

*Steak Vindaloo  
and Basmati Rice*

---

<b>35 Min</b> to Table	<b>25 Min</b> Hands On	<b>2 Whisks</b> Easy
---------------------------	------------------------------	-------------------------

---

**Getting Started** Bring a saucepan of water to boil.

---

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

---

*Vietnamese Pulled Pork  
Bao Buns*

---

<b>15 Min</b> to Table	<b>15 Min</b> Hands On	<b>1 Whisk</b> Super Easy
---------------------------	------------------------------	---------------------------------

---

**Getting Started** Heat olive oil in a large skillet.

---

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

---

# Quick Tips



*Mediterranean Lemon Chai  
Salmon with Pearl Couscous*

---

<b>20 Min</b> to Table	<b>20 Min</b> Hands On	<b>1 Whisk</b> Super Easy
---------------------------	------------------------------	---------------------------------

---

**Leftovers Tip** Serve leftovers over lettuce

---

**Getting Started** Put a saucepan of water on to boil.

---

**From Your Pantry** You'll need about 1/4 cup of flour per serving

---

*Pomegranate-Glazed Chicken  
with Cheesy Smashed Potatoes*

---

<b>30 Min</b> to Table	<b>30 Min</b> Hands On	<b>1 Whisk</b> Easy
---------------------------	------------------------------	------------------------

---

**Getting Started** Preheat your oven to 425.

---

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

---

*Barbeque Pizza*

---

<b>30 Min</b> to Table	<b>10 Min</b> Hands On	<b>1 Whisk</b> Super Easy
---------------------------	------------------------------	---------------------------------

---

**Omnivore Option** Chicken is a great option.

---

**Getting Started** Preheat your oven to 400 and take pizza dough out of refrigerator.

---

### *Spicy Szechuan Green Bean and Tofu*

**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.

### *Buttermilk Salad with Nut-Crusted Chicken*

**30 Min**  
to Table

**15 Min**  
Hands  
On

**2 Whisks**  
Super  
Easy

#### **Getting Started**

Preheat your oven to 400.

#### **Leftovers Tip**

This meal is delicious cold!

#### **From your Pantry**

You'll need an egg or two for this meal.

### *Lemon Tilapia Scampiover Zucchini Noodles*

**15 Min**  
to Table

**15 Min**  
Hands  
On

**1 Whisk**  
Super  
Easy

#### **Getting Started**

Heat 1 Tbsp. of olive oil in a large skillet over high heat.

#### **From your Pantry**

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

### *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.

### *Red, White and Green Ravioli*

**25 Min**  
to Table

**25 Min**  
Hands  
On

**2 Whisks**  
Easy

#### **Getting Started**

Preheat your oven to 425 and bring a pot of water to boil.

#### **From your Pantry**

You'll need olive oil, salt and pepper

### *Tex-Mex Gnocchi Bake*

**40 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, salt and pepper.

#### **Meal Tip**

If you prefer softer gnocchi, just boil them for 6 to 8 minutes.

# 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 Vindaloo and Basmati Rice	610	38	21	66	8	1610	16	16	80% Vitamin B6	45% Vitamin C
Spicy Szechuan Green Beans and Tofu	295	24	10	32	12	460	6	2	62% Vitamin C	66% Calcium
Pomegranate-Glazed Chicken with Cheesy Smashed Potatoes	775	74	22	63 CC 32	3	752	20	18	73% Vitamin C	34% Calcium
(use 1/2 the potatoes, cheese and sour cream)	605		15					12		
Vietnamese Pulled Pork Bao Buns	830	45	13	129	8	2470	40	25	181% Calcium	32% Vitamin A
(Use 3/4 of the sauce, and only 2 bao buns)	590		32					18		
Shrimp Tostadas	500	39	14	57	11	708		15	48% Vitamin C	43% Vitamin D
Buttermilk Salad with Nut-Crusted Chicken	720	68	31	54	11	200		19	44% Vitamin A	222% Vitamin C
(Half dressing, date mix and nut crust)	500		17					11		
Tex-Mex Gnocchi Bake	870	31	26	133	12	3008	15	29	123% Vitamin C	84% Vitamin A
(½ the cheese, sauce and salsa)	656		14					21		
Lemon Tilapia Scampi over Zucchini Noodles	325	31	19	12	3	164	4	7	55% Vitamin C	40% 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)	
Red, White & Green Ravioli	810	26	54	57	6	1290	10	29	241% Vitamin A	70% Vitamin C
(½ the white sauce and ½ the green sauce)	550		29					18		
Mediterranean Lemon Chai Salmon with Pearl Couscous	790	47	50	45 CC 36	6	291	6	15	262% Vitamin C	54% Vitamin A
Barbeque Pizza	575	24	13	61	11	1605		19	316% Vitamin A	77% Vitamin C
Turtle Molten Bundt	500	6	30	53	3	370		27	25% Iron	6% Vitamin A
THE Carrot Cake	540	6	34	49	2	440	36	13	6% Vitamin C	6% Calcium
Rockslide Brownie	550	5	35	56	2	230		31	25% Vitamin A	8% Calcium
Kitchen Sink Cookies	380	5	19	49	2	400	10	17	20% Iron	8% Vitamin A
Big Oatmeal Raisin Cookies	180	2	9	22	1	170		9	2% Calcium	4% 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.*

# Steak Vindaloo and Basmati Rice

The key to a great vindaloo curry is creamy coconut milk, flavorful tomatoes and just the right blend of Indian spices. Our version hits all the high notes, and we're serving it with baby potatoes, seared steak, and a fresh mango raita.

**35** *Minutes to the Table*

**25** *Minutes Hands On*

**2 Whisk** *Easy*

## Getting Organized

### EQUIPMENT

- Saucepan
- Large Skillet (with cover)

### FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper

### 6 MEEZ CONTAINERS

- Red Potatoes
- Basmati Rice
- Steak
- Seasoned Onions
- Vindaloo Tomato Sauce
- Mango Raita

## Make The Meal Your Own

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

**Health Snapshot Per Serving-** 610 Calories, 21g Fat, 66g Carbs, 38g Protein, 16 Freestyle Points.

INGREDIENTS: Steak, Tomato, Red Baby Potatoes, Yellow Onions, Basmati Rice, Coconut Milk, Red Wine, Mango, Yogurt, Red Wine Vinegar, Cucumber, Mayonnaise, Garlic, Ginger, Lime, Vegetable Stock, Cumin, Mint, Cilantro, Sugar, Cinnamon, Mustard, Black Pepper, Fenugreek.

**meez***meals*

### 1. Get Organized

Bring a medium saucepan to boil on high heat. Cut the **Red Potatoes** into ½" round slices and set aside.

### 2. Cook the Rice

Add the **Basmati Rice** to the boiling water and reduce heat to low. Cover and simmer for 15 to 20 minutes until tender. Drain well, then return to the saucepan and cover.

### 3. Cook the Steak

While the rice is cooking, heat 1 Tbsp olive oil in a large skillet over high heat. Pat dry the **Steak** and season with salt and pepper. When the oil is hot, add the steaks. Cook until the bottoms brown and sides start to color, about 3 minutes. Flip and continue cooking for 3 minutes if you like your steak **medium-rare**. (Cook for 4 minutes for **medium**, and 5 to 6 for **well done**.) Transfer to a cutting board to rest for 5 minutes. Wipe out the skillet. Once the steak has rested, slice into ½" strips.

### 4. Create the Vindaloo Curry

While the steak is resting, heat 1 Tbsp olive oil in the now-empty skillet over medium-high heat. When the oil is hot, add the sliced potatoes and cook, stirring occasionally, until they brown on both sides, about 7 to 8 minutes. Add the **Seasoned Onions** to the skillet and cook until they are soft and spices are aromatic, about 3 to 4 minutes. Add the red **Vindaloo Tomato Sauce** and ½ cup water. Bring to a low boil, then reduce the heat to low, cover, and simmer, stirring occasionally, for 10 minutes. Uncover and cook for an additional 2 minutes until the potatoes are tender but there is still plenty of sauce. Remove from the heat and let sit in the skillet for 2 minutes, then stir in the steak strips.

### 5. Put It All Together

Serve the vindaloo curry steak over the rice, and top with the **Mango Raita**. Enjoy!

Instructions for two servings.

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

# *Spicy Szechuan Green Beans and Tofu*

A super fresh, super delicious stir fry that's on the table in just fifteen minutes. With seared tofu, charred green beans, zucchini, cabbage and mushrooms tossed in our Szechuan sauce, it's a magical dinner we just can't get enough of.

**15** *Minutes to the Table*

**15** *Minutes Hands On*

**1 Whisks** *Super Easy*

## *Getting Organized*

### EQUIPMENT

Lage Skillet

### FROM YOUR PANTRY

Olive Oil

Salt & Pepper

### 6 MEEZ CONTAINERS

Tofu

Mushrooms

Zucchini & Cabbage

Szechuan Sauce

Green Beans

Green Onions

## *Good to Know*

**Health snapshot per serving** – 295 Calories, 248g Protein, 32g Carbs, 10g Fat, 2 Freestyle Points.

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

INGREDIENTS: Green Beans, Mushrooms, Tofu, Zucchini, Cabbage, Green Onions, Tamari, Rice Wine Vinegar, Tomato, Garlic, Ginger, Sambal, Crushed Red Pepper, Sesame Oil, Brown Sugar.

*meez* meals

### 1. Sear the Tofu

Heat 1 Tbsp olive oil in a large skillet over high heat. When the oil is hot, add the **Tofu** in a single layer and cook, undisturbed until crisp and golden brown, about 2 minutes. Flip and sear the other side until also crisp and golden brown, about 1 more minute. Remove the tofu from the pan and set aside. Do not wipe out the pan.

### 2. Cook the Veggies

Add the **Mushrooms** to the now-empty skillet over high heat and sauté until tender and all the liquid evaporates, about 3 minutes.

Add the **Zucchini & Cabbage** and stir continuously until they become slightly tender, about 1 minute.

Push the veggies to the outer edge of the skillet, making a well in the center and pour in the **Szechuan Sauce**. As soon as it starts to boil, add in the cooked tofu and mix until everything is coated in sauce. Transfer to the serving plates.

### 3. Char the Green Beans

Wipe out the now-empty skillet and return to the stove with 1 Tbsp olive oil over high heat. When the oil is very hot, add the Green Beans and stir to coat in the oil. Sprinkle with salt and pepper and arrange in a single layer in the pan. Cook, undisturbed until they start to blister, about 2 minutes. Stir the green beans and cook until they start to soften slightly, another 2 minutes.

*When you see the oil steaming it is hot enough to char the green beans.*

### 4. Put It All Together

Serve the charred green beans over the veggies and tofu and sprinkle with the **Green Onions**. Enjoy!

Instructions for two servings.

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



# Pomegranate-Glazed Chicken with Cheesy Smashed Potatoes

Think classic American dinner taken to the next level. With Cheesy Sour Cream Smashed Potatoes that are even more delicious than you can imagine, sautéed asparagus and seared chicken breast glazed with a sweet and savory pomegranate basil sauce, it's a family friendly dinner that's on the table in just thirty minutes.

**30** Minutes to the Table

**30** Minutes Hands On

**1 Whisk** Super Easy

## Getting Organized

### EQUIPMENT

Baking Sheet  
Large Skillet

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### 6 MEEZ CONTAINERS

Red Potatoes  
Cheesy Sour Cream  
Asparagus  
Chicken Breast  
Pomegranate Glaze  
Basil Oil

## Good To Know

If you ordered the **Carb Conscious version**, we sent you broccoli instead of the potatoes reducing the **carbs per serving to 32g**. In Step 1, spread the broccoli on a baking sheet and drizzle with olive oil salt and pepper. Bake until the broccoli starts to brown and is fork tender, about 12 to 15 minutes. Transfer to serving plate and top with cheesy sour cream.

**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** – 775 Calories, 74g Protein, 22g Fat, 63g Carbs, and 18 Freestyle Points.

**Lightened-Up Health snapshot per serving** – 605 Calories, 15g Fat, 42g Carbs, and 12 Freestyle Points using half the potatoes and half the cheesy sour cream.

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

INGREDIENTS: Chicken Breast, Asparagus, Red Potatoes, Gouda, White Cheddar, Sour Cream, Chive, Pomegranate, Lime, White Wine, Dijon Mustard, Olive Oil, Basil, Black Pepper, Brown Sugar.

meezmeals

### 1. Create the Cheesy Sour Cream Smashed Potatoes

Preheat oven to 425 degrees. Lightly brush or spray a baking sheet with oil.

Cut the **Red Potatoes** in half and place, cut side down, on the baking sheet. Lightly drizzle with olive oil and sprinkle with salt and pepper. Bake until the potatoes are soft and brown, about 25 minutes. Remove from the oven and then immediately use the flat bottom of a measuring cup or pot to squash them right on the baking sheet to about ½" to ¾" tall. Top with the **Cheesy Sour Cream**, then let sit until step 5.

### 2. Cook the Asparagus

While the potatoes are baking, heat 1 Tbsp olive oil in a large skillet over medium-high heat. When the oil is hot, add the **Asparagus** and sprinkle lightly with salt and pepper. Cook, stirring occasionally, until it is bright green and starts to brown, about 5 to 6 minutes. Transfer directly to serving plates. Wipe out the pan.

### 3. Cook the Chicken

Return the now-empty skillet to the stove with 1½ Tbsp olive oil over medium-high heat. When the oil is very hot, add the **Chicken Breasts** and cook until crisp and brown, about 4 to 5 minutes. Flip and cook until the other side is crisp and brown, about an additional 4 minutes. Transfer to the serving plates alongside the asparagus.

### 4. Make the Glaze

Return the now-empty skillet to the stove over high heat and add the **Pomegranate Glaze** and bring to a boil. Cook for 5 minutes, stirring occasionally to keep from burning, until it thickens enough to coat the back of a spoon. Turn off the heat and let the glaze sit in the pan for a minute. Add 2 Tbsp of the **Basil Oil** and stir continuously for another minute.

### 5. Put It All Together

Drizzle the glaze to completely cover the chicken and serve with the Cheesy Sour Cream Smashed Potatoes and asparagus on the side. Enjoy!

*It is important to smash and top the potatoes while they are very hot right out of the oven so the cheese can melt.*

Instructions for two servings.

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

# Vietnamese Pulled Pork Bao Buns

Super simple, super delicious. We're filling warm bao buns with Vietnamese-seasoned pulled pork. Topped with pickled veggies, it's a fresh, flavorful dinner that's on the table in less than fifteen minutes.

**15** *Minutes to the Table*

**15** *Minutes Hands On*

**1 Whisk** *Easy*

## Getting Organized

### EQUIPMENT

1 Large Skillet

### FROM YOUR PANTRY

Olive Oil

Salt & Pepper

### 5 MEEZ CONTAINERS

Bao Buns

Pulled Pork

Vietnamese Hoisin  
Sauce

Pickled Veggies

Carrots & Green Onions

## Good to Know

**Health snapshot per serving** – 830 Calories, 45g Protein, 13g Fat, 129g Carbs, 25 Freestyle Points

**Lightened-up Health snapshot per serving** – 640 Calories, 10g Fat, 95g Carbs, 19 Freestyle Points by using two buns per serving and  $\frac{3}{4}$  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: Bao Bun, Pulled Pork, Rice Wine Vinegar, Hoisin Sauce, Red Onion, Radish, Carrot, Green Onion, Sugar, Jalapeño, Garlic, Lime, Ginger, Sambal, Cilantro, Fish Sauce, Salt

meez *meals*

### 1. Heat the Bao Buns

Heat 1 Tbsp olive oil in a large skillet over medium heat. Add the **Bao Buns** and cook until the bottom turns golden brown, about 3 minutes. Flip and cook until the other side is golden brown, an additional 3 minutes. Transfer the bao buns directly to serving plates.

### 2. Heat the Pulled Pork

Add the **Pulled Pork** and the **Vietnamese Hoisin Sauce** to the now empty skillet over medium heat. Cook until the pork is hot and the sauce starts to thicken, about 2 to 3 minutes.

### 3. Put It All Together

Carefully open each bao bun (form a "taco" and maintain the hinge at the bottom) and fill with the pork, a generous helping of the **Pickled Veggies** and the **Carrots & Green Onions**. Enjoy!

*The pulled pork is fully cooked, so this step is to heat it and marinate with flavor.*

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.

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**.

*Love this recipe? #meezmagic*

Instructions for two servings.

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

# Buttermilk Salad with Nut-Crusted Chicken

**30** Minutes to the Table

**15** Minutes Hands On

**2 Whisks** *Easy*

How to make a delicious salad into a hearty dinner? Toss together a buttermilk broccoli salad and serve it topped with nut-crusted chicken breast. With walnuts, almonds, pecorino and panko, this crunchy coating makes for a meal that's extra special.

## Getting Organized

### EQUIPMENT

Mixing Bowl  
2 Shallow Bowls  
or Pie Pans  
Baking Sheet

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper  
1 Egg

### 5 MEEZ CONTAINERS

Chicken Breast  
Nut Crust  
Broccoli  
Dates & Walnuts  
Buttermilk Dressing

## Make The Meal Your Own

**The buttermilk broccoli salad** is just as delicious cold as it is at room temperature. If you want to chill it, mix everything together a day before you cook the chicken to let the flavors meld.

**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

**Be sure to generously season your chicken** with salt and pepper before cooking. Chef Max recommends using  $\frac{1}{4}$  tsp of each.

**Health snapshot per serving** – 720 Calories, 31g Fat, 68g Protein, 54g Carbs, 19 Smart Points

**Lightened up snapshot** – 500 Calories, 17g Fat and 11 Smart Points with  $\frac{1}{2}$  of the nut crust, buttermilk dressing, and dates and walnuts mix.

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

INGREDIENTS: Cage-Free Chicken, Broccoli, Dates, Walnuts, Buttermilk, Mayonnaise, Almonds, Panko Breadcrumbs, Pecorino Cheese, Cider Vinegar, Sugar

*meez* meals

### 1. Getting Organized

Preheat your oven to 400.

### 2. Prep the Chicken and Dredge

Generously season **Chicken Breast** with salt and pepper (we use ¼ tsp salt and ¼ tsp pepper, so use about half per side, or more if you like).

Whisk 1 egg with 2 Tbsp water in a shallow bowl or pie pan. In a second bowl or pie pan, pour out the **Nut Crust**.

### 3. Dredge and Bake the Chicken

Put each piece of chicken into the nut crust, then into the egg mixture and then return to the bowl with the nut crust. Press down to make sure the crust adheres to each chicken breast.

Carefully transfer the chicken to a baking sheet. Drizzle the top of each piece with olive oil (or, if you prefer, you can put ½ Tbsp of butter on each piece). Bake until the crust is brown and the chicken is fully cooked, about 15 to 20 minutes.

*Keep a baking sheet nearby, so you can quickly transfer the breaded chicken to it.*

*When you put the chicken into the nut crust the first time, much of it won't stick, but the flavors are getting in there.*

### 4. Make the Broccoli Salad

While the chicken is baking, open the **Buttermilk Dressing** and reserve 2 Tbsp for finishing the chicken. Combine the **Broccoli, Dates & Walnuts** and remaining buttermilk dressing in a mixing bowl. Season with salt and pepper to taste.

*We like the broccoli salad at room temp, but you can chill it if you prefer.*

### 5. Put It All Together

Serve the broccoli salad topped with the baked chicken. Drizzle the reserved buttermilk dressing over the top.

*Love this recipe? #meezmagic*

Instructions for two servings.

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



# Tex-Mex Gnocchi Bake

Yep, you read the name right. We're putting two flavors together in one crazy cross-cultural gem that's sure to please everyone in your family. Toasted gnocchi is a perfect partner for black beans, sweet corn and poblano peppers. Topped with Chihuahua and Monterey Jack cheese and cooked until melty and delicious. Heaven.

**40** *Minutes to the Table*

**20** *Minutes Hands On*

**1 Whisk** *Super Easy*

## Getting Organized

### EQUIPMENT

Large Oven-Safe Skillet  
or Dutch Oven  
Baking Sheet

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### 5 MEEZ CONTAINERS

Corn, Bean & Tomato  
Salsa  
Tex-Mex Sauce  
Mexican Cheese  
Gnocchi  
Poblano Peppers

## Make the Meal Your Own

We love the crunchy texture of toasted gnocchi but if you prefer it softer you can boil the gnocchi for 6 to 8 minutes.

## Good to Know

**Health snapshot per serving** – 870 Calories, 31g Protein, 26g Fat, 29 Smart Points.

**Lighten Up snap shot per serving** – 655 Calories, 20g Protein, 14g Fat, 21 Smart Points using ½ the cheese, sauce, and salsa.

**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: Gnocchi, Tomatoes, Poblano Peppers, Corn, Black Beans, Chihuahua Cheese, Monterey Jack Cheese, Cilantro, Cumin Coriander, Oregano, Chipotles in Adobo.

*meez* meals

### 1. Getting Organized

Preheat your oven to 400 degrees.

### 2. Toast the Gnocchi

Place the **Gnocchi** on a baking sheet and toss with olive oil, salt and pepper. Bake until golden brown, about 16 to 18 minutes, stirring once after 10 minutes of cooking. Remove from the oven and set aside until step 4.

### 3. Cook the Vegetables

While the gnocchi is cooking, heat 2 Tbsp olive oil in a large oven-safe skillet (or Dutch Oven) over medium-high heat. Once the oil is hot, add the **Poblano Peppers** and cook until the edges are brown, about 6 to 8 minutes. Add the **Corn, Bean & Tomato Salsa** and the **Tex-Mex Sauce** and cook until the sauce starts to bubble, and salsa is warm, about one minute, then turn off the heat.

### 4. Finish the Bake

Stir in half the **Mexican Cheese** and add the toasted gnocchi when it comes out of the oven. (It is OK to let the dish sit if the gnocchi isn't ready yet.)

Mix well, then top with the remaining cheese. Bake until the cheese is melted and starts to brown, about 7 to 9 minutes.

Serve and enjoy!

Instructions for two servings.

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

# Lemon Tilapia Scampi over Zucchini Noodles

Lemon, garlic and butter come together to make a magical scampi sauce that's perfect with seared tilapia. Served over carb-conscious zucchini noodles and topped with almonds, this is a low-calorie dish that tastes like it came from a high-end restaurant.

**15** Minutes to the Table

**15** Minutes Hands On

**1 Whisks** *Super Easy*

## Getting Organized

### EQUIPMENT

Large Skillet

### FROM YOUR PANTRY

Olive Oil

Salt & Pepper

Butter (1 Tbsp per serving)

### 4 MEEZ CONTAINERS

Zucchini Noodles

Tilapia

Scampi Sauce

Almonds

## Good to Know

**Tilapia** is rich in minerals, proteins and vitamins which strengthen our bone health and reduce the risk of Osteoporosis. It boosts muscle growth in body and also helps in cellular repair and maintain proper metabolic activity.

**Health snapshot per serving** – 325 Calories, 31g Protein, 19g Fat, 7 Freestyle Points

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

INGREDIENTS: Tilapia, Zucchini, Almonds, Pecorino Romano, Olive Oil, Garlic, Lemon, Chives.

*meez*meals

### 1. Cook the Zucchini Noodles

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, add the zucchini in a single layer spread evenly across the entire skillet. Cook, without stirring, until the zucchini are slightly charred, about 3 minutes. Remove from the heat and place directly on serving plates.

### 2. Sauté the Tilapia

Wipe out the skillet and return to the stove over medium-high heat with 2 Tbsp olive oil.

Pat the **Tilapia** dry with a paper towel and salt and pepper both sides. When the oil is hot, add the tilapia and cook until it is light brown on the bottom and you start to see browning on the sides, about 3 to 4 minutes. Flip and cook until the other side is also brown, another 3 to 4 minutes. Remove the tilapia from the heat and set aside to rest.

### 3. Make the Scampi Sauce

Wipe out the skillet and return to the stove over medium heat. Melt 2 Tbsp butter and then mix in the **Scampi Sauce**. Stir until the entire mixture is warm and remove from the heat.

### 4. Put It All Together

Pour half the scampi sauce on the plated zucchini noodles. Place the tilapia on top of the vegetables and drizzle with the remaining sauce. Sprinkle the **Almonds** on top and enjoy!

Instructions for two servings.

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

# Mediterranean Lemon Chai Salmon with Pearl Couscous

Back by popular demand, Meez's signature lemon chai dressing brings a sunny flavor to seared salmon. Served up with grape tomatoes, broccoli and pearl couscous, it's an easy dinner the whole family will love.

**20** Minutes to the Table

**20** Minutes Hands On

**1 Whisk** Super Easy

## Getting Organized

### EQUIPMENT

Saucepan  
Shallow Pie Dish or Plate  
Large Skillet

### FROM YOUR PANTRY

½ Cup of Flour  
Olive Oil  
Salt & Pepper

### 5 MEEZ CONTAINERS

Couscous  
Salmon  
Broccoli  
Lemon Chai Sauce  
Feta Cheese

## Make The Meal Your Own

If you're making the **carb conscious version** (lowering carbs/serving to 36g) or the **gluten-free version**, we've sent you quinoa. Bring 2 ½ cups of water to a boil, and then add the quinoa and a dash of salt. Cover and lower the heat to a simmer. Cook for 12 to 15 minutes, until the grain looks spiraled. Fluff and let sit covered for 5 minutes.

**Leftovers Tip** – Serve your leftovers over lettuce for a light next-day lunch.

## Good To Know

**If you want to test the doneness of the salmon**, use a thermometer. You want the internal temperature to be at least 140 degrees. If you don't have a thermometer, you can cut the fish in half to check the doneness.

**Health snapshot per serving** – 790 Calories, 50g Fat, 47g Protein, 45g Carbs, 15 Freestyle Points

**Lightened up snapshot** - 635 Calories, 34g Fat, 41g Carbs, 10 Smart Points by using ½ the sauce.

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

INGREDIENTS: Broccoli, Salmon, Couscous, Grape Tomatoes, Feta Cheese, Olive Oil, Lemon Juice, Green Onion, Brown Sugar, Garlic, Herbs and Spices

meezmeals

### 1. Getting Organized

Put a saucepan of water on to boil.

### 2. Cook the Couscous

Salt the boiling water and add the **Couscous**. Cook 7 to 8 minutes until al dente. Drain and set aside.

### 3. Dredge and Cook the Salmon

While the couscous is cooking, pour ½ cup flour in a shallow pie pan or on a plate and add a generous pinch of salt and pepper. Coat the **Salmon** with the flour, making sure each fillet is covered.

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. Turn off the heat and let sit for 5 minutes. Remove from the pan and set aside.

### 4. Cook the Broccoli

Heat the same skillet that you used to cook the salmon over medium-high heat. (Don't wipe it out. You want all those bits of flavor.) Add the **Broccoli** and cook until bright green but still crisp, about 3 to 5 minutes. Add the **Lemon Chai Sauce** to the pan and cook until hot, about 1 minute.

Serve the couscous topped with salmon, broccoli and **Feta Cheese**. Enjoy!

*Love this recipe? #meezmagic*

Instructions for two servings.

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

*Any kind of flour will work here: all-purpose, rice flour, even tapioca flour. Use your favorite.*

*If you want to check the doneness of the fish, use a thermometer (you're looking for 140 degrees or higher) or cut the fish in half.*

# Red, White & Green Ravioli

Rich, creamy and oh-so-delicious. This dinner is Italian comfort food made fresh in your own kitchen. We're serving four cheese ravioli with a trio of classic Italian sauces: tomato-basil marinara, spinach cream and a ricotta and pecorino white sauce. Served over roasted kale, it's flat out delicious.

**25** Minutes to the Table

**25** Minutes Hands On

**2 Whisks** *Easy*

## Getting Organized

### EQUIPMENT

Large Saucepan  
Baking Sheet  
Small Skillet

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### 5 MEEZ CONTAINERS

Kale  
Pecorino & Ricotta Sauce  
Four Cheese Ravioli  
Marinara Sauce  
Spinach Cream Sauce

## Good to Know

**Health snapshot per serving** – 870 Calories, 29g Protein, 66g Carbs, 55g Fat, 31 Freestyle Points.

**Lightened Up Health snapshot per serving** – 610 Calories, 30g Fat, 20 Freestyle Points using half the white sauce and half the green sauce.

### **Family Favorite!**

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

INGREDIENTS: Four Cheese Ravioli, Kale, Spinach, Tomatoes, Cream, Ricotta, Pecorino Romano, Parmesan, Olive Oil, Garlic, Basil, Oregano, Black Pepper, Lemon.

meez meals

### 1. Getting Organized

Preheat oven to 425 degrees. Bring a pot of water to boil over high heat.

### 2. Roast the Kale

Arrange the **Kale** in a single layer on a baking sheet. Drizzle with olive oil, toss, and lightly salt and pepper. Bake until the edges of the kale are brown but still tender in places, about 7 to 8 minutes. (Watch closely near the end so it doesn't burn.)

Turn off the heat and mix  $\frac{3}{4}$  of the white **Pecorino & Ricotta Sauce** with the kale right on the baking sheet. Return the kale and sauce mixture to the still-warm oven until step 5

### 3. Cook the Ravioli

While the kale is cooking, add the **Four Cheese Ravioli** to the boiling water and cook until they float, about 4 minutes. Drain and set aside until step 5.

### 4. Heat the Sauces

While the Ravioli is cooking, bring the red **Marinara Sauce** to a boil in a small skillet over medium-high heat. Once it boils, stir well for about 15 seconds, remove from the heat and pour directly onto serving plates. Wipe out the skillet.

Bring the green **Spinach Cream Sauce** to a boil in the now empty skillet over medium-high heat. Once the sauce is boiling, stir well for about 15 seconds, remove from the heat and set aside.

### 5. Put It All Together

Serve the kale on top of the marinara sauce, followed by the cooked ravioli. Drizzle with the remaining white and green sauces and enjoy!

Instructions for two servings.

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



# Barbeque Pizza

Back by popular demand! A whole-wheat crust spread with a delicious BBQ sauce and topped with black beans, crispy kale, smoked gouda and dried cherries. Sound unusual? Definitely. But together these ingredients are magic.

**30** *Minutes to the Table*

**10** *Minutes Hands On*

**1 Whisk** *Super Easy*

## Getting Organized

### EQUIPMENT

Rimmed Baking Sheet

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper  
Flour for Dusting

### 5 MEEZ CONTAINERS

Pizza Dough  
Kale  
Barbeque Sauce  
Black Beans  
Cheese & Cherries

## Make The Meal Your Own

**Kids and picky eaters tip** – Serve their portion with the crispy kale on the side.

**Omnivore's Option** – Barbeque chicken pizza is about as classic as it gets. If you have some leftover roast chicken, it would be great on this pizza.

## Good To Know

**If you're making the vegan version**, we've left out the cheese. Cook the kale and pizza separately, rather than finishing them together, the way we recommend for folks using cheese. Cook the kale until it's crispy and browned. While it's cooking, bake the pizza with just the sauce, beans and cherries. Top it with the cooked kale and enjoy! (Need help? Give us a call!)

**Health snapshot per serving** – 575 Calories, 13g Fat, 24g Protein, 19 Smart Points

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

INGREDIENTS: Kale, Whole Wheat Pizza Dough, Black Beans, Barbeque Sauce, Gouda Cheese, Mozzarella Cheese, Dried Cherries, Granulated Garlic

meez meals

## 1. Getting Organized

Preheat your oven to 400 and take the **Pizza Dough** out of the refrigerator.

*Warming up your pizza dough is important! It makes it easier to roll.*

## 2. Bake the Kale

Put the **Kale** on to a rimmed baking sheet and drizzle with 2 Tbsp olive oil. Toss well, then arrange the kale in a single layer and bake for 10 minutes. Transfer to a plate.

*The kale will finish cooking on top of the pizza; so don't let it get fully toasted and browned.*

## 3. Prepare the Pizza Dough

Once the kale is cooking, shape your pizza dough. Sprinkle your counter with a little flour and stretch the dough into shape. The size and thickness are up to you, but we target about ¼" thickness. We usually make two-person pizzas (even if we're making the 4-serving size) and ours are about 8" wide and 14" long, but you can make yours however you like.

*Sprinkling your counter with flour is important. It keeps the dough from sticking.*

## 4. Bake the Pizza

Put the pizza on to the now-empty baking sheet. Spread some of the **Barbeque Sauce** over the pizza. (Use just as much as you need. Too much will make the crust soggy.)

*We line our baking sheets to make clean up a breeze.*

Top with the **Black Beans** and cooked kale. Sprinkle the **Cheese & Cherries** on top and bake until the crust is golden and the cheese is melted, about 15 to 20 minutes. Enjoy!

*Keep an eye on the pizza as it cooks. If the kale is turning too brown, turn the heat down.*

*Love this recipe? #meezmagic*

Instructions for two servings.

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