, 30g Protein, 43g Fat, 53g carbs, 17 Freestyle Points.

Lightened-Up Health snapshot per serving – 520 Calories, 34g Fat, 33g carbs, 11 Freestyle Points using $\frac{3}{4}$ of the dressing and half the bread.

SCAN QR CODE
to view
YouTube
cooking video



INGREDIENTS: 5-Spice Tofu, Rustic White Panini Bread, Cabbage, Carrot, Zucchini, Green Onion, Mayonnaise, Black Sesame Seeds, Garlic, Miso, Tamari, Gochujang, Rice Wine Vinegar, Sesame Oil, Brown Sugar.

meez *meals*

1. Toss the Vegetables with the Sesame-Miso Dressing

Combine the **Vegetables** and half the **Sesame-Miso Dressing** in a large mixing bowl. Toss and refrigerate until step 5.

2. Grill the Bread

Heat 1 Tbsp olive oil in a large skillet over medium-high heat. Add the **Panini Bread** and toast until the bottom starts to brown, about 30 seconds, and flip to toast the other side until it is brown too. Do not wipe out the skillet.

Transfer the toast to serving plates and spread each piece with a generous drizzle of Sesame-Miso Dressing.

3. Sear the Tofu

Return the now-empty skillet to the stove with 1 Tbsp olive oil over medium-high heat. Add the **5-Spice Tofu** and cook until it darkens and become slightly crispy, about 1 minute. Flip and cook until the other side crisps slightly too, about another minute. Arrange the seared tofu on two of the pieces of toast. Do not wipe out the skillet.

4. Fry the Eggs

Return the now-empty skillet to the stove over medium-high heat. Crack one egg in the skillet and cook until the white is opaque and the yolk has set, about 1 to 2 minutes. Salt and pepper to taste and place the sunny-side-up egg on top of the seared tofu. Repeat so you have one for each serving. Enjoy!

If you prefer your eggs, over-easy or scrambled, go for it.

5. Put It All Together

Top the eggs with some of the sesame-miso tossed vegetables (whatever fits comfortably on the sandwich) and close the sandwiches with another piece of toast. Serve the remaining sesame-miso vegetables on the side. Enjoy!

Instructions for two servings.

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