

Mango Teriyaki Chicken

25 Min
to Table

25 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Put a pot of water on to boil.

From your Pantry

You'll need olive oil, salt and pepper.

Ginger-Soy Aioli Rice Bowl

45 Min
to Table

15 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Put a saucepan of water on to boil.

Omnivore Option

Seared tuna would be delicious with this meal.

Quick Tips



meezmeals

Parmesan Panzanella Salad with Strawberry Poppy Seed Dressing

10 Min
to Table

10 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 some olive oil, salt and pepper.

Gyros Mini Tacos

10 Min
to Table

10 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Heat 1½ Tbsp olive oil in a large skillet over medium high heat.

From Your Pantry

You'll need a little bit of olive oil.

Honey Dijon Asparagus Orzo Bowl

25 Min
to Table

25 Min
Hands
On

1 Whisk
Easy

Getting Started

Put a saucepan of water on to boil.

From Your Pantry

You'll need olive oil, salt and pepper.

Balsamic Glazed Chicken Caprese Pasta

20 Min
to Table

10 Min
Hands
On

1 Whisk
Easy

Getting Started Put a saucepan of water on to boil.

Meal Tip This dish is delicious served cold.

Salmon with Lemon and Asparagus

25 Min
to Table

25 Min
Hands
On

2 Whisks
Easy

Getting Started No pre-work needed.

From your Pantry You'll need 1/4 c flour and 3/4 T butter per serving.

Speed Tip Cook the asparagus and salmon at the same time.

Salmon with Dill Butter & Crispy Leeks

30 Min
to Table

30 Min
Hands
On

2 Whisks
Easy

Getting Started Preheat oven to 425.

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

Bayou Steak Sandwich with Cajun Fries

30 Min
to Table

30 Min
Hands
On

2 Whisks
Easy

Getting Started Preheat your oven to 425.

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

Shrimp & Bacon Wrap with Creamy Avocado Dressing

15 Min
to Table

15 Min
Hands
On

1 Whisk
Super
Easy

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

Getting Started Heat a large skillet over medium high heat.

Ravioli with Arugula Pesto

15 Min
to Table

15 Min
Hands
On

1 Whisk
Super
Easy

Getting Started Bring a large saucepan of water on to boil.

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

Meal Tip Add the pesto to your taste.

Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmndd daily)	
Salmon with Lemon & Asparagus	511	39	26	21	6	1490		13	18% Vitamin B-6	0% Vitamin B12
Honey Dijon Asparagus Orzo Bowl	640	21	18	104	13	710	24	16	35% Vitamin C	25% Iron
Mango Teriyaki Chicken	630	51	9	86	7	1700	31	13	97% Vitamin A	84% Vitamin C
Gyros Mini Tacos	665	55	21	59	9	991	8	17	63% Vitamin C	21% Vitamin A
(use 1/2 the tortillas and 1/2 the greek sauce)	545		18					15		
Salmon with Dill Butter & Crispy Leeks	610	39	37	32 CC 17	5	210		13	185% Vitamin A	98% Vitamin C
Ravioli with Arugula Pesto	560	32	17	67	6	1048		15	51% Vitamin A	157% Vitamin C

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 & Bacon Wrap with Creamy Avocado Dressing	660	32	42	43 CC 21	5	1300	4	17	70% Vitamin K	50% Vitamin C
Ginger-Soy Aioli Rice Bowl	405	14	12	60	10	310		12	223% Vitamin A	33% Vitamin C
Balsamic Glazed Chicken Caprese Pasta	615	64	23	40 CC 17	5	249		15	67% Vitamin C	25% Vitamin A
Bayou Steak Sandwich with Cajun Fries	850	38	46	76	9	600	19	26	30% Vitamin C	15% Iron
(use 1/2 the scallion aioli)	660		24					19		
Parmesan Panzanella Salad with Strawberry Poppy Seed Dressing	620	14	44	49 CC 35	9	890	14	22	70% Vitamin A	20% 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)	
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.

Salmon with Lemon & Asparagus

Lemon brings out the best in salmon. Particularly when it's part of a white wine and caper sauce. Together, they add a brightness and sophistication that can't be beat. Add fresh asparagus, and you have a recipe the family will love.

25 Minutes to the Table

25 Minutes Hands On

2 Whisks *Easy*

Getting Organized

EQUIPMENT

Mixing Bowl
Shallow Pie Pan or Plate
Large Skillet

FROM YOUR PANTRY

¾ Cup Flour
2 Tbsp Butter
Olive Oil
Salt & Pepper

4 MEEZ CONTAINERS

Asparagus & Fennel
Salmon
Capers & Sunflower
Seeds
White Wine Lemon
Sauce

Good To Know

Speed Trick – Use 2 skillets and cook the asparagus and salmon at the same time.

Salmon has a reputation for being tricky to cook. Chef Max says the key to perfect salmon is making sure you don't overcook it. Cook over high heat for a few minutes per side and then let it rest. The salmon continues cooking as it rests, so let it sit 5 minutes, covered, off the heat before you cut into it and check for doneness.

Not sure about fennel? Forget its reputation for having a strong licorice flavor. Once it's sautéed with asparagus and paired with our lemon sauce, it mellows out and adds a great texture and depth of flavor that we just love.

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

Health snapshot per serving – 511 Calories, 26g Fat, 39g Protein, 21g Carbs, 1490 mg Sodium, 13 Smart Points

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



INGREDIENTS: Salmon, Asparagus, White Wine, Fennel, Capers, Sunflower Seeds, Lemon Juice, Brown Sugar, Garlic, Lemon Zest, Miso, Concentrated Vegetable Stock, Herbs

meez meals

1. Cook the Asparagus

Heat 1 Tbsp oil in a large skillet over medium-high heat. Add the **Asparagus & Fennel** and cook until the asparagus is bright green and the fennel is just starting to brown, about 5 to 7 minutes. Remove to a bowl or serving dish. Wipe out the skillet and return to the stove.

2. Cook the Salmon

Pour ½ cup flour in a shallow pie pan or on to a plate and add a generous pinch of salt and pepper. Pat the **Salmon** fillets dry with a paper towel and coat with the flour, making sure each fillet is covered. Repeat this process with remaining salmon pieces.

Heat 2 Tbsp of oil in a large skillet on high heat. Add the salmon and cook 4 minutes. Flip and cook an additional 2 minutes. Remove the salmon fillets to the bowl or serving dish with the asparagus and fennel. Pour out any excess oil from the pan.

3. Make The Lemon Caper Sauce

Return the now-empty skillet to the stove over medium-high heat. Add the **Capers & Sunflower Seeds** and cook, stirring, until the seeds start to brown and the capers begin to pop, 2 to 5 minutes. Pour the **White Wine Lemon Sauce** into the pan and simmer until the liquid has reduced by half, about 5 to 7 minutes.

Remove the skillet from the heat and stir 1 ½ Tbsp butter into the sauce. Pour the lemon caper sauce over the salmon and asparagus to serve. Enjoy!

Place the salmon in the pan gently to avoid any oil splashing.

It's OK if your skillet still has a little flour from the salmon - it will help thicken the sauce.

Finishing with butter gives the sauce it's body. Resist the urge to skimp on it.

Instructions for two servings.

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

Honey Dijon Asparagus Orzo Bowl

We're letting vegetables take the spotlight in this vibrant orzo bowl. Asparagus, green beans, and chickpeas are coated in a tangy honey Dijon dressing, then layered over tender pasta. A topping of toasted garlic breadcrumbs with zucchini and sweet corn adds irresistible crunch and depth.

25 Minutes to the Table

25 Minutes Hands On

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet
Medium Saucepan

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Orzo
Zucchini & Corn
Garlic Breadcrumbs
Asparagus & Green Beans
Seasoned Chickpeas
Honey Dijon Dressing

Add Protein Instructions

Integrate into recipe: Prior to step 5, cook the protein according to the instructions below. Slice (leave shrimp whole and flake the salmon) into 1/2" strips and toss with the veggies and mustard sauce 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, 18g Fat, 104g Carbs, 21g Protein, and 16 Freestyle Points.

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

INGREDIENTS: Asparagus, Green Beans, Garbanzo Beans, Orzo, Zucchini, Corn, Honey, Panko Breadcrumbs, Apple Cider Vinegar, Vegetable Oil, Dijon Mustard, Whole Grain Mustard, Tarragon, Black Pepper, Kosher Salt, Paprika, Garlic.

meez meals

1. Get Organized

Bring a medium saucepan of water to a boil.

2. Cook the Orzo

Add the **Orzo** to the boiling water with a pinch of salt. Cook until al dente, about 10 to 12 minutes. Remove from the heat, drain, and set aside in the colander. Wipe out the saucepan.

3. Toast the Garlic Breadcrumbs

While the orzo is cooking, heat 1 Tbsp olive oil in a large skillet over medium-high heat. When the oil is hot, add the **Garlic Breadcrumbs** and cook, stirring frequently, until the breadcrumbs are brown and toasted, about 3 to 4 minutes. Remove from the skillet and set aside. Wipe out the skillet.

4. Cook the Zucchini & Corn

Heat 1 Tbsp olive oil in the now-empty orzo saucepan. When the oil is hot, add the **Zucchini & Corn** and cook until the corn starts to char, about 4 to 5 minutes. Remove from the heat and the toasted breadcrumbs to the saucepan. Toss and set aside until step 6.

5. Cook the Asparagus & Beans

Heat 1 Tbsp olive oil in the now-empty breadcrumb skillet over medium-high heat. When the oil is hot, add the **Asparagus & Green Beans** and cook until they just start to char, about 3 to 4 minutes. Add the **Seasoned Chickpeas** to the skillet and continue to cook, stirring occasionally, until the chickpeas start to brown, an additional 4 to 5 minutes. Turn off the heat, add the **Honey Dijon Dressing** and stir until everything is coated and warm.

6. Put It All Together

Transfer the orzo to serving plates and cover with the veggies and dressing from the skillet. Top with the toasted garlic breadcrumbs, corn and zucchini. Enjoy!

Instructions for two servings.

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

Mango Teriyaki Chicken

We love the sweet and salty combination of a classic teriyaki, and we're giving it a tropical note this week with juicy Mango. Paired with seared veggies, jasmine rice and tender chicken, it's a dinner that's super simple and super delicious.

25 Minutes to the Table

25 Minutes Hands On

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Saucepan
Large Skillet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Jasmine Rice
Chicken Breast
Asian Veggies
Mango Teriyaki
Sauce
Cilantro & Mango

Good To Know

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

Health snapshot per serving – 630 Calories, 51g Protein, 9g Fat, 86g 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, Bok Choy, Green Beans, Carrots, Jasmine Rice, Mango, Cilantro, Tamari, Garlic, Ginger, Sesame Oil, Brown Sugar.

meez meals

1. **Get Organized**

Bring a pot of water to boil.

2. **Cook the Rice**

Add the **Jasmine Rice** to the boiling water with a pinch of salt and cook, uncovered, until just tender, about 12 to 15 minutes. Drain, then return the rice to the saucepan. Cover and set aside.

3. **Cook the Chicken**

While the rice is cooking, pat dry the **Chicken Breasts** and 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).

Heat 1 Tbsp olive oil in a large skillet over medium high heat. When the oil is hot, add the chicken and cook until the bottom is crisp and brown, about 4 minutes. Turn the chicken and cook for another 4 minutes, until the other side is brown as well. Do not wipe out pan.

Transfer the chicken to a cutting board to rest for 5 minutes, then slice into ½" strips.

4. **Sauté the Veggies**

Return the now-empty skillet to the stove over high heat. Add the **Asian Veggies** and cook, stirring occasionally, until they start to char, about 4 to 5 minutes. Remove from the skillet and add to the rice in the saucepan. Stir well and set aside.

5. **Heat the Sauce**

Wipe out the now-empty skillet, then return to the stove over high heat. Add the **Mango Teriyaki Sauce** and bring to a boil. Cook until the sauce is thick enough to coat the back of a spoon, about 3 to 4 minutes.

Reduce the heat to medium and add the sliced chicken. Mix until it is well coated with sauce and cook for an additional minute.

6. **Put It All Together**

Serve the coated chicken over the rice and veggies and drizzle with a few spoonful's of sauce. Top with the **Cilantro & Mango** and enjoy!

Instructions for two servings.

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

Gyros Mini Tacos

A classic Gyros with a Meez twist. Our Greek Sauce, served up over tomatoes and onions and gyros meat then served up in a mini-taco.

10 *Minutes to the Table*

10 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet

FROM YOUR PANTRY

Olive Oil

4 MEEZ CONTAINERS

Gyros Meat

Tortillas

Greek Sauce

Onions

Good To Know

If you're a huge cucumber fan, slip some in. It's a great way to bulk these tacos up even more.

Health snapshot per serving – 665 Calories, 21g Fat, 55g Protein, 59g Carbs, 17 Freestyle Points

Lightened-Up Health snapshot per serving – 545 Calories, 18g Fat, 52g Protein, 41g Carbs, 15 Freestyle Points with two tortillas per serving and two-thirds of the sauce.

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: Gyros meat, Tortillas, Onion, Tomato, Sour Cream, Cilantro, Lime, Pineapple, Garlic, Vinegar, Kosher Salt

meez meals

1. Cook the Gyros Meat

Heat 1½ Tbsp olive oil in a large skillet over medium high heat. Add the **Gyros Meat** and cook until edges are slightly crispy, 3 to 4 minutes. Remove from heat and set aside.

2. Warm the Tortillas

Wipe out the skillet used for the gyros meat and return to stove over medium heat. Place each **Tortilla** in the pan until warm and soft, about 15 to 25 seconds per side.

3. Assemble the Gyros

Fill the tortilla with the gyros meat and top with the **Onions** and **Greek Sauce**. Enjoy!

Instructions for two servings.

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

Salmon with Dill Butter & Crispy Leeks

This is one of those great dishes that tastes fancy but is super simple to make. With roasted red potatoes, fresh kale, crispy leeks and dill butter, this is the salmon dinner you've been craving.

30 *Minutes to the Table*

30 *Minutes Hands On*

2 Whisk *Easy*

Getting Organized

EQUIPMENT

- 2 Baking Sheets
- Large Skillet
- Mixing Bowl

FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper

5 MEEZ CONTAINERS

- Red Potatoes
- Salmon
- Kale
- Dill Butter
- Leeks

Make The Meal Your Own

If you ordered the **Carb Conscious version**, we sent you cauliflower instead of the red potatoes, reducing the **carbs per serving** to **17g**. In Step 3, toss the cauliflower as described for the kale, place on a baking sheet and cook until it starts to brown, about 8 to 10 minutes. Place next to kale on serving plates.

If your food preferences meant we didn't send you the butter, combine the dill packet with some olive oil and drizzle on top of the salmon.

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 – 610 Calories, 37g Fat, 32g Carbs, 39g Protein 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: Salmon, Potato, Kale, Leek, Butter, Garlic, Dill.

*meez*meals

1. Getting Organized

Preheat the oven to 425.

2. Prepare the Potatoes

Slice the **Red Potatoes** in half the long way (so you have two long but skinny halves). Place the sliced potatoes in a bowl and toss with a light drizzle olive oil, salt, and pepper. Spread the potatoes face down on a baking sheet and cook for 15 minutes. Turn the baking sheet and cook until the potatoes are golden brown, and the bottoms are slightly crispy, about an additional 5 to 6 minutes, for a total cook time of around 20 minutes.

3. Roast the Kale

While the potatoes are cooking, put the **Kale** in the now-empty mixing bowl and drizzle with a bit more olive oil. Toss, and spread the kale on a second baking sheet. When you turn the potatoes (after 15 minutes of cooking) place the kale in the oven and cook until it softens and begins to get crispy, about 5 to 6 minutes.

When done, remove both the potatoes and kale from the oven and place them directly onto serving plates with the kale in the center and the potatoes on the side.

4. Cook the Salmon

While the kale is cooking, dry the **Salmon** and 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). Heat 2 Tbsp of oil in a skillet over medium-high heat. When the oil is hot, put the salmon in skillet and cook until it turns brown, about 3 minutes. Flip, and cook the other side until brown, 3 additional minutes. Remove the salmon from the heat and place it on top of the kale. Do not wipe out the pan.

Top the salmon with the **Dill Butter** to melt as the salmon rests.

5. Put It All Together

Heat the now-empty skillet over medium-high heat and add the **Leeks**. Sprinkle very lightly with pepper (not salt) and sauté until they start to brown, about 3 to 4 minutes. Place the leeks on top of the salmon. Enjoy!

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

Ravioli with Arugula Pesto

We're putting together two of our favorite ravioli flavors into one knockout dinner: spinach and artichoke. Tossed with seared summer squash, peppers and our signature arugula pesto, it's a fifteen-minute dinner that's high on flavor, low on effort.

15 Minutes to the Table

15 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Large Saucepan
Large Skillet
Large Mixing Bowl

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

4 MEEZ CONTAINERS

Ravioli
Veggies
Arugula Pesto
Italian Cheese

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 veggies at the end of 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 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 – 610 Calories, 27g F at, 23g Protein, 76g Carbs, 18 Freestyle Points.

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



INGREDIENTS: Spinach Artichoke Ravioli, Zucchini, Summer Squash, Onion, Bell Peppers, Arugula, Chive, Parmesan, Asiago, Olive Oil, Lemon, Garlic.

meezmeals

1. Get Organized

Bring a large saucepan of water to boil with a pinch of salt.

2. Cook the Ravioli

Add the **Ravioli** to the boiling water and cook until al dente, about 4 minutes. Drain well and transfer directly to serving bowls.

3. Prepare the Veggies

While the Ravioli are cooking, add 1 Tbsp olive oil to a large skillet over high heat. When the oil is hot, add the **Veggies** and a sprinkle of salt and pepper. Sauté until they turn bright colors about 2 minutes.

Transfer the cooked veggies to a large mixing bowl and lightly toss with 2 Tbsp of the **Arugula Pesto**.

4. Put It All Together

Spoon the veggies and pesto over the ravioli. Top with the **Italian Cheese** and enjoy!

We've given you extra Arugula Pesto. Start with a little and add more as desired.

Instructions for two servings.

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

Shrimp & Bacon Wrap with Creamy Avocado Dressing

Shrimp, bacon, and avocado—need we say more? This summery wrap is everything we want in a warm-weather dinner: juicy shrimp, crispy bacon, and a creamy avocado dressing tossed with fresh greens and pico de gallo, all wrapped in a soft flour tortilla. It's cool, crisp, and craveable, ready in just 15 minutes.

15 Minutes to the Table

15 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

- Large Skillet
- Mixing Bowl

FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper

6 MEEZ CONTAINERS

- Bacon
- Shrimp
- Greens
- Creamy Avocado Dressing
- Tortillas
- Pico de Gallo

Good to Know

If you ordered the **Carb Conscious version**, we sent you Romaine Lettuce instead of the tortillas, reducing the **carbs per serving to 21g**. Cut the romaine into bite size pieces and toss with the veggies and dressing to make a salad. Top the salad greens with shrimp and Pico de Gallo.

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

Health snapshot per serving – 660 Calories, 42g Fat, 43g Carbs, 32g Protein, and 17 Freestyle Points.

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

INGREDIENTS: Shrimp, Flour Tortillas, Tomato, Bacon, Avocado, Mayonnaise, Red Onion, Broccoli, Carrots, Red Cabbage, Arugula, Cilantro, Lime.

meez meals

1. Crisp the Bacon

Heat a large skillet over medium-high heat. When the skillet is hot, add the **Bacon** and cook until crisp, about 3 to 4 minutes. Remove from the skillet with a slotted spoon and place on a paper-towel-lined plate. Leave as much of the bacon oil in the skillet as possible.

2. Cook the Shrimp

Pat dry the **Shrimp** and season with salt and pepper. Return the skillet to medium-high heat. (If there is not enough bacon grease in your skillet to lightly coat the skillet, you may need to add 1 Tbsp of oil.) When the oil is hot, add the shrimp in a single layer and cook until opaque and starting to brown, about 1 minute each side. Remove from the skillet and set aside until step 4.

3. Dress the Greens

Toss the **Greens** with the **Creamy Avocado Dressing** and the crispy bacon in a mixing bowl.

4. Create the Wraps

Layer the shrimp in the center of each **Tortilla**, followed by the creamy avocado greens and bacon, and then the **Pico de Gallo**. Join the front and bottom flaps and lift the tortilla in the air, open-faced. Pull the left and right flaps toward the center so they fold over about 1 to 2 inches and hold them in place with your fingers. Using your thumbs roll the wrap away from your body, keeping the left and right flaps underneath using the weight of the wrap to keep it closed. Press down gently on the top to hold everything in place.

Enjoy!

If the tortillas are still cold, you may need to microwave them for 10-15 seconds so they are pliable.

Instructions for two servings.

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

Ginger-Soy Aioli Rice Bowl

We're cooking up edamame, carrots and snow peas, and then tossing them with Himalayan red rice and our famous Ginger-Soy Aioli. It's a Japanese-style rice bowl your family will love.

45 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

5 MEEZ

CONTAINERS

Himalayan
Red Rice
Edamame
Mixed Sesame
Seeds
Vegetable Mix
Ginger-Soy
Aioli

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 stir into the vegetables and rice 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 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 instead of the rice, reducing the **carbs per serving to 29g**. Skip steps 1 & 2. Prior to step 3, heat 1 Tbsp olive oil in a skillet over medium-high heat. When the oil is hot, add the zucchini and yellow squash and cook until the edges are brown, about 2 to 3 minutes. Remove from the skillet and set aside. Do not wipe out pan. In step 3, add the cooked veggies instead of rice.

Health snapshot per serving – 740 Calories, 41g Fat, 77g Carbs, 17g Protein, 20 Smart Points

Lightened up health snapshot per serving – 600 Calories, 33g Fat, 62g Carbs, and 15 Smart Points by using two-thirds of the rice AND the aioli.

SCAN QR CODE
to view
YouTube
cooking video



INGREDIENTS: Edamame, Himalayan Red Rice, Carrots, Snow Peas, Mayonnaise, Bok Choy, Green Onions, Tamari, Sesame Seeds, Brown Sugar, Ginger, Garlic

meez *meals*

1. **Getting Organized**

Put a saucepan of water on to boil.

2. **Cook the Rice**

Add a generous pinch of salt to the boiling water and add the **Himalayan Red Rice**. Cook until the rice is fluffy, about 20 to 25 minutes, then drain and return to the pot. Cover and set aside for 5 minutes.

We set the rice aside for 5 minutes after draining so the rice will steam.

3. **Stir Fry the Vegetables**

While the rice is cooking, heat 1 Tbsp of olive oil in a large skillet over high heat. Add the **Edamame** and cook for 5 minutes, then add the **Vegetable Mix** and cook until the snow peas are bright green, 5 to 7 minutes.

Add the cooked rice to the pan and mix well, then remove from the heat. Add the of the **Ginger-Soy Aioli** and mix well. Serve topped with **Mixed Sesame Seeds** and enjoy!

Love this recipe? #meezmagic

Instructions for two servings.

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

Balsamic Glazed Chicken Caprese Pasta

This deliciously quick-to-the-table dish is sure to be a new family favorite. With organic chicken breast, fresh mozzarella, sweet grape tomatoes and a balsamic glaze, it's the perfect partner for penne pasta. NOM NOM!

20 Minutes to the Table

10 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Saucepan
Deep Skillet or Large
Saucepan with Lid

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Chicken Breast
Penne Pasta
Fresh Mozzarella
Pesto
Grape Tomatoes
Balsamic Glaze

Make The Meal Your Own

If you ordered the **Carb Conscious version**, we sent you zucchini "noodles" instead of the pasta, reducing the **carbs per serving to 17g**. Skip step 1. In step 2, pat dry the zucchini noodles, add 1 TBSP oil to skillet. Cook on medium-high heat until they start to brown, about 3 minutes. Add the fresh mozzarella and pesto and follow rest of the directions.

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

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

Health snapshot per serving – 615 Calories, 23g Fat, 40g Carbs, 64g Protein, 15 Smart Points

SCAN QR CODE
to view YouTube
cooking video



INGREDIENTS: Cage-Free Chicken Breast, Grape Tomatoes, Penne Pasta Fresh Mozzarella Cheese, Balsamic Vinegar, Brown Sugar, Olive Oil, Basil, Almonds, Parmesan, Lemon Juice, Garlic, Spices

1. Getting Organized

Put a saucepan of water on to boil.

2. Cook the Pasta

Add the **Penne Pasta** to the boiling water. Cook until al dente, about 12 to 14 minutes, and then drain and return to the now-empty saucepan.

Add the **Fresh Mozzarella** and **Pesto**. Mix well, then set aside.

3. Prep and Cook the Chicken and Tomatoes

Place the **Chicken Breast** on a cutting board. Using a sharp knife, slice the chicken into even strips. (We aim for approximately ¼" - ½" slices). Once the chicken is sliced, generously sprinkle with salt and pepper (we use ¼ tsp salt and ¼ tsp pepper, so use about half per side, or more if you like).

While the pasta is cooking, heat 1 ½ Tbsp olive oil in a deep skillet (or large saucepan) over medium-high heat. When the oil is hot, add the chicken breast and **Grape Tomatoes** and cover. Cook until the chicken is browned on one side, about 6 minutes, and then flip. Continue cooking, uncovered, until the chicken is fully cooked, about 4 more minutes.

Add the tomatoes and chicken gently; the oil will be extremely hot and you want to avoid splashes.

Add the **Balsamic Glaze** and cook, stirring continuously, until chicken and tomatoes are coated, about 2 minutes. Season with salt and pepper to taste.

4. Put It All Together

Serve the pesto pasta topped with the chicken and tomatoes. Drizzle any extra glaze from the pan over the top to taste. Enjoy!

Love this recipe? #meezmagic

Instructions for two servings.

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

Bayou Steak Sandwich with Cajun Fries

We took steak night and gave it a Louisiana twist. Cajun-blackened steak, scallion aioli, and crisp slaw on a toasted French roll? Yes, please. With golden Cajun fries on the side, this dinner is bold, satisfying, and totally addictive.

30 *Minutes to the Table*

30 *Minutes Hands On*

2 Whisks *Easy*

Getting Organized

EQUIPMENT

Large Oven-Safe Skillet
Baking Sheet
Mixing Bowl

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Fingerling Potatoes
Cajun Seasoning
Scallion Aioli
Steak
French Rolls
Cole Slaw

Good to Know

Health snapshot per serving – 850 Calories, 46g Fat, 76g Carbs, 38g Protein, and 26 Freestyle Points.

Lightened-up health snapshot per serving – 660 Calories, 24g Fat, 75g Carbs, and 19 Freestyle Points, by using half the Scallion Aioli.

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

INGREDIENTS: Steak, Fingerling Potatoes, French Roll, Mayonnaise, Cajun Seasoning, Brown Sugar, Apple Cider Vinegar, Red Cabbage, Green Cabbage, Green Onion, Arugula, Carrot, Sugar, White Vinegar, Lemon, Kosher Salt.



1. Get Organized

Preheat the oven to 425 degrees. Combine 2 Tbsp of the **Cajun Seasoning** (the dark brown dry spice blend) with 4 Tbsp of the **Scallion Aioli** sauce in a small bowl and mix well.

2. Make the Cajun Fries

Slice each **Fingerling Potato** lengthwise into quarters so you have four French fry shaped wedges. Transfer the sliced fingerlings to a large mixing bowl and add half the seasoning/aioli mixture you created in step 1. Sprinkle with salt and pepper and toss until the potatoes are well coated. Arrange the coated fingerlings on one half of a baking sheet and bake until crispy, about 20 to 25 minutes.

3. Cook the Steak

While the Cajun fries are roasting, spread the remainder of the Cajun seasoning (the dry spices only) evenly on a plate. Pat dry the **Steaks** with a paper towel and press one side into the seasoning until well-coated. Flip and coat the other side. Let sit for 3 to 4 minutes to let the seasoning sink in, then repeat the dipping process for both sides. Heat 2 Tbsp olive oil in a large 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 cook the other side till it darkens about 45 additional seconds.

Transfer the skillet to the oven and cook for an additional 4 minutes for medium-rare (5-6 min. medium, 7-8 min. well done). Transfer to a cutting board to rest for 5 minutes. After resting, slice into ½" strips.

4. Season and Toast the Rolls

When the Cajun fries have about 5 minutes left to cook, spread the remainder of the season/aioli mixture from step 1 on the bottom half of the hinged **French Rolls**. Remove the baking sheet from the oven and add the dressed French rolls to the other half of the baking sheet, cut side up. Return the baking sheet to the oven and cook until the bread is toasted and potatoes are crispy, about 3 to 4 additional minutes.

5. Put It All Together

Spread the remainder of the scallion aioli (the portion without the dry spices) on both the top and bottom halves of the rolls. Place the sliced steak inside the rolls and top with the **Cole Slaw**. Serve alongside the Cajun fries and enjoy!

Save the Cajun Seasoning for step 3 and Scallion Aioli for step 5.

You will use the other half of the season/aioli mixture in step 4.

The rub will blacken but watch closely so it doesn't burn.

Be careful the baking sheet will be very hot.

Instructions for two servings.

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

Parmesan Panzanella Salad with Strawberry Poppy Seed Dressing

Super fast, super summery, super delicious. This recipe has it all: savory parmesan-chive-butter sourdough crostini, toasted seasoned chickpeas, arugula, spinach, snap peas and cucumbers. It's a farm stand bounty tossed in our delicious signature Strawberry Poppy Seed Dressing.

10 Minutes to the Table

10 Minutes Hands On

1 Whisks *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet
Large Mixing Bowl

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Seasoned Chickpeas
Sourdough Bread
Parmesan-Chive-
Butter
Spinach & Arugula
Cucumbers & Snap
Peas
Strawberry Poppy
Seed Dressing

Add Protein

Integrate into recipe: Prior to step 1, cook the protein (per instructions below) and then slice into strips (*flake the salmon, leave shrimp whole*) and serve on top of the tossed salad 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 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 instead of the bread, reducing the **carbs to 35g per serving**. Instead of toasting the bread in Step 2, melt the Parmesan-Chive-Butter in the skillet and add the zucchini. Cook until it browns and starts to soften and serve in place of the sourdough crostini.

Health Snapshot per serving - 620 Calories, 44g Fat, 49g Carbs, 14g Protein, and 22 Freestyle Points.

SCAN QR CODE
to view YouTube
cooking video



INGREDIENTS: Sourdough Bread, Cucumbers, Garbanzo Beans, Snap Peas, Spinach, Arugula, Red Onion, Carrot, Vegetable Oil, Butter, White Wine Vinegar, Strawberry, Parmesan, Lemon, Garlic, Chive, Miso, Mustard, Poppy Seeds, Black Pepper, Lemon Pepper, Sugar, Kosher Salt, Cayenne Pepper

meez meals

1. Toast the Seasoned Chickpeas

Heat 1 Tbsp olive oil in a large skillet over high heat. When the oil is hot, add the **Seasoned Chickpeas** and cook, stirring occasionally, until browned and crispy, about 3 to 4 minutes. Remove from the skillet and set aside. Wipe out the skillet.

2. Make the Parmesan-Chive-Butter Sourdough Crostini

Cut the **Sourdough Bread** into 1/2" to 3/4" cubes. Melt the **Parmesan-Chive-Butter** in the now-empty skillet over medium-low heat. Add 1 Tbsp olive oil and the cubed bread and stir until the bread has soaked up the butter and oil. Continue cooking the bread cubes on medium-low heat, stirring occasionally, until golden brown and crispy, about 4 to 5 minutes.

3. Assemble and Serve

Combine the toasted chickpeas, **Spinach & Arugula**, and the **Cucumbers & Snap Peas** in a large mixing bowl. Toss with the **Strawberry Poppy Seed Dressing**.

Serve the tossed salad in bowls and top with the parmesan-chive-butter sourdough crostini.

Enjoy!

Instructions for two servings.

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