

Tomato Basil Shrimp Scampi

15 Min to Table	15 Min Hands On	1 Whisk Super Easy
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Getting Started

Put a large saucepan of water on to boil.

From Your Pantry

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

Chicken Flautas Ahogadas

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



Filipino Bistek Steak Noodle Bowl

30 to Table	20 Min Hands On	1 Whisk Super Easy
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Getting Started

Bring saucepan of water to a boil.

Meal Tip

You'll need olive oil, salt and pepper

Chicken Shawarma

15 Min to Table	15 Min Hands On	1 Whisks Super Easy
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Getting Started

Preheat your oven to 425.

From Your Pantry

You'll need olive oil, salt and pepper

Pulled Pork Birria Tacos

25 Min to Table	20 Min Hands On	2 Whisks Easy
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Meal Tip

You may need to cook the tacos in batches.

Getting Started

Bring the Birria Sauce to a boil

Honey Butter Chicken and Waffles

30 Min to Table	30 Min Hands On	2 Whisks Easy
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Getting Started	Preheat your oven to 425.
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From Your Pantry	You'll need one egg, olive oil, salt and pepper
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Squash with Slow Roasted Tomatoes and Goat Cheese

30 Min to Table	10 Min Hands On	1 Whisk Super Easy
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Getting Started	Preheat your oven to 400 and take pizza dough out of refrigerator.
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Omnivore Option	Chicken is a great addition,
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Lemon Orzo with Spinach & Halloumi

15 Min to Table	15 Min Hands On	1 Whisk Super Easy
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Getting Started	Put a saucepan of water onto boil.
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From Your Pantry	You'll need olive oil, salt & pepper
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Sesame Ginger Salmon

40 Min to Table	25 Min Hands On	1 Whisk Super Easy
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Getting Started	Preheat your oven to 400 and bring a pot of water to a boil.
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From Your Pantry	You'll need olive oil, salt and pepper
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Meal Tip	Add as much or as little glaze as you like to get it just the way you like it.
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Asparagus Rice Bowl with Miso Mustard Vinaigrette

35 Min to Table	20 Min Hands On	1 Whisk Super Easy
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Getting Started	Put a saucepan of water onto boil and preheat oven to 400.
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From your Pantry	You'll need olive oil, salt and pepper.
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Korean Street Toast

15 Min to Table	15 Min Hands On	1 Whisk Super Easy
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Meal Tip	Scramble your eggs if you prefer
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Getting Started	Toss the veggies with the Sesame-Miso Dressing.
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From your Pantry	You'll need olive oil, eggs, and salt and pepper.
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Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmndd daily)	
Filipino Bistek Steak Noodle Bowl	430	38	8	52 CC 26	5	2150	9	8	60% Vitamin K	40% Vitamin C
Honey Butter Chicken & Waffles (½ the dressing, ½ the butter and 1 waffle)	740 595	69	29 17	56	3	570	x	16 11	44% Vitamin A	24% Vitamin B-6
Lemon Orzo with Spinach & Halloumi (1/2 the orzo)	720 590	42	32 32	65 CC 20	5	920	6	22 18	42% Vitamin C	25% Vitamin A
Tomato Basil Shrimp Scampi	500	37	11	66 CC18	6	220	8	11	46% Vitamin C	23% Vitamin B6
Chicken Shawarma	560	18	33	54	7	681		17	83% Vitamin A	331% Vitamin C
Chicken Flautas Ahogadas (use 1/2 the cheesy filling & 1/2 the tomatillo salsa)	940 790	64	32 20	101	11	820	12	23 16	45% Calcium	35% 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)	
Asparagus Rice Bowl with Miso Mustard Vinaigrette	330	7	11	55 CC38	7	151	26	10	154% Vitmain A	41% Vitamin C
Pulled Pork Birria Tacos	970	64	53	63 CC 39	13	1000	13	29	80% Calcium	50% Vitamin A
(use 2 tortillas, 2/3 of the cheese & salsa)	730		37					21		
Squash with Slow-Roasted Tomatoes and Goat Cheese	540	8	36	48	6	165	14	22	94% Vitamin C	235% Vitamin A
Sesame Ginger Salmon	700	47	40	48	8	478	x	13	263% Vitamin C	23% Vitamin B-6
(half the walnuts)	589		29					10		
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)	
Honduran Chocolate Brownies (Gluten-Free)	340	4	18	42	3	140	31	16	4% Vitamin C	15% Iron
Turtle Molten Bundt	500	6	30	53	3	370		27	25% Iron	6% Vitamin A
Flourless Chocolate Cake	370	5	16	32	2	130	18	18	20% Iron	10% Vitamin A
Kitchen Sink Cookies	380	5	19	49	2	400	10	17	20% Iron	8% Vitamin A
Chocolate Chunk Cookies	180	2	9	22	1	170	10	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.

Filipino Bistek Steak Noodle Bowl

We're bringing Filipino-inspired flavor front and center in this standout noodle bowl. Juicy steak is coated in a vibrant citrus soy sauce with garlic, creating a perfect balance of savory and tangy richness. Paired with tender noodles and crisp cucumber, it's fresh, craveable, and full of character.

30 *Minutes to the Table*

30 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet
Medium Saucepan

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Steak
Onions
Citrus Soy Sauce
Somen Noodles
Cucumbers & Cilantro

Good to Know

If you ordered the **Carb Conscious version**, we sent you zucchini "noodles" instead of somen noodles, reducing the **carbs per serving to 26g**. Skip steps 1 and 4. Prior to cooking the onions in step 3, sauté the zucchini noodles in the large skillet over medium-high heat with olive oil, salt and pepper until slightly charred and tender, about 3 to 4 minutes. Remove from the skillet and use in place of the somen noodles.

Health snapshot per serving – 430 Calories, 8g Fat, 52g Carbs, 38g Protein, and 8 Freestyle Points.

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

INGREDIENTS: Steak, Yellow Onion, Somen Noodles, Orange, Green Onion, Cucumber, Tamari, Mango, Lime
Garlic, Cilantro, Lemon, White Pepper.

meez *meals*

1. Get Organized

Bring a medium saucepan of water to boil.

2. Cook the Steak

Heat 1 Tbsp olive oil in a large skillet over high heat. Pat dry the **Steaks** and season both sides with salt and pepper. When the oil is hot, add the steaks and cook until the bottoms brown and sides start to color, about 3 to 4 minutes. Flip and continue to cook for 3 additional minutes if you prefer **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, then slice into ½" strips. Wipe out the skillet.

3. Sauté the Onions

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 **Onions**. Cook, stirring occasionally, until the green onions char and yellow onions start to brown, about 5 to 6 minutes. Add the **Citrus Soy Sauce** and reduce the heat to medium. Cook until the sauce has thickened enough to coat the back of a spoon, about 2 to 3 minutes. Remove from the heat and stir in the sliced steak.

4. Cook the Noodles

While the onions are cooking, add the **Somen Noodles** to the boiling water and cook until al dente, about 3 minutes. Drain well, return to the saucepan and cover until ready to serve.

5. Put It All Together

Serve the somen noodles topped with the steak, onions and sauce from the skillet and then add the **Cucumbers & Cilantro** on top. Enjoy!

Instructions for two servings.

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

Honey Butter Chicken & Waffles

Chicken & Waffles taken up a notch. Or two or three. With roasted leeks, crispy buttermilk-breaded chicken, and sweet honey-butter served over a Belgian waffle, you've got a sophisticated spin on a down-home classic that's on the table in just 30 minutes.

30 Minutes to the Table

30 Minutes Hands On

2 Whisks Easy

Getting Organized

EQUIPMENT

Large Skillet
Baking Sheet

FROM YOUR PANTRY

One Egg
Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Leeks
Chicken
Buttermilk Dressing
Breading
Honey Butter
Belgian Waffles

Good to Know

We're sending you the waffles already cooked, so no waffle iron required ☺

Family favorite!

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

Health snapshot per serving – 740 Calories, 69g Protein, 29g Fat, 16 Freestyle Points

Lighten-Up Health snapshot per serving – 595 Calories, 67g Protein, 17g Fat, 11 Freestyle Points with half the dressing, half the butter and ½ waffle per serving.

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

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INGREDIENTS: Chicken, Belgian Waffle, Leeks, Buttermilk, Panko, Mayonnaise, Butter, Honey, Chive, Black Pepper, Kosher Salt, Thyme, Basil, Oregano, Celery Salt, Dry Mustard, Paprika, Garlic, Ginger, White Pepper.

meez meals

1. Roast the Leeks

Preheat oven to 425. Arrange the **Leeks** in a single layer on a rimmed baking sheet and drizzle lightly with olive, oil, salt and pepper. Cook until they begin to crisp, about 10 minutes. Set aside for step 5.

2. Prepare the Chicken

While the leeks are roasting, pat dry and very loosely wrap each **Chicken** breast in saran wrap and place on a cutting board. Using a meat tenderizer (mallet) or bottom of a small pot, pound the thicker sections of the breast until each has reached uniform thickness. 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).

In a mixing bowl, mix half the **Buttermilk Dressing** with one egg. Spread the **Breading** evenly on a large plate. Now dip the chicken breast completely into the buttermilk dressing and let any excess drip off. Then put each piece of chicken onto the breading. Press down to make sure the breading adheres then repeat on the other side. Discard any unused buttermilk dressing and breading.

3. Cook the Chicken

Heat 2 Tbsp olive oil in a large skillet over medium heat. When the oil is hot add the breaded chicken and cook until the breading is golden brown, about 4 to 5 minutes. Flip and cook the other side until it is also brown, an additional 4 to 5 minutes. Remove from the heat.

While the chicken is resting, place the **Honey Butter** on top of the chicken breasts to melt.

4. Heat the Waffle

Wipe out the skillet and return to the stove over medium heat. Cook the **Belgian Waffles** until the first side is lightly brown. Flip and cook the other side until it is also brown, and the waffle is warmed thoroughly. Remove from heat and place directly on serving plates.

5. Put It All Together

Drizzle the remaining buttermilk dressing on the waffles, cover with the roasted leeks and top with the chicken and melted honey butter. Enjoy!

Save the other half of the buttermilk dressing to drizzle on the chicken in step 5.

We use one hand to take the chicken through these steps and keep the other hand clean to hold the bowl or plate. It makes the process neater and easier.

We like the way the pan caramelizes the waffle but feel free to use your toaster oven if you prefer

Instructions for two servings.

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

Lemon Orzo with Spinach & Halloumi

We're taking our inspiration from sunny Greece, where spinach, lemon and seared halloumi cheese are staples. This week we're pairing them with grape tomatoes and tender orzo pasta for a 15-minute dinner that's bright and fresh.

15 Minutes to the Table

15 Minutes Hands On

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

- Large Skillet
- Large Saucepan

FROM YOUR

PANTRY

- Olive Oil
- Salt & Pepper

6 MEEZ

CONTAINERS

- Orzo Pasta
- Spinach
- Grape Tomatoes
- Seasoned Onions
- Halloumi Cheese
- Lemon

Add Protein Cooking Instructions

Integrate into recipe: Prior to step 4, cook the protein (per instructions below) and then slice into strips (*flake the salmon, leave shrimp whole*) and serve on top of the orzo.

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 cauliflower "rice" instead of orzo, reducing the **carbs per serving to 20g**. Skip step 1 and prior to step 3, heat 1 Tbsp oil in a large skillet over high heat. Add the cauliflower and sauté until it starts to brown, about 3 to 4 minutes. Add the spinach and stir until it starts to wilt, about a minute longer and transfer to a mixing bowl. Combine with the cooked, seasoned onions at the completion of step 3. If you're cooking the **gluten-free version**, we sent you white rice instead of orzo. Follow the instructions in step 2 but cook the rice for 15 to 20 minutes.

Health snapshot per serving – 720 Calories, 42g Protein, 32g Fat, 65g Carbs, and 22 Freestyle Points. **Lightened-Up Health snapshot per serving** – 590 Calories, 32g Fat, 39g Carbs, and 19 Freestyle Points using half the orzo.

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INGREDIENTS: Halloumi Cheese, Spinach, Onion, Tomato, Orzo, Garlic, Parsley, Dill, Lemon Pepper, Black Pepper, Oregano, Lemon.

meez *meals*

1. Get Organized

Set a large saucepan of water to boil.

2. Cook the Orzo

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

3. Make the Sauce

While the orzo is cooking, transfer the **Grape Tomatoes** to a zip lock bag and squish each one.

Heat 1 Tbsp olive oil in a large skillet over medium heat. When the oil is hot, add the **Seasoned Onions** and contents of the zip lock bag. Sauté until the onions and tomatoes become soft, about 4 minutes. Transfer the contents of the skillet to the saucepan with the orzo and spinach and mix well. Wipe out the skillet.

4. Grill the Halloumi

Place the **Halloumi Cheese** on a cutting board and slice into ½" cubes (they don't need to be perfect). Slice the **Lemon** in half.

Heat 1 Tbsp olive oil in the now-empty skillet over medium heat. When the oil is hot, add the cubed halloumi and the lemon halves, cut side down. Cook undisturbed until bottom of halloumi is golden brown, about 2 to 3 minutes. Flip and cook until another side is golden brown, about 2 additional minutes. Remove from the heat.

5. Put It All Together

Serve the seared Halloumi on top of the orzo with a generous squeeze of lemon. Enjoy!

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

Instructions for two servings.

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

Tomato Basil Shrimp Scampi

Linguini and shrimp are a match made in Italian heaven, and we're serving them up this week with a buttery, garlicky basil sauce that's pure magic. Tossed with sautéed tomatoes, fresh arugula, and a lemon-oil drizzle, it's a speedy dinner that an Italian grandma would be proud to serve.

15 Minutes to the Table

15 Minutes Hands On

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet
Large Saucepan

FROM YOUR PANTRY

Olive Oil
Salt & Pepper
Butter (3 Tbsp)

6 MEEZ CONTAINERS

Linguine
Shrimp
Grape Tomatoes
Garlic, Onion & Herbs
Arugula
Lemon

Good To Know

If you ordered the **Carb Conscious version** we sent you zucchini noodles instead of the pasta, reducing the **carbs per serving to 18g**. Skip steps 1 and 2. Prior to step 3, heat 1 Tbsp olive oil in a large skillet over high heat. When the oil is hot, add the zucchini noodles and cook until they start to char, about 2 to 3 minutes. Set aside and wipe out the skillet. Use the zucchini noodles in place of the pasta in step 4.

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, 11g Fat, 37g Protein, 66g Carbs, 11 Freestyle Points.

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

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INGREDIENTS: Shrimp, Tomato, Arugula, Onion, Linguine, Garlic, Lemon, Basil, Tarragon.

meez meals

1. **Get Organized**

Bring a large Saucepan of water to boil over high heat.

2. **Cook the Pasta**

Add the **Linguine** to the boiling water with a pinch of salt and cook until al dente, about 7 to 9 minutes. Drain and set aside until step 4.

3. **Cook The Shrimp**

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

4. **Cook the Veggies and Sauce**

Return the now-empty skillet to the stove over high heat and add the **Grape Tomatoes**. Cook until they start to blister, about 5 to 6 minutes. Reduce the heat to medium and add the **Garlic, Onion & Herbs**, 3 Tbsp of butter, and a generous sprinkle of salt and pepper.

Sauté until the onions soften, about 4 to 5 minutes. Add the **Arugula**, cooked shrimp, and linguine to the skillet and stir until arugula has wilted, about a minute. Transfer directly to serving bowls.

5. **Prepare the Lemon-Oil Drizzle and Serve**

While the tomatoes are cooking, cut the **Lemon** in half and squeeze as much juice as possible into a small bowl. Eyeball how much juice you produced, then add about twice as much olive oil to the same bowl and whisk thoroughly.

Drizzle the lemon-oil over the entire dish and enjoy!

Instructions for two servings.

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

Chicken Shawarma

A Middle Eastern favorite cooked up in a heartbeat. A quick sear and just the right spices turns shredded chicken into this delicious sandwich. We're serving it up with a fresh tzatziki sauce, peppers and cucumbers in a warm pita. Dinner's never been so easy.

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

5 MEEZ CONTAINERS

Shawarma Chicken

Simmer Sauce

Pita

Tzatziki Sauce

Peppers & Cucumbers

Make the Meal Your Own

If you ordered the **Carb Conscious version**, we sent you romaine lettuce instead of the pita, reducing the **carbs per serving to 22g**. In step 2, cut the romaine heads into 1" slices and combine with other ingredients in a large bowl to make a Chicken Shawarma Salad.

Good to Know

Health snapshot per serving – 560 Calories, 18g Protein, 33g Fat, 17 Freestyle Points

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INGREDIENTS: Shawarma Chicken, Cucumbers, Red Bell Peppers, Pita, Yogurt, Cream, Lemon, Parsley, Apple Cider Vinegar, Tahina, Dill, Garlic, Kosher Salt, Coriander, Sumac, Sumac, Turmeric, Cardamon, Clove, Allspice.

meezmeals

1. Cook the Shawarma Chicken

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

Combine the simmer sauce and **Shawarma Chicken** in a large skillet over medium-high heat. Cook, stirring occasionally, until the edges are slightly crispy, and sauce has completely evaporated, about 4 to 5 minutes. Remove from heat and set aside.

2. Warm the Pita

Wipe out the skillet and return to stove over medium heat. Heat each **Pita** until warm and soft, about 15 to 25 seconds per side. Cut each pita in half.

3. Put It All Together

Fill each pita half with white **Tzatziki Sauce**, **Peppers & Cucumbers**, and shawarma chicken. Drizzle additional tzatziki sauce on top. 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. Wipe out the 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

Asparagus Rice Bowl with Miso Mustard Vinaigrette

A perfect Spring and Summer cozy bowl you'll just love. With Himalayan red and brown rice, seared asparagus, glazed carrots and hazelnuts, and an amazing miso mustard vinaigrette, it's crazy delicious.

35 Minutes to the Table

20 Minutes Hands On

1 Whisks Super Easy

Getting Organized

EQUIPMENT

- Saucepan with cover
- Large Skillet

FROM YOUR

PANTRY

- Olive Oil
- Salt & Pepper

6 MEEZ CONTAINERS

- Himalayan Red & Brown Rice
- Asparagus
- Carrots
- Hazelnuts
- Miso Mustard Vinaigrette
- Maple Glaze

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 add to the rice bowl prior to adding the carrots and sauce in step 4.

Cook protein: Lightly sprinkle the protein with salt & pepper. Heat a large skillet with 1-2 Tbsp olive oil on medium-high heat (*high for steak.*) When the oil is hot, cook the protein until the: CHICKEN is crisp and brown, about 4 to 5 minutes per side. Let rest for 5 minutes. STEAK bottoms are brown and sides start to color, about 4 minutes per side for medium (3 min for med-rare and 5-6 min for well done.) Let rest for 5 minutes. SALMON is crisp and brown, about 4 minutes per side. Let rest for 5 minutes. SHRIMP are opaque and no longer grey in color, about 1 minute per side.

Good to Know

If you ordered the **Carb Conscious version**, we sent you Zucchini & Summer Squash, reducing the **carbs per serving to 38g**. Skip step 1 and prior to step 2, pat dry the Zucchini & Summer Squash, salt & pepper and cook over medium-high heat with 1 Tbsp olive oil until they start to char, about 3 minutes.

Health snapshot per serving – 330 Calories, 7g Protein, 55g Carbs, 11g Fat, 10 Freestyle Points.

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INGREDIENTS: Asparagus, Himalayan Red Rice, Brown, Rice, Green Onions, Carrots, Hazelnuts, Olive Oil, Rice Wine Vinegar, Garlic, Dijon Mustard, Lemon, Tamari, Miso, Maple Syrup, Black Pepper, Thyme.

meez meals

It doesn't matter how much water you use in the pot as long as there is enough to keep the rice entirely submerged during cooking.

1. Cook the Rice

Bring a large pot of water to boil over high heat.

Add the **Himalayan Red & Brown Rice** to the boiling water with a pinch of salt. Cook, uncovered, until tender, about 25 to 30 minutes. Drain in a colander and return to the pot, fluff with a fork, cover and let steam for five minutes.

2. Cook the Asparagus

While rice is cooking, heat 1 Tbsp olive oil in a large skillet over medium high heat.

Add the **Asparagus** and sauté until it is bright green and just starts to brown, about 5 to 7 minutes. Remove from pan and set aside. Do not wipe out pan.

3. Create the Maple Glazed Carrots

Return the now empty skillet to the stove over medium heat. Add the **Carrots, Hazelnuts**, and 2 tbsp of the **Miso Mustard Vinaigrette**. Mix well and sauté until the carrots start to soften slightly, about 3 to 4 minutes. Add the **Maple Glaze** and continue to cook until the glaze thickens and the carrots and nuts are well coated, an additional 2 minutes.

4. Put It All Together

Add the cooked asparagus and half of the remaining Miso Mustard Vinaigrette to the pot with the cooked rice and stir well. Transfer to serving bowls and top with the carrots and nut glaze. Drizzle additional Miso Mustard Vinaigrette to taste and enjoy!

Instructions for two servings.

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

Pulled Pork Birria Tacos

Everywhere we go people are talking about Birria Tacos. Imagine tender, slightly sweet, savory, super delicious Mexican pulled pork served in a freshly marinated corn tortilla and lots of melty cheese. It's messy and totally addictive. We're serving our version with a jicama salsa for a 30-minute fan-favorite dinner.

25 Minutes to the Table

20 Minutes Hands On

2 Whisks Easy

Getting Organized

EQUIPMENT

Large Saucepan
Large Skillet
Tongs

6 MEEZ CONTAINERS

Birria Sauce
Pulled Pork
Corn Tortillas
Cheese & Cilantro
Lime
Jicama Salsa

Good To Know

If you ordered the **Carb Conscious version** we sent you Romaine Lettuce instead of tortillas, lowering the **carbs per serving to 38g**. Skip step 2 and top the chopped romaine lettuce with the pulled pork, cheese, and the jicama salad.

Health snapshot per serving – 900 calories, 58g Protein, 54g Fat, 62g Carbs, 28 Freestyle Points using half the cheese and half the sauce.

Lightened Up Health snapshot per serving –680 calories, 39g Fat, 49g Carbs, 20 Freestyle Points by using 2 tortillas per serving, two-thirds of the cheese & cilantro and two-thirds of the jicama 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: Corn Tortilla, Pulled Pork, Red Peppers, Jicama, Tomato, Red Onion, Radish, Chihuahua, Monterey Jack, Queso Fresco, Sour Cream, Jicama, Ancho Chiles, Cilantro, Garlic, Apple Cider Vinegar, Chipotles in Adobo, Vegetable Oil, Beef Au Jus, Lime.

meezmeals

1. Prepare the Sauce and Tortillas

Bring the **Birria Sauce** to a boil in a large saucepan over high heat. Once boiling, lower the heat to medium-low.

Using tongs, dip each of the **Corn Tortilla** into the sauce and coat both sides evenly. Set aside on a plate until step 2.

Add the **Pulled Pork** to the saucepan, cover and cook on a low boil until the pork begins to fall apart, about 7 to 8 minutes.

2. Make the Tacos

Heat a large skillet over medium-high heat. Lay the coated tortillas flat in the hot skillet (you may need to work in batches.)

Cook until one side begins to crisp, about one minute. Flip the tortillas and add a single layer of **Cheese & Cilantro**, edge-to-edge, to each. Cook until the cheese begins to melt.

Use the tongs to place the pulled pork (letting any excess sauce drip off) so that you cover half of the tortilla. Fold the tortilla over the meat forming a taco and cook until the bottom of shell is crispy, about 30 seconds. Flip the taco over to crisp the other side and completely melt the cheese, about 30 seconds longer. Transfer directly to serving plates. Repeat for each taco.

3. Put it All Together

Squeeze the **Lime** over the **Jicama Salsa** and serve alongside the tacos. Enjoy!

You may need to cook the tacos in batches. The key is not to crowd them.

If you have some birria sauce remaining in the saucepan, transfer it to a bowl and use it for dipping the tacos into.

Instructions for two servings.

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

Squash with Slow-Roasted Tomatoes and Goat Cheese

We're always looking forward to warm, rustic meals that are comforting, but still a breeze to make. And this one certainly fits the bill. We're roasting butternut squash, fresh grape tomatoes and goat cheese all together, then tossing them with nutty farro and a delectable balsamic cream sauce. The result? A delicious dinner where the oven does all the work.

35 Minutes to the Table

10 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Saucepan
Baking Sheet
Mixing Bowl

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Farro
Butternut Squash
Grape Tomatoes
Goat Cheese
Balsamic Cream

Add Protein Cooking Instructions

Integrate into recipe: While the squash is roasting in step 3, cook the protein (per instructions below) and then slice into strips (*flake the salmon, leave shrimp whole*) and combine with everything 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 – 690 Calories, 20g Protein, 34g Fat, 85g Carbs, 26 Freestyle Points

Lightened-up health snapshot per serving – 560 Calories, 27g Fat, 70g Carbs, 20 Freestyle Points by using three-quarters of the Farro and Balsamic Cream.

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



INGREDIENTS: Butternut Squash, Farro, Heavy Cream, Goat Cheese, Balsamic Vinegar, Grape Tomatoes, Brown Sugar, Vegetable Base, Garlic, Herbs

meez meals

1. Getting Organized

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

2. Cook the Farro

Salt the boiling water and add the **Farro**. Cook until al dente, about 25 to 30 minutes. Drain and transfer to a mixing bowl. Keep the empty saucepan nearby.

We love farro when it's puffed up, but still firm in the center.

3. Roast the Squash

Mix the **Butternut Squash** with 2 Tbsp olive oil and spread evenly on a baking sheet. Roast until lightly caramelized, about 15 minutes. Add the **Grape Tomatoes** to your baking sheet, mix and cook until the tomatoes start to burst, about 5 minutes. Add the **Goat Cheese** and bake for 3 more minutes.

The balsamic cream will thicken slightly while it cooks, but it's meant to be pourable. Don't expect a gravy-like consistency.

While the tomatoes are roasting, put your now-empty saucepan back on the stove and pour in the **Balsamic Cream**. Heat on medium until the mixture boils and then reduce to a simmer and cook for 5 minutes.

4. Put It All Together

Pour half of the balsamic cream over the roasted squash, tomatoes and goat cheese and then mix everything together with the farro. Serve with additional balsamic cream and season with salt and pepper to taste. Enjoy!

Love this recipe? #meezmagic

Instructions for two servings.

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

Sesame Ginger Salmon

A super-simple dish we just love. It all starts with a sesame and ginger glaze that gives an Asian flair to salmon and roasted broccoli. Served over brown rice and topped with honey-glazed walnuts, it's a hands-free dinner you'll go crazy for.

40 Minutes to the Table

15 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Sauce Pan
Mixing Bowl
Baking Sheet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Brown Rice
Broccoli Florets
Salmon
Sesame Glaze
Green Onion & Sesame
Walnuts

Make The Meal Your Own

If you ordered the carb conscious version, you received cauliflower instead of the rice, reducing the **carbs per serving to 38g**. In step 3 cook the cauliflower just like the broccoli (you may need a second baking sheet). Place the cauliflower directly on serving plates along with the broccoli.

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 – 760 Calories, 30g Fat, 85g Carbs, 43g Protein and 18 Freestyle Points.

Lighten Up snapshot per serving – 660 Calories, 23g Fat, and 14 Freestyle Points with half the walnuts.

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: Brown Rice, Salmon, Broccoli, Honey, Sesame Oil, Tamari, Ginger Puree, Green Onions, White Sesame Seeds, Black Sesame Seeds, Walnuts

meez *meals*

1. Getting Organized

Preheat oven to 400 and bring a pot of water to a boil.

Add the **Brown Rice** to the boiling water with a pinch of salt. Cook until tender, about 25 to 30 minutes. Drain the rice, fluff with fork and cover and let it steam for a few minutes before serving.

We cook our rice like pasta so cover the rice with plenty of water.

2. Marinating the Salmon

While the rice is cooking, pat the **Salmon** fillets dry with a paper towel and place in a shallow dish or bowl. Take about 1/3 of the **Sesame Glaze** and cover the salmon. Let marinate for 5 minutes.

We put the opened glaze bag in a glass, so it stays upright until needed.

3. Preparing the Broccoli, Walnuts, and Salmon

When the salmon has marinated for 5 minutes, place it in the center of a baking sheet. In a separate bowl toss the **Broccoli** with 1 tablespoon olive oil, salt and pepper and place it on the baking sheet to the left of the salmon.

Spoon 1 tablespoon of **Sesame Glaze** into the container with the **Walnuts** and mix thoroughly so walnuts are well coated. Place coated walnuts to the right of the salmon. Bake in the oven for 10 minutes, pull the baking sheet from oven. Remove just the walnuts and place them in the bowl you used for the broccoli and set aside.

Check on the walnuts very couple minutes to ensure they don't burn.

Spoon additional glaze on the salmon to cover the top. Turn the oven to broil setting and move baking sheet to top rack. Continue to cook the **Broccoli** and **Salmon** until they have a nice crispy exterior, about 3 to 5 minutes.

4. Putting It All Together

Put the brown rice on a plate, top with broccoli and then the salmon. Drizzle the remaining sesame glaze. Garnish with the glazed walnuts and **Green Onions & Sesame** and enjoy!

It is important to watch the salmon and broccoli while broiling so they don't burn.

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