

Sweet Asian BBQ Chicken

15 Min
to Table

15 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Heat 1 Tbsp olive oil in a large skillet.

From Your Pantry

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

Truffle-Butter Steak Frites

25 Min
to Table

35 Min
Hands
On

2 Whisks
Easy

Getting Started

Preheat your oven to 450.

From Your Pantry

You'll need olive oil, salt & pepper

Quick Tips



meezmeals

Loaded Mozzarella and Balsamic-Glazed Tomato Quesadilla

25 Min
to Table

25 Min
Hands
On

2 Whisks
Easy

Getting Started

No pre-work needed.

Meal Tip

Use two pans to cook tomatoes and spinach at the same time

Lemon Chicken with Red Potatoes & Asparagus

30 Min
to Table

30 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Preheat oven to 425.

From your Pantry

You'll need olive oil, salt and pepper

Queso Fiesta Casserole

45 Min
to Table

10 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Preheat your oven to 425.

From your Pantry

You'll need olive oil, salt and pepper.

*Passion Fruit
Teriyaki Shrimp*

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

Getting Started Put a saucepan of water onto boil.

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

*Italian Sausage & Peppers
with Penne Verde*

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

Getting Started Bring a saucepan of water on to boil.

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

Meal Tip The sausage is fully cooked, so just heat and eat.

*Indian Grain Bowl
with Mango Chili Sauce*

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

Getting Started Slice up your Halloumi Cheese

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

Knife & Fork Grilled Cheese

25 Min to Table	25 Min Hands On	2 Whisk Super Easy
---------------------------	------------------------------	---------------------------------

Getting Started Preheat your oven to 400.

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

*Honey Mustard
Grilled Chicken Salad*

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

Getting Started Pat the chicken breasts dry, and salt & pepper.

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

*Mediterranean Lemon Chai
Salmon with Pearl Couscous*

20 Min to Table	20 Min Hands On	1 Whisk 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

Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmndd daily)	
Passion Fruit Teriyaki Shrimp	350	23	8	54 CC 40	4	1920	24	9	60% Vitamin A	60 % Vitamin C
Lemon Chicken with Red Potatoes & Asparagus	530	50	19	38	7	560	10	11	25% Iron	45% Vitamin C
Indian Grain Bowl with Mango Chili Sauce	580	30	26	57 CC 33	8	1030	10	19	31% Vitamin C	12% Vitamin A
Italian Sausage & Peppers with Penne Verde	980	47	60	63 CC 25	5	1760	14	32	120% Vitamin A	410% Vitamin C
(use 1/2 the pasta sauce & parmesan)	710		45					22		
Sweet Asian BBQ Chicken	660	51	7	103	4	950	69	19	107% Vitamin B6	20% Vitamin C
Mediterranean Lemon Chai Salmon with Pearl Couscous	790	47	50	45 CC 36	6	291	6	15	262% Vitamin C	54% 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)	
Queso Fiesta Casserole	440	16	17	57	9	830	10	12	147% Vitamin C	73% Calcium
Truffle-Butter Steak Frites	520	38	27	32 CC 15	6	310	3	15	145% Vitamin C	44% Vitamin A
Loaded Mozzarella & Balsamic-Glazed Tomato Quesadilla	595	26	31	57	6	772		19	298% Vitamin A	133% Vitamin C
Knife & Fork Grilled Cheese	685	36	33	63	6	1180		20	19% Vitamin A	56% Calcium
(use 1/2 the bread, place egg on top of cheese)	565		30					16		
Honey Mustard Grilled Chicken Salad	620	48	28	50 CC 35	6	780	18	17	36% Vitamin A	30% Vitamin C
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 rcmnded daily)	
Oreo Mousse Pie	760	8	49	78	3	390	52		6% Calcium	6% Iron
Flourless Chocolate Cake	370	5	16	32	2	130	18	18	20% Iron	10% Vitamin A
Tiramisu for Two	290	5	15	35	1	40	29		6% Calcium	2% Iron
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.

Passion Fruit Teriyaki Shrimp

We're giving classic teriyaki a fresh twist with the addition of passion fruit. The sauce delivers a perfect balance of savory depth and gentle sweetness, coating tender shrimp and soaking into the rice below. Paired with lightly charred vegetables and a crisp finish of herbs and crunchy vegetables, it's fast, flavorful, and beautifully balanced.

Getting Organized

EQUIPMENT

Large Skillet
Medium Saucepan

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Jasmine Rice
Rice Sauce
Bok Choy, Cabbage &
Onions
Shrimp
Passion Fruit Teriyaki
Sauce
Carrots, Radish & Herbs

INGREDIENTS: Shrimp, Jasmine Rice, Bok Choy, Green Cabbage, Red Onion, Tamari, Brown Sugar, Daikon Radish, Carrot, Green Onion, Passion Fruit, Garlic, Ginger, Rice Wine Vinegar, Sesame Oil, Sugar, Mirin, Cilantro.

Good to Know

If you ordered the **Carb Conscious version**, we sent you cauliflower "rice" instead of jasmine rice reducing the **carbs per serving to 40g**. Skip step 1. Heat 1 Tbsp olive oil in a second large skillet over medium-high heat. Sauté the cauliflower "rice" with olive oil, salt and pepper until browned, 3 to 4 minutes. Turn off the heat and stir in the rice sauce and cover and set aside. Use in place of the rice.

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

Health snapshot per serving – 350 Calories, 8g Fat, 54g Carbs, 23g Protein, and 9 Freestyle Points.

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

15 Minutes to the Table

15 Minutes Hands On

1 Whisk *Super Easy*

meez  meals

1. Get Organized

Bring a medium saucepan of water to a boil.

2. Cook the Rice

Add the **Jasmine Rice** to the boiling water and cook until tender, about 10 to 12 minutes. Drain well, return to the saucepan and stir in the **Rice Sauce** (the lighter sauce with smaller volume) until well coated. Cover and set aside.

3. Sear the Vegetables

While the rice is cooking, heat 1 Tbsp olive oil in a large skillet over medium-high heat. When the oil is hot, add the **Bok Choy, Cabbage & Onions** and a sprinkle of salt and pepper. Cook, stirring occasionally, until the veggies char and start to soften, about 4 to 5 minutes. Remove from the skillet and set aside. Wipe out the skillet.

4. Cook the Shrimp and Sauce

Heat 1 Tbsp olive oil in the now-empty skillet over medium-high heat. Pat dry and pepper the **Shrimp**. When the oil is hot add the shrimp and cook until opaque, about 1 minute each side. Remove from the skillet and set aside. Add the **Passion Fruit Teriyaki Sauce** (the darker brown sauce) to the empty skillet and bring to a boil. Reduce the heat to medium and simmer, stirring occasionally, until it thickens enough to coat the back of a spoon, about 3 to 4 minutes. Turn off the heat and stir in the cooked shrimp.

5. Put It All Together

Serve the vegetables on top of the rice and spread the shrimp and teriyaki sauce on top. Sprinkle with the **Carrots, Radish & Herbs** and enjoy!

Instructions for two servings.

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

Lemon Chicken with Red Potatoes & Asparagus

Simple, sophisticated and delicious. We are hooked on this gem. We're smothering all-natural chicken breasts with a light lemon cream sauce and serving it up with roasted red potatoes and asparagus. It's summer cooking at its best and on the table in just thirty minutes.

30 *Minutes to the Table*

30 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet
Baking Sheet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Red Potatoes
Chicken
Asparagus
Lemon
Creamy Lemon Sauce

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 – 530 Calories, 19g Fat, 38g Carbs, 50g Protein, and 11 Freestyle Points.

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

INGREDIENTS: Chicken, Red Potatoes, Asparagus, Lemon, Cream, White Wine, Chicken Stock, Garlic, White Pepper, Savory

meez ^{meals}

1. Get Organized

Preheat the oven to 425.

2. Roast the Potatoes

Cut the **Red Potatoes** in half and place, cut side down, on a baking sheet. Lightly drizzle with olive oil and sprinkle with salt and pepper. Bake until the potatoes are brown on the outside and tender inside, about 25 minutes. Remove from the oven.

3. Cook the Chicken

While the potatoes are roasting, heat 1½ Tbsp olive oil in a large skillet over medium-high heat. Pat dry the **Chicken Breasts** and season with salt and pepper. When the oil is very hot, add the chicken and cook until crisp and brown, about 5 minutes. Flip and cook until the other side is crisp and brown, about an additional 4 minutes. Remove from the skillet and allow to rest for 5 minutes, then place directly on your serving plates. Wipe out the skillet.

4. Cook the Asparagus

Heat 1 Tbsp olive oil in the now-empty skillet over medium-high heat. When the oil is hot, add the **Asparagus** and sprinkle lightly with salt and pepper. Slice the **Lemon** in half crosswise and sear alongside the asparagus. Cook, the asparagus, stirring occasionally, until it starts to brown, about 5 to 6 minutes. Transfer the asparagus and lemon directly to serving plates. Wipe out the skillet.

5. Make the Cream Sauce

Return the now-empty skillet to the stove over medium-high heat. Add the **Creamy Lemon Sauce** and bring to a boil, then lower the heat to medium-low and cook until it thickens enough to coat the back of a spoon, about 3 minutes, stirring frequently to keep it from burning. Pour over the chicken from edge-to-edge.

6. Put It All Together

Serve the potatoes alongside the chicken and the asparagus. Squeeze the grilled lemon over the entire dish. Enjoy!

Instructions for two servings.

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

Indian Grain Bowl with Mango Chili Sauce

There's nothing traditional about this test-kitchen favorite. We're using a mango-chili sauce to give an Indian flair to this hearty seared halloumi and grain bowl. Finished with a fresh cucumber salsa, the result is a speedy dinner that's totally unique!

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

6 MEEZ

CONTAINERS

Halloumi Cheese

Grape Tomatoes

5-Grain Blend

Seasoned

Hominy

Cucumber Salsa

Mango Chili

Sauce

Add Protein Cooking Instructions

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 grains 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're cooking the **Carb Conscious version**, we sent you cauliflower "rice" instead of the 5-Grain Blend reducing the **carbs to 33g per serving**. Heat 1 Tbsp olive oil in a large skillet over high heat and sauté until it starts to brown, about 3 to 4 minutes. Remove from the skillet use in place of the 5-Grain Blend as part of the bowl.

If you're making the gluten-free version, we've given you brown rice instead of the Five-Grain Blend. Prior to step 1, bring a saucepan of water to boil, then cook the brown rice brown rice for about 20 minutes, drain and let sit, covered, for 5 minutes. Remove from the skillet use in place of the 5-Grain Blend as part of the bowl.

Health snapshot per serving – 580 Calories, 30g Protein, 26g Fat, 57g carbs, 19 Freestyle Points.

SCAN QR CODE
to view YouTube
cooking video



INGREDIENTS: Halloumi Cheese, Hominy, Corn, Cucumber, Red Onion, Tomato, Mango, Mae Ploy, Barley, Wild Rice, Wheat Berries, White Quinoa, Red Quinoa, Olive Oil, Garlic, Cilantro, Ginger, Coriander, Turmeric, Garam Masala, Cumin, Fenugreek, Lime, Salt.

meez *meals*

1. Grill the Halloumi

Place the **Halloumi Cheese** on a cutting board and cut in half lengthwise, then slice into rectangles about 1/4" thick. You should have about 10 to 12 pieces per serving after slicing.

Heat 1 Tbsp of olive oil in a large skillet over medium heat. When the oil is hot, add the Halloumi and lightly season with pepper. Cook until one side is golden brown, about 2 minutes, then flip and cook the other side until golden brown, an additional 2 to 3 minutes. Do not wipe out pan.

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

2. Make the 5-Grain Blend and Hominy

Put the **Grape Tomatoes** in a ziplock bag and squish.

Return the now-empty skillet to the stove over medium heat with 1 Tbsp olive oil. When the oil is hot, add the **5-Grain Blend** and **Seasoned Hominy**. Sauté until the grains are hot, about 2 minutes. Turn off the heat and stir in the squished tomatoes, including the juices from the ziplock bag.

Transfer the contents of the skillet directly to serving bowls.

3. Put It All Together

Serve the grilled Halloumi on top of the grains. Top with the **Cucumber Salsa** and a generous drizzle of the **Mango Chili Sauce**. Enjoy!.

Instructions for two servings.

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

Italian Sausage & Peppers with Penne Verde

We love traditional Italian sausage & peppers. This week, we created a delicious creamy spinach sauce and paired it with al dente penne and locally sourced sausage. It's a simple meal that's packed with flavor.

20 Minutes to the Table

20 Minutes Hands On

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet
Large Saucepan

FROM YOUR PANTRY

Olive Oil
Salt

5 MEEZ CONTAINERS

Italian Sausage
Penne
Red & Green Bell Peppers
Creamy Spinach Sauce
Parmesan & Black Pepper

Good to Know

If you ordered the **Carb Conscious version** we sent you zucchini "noodles" instead of the penne, reducing the **carbs per serving to 25g**. Skip steps 1 and 2 and 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.

Health snapshot per serving – 980 Calories, 60g Fat, 47g Protein, 63g Carbs, and 32 Freestyle Points.

Lightened up health snapshot per serving – 710 Calories, 45g Fat, 38g Carbs, and 22 Freestyle Points, by using half of the pasta, sauce, and parmesan & black pepper.

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: Italian Sausage, Red Bell Peppers, Green Bell Peppers, Penne Pasta, Cream, Parmesan, Spinach, Green Onion, Black Pepper, Lemon Pepper

meez meals

1. **Get Organized**

Bring a large saucepan of water to boil.

2. **Cook the Pasta**

Add the **Penne** to the boiling water with a pinch of salt and cook until al dente, about 10 to 12 minutes. Drain and return the pasta to the saucepan with a cover.

3. **Cook the Sausage**

While the pasta is cooking, cut the **Italian Sausage** in half, lengthwise and then into ½" half-moon slices.

Heat a large skillet over medium high heat. Add the sausage and cook, stirring frequently, until brown and slightly crispy, about 2 to 3 minutes. Transfer to a paper towel lined plate. Do not wipe out the skillet.

The sausage will arrive fully-cooked. This step is to heat it and add charred flavor.

4. **Cook the Peppers and Sauce**

Heat 1 Tbsp olive oil and the oil remaining from cooking the sausage in the now-empty skillet over medium-high heat. When the oil is hot, add the **Red & Green Bell Peppers** and cook until they start to char, about 4 to 5 minutes. Turn off the heat and add the **Creamy Spinach Sauce** and stir until hot. Add the cooked penne and Italian sausage to the skillet and stir well.

5. **Put It All Together**

Serve the pasta topped with the **Parmesan & Black Pepper**. Enjoy!

Instructions for two servings.

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

Sweet Asian BBQ Chicken

Our test kitchen couldn't get enough of this sweet Asian BBQ sauce. With mae ploy sauce, tamari, honey and ginger, it's addictive. We're serving it with all-natural chicken breast, fresh green beans, and served over Yaki Soba Noodles. Yum!

20 *Minutes to the Table*

20 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet
Saucepan

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Yaki Soba Noodles
Green Beans
Chicken Breasts
Sweet Asian BBQ Sauce
Herbs & Sesame Seeds

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 – 660 Calories, 7g Fat, 103g Carbs, 51g Protein and 19 Freestyle Points

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

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



INGREDIENTS: Chicken, Green Beans, Yaki Soba Noodles, Mae Ploy, Brown Sugar, Tamari, Honey, Green Cilantro, Onion, Ginger, Garlic, Sesame Seed, Basil, Crushed Red Pepper

meez meals

1. Cook the Noodles

Bring a large saucepan of water to boil. Add the **Yaki Soba Noodles** to the boiling water with a few pinches of salt and cook until al dente, about 3 minutes. Drain the noodles and set aside until step 4.

2. Char the Green Beans

Heat 1 Tbsp olive oil in a large skillet over high heat. When the oil is hot, add the **Green Beans** in a single layer with a sprinkle of salt and pepper. Cook, undisturbed until they start to char, about 2 to 3 minutes. Stir and cook for an additional 1 to 2 minutes. Remove from the skillet and transfer to serving plates. Wipe out the skillet.

3. Cook the Chicken

Return the now empty skillet to the stove over medium high heat and add 1½ Tbsp of olive oil. Pat dry and generously salt and pepper the **Chicken Breasts** on both sides. When the oil is hot, add the chicken and cook until the bottom is brown, about 4 to 5 minutes. Flip and add the **Sweet Asian BBQ Sauce**. Cook until the sauce thickens enough to coat the back of a spoon, about 5 additional minutes. While it cooks, spoon the sauce on top of the chicken consistently so it does not burn.

4. Put It All Together

Place the noodles next to the green beans on serving plates. Top the noodles with the chicken and drizzle a bit of sauce from the pan over top. Sprinkle the entire dish with the **Herbs & Sesame Seeds**. Enjoy!

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 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** we sent you cauliflower "rice" instead of couscous, reducing the **carbs per serving to 31g**. Skip Steps 1 and 2. Prior to Step 3, heat 1 Tbsp olive oil in a large skillet. When the oil is hot, add the cauliflower and sauté until brown, 3 to 4 minutes. Serve in place of the couscous.

If you ordered 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.

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 – 940 Calories, 46g Fat, 53g Protein, 80g Carbs, 24 Freestyle Points

Lightened up snapshot - 660 Calories, 30g Fat, 51g Carbs,
14 Freestyle Points by using 1/2 of the couscous
AND ½ the sauce.

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



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

meez meals

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.

= Queso Fiesta Casserole

Love nachos? Get ready for a new favorite. We're making a nacho casserole with tortilla chips, two types of cheese, a lime crema, and a healthy dose of veggies to make a fun casserole that's naturally low in calories. Did we mention it's just one pan and ten minutes hands-on cooking?

45 Minutes to the Table

10 Minutes Hands On

1 Whisk Super-Easy

Getting Organized

EQUIPMENT

Large Casserole
Dish

FROM YOUR PANTRY

Olive Oil
Salt and Pepper

6 MEEZ CONTAINERS

Sweet Potatoes
Peppers, Corn &
Beans
Enchilada Sauce
Mexican Cheese
Tortilla Chips
Cilantro Lime
Crema

Add Protein Cooking Instructions

Integrate into recipe: While the casserole is baking in step 4, cook the protein (per instructions below) and serve alongside the casserole.

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 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 – 440 Calories, 16g Protein,
18g Fat, 57g Carbs, 12 Freestyle Points.

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



INGREDIENTS: Sweet Potato, Bell Peppers, Corn, Onion, Black Beans, Tortilla Chips, Monterey Jack, Provolone, Sour Cream, Enchilada Sauce, Cilantro, Lime, Garlic, Cumin, Coriander, Oregano.

meez meals

1. Getting Organized

Preheat oven to 425 degrees.

2. Roast the Sweet Potatoes

Place the **Sweet Potatoes** in a casserole dish and drizzle with olive, oil salt and pepper. Toss then arrange in a single layer and bake until the edges are golden brown and the sweet potatoes are almost fork tender, about 20 minutes, stirring once halfway through.

3. Create the Casserole and Bake

Transfer half of the cooked sweet potatoes to a plate or bowl and arrange the remaining potatoes in a single layer. Top with half the **Peppers, Corn & Beans**, followed by half the **Enchilada Sauce** and one-third of the **Mexican Cheese**. Spread each layer edge-to-edge as best you can. Create additional layers as follows:

- Remaining cooked sweet potatoes
- Remaining peppers, corn & beans
- Remaining enchilada sauce
- Half of the remaining cheese (one-third of the total cheese provided)

Bake until the cheese is fully melted, about 10 minutes.

4. Top with Chips and Cheese and Finish Baking

Top the casserole with the **Tortilla Chips** and remaining cheese. Bake until the cheese is brown and bubbly, about 10 additional minutes. Remove from oven and let cool for at least 5 minutes. Serve topped with the **Cilantro Lime Crema**. Enjoy!

Instructions for two servings.

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

Truffle Butter Steak Frites

Classic French flavors in a single recipe: oven-roasted potatoes coated in truffle-butter and Parmesan cheese, roasted broccoli and a juicy, truffle-buttery steak. It's bistro food cooked in your own kitchen.

35 Minutes to the Table

25 Minutes Hands On

2 Whisks Easy

Getting Organized

EQUIPMENT

- 2 Baking Sheets
- Large Skillet
- Large Mixing Bowl

FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper

5 MEEZ CONTAINERS

- Fingerling Potatoes
- Truffle Butter
- Parmesan Cheese
- Broccoli
- Steak

Make The Meal Your Own

If you ordered the **Carb Conscious version**, we sent you cauliflower instead of the potatoes reducing the **carbs per serving to 15g**. Use the cauliflower in place of the potatoes and in step 2 and reduce the cooking time to 15 minutes.

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

Be sure to generously season your steaks with salt and pepper before cooking; the salt adds flavor while also keeping the meat tender.

Good To Know

Health snapshot per serving – 520 Calories, 38g Protein, 27g Fat, 32g Carbs, 15 Freestyle Points

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

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



INGREDIENTS: Steak, Fingerling Potatoes, Broccoli, Parmesan, Parsley, Chives, Truffle Pate, Butter.

meez meals

1. Getting Organized

Preheat your oven to 450 degrees.

2. Make the Frites

Slice each **Fingerling Potato** in half the long way, then slice each half again so you have four long skinny frites (French fries) per potato. Transfer the frites to a large mixing bowl, drizzle with olive oil, salt and pepper and toss. Arrange the coated frites on a baking sheet in a single layer. Roast until the outside of the potato is golden and slightly crispy, about 25 minutes.

Remove from the oven and immediately transfer to the now-empty mixing bowl and add half the **Truffle Butter** and half of the **Parmesan Cheese**. Stir until the butter melts completely and the frites are coated in Parmesan. Transfer directly to serving plates.

3. Roast the Broccoli

While the frites are cooking, transfer the **Broccoli** to the now-empty large mixing bowl and drizzle with olive oil, salt and pepper. Toss well and arrange in a single layer on a second baking sheet. After the frites have been cooking for about 10 minutes, place the broccoli in the oven. Roast until it starts to brown and is fork tender, about 15 minutes.

Remove the broccoli from the oven, sprinkle with the remaining parmesan cheese and transfer directly to serving plates.

4. Cook the Steak

While the frites and broccoli are cooking, heat 1 Tbsp oil in large skillet over high heat. When the oil is very hot, add the **Steaks** to the pan. Cook until the bottoms brown and the sides start to color, about 3 minutes. Flip and continue cooking for 3 minutes if you prefer your steak **medium-rare**. (Cook for 4 minutes for **medium**, and 5 to 6 for **well done**). Remove the steaks from the skillet to rest for 5 minutes, then transfer to serving plates. Do not wipe out the skillet.

5. Put It All Together

Once the now-empty pan has cooled slightly, add the remaining Truffle Butter and stir until it is melted. Spoon the melted Truffle Butter on top of the steak. Enjoy!

You'll be multi-tasking in this recipe. The potatoes, broccoli and steak will all be cooking at the same time, so be sure to read the recipe all the way through before you begin.

To test if the oil is hot enough for the beef, hold your hand about 6 inches above the skillet. If you can feel serious heat, it's ready.

Letting the pan cool slightly will avoid burning the Truffle Butter.

Instructions for two servings.

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

Loaded Mozzarella & Balsamic-Glazed Tomato Quesadilla

25 Minutes to the Table

25 Minutes Hands On

2 Whisks Easy

Our members say it best: "The quesadilla was fantastic. It was tasty, easy and fun to make! Kinda like pizza AND the grape tomato topping was so GOOD." What could be that delicious? This caprese-inspired quesadilla layers basil pesto, spinach, balsamic-glazed tomatoes and lots of mozzarella in a warm tortilla. It's a dinner you don't want to miss.

Getting

Add Protein Cooking Instructions

Organized

Integrate into recipe: Prior to Step 2, cook the protein (per instructions below) then slice into strips (flake the salmon, leave shrimp whole) and load into the quesadillas in Step 3.

EQUIPMENT

Large Skillet
Bowl

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:

FROM YOUR

PANTRY

Olive Oil
Salt & Pepper

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.

6 MEEZ

CONTAINERS

Tomatoes
Balsamic
Glaze
Spinach
Tortillas
Basil Pesto
Mozzarella

Good To Know

If you're making the gluten-free version, we've given you corn tortillas. They're smaller than flour tortillas, so you'll make two round quesadillas per person, rather than one half-moon.

If you're making the vegan version, skip the mozzarella and make a pesto and spinach foldover. Cook the vegetables and heat the tortillas according to the instructions, then spread on the pesto, fill with the spinach and tomatoes and cook until heated through.

Health snapshot per serving – 595 Calories, 31g Fat, 26g Protein, 6g Fiber, 19 Smart Points

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



INGREDIENTS: Tomatoes, Spinach, Flour Tortillas, Mozzarella Cheese, Basil, Almonds, Balsamic Vinegar, Brown Sugar, Lemon Juice, Olive Oil, Garlic

meez meals

1. Getting Organized

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

2. Cook the Vegetables

Add the **Tomatoes** and cook until they pop and most of the liquid has evaporated, 5 to 10 minutes. Add the **Balsamic Glaze** and cook another 2 minutes. Transfer to a bowl and return the skillet to the heat.

Add the **Spinach** and a good pinch of salt. Cook until it just wilts, about 1 to 2 minutes.

3. Assemble the Quesadillas

Wipe out the skillet with a paper towel, and then heat 1 Tbsp of oil over medium heat. Place one **Tortilla** into the skillet and move around to lightly coat the bottom with oil. Repeat each time you're making a new quesadilla.

Spread the **Basil Pesto** on the tortilla and then add some of the wilted spinach and **Mozzarella** on one side. Fold one side over and cook until golden, about 2 to 3 minutes on each side.

4. Put It All Together

Cut the quesadillas into pieces and serve topped with the glazed tomatoes. Enjoy!

We like to assemble the quesadillas in the pan so there's no risk of a mess.

If there's extra liquid with the tomatoes, just leave it behind. You don't want to make the quesadillas soggy.

Instructions for two servings.

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

Knife & Fork Grilled Cheese

Imagine your favorite grilled cheese on steroids. We're starting with a gouda and provolone grilled cheese made with tender, flavorful whole-grain panini bread. But it's the fried egg-in-a-hole, roasted beets, butternut squash, kale and honey aioli that make it really special. It's messy, satisfying, and over-the-moon delicious.

25 Minutes to the Table

25 Minutes Hands On

2 Whisks Easy

Getting Organized

EQUIPMENT

- 2 Rimmed Baking Sheets
- Large Skillet
- Large Mixing Bowl

FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper
- Eggs (one per svg.)

5 MEEZ CONTAINERS

- Beets & Butternut Squash
- Kale
- Honey Aioli
- Whole-Grain Panini Bread
- Smoked Gouda & Provolone

Good To Know

Integrate into recipe: Before grilling the bread in step 3, cook the protein (per instructions below) and then slice into strips (*flake the salmon, leave shrimp whole*) and add to the sandwich after it comes out of the oven 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 – 820 Calories, 42g Protein, 53g Fat, 45g Carbs, 24 Freestyle Points

Lightened-Up Health snapshot per serving – 660 Calories, 45g Fat, 34g Carbs, 19 Freestyle Points by using half the bread and eating as an open-faced sandwich and $\frac{3}{4}$ of the cheese. Serve the egg on top.

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



INGREDIENTS: Whole-Grain Panini Bread, Kale, Beets, Butternut Squash, Gouda, Provolone, Garlic, Mayonnaise, Red Wine Vinegar, Honey, Thyme, Mustard, Black Pepper.

meez meals

1. Roast the Beets & Butternut Squash

Preheat your oven to 400. Arrange the **Beets & Butternut Squash** on a rimmed baking sheet in a single layer and drizzle with olive oil, salt, and pepper. Roast until golden in places, about 15 to 20 minutes, stirring once about halfway through.

2. Roast the Kale

While the veggies are cooking, arrange the **Kale** on a rimmed baking sheet, and drizzle with olive oil, salt, and pepper. When the beets and squash are about halfway through their cooking time, put the kale in the oven and bake until slightly crispy, 7 to 10 minutes.

Once all the veggies are finished cooking, transfer them to a large mixing bowl and add the **Honey Aioli**. Mix well, then set aside until step 4.

3. Grill the Bread

While the veggies are cooking, heat 1 Tbsp olive oil in a large skillet over medium heat. Place two of the **Whole-Grain Panini Bread** slices in the pan and cook until the bread starts to brown, about 2 minutes. Flip the bread over and repeat for the other side. Transfer the grilled bread to a now-empty baking sheet. Wipe out the skillet.

4. Build the Bottom of the Sandwich

Divide the **Smoked Gouda & Provolone** into four portions. Spread one of the portions evenly over one of the bread slices. Then spread the squash over the cheese, followed by the dressed kale, and top with another portion of cheese. Leave uncovered. Repeat for the other grilled bread slice to make the base of the other sandwich. Bake until the cheese is bubbly and melted, about 5 minutes. Transfer directly to serving plates.

5. Make An Egg-In-A-Hole To Top the Sandwich

While the bottom section of the sandwich is cooking, return the now empty skillet to the stove over medium high heat with 1 Tbsp of olive oil. Use a cookie cutter (or bottom of a glass) to create a hole about 2 inches in diameter in each of the two remaining bread slices.

When the oil is hot, place the bread in the skillet and then break an egg directly into each hole. Sprinkle with salt and pepper and cook until the egg has set and turns golden, about 2 minutes. Flip the bread and egg over and cook the other side until egg is over medium, an additional 2 minutes.

6. Put it All Together

Place the Egg-In-a-Hole bread on top of the bottom part of the sandwich and use a fork and knife to enjoy!

*Time is
for eggs
to be over-
medium.
Cook less
for a
runnier
yolk or
longer for
firmer.*

Instructions for two servings.

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

Honey Mustard Grilled Chicken Salad

This is the summer salad you've been waiting for. With tender, juicy chicken breast, grapes, cranberries, spinach, arugula, and a slightly sweet honey mustard dressing, it's the perfect dinner for a hot summer night.

20 Minutes to the Table

15 Minutes Hands On

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet
Large Mixing Bowl

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Chicken Breast
Salad Greens
Honey Mustard Dressing
Grapes
Almonds
Celery, Radish &
Cranberries

Good To Know

If you ordered the **Carb Conscious version**, we sent you red peppers instead of the grapes. With this change and using half the dressing, it reduces the **carbs per serving to 35g**. Use the red peppers in place of the grapes in step 3.

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 – 620 Calories, 48g Protein, 28g Fat, 50g Carbs, and 17 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, Spinach, Arugula, Grapes, Almonds, Celery, Red Radish, Cranberries, Dijon Mustard, Whole Grain Mustard, Honey, Apple Cider Vinegar, Kosher Salt, Vegetable Oil.

meez *meals*

1. Cook the Chicken

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 a large skillet with 1 Tbsp of olive oil over medium-high heat. Add the Chicken Breast to the skillet, and cook until crisp and brown, about 4 minutes, then turn. Cook until brown on the second side, about 4 additional minutes. Transfer the chicken to a cutting board and let rest for 5 minutes. Once the chicken has rested, cut into ½" slices.

2. Toss the Chicken and Greens with the Dressing

Toss the sliced chicken, **Salad Greens**, and **Honey Mustard Dressing** in a large mixing bowl.

3. Put It All Together

Transfer the honey mustard coated chicken and salad greens to serving bowls and top with the **Grapes, Almonds**, and **Celery, Radish & Cranberries**. Enjoy!

Love this recipe? #meezmagic

Instructions for two servings.

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